



Communique

June 21, 2018

A CGH Medical Center Publication

In This Issue:

- DAISY Awards
- CGH Dixon Patient Appreciation Day
- New CGH Clinic App
- HNHN Monthly Challenge: Hydration
- Community Disaster Exercise
- Growing Healthier Program: Plant Based for Better Health
- June New Employees
- Hospital Happenings

Celebrating Skillful Compassionate Care

This week we begin to see DAISY blooming all over CGH and CGH satellites.

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful,

compassionate care nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way.



IN MEMORY OF J. PATRICK BARNES

CGH nurses of all levels - LPNs, RNs, advanced practice nurses and nurse practitioners - can be nominated for a DAISY award. Brochures have been placed in waiting rooms of all CGH facilities where patients are seen. In addition to brochures, a nurse can also be nominated online at www.cghmc.com/daisy.

"Please encourage patients, visitors, and family members to nominate their nurse for a DAISY award when he/she has been especially compassionate, empathetic, helpful, or extraordinary," said Stephanie Waller, CGH DAISY Award Program Coordinator.

Each DAISY Award Honoree will be recognized at a public ceremony in her/his unit and will receive: a beautiful certificate, a DAISY Award pin, and a hand-carved stone sculpture entitled *A Healer's Touch*. Additionally, everyone in the unit will celebrate with cinnamon rolls – a favorite of Patrick's during his illness. The Barnes Family asks that whenever and wherever nurses smell that wonderful cinnamon aroma, they stop for a moment and think about how special they are.

If you have any questions about the DAISY awards at CGH or If your department runs low on brochures, please contact Stephanie Waller by email or at ext. 4457 within the hospital.

CGH MEDICAL CENTER PRESENTS
PATIENT APPRECIATION DAY



CGH DIXON
MEDICAL CENTER
www.cghmc.com

JUNE 25, 2018 • SERVING LUNCH 11AM-1PM
1321 N. GALENA AVE. DIXON, IL • (815) 284-1600
OUR CEO, **DR. PAUL STEINKE** WILL BE GRILLING AND GREETING!

New CGH Clinic App

We are ready to launch our new CGH Clinic App and would like to have our CGH employees test this prior to advertising to the public. If you are currently a Clinic My Access user, all you need to do is download the app and you should be ready to go.

In an effort to get CGH staff signed up, there will be a table set up between the cafeteria and the employee elevators on the following days from 11 a.m. to 1 p.m.

- Friday, June 22
- Wednesday, June 27
- Friday, June 29

It is very quick and easy, all we need is your name and we will print an access code for you to register.

The CGH Clinic App provides a streamlined way for patients to connect to CGH clinic services and providers. Our mobile app allows you to: easily find providers, request an appointment, view details of past and upcoming appointments, send refill requests for any of your refillable medications, view your clinic records, view your visit progress notes, access your test/lab results within days and more!



iPhone Instructions



(App store icon)



(Clinics app icon)

1. From the Home screen, tap the App store icon.

2. Tap Search (at the bottom), then enter "CGH Medical Center"

3. Tap **GET** then tap **INSTALL**.

(Note: If prompted, sign in to the iTunes Store to complete the install.)

Android Instructions



(Play store icon)



(Clinics app icon)

1. From the Home screen, tap the Google Play store app icon.

2. Tap Search, then enter "CGH Medical Center"

3. Tap **INSTALL** and follow the on screen instructions to get the app.

HNHN Monthly Challenges

Every month *Healthy Nurse, Healthy Nation* hosts two challenges in the domains of physical activity, nutrition, rest, safety, and quality of life, that offer daily actionable tips over the course of short 5-10 day challenges delivered via text or to your inbox.



We know that as busy nurses it can be difficult to drink water consistently every day. Between worrying about needing frequent bathroom breaks or being unable to carry a water bottle due to infection control concerns, it may seem impossible to down water while you work.

However, making hydration a priority is important. It can help with weight loss, provide an energy boost, and even improve skin tone.

Not drinking enough water increases your chances for joint pain, chronic fatigue, headaches, mood swings/irritability, poor digestion, sugar/salt cravings, staying sick longer, reduced ability to concentrate, reduced kidney function, premature aging, and dehydration — especially in the summer months.

That's why this summer we ask you to join us in this 10 day hydration challenge. Are you ready?

Starts July 9. Sign up today at www.hnhn.org and go to 2018 Monthly Challenges.

The Healthy Nurse Healthy Nation Grand Challenge was initiated by the American Nursing Association to improve the health of the nation's nurses. Although the challenge was designed for nurses all CGH employees are invited to participate.

If you haven't signed up yet, go to www.hnhn.org. Under "Join the challenge" click on "Individuals" and follow the instructions. Make sure to select CGH Medical Center when asked if you are affiliated with any of the partners.

Community Disaster Exercise

CGH Medical Center will be participating in a community wide disaster exercise with Monsanto on June 28.



Some of the things we will be testing include:

- Moving the triage area to the East door by the chapel
- Activation of the Labor Pool
- Auto Messenger activation (test only)
- Test of the updated Minimum Treatment Area process

Please note that this exercise WILL NOT involve calling in off-duty staff.

June New Employees



Front Row (L - R): Megan Parkinson (LPN, GI-Clinic); Shawna Kester (Physical Therapist, Outpatient Physical Therapy); Stephanie Spitzer (Chart Destruction Clerk, HIM)

Back Row (L - R): Todd Savino (EMT-P, Pre-Hospital); Aaron Stanley (Summer Worker, POM); Canaan Ross (CNA, Oncology-Clinic); Scott Spears (Summer Worker, Critical Care Unit)



Front Row (L - R): Carson Sterling (Summer Worker, EVS); Sherri Bellini (LPN, Float-Hospital); Jessenia Trujillo (HUC/CNA, Emergency Department); Ashley Vegter (Summer Worker, Laboratory)

Back Row (L - R): Maria Castro De Garcia (Housekeeper I, EVS); Kerri Smith (Housekeeper I, EVS); Tyler Adcock (Summer Worker, POM)



Growing Healthier

Speaker Series

Dialogue that Makes a Difference

Plant Based for Better Health

Wednesday, June 27
6:00 p.m.

CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Presented by: **Sherry DeWalt**
ACE Certified Health Coach

Enjoy refreshments and giveaways!

Registration appreciated but not required.
To register, visit www.cghmc.com/growinghealthier
or call (815) 625-0400 ext. 5716
for more information.

JUNE



Find us on
Facebook



Front Row (L - R): Beth Behrens (HUC/CNA, Obstetrics); Liz Lego (Summer Worker, Clinic Administration); Brianne Hamstra (Occupational Therapist, Outpatient Physical Therapy)

Back Row (L - R): Katie Seaberg (HUC/CNA, Float-Hospital); Owen Behrens (Summer Worker, Dietary)



Front Row (L - R): Lauren Rice (Summer Worker, HIM); Elle Koerner (Summer Worker, Materials Management); Joselyn Reed (Summer Worker, Observation Unit)

Back Row (L - R): Ellen Reter (Summer Worker, Central Sterile); Sandra Mendez-Martinez (CNA, Float-Hospital)

July Birthdays

- | | |
|-----------------------|--------------------------|
| 1 Peter Barajas | 15 Danica McBride |
| 1 Mary Macke | 16 Abigail Coyle |
| 1 Jose Sandoval | 16 Jessie Grett |
| 2 Becca Holloway | 16 Jozi Grobe |
| 2 Alisha Hubbard | 16 Gary Velasquez |
| 2 Rosie McClard | 17 Nicole Bollman |
| 2 Kellsey Ristau | 17 Maureen Francque |
| 3 Dennis Behrens | 17 Marshelle Wagenknecht |
| 3 Hannah Eddinger | 18 Nikki Miller |
| 3 Stephanie Ernst | 18 Jinni Waller |
| 3 Heather Pair | 18 Lori Weed |
| 3 Vicki Velasquez | 19 Tara Arteberry |
| 4 Elizabeth Austin | 19 Sara Bartnick |
| 4 Sarah Coffey | 19 Meaghan Coward |
| 4 Elizabeth Foster | 19 Phong Dang |
| 4 Jessica White | 19 Christopher Franz |
| 5 James DuBois | 19 Kara Metzger |
| 5 Clark Franks | 19 Brittany Slater |
| 5 Eric Gale | 20 Steven Mackay |
| 5 Jacqueline Greer | 20 Angel Moreno |
| 5 Jackie Greve | 21 Caroline Burkitt |
| 5 Iyad Jundi | 21 Julie Egan |
| 5 Maribel Navarro | 21 Edward Miles |
| 6 Erin Buchholz | 21 Senada Tefiku |
| 6 LaDonna Clark | 21 Melissa Wolf |
| 6 Erin Dempsey | 22 Brailey Johnson |
| 6 Katherine Gillespie | 22 Jessica Lawson |
| 6 Kristine Ratliff | 22 Ann Lee |
| 6 Lori Timms | 22 Marilyn Slater |
| 7 Susan Meusel | 23 Laurie Buckman |
| 7 Melody Smith | 23 Ivett Escalante |
| 7 Jamie Wagenknecht | 23 Terri Miller |
| 8 Natalie Cruse | 24 Laurie Schroeder |
| 9 Beth Lancaster | 24 Shannon Schultz |
| 9 Anita Meier | 24 Julie Wardell |
| 9 Emily Miller | 25 Douglas Ackland |
| 9 Jayden Veracini | 25 Erika Smith |
| 10 Alexis Appleman | 25 Carlene Ward |
| 10 Trina Ballard | 26 Beth Jacobs |
| 10 Kathleen Forth | 26 Nichole Morgan |
| 10 Shauna Kramer | 26 Melody Reed |
| 10 Vanessa Lira | 27 Debra Knutti |
| 10 Susan Maynard | 27 Kristi Pierce |
| 10 Michele Setlock | 27 Nicole Pitts |
| 11 Patricia Jordan | 27 Anita Schryver |
| 11 Jessica Morris | 27 Breah Sharp |
| 11 Marc Stees | 28 Joan Capp |
| 11 Anaiza Uribe | 28 Kevin Rogers |
| 12 Colleen Bonnell | 28 Amanda Siperly |
| 12 Jennifer Cook | 29 Meaghan Balsley |
| 12 Curtis Coyle | 29 Wendi Doyle |
| 12 Denise Lendman | 29 Suzanne McDonnell |
| 12 Sandra Watkins | 29 Matthew Reed |
| 13 Sandi Hay | 29 Laura Shipman |
| 13 Andrea Mallhi | 29 Jeanette Shuman |
| 13 Nichole Mitchem | 29 Sandra Westbo |
| 13 Drake Myers | 29 Jacie Young |
| 14 Tyler Adcock | 30 Sheri Fetrow |
| 14 Sandra Meyer | 30 Andrea Garriott |
| 14 Susan Pennell | 30 Matthew Lindstrom |
| 15 Kay Benavidez | 30 Julie Morse |
| 15 Selia Cervantes | 30 Kirsten Pitman |
| 15 Sally Douglas | 31 Skyler Loeffelholz |
| 15 Santos Garcia | 31 Victoria Simpson |
| 15 Sarah Gee | 31 Christina Young |
| 15 Michael McAlvey | |

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**July 5**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**July 12**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**July 19**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**June 22, July 20**) at Westwood Fitness & Sports Center.



Patient Appreciation Days

This summer we are hosting Patient Appreciation Days at several of our satellite clinics. Dr. Paul Steinke will be grilling and greeting patients throughout the events. We will be serving lunch from 11 a.m. to 1 p.m. on the following dates at the listed locations:



- June 25 - Dixon
- July 2 - Rock Falls
- July 5 - Mt. Carroll
- July 12 - Walnut
- July 23 - Polo
- July 26 - Morrison

SALE SCRUBS

Friday, June 29th:

6:30AM-4:00PM

****Ryberg Auditorium****

Payroll Deduction, Cash, Credit, Check accepted

Cherokee, Grey's Anatomy, Infinity, Skechers Scrubs, and MUCH MORE!!!

CGH Image Apparel available for Order

1536 Ogden Ave.
Downers Grove, IL 60515

630-969-9241

chicagoscrubs@mpgtandem.com

#SCRUBS

by: **MPC TANDEM**

Culture of Caring

One Mission. One Vision. One Team.



LEADERSHIP