



Communique

August 16, 2018

A CGH Medical Center Publication

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CGH Displays at Senior Showcase 2018

Senior Showcase 2018 took place at Northland Mall on Tuesday, August 7, 2018. The fair was held from 10 a.m to 2 p.m.

CGH had a strong presence with five display booths emphasizing service lines and departments among the 60 vendors. The booths were located at the mall entrance and included: CGH Medical Center, CGH Auxiliary, CGH Health Foundation (that provided free blood sugar screenings) CGH Sleep Center, CGH Home Nursing (that provided free blood pressure screenings), CGH Vision Center and the CGH Wound Healing Center. Each booth had fun giveaways and some had prize drawings.

Over 300 seniors attended the fair. It is put together by Sauk Valley Media. Besides exhibitors the event featured line dancing, health demonstrations, Senior Showcase "BINGO" and numerous giveaways.



From left to right, Nicole Bollman (Marketing), Nick Olds (Marketing Intern) and Dave Osborn (Auxiliary Volunteer) enjoy a moment at Senior Showcase



Bryan Fredericks (Population Health) and Sherry DeWalt (CGH Health Foundation) conduct free blood sugar screenings.



Lora Clapper (CGH Home Nursing)



Emily Holldorf (CGH Vision Center)

Congratulations, Dr. Toth!

Our very own, **Dr. Peter Toth**, CGH Main Clinic Family Medicine, has had a busy summer with several medical society appointments and publication releases.



Peter Toth, MD, PhD

Dr. Toth was named President Elect of the American Society of Preventive Cardiology, the Director of the Advanced Course in Preventive Cardiology by the American Society of Preventive Cardiology, and Executive Editor of the Contemporary Cardiology series of books by Springer Verlag Publishing. In addition, he was appointed to the American Heart Association's National Council on Lipids, Lipoproteins, and Atherosclerosis, while also completing his term as President of the American Board of Clinical Lipidology. Dr. Toth also just had his 300th scientific paper accepted for publication in the Journal of the American Heart Association. And, his 17th book entitled, "Comprehensive Cardiovascular Medicine in the Primary Care Setting," (second edition) coauthored with Christopher Cannon of the Harvard Medical School, will publish in September.

Congratulations, Dr. Toth!



PLANT BASED LUNCH



MEETS THE 4TH FRIDAY OF EVERY MONTH AT 11:30 A.M.
IN THE CGH RYBERG AUDITORIUM

WHOLE FOOD PLANT BASED LUNCH PROVIDED
BY CGH DIETARY DEPARTMENT

INCLUDES SHORT PROGRAM AND Q & A SESSION

COST IS \$5

RESERVATION REQUIRED. CONTACT SHERRY DEWALT, ACE CERTIFIED HEALTH COACH,
CGH HEALTHY LIFESTYLES COORDINATOR AT 815-625-0400, EXT. 5716
OR SHERRY.DEWALT@CGHMC.COM



PULSE POWERED
WELCOME TO OUR POD!



NOTHING WILL BENEFIT HUMAN HEALTH AND INCREASE THE CHANCES FOR
SURVIVAL OF LIFE ON EARTH AS MUCH AS THE EVOLUTION TO A VEGETARIAN DIET.
- ALBERT EINSTEIN

**This month's lunch will be on August 24 at 11:30 a.m.
in the Ryberg. RSVP's required.
Please RSVP to Sherry DeWalt by August 17.**

HNHN August Challenge

The next Healthy Nurse Healthy Nation challenge in August is "Safety" and we will focus on distracted driving.

Please take the Distracted Driving Quiz at www.dmv.org/distracted-driving-quiz.php and pledge not to drive distracted. The quiz is only 6 questions so will only take a minute. Please complete the quiz by Friday, August 24 to enter the drawing.

To enter the drawing for a \$50.00 gas gift card please take a screen shot of your completed quiz. Here's how you do it if you don't know how:

With the quiz on your screen press your *Ctrl and Print Screen buttons at the same time. Select "Copy to clipboard" from the drop down box. Open Outlook and start an email to Sherry DeWalt. Type "Distracted Driving" in the subject line. In the message box - right click your mouse and select the clipboard under "Paste" option. Hit "send".



All CGH employees may participate in the HNHN challenges. To become a part of the HNHN community go to www.hnhn.org and sign up. Remember to select CGH as your affiliated organization.

Birth Announcement

Adaline Elizabeth Arnould daughter of Adam Arnould and **Caroline Burkitt-Arnould** (Main Clinic Lab) was born on July 31 at 9:48 a.m. She weighed 8 lbs., 4 oz. and was 22 inches long.



Rock Falls Clinic Construction



Construction is on schedule at the site of the new CGH Rock Falls Medical Center at 1315 Dixon Ave. The new 7,000-square-foot facility will accommodate four full-time primary care providers and will feature a drop-off canopy and more adequate parking. Construction began in March and the facility is expected to open in January 2019.

NOW OFFERING
**YEAR-ROUND
SCREENING
MAMMOGRAMS**

WITH NO OUT-OF-POCKET COSTS!

(REGARDLESS OF INSURANCE COVERAGE OR ABILITY TO PAY)

PLEASE CALL (815) 625-3610 TO SCHEDULE & FOR MORE INFO



**Does not include diagnostic mammograms or further treatment*

100 E. LeFevre Road, Sterling, IL 61081 • www.cghmc.com



Scholarship Deadlines

There are two more CGH Health Foundation scholarships available, with a deadline of Friday, Aug. 31.

They include the \$2,000 Ed Andersen Healthcare Scholarship and the \$1,000 Dr. Ralph and Katherine Redmond Nursing Scholarship.

The CGH Health Foundation James DeLange Textbook Scholarship is available each semester. Applications for the fall semester are due Friday, August 24.

See Lifeline, CGH Health Foundation, Internal Site, for the forms or contact Joan Hermes.



Thank you, Harlan!

Harlan Hollewell, 95 years young and retired CGH Auxiliary volunteer from Milledgeville, shares his bounty with CGHers – something he has done for years! The sweetcorn brought smiles to CGH volunteers and staff.



Harlan Hollewell, retired CGH Auxiliary

Thank you, Harlan!



CGH Main Clinic and Satellites Welcome

Tina Frank

APN, FNP-BC (Family Medicine)

We are pleased to announce that Tina Frank, APN, FNP-BC has joined the Family Medicine department at CGH Main Clinic and at CGH satellite facilities as a float. Tina has been with CGH Medical Center since 2013, most recently in the Emergency Department.

Tina received her master's degree in nursing from Chamberlain College of Nursing in Chicago and her bachelor's degree in nursing from Eastern Illinois University in Charleston. She is certified in pediatric advanced life support and advanced cardiac life support and is a trauma nurse specialist.



101 E Miller Rd, Sterling, IL
(815) 625-4790
www.cghmc.com

September Birthdays

- | | |
|-----------------------|------------------------|
| 1 Joanna Babiy | 13 Christine Grennan |
| 1 Omega Cantu | 13 Maureen Leal |
| 1 Brandy Galvan | 13 Jennifer Olson |
| 1 Mary Gerken | 13 Madison Zellmer |
| 1 Timothy Helt | 14 Mariah Cover |
| 1 Casey Lafrentz | 14 Jennifer Deetz |
| 1 Logan Miller | 14 Lisa Fox |
| 1 Sherilyn Winstead | 14 Marla Rhodes |
| 2 Lindsey Inskip | 14 Emily Shearer |
| 2 Julissa Perez | 15 Kaitlin Brown |
| 2 Nancy Shank | 15 Chassity Duncan |
| 2 Michael Straub | 15 Kevin Harshman |
| 3 Cheri Blair | 15 Vanasha Jones |
| 3 Russell Blase | 15 Karley Lippens |
| 3 Cristina Coggins | 16 Katherine Peterson |
| 3 Mary Giles | 17 Tracy Boyle |
| 3 Mary Nelson | 18 Alaina Burflow |
| 3 Cherish Rhodenbaugh | 18 Nadejda Dillon |
| 4 Heidi Brown | 18 Jaclyn Ditzler |
| 4 Christopher Fry | 18 Kimberly King |
| 4 Trisha Harden | 19 Erika Adams |
| 4 Nicholas Olds | 19 Teresa Cramer |
| 4 Nora Serrano | 19 Catherine Roux |
| 4 Denise Wooden | 20 Kayla Bland |
| 5 Julieta Cervantes | 20 Cordus Easington |
| 5 Jane Duffy | 20 Chad Hartman |
| 5 Paula Duncan | 20 Teresa Stout |
| 5 Cynthia Hoyle | 21 Judy Coppotelli |
| 5 Gayle Ledford | 21 Brooklynn Freas |
| 5 Heather Loftus | 21 Carol Garcia |
| 5 Victoria Magana | 21 Amy Hicks |
| 6 Chelsi Blair | 21 Amanda Michel |
| 6 Jeffrey Carden | 22 Andrew Cruse |
| 6 Tearra Gallentine | 22 Linda Lightner |
| 6 Roxane Gluff | 22 Kathleen Milby |
| 6 Brianne Hamstra | 22 Elizabeth Mock |
| 6 Crystal Hughes | 22 Lirije Tefiku |
| 6 Cynthia Hughes | 22 Laurie Wetzell |
| 6 Jouquenia Johnson | 22 Shirley Wolford |
| 6 Tara Mackey | 23 Emma Haak |
| 6 Teresa Mccardle | 23 Tara Jackley |
| 6 Korinna Ramirez | 23 Jeffrey Lemay |
| 6 Delaney Scott | 23 Nirmal Varma |
| 6 Tonya Tidaback | 24 Dana Carroll |
| 7 Carlie Bauer | 24 Jordanna Devine |
| 7 Janine Fischbach | 25 Tiffany Manzano |
| 7 Christine Lawson | 25 Laurie Terry |
| 7 Megan Parkinson | 25 Brooke Witmer |
| 7 Penny Smit | 26 William Gallentine |
| 7 Marjorie Wiley | 26 Melissa Greschke |
| 8 Ashley Reed | 26 Alyson McGuire |
| 9 Kayla Ackert | 26 Sarah Walls |
| 9 Chelsey Vetter | 26 Beth Warner |
| 10 Josann Cherry | 29 Lanette Baker |
| 10 Guy Morgan | 29 Ian Eastman |
| 10 Janelle Schmitt | 29 Brianna Richardson |
| 10 Connie Stern | 29 Carrie Rodriguez |
| 10 Kelli Vilmont | 29 Randy Scott |
| 11 Penny Avila | 29 Heather Trotter |
| 11 Shelley Chappell | 29 Antonia Weaver |
| 11 Bruce Henson | 29 Dawn Willman |
| 11 Kathy Spillman | 30 Kimberly Damhoff |
| 11 Nancy Wait | 30 Lisa Delgado-Flores |
| 12 Becky Straub | 30 David Knutti |
| 12 Cynthia Wadsworth | 30 Jason Schneider |
| 13 Jessica Bowman | 30 LuAnn Stukenberg |

Hospital Happenings

SchoolMessenger Notification System

CGH Medical Center utilizes the (SchoolMessenger) Notification System to provide communication to CGH Employees in regards to emergencies and general information communicated from your departments.



Please use the link below in order to set up or to log-in to your account to make changes on your preferences profile.

<https://go.schoolmessenger.com/#/home>

*Please note-you will register with your CGH Medical Center email

Instructions are also available on Lifeline:

<http://lifeline2016/dept/HR/SitePages/Home.aspx>

Please contact Melissa Cushman in Human Resources at ext. 5797 should you need assistance with this.

Dementia and Alzheimer's

Join us on **Thursday, August 30** for our Growing Healthier Speaker Series, featuring **Lindsay Rodriguez, RN**, at **6 p.m.** in the CGH Ryberg. Alzheimer's is only one form of dementia. Learn about what causes it and how it's treated.



Lindsay Rodriguez

Registration is appreciated but not required. For more information, call ext. 5716, or visit www.cghmc.com/growinghealthier.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**September 6**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**September 13**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**September 20**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**August 17, September 21**) at Westwood Fitness & Sports Center.



Save the Date
ART BY ROZANNE
FRIDAY SEPTEMBER 7TH
7am - 4pm

CGH AUXILIARY FUNDRAISER!