



# Communique

August 30, 2018

A CGH Medical Center Publication

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## Call for Employee/Physician/Volunteer Artists

CGH Spirit of the Heart Art Gallery is again excited to open artist applications to our employees, physicians and volunteers, as well as to immediate family members of employees and physicians! If you have any art at all, please do not hesitate to enter it into our show. We want you to be a part of it.



Please fill out an application, which can be downloaded at <https://www.heartbeatcgh.com/art>, and return it to the marketing mailbox, [info@cghmc.com](mailto:info@cghmc.com) or to [dana.mccoy@cghmc.com](mailto:dana.mccoy@cghmc.com) by Wednesday, September 5. Up to 5 pieces of artwork may be entered into the show.

We are looking forward to seeing all the great pieces done by our staff and volunteers! We will hang the show on September 17, and it will run through November.

## Summer Exhibition To Run Until Mid September



Jan Harvey

The featured artist for the late Summer 2018 exhibition is Jan Harvey. Jan's art, self-described as "Country Flavored Watercolors," have been inspired by 16 years of farm life as a "pinecreeker" in rural Oregon, IL. She loves to paint buildings, especially barns and farmland. In recent years she has been working in oils and doing "plein air painting" (painting outdoors).

"I'm amazed at God's handiwork," Harvey says, "as I study His originals to do mine."

Jan Harvey studied art at Avapalii College, Prescott, AZ for 3 years, plus many workshops and encouragement from art friends. She has an RN from KSB School of Nursing and is a Rock Falls High School graduate.

Home of Hope is also featured in the late Summer 2018 exhibition, presenting "This is Me! This is Hope! – A Collaboration of Patient & Artist." A cancer diagnosis is a life-altering event. The mission at Home of Hope Cancer Wellness Center is to be there for the patient as they navigate his/ her "journey." Each client is a special person with a unique story. This has been a therapeutic process for both the artist and patient. The exhibit started at The Next Picture Show, Dixon, IL and will be traveling through the Sauk Valley area.

"I am grateful to the artists and Home of Hope clients that came together to put this amazing exhibit together," said Joan Padilla, Executive Director, Home of Hope Cancer Wellness Center. "I was unsure the concept I had imagined could be fulfilled. As you will see, those involved surpassed my expectations! A big thank you to the artists involved."

The purpose of the gallery is to host a venue for local artists to exhibit, and provide CGH patients, families and staff with the value of the creative process of art as a healing force. Select items are available for purchase with a portion of the proceeds donated to the CGH Auxiliary.

## 2018 Annual Appeal Dedicated to Pam Topper

The legacy created by the late Pam Topper included serving as Business Division Chair for the 2018 CGH Health Foundation Annual Appeal.

"We mourn her recent passing," said Joan Hermes, Foundation executive director.

"She was very passionate about helping her community in any way that she could. Her message for our campaign was to encourage women to take charge of their health, especially in the area of preventing heart disease."



Pam Topper

In her honor, the remainder of the 2018 Annual Appeal will be dedicated to Pam. The Market President for Illinois Bank & Trust, she died unexpectedly August 24 at the University of Wisconsin Hospital, Madison. Pam had been in banking since 1984. She was a member of the Foundation campaign cabinet since April. As chair, she led a team of 20 volunteers in seeking contributions from area businesses for 15 health initiatives.

One of the projects being funded is to educate about the growing incidence of heart disease in women. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, 80 percent of cardiac and stroke events may be prevented with education and action.

"This project really resonated with me," Pam said. "It's important to spread the word to our area women about how to protect themselves from heart disease."

If you would like to contribute to this educational effort, go to [www.cghmc.com/foundation](http://www.cghmc.com/foundation) and to learn more about heart health go to [www.goredforwomen.org](http://www.goredforwomen.org).



Pictured from left to right are Scott Wolber, General/Community Division Chair; Pam Topper, Business Division Chair; Mary Spitzer, Employee Division Co-Chair; and Roger Wait, Clubs Division Chair. Not pictured are Dr. Eliona Corrigan, Medical Division Chair and Mary Jean Derreberry, Employee Division Co-Chair.

## Amazon Gift Card Drawing

# WILL YOU ACCEPT THE challenge?



### HEALTHYNURSE | HEALTHYNATION™

Although it was designed with nurses in mind, ALL CGH employees are invited to sign up for the Healthy Nurse Healthy Nation Grand Challenge.

Here's what you need to do:

1. Go to [www.hnhn.org](http://www.hnhn.org) and join the challenge as an individual.
2. Remember to choose CGH Medical Center when asked if you are affiliated with any member organization.
3. Take the survey to create a heat map of your personal health and safety concerns.

Complete these three steps by September 14, to be entered in a drawing for a \$50 Amazon gift card. You will also be notified of future drawings related to HNHN health topics.

All employees who have previously signed up for HNHN will also be included in the drawing. If you have any questions, please contact Sherry DeWalt at ext. 5716.



## HNHN August Winner



**The Healthy Nurse Healthy Nation theme for August was safety.**

112 CGH employees took the Distracted Driving quiz and pledged not to drive distracted.

**Judy Hammett** (Director, Clinic Patient Financial Services) was the winner of the \$50.00 gas card.

Pictured left: Judy Hammett receives her \$50 gas card from Sherry DeWalt.



## 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.

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



## Caring Fund Scholarship



Congratulations to **Morgan Pope** (Pediatrics), winner of the CGH Employee Caring Fund Scholarship for the fall semester. Morgan works as a Health Unit Coordinator/CNA in Pediatrics at the hospital.

The deadline for the spring semester Caring Fund scholarship will be December 10.

## August New Employees



**Front Row L – R:** Doris Beranza Hernandez (Food & Nutrition Assistant, Dietary); Abby Goebig (Food & Nutrition Assistant, Dietary); Bronte Nusbaum (DID Technologist, Diagnostic Imaging); Jesse Pate (RN, Float-Hospital)

**Back Row L – R:** Alan Perry (Housekeeper I, EVS); Vanessa Gutierrez (Sterile Processing Tech I, Central Sterile)



**Front Row L – R:** Chrissy Jacobs (Housekeeper I, EVS); Sandy Reed (Linen Specialist, Laundry); Alyssa Folk (CNA, Observation Unit); Julie Penne (Pediatric-Speech Language Pathologist, Outpatient Speech Therapy)

**Back Row L – R:** Daniel Hart (CNA, Medical Floor); Desirae Landsee (Phlebotomist, Laboratory)

## 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](http://www.cghmc.com)



# Peace Love Pink

Shirt and Tumbler Sales

Wear these shirts to work during October!

Wednesday, Sept. 5

Wednesday, Sept. 12

Wednesday, Sept. 26

11 am-1 pm

Near the CGH Cafe



Off-site clinic and "B" shift staff, please choose one person in your office/dept. to collect payroll deduct/order forms to submit to the Foundation or interoffice your individual forms to Ashley Nares, Main Clinic Surgery or Amanda Blaine, Foundation.

\$20 T-Shirts (S-XL)

\$34 Crew Neck Sweatshirt (2XL-3XL)

\$22 T-Shirts (2XL-3XL)

\$35 Hoodie (S-XL)

\$25 Long Sleeve Shirt (S-XL)

\$39 Hoodie (2XL-3XL)

\$27 Long Sleeve Shirt (2XL-3XL)

\$10 Tumbler with Straw

\$30 Crew Neck Sweatshirt (2XL-3XL)

Cash and Carry items available!

Also Available

\$15

Because You're Worth It T-Shirts  
Limited sizes available  
First come, first served!



Once sizes run out we will take orders on PINK merchandise and get your items to you ASAP!

Cash, Check and Payroll Deduct accepted

All proceeds go towards the CGH Health Foundation Women's Health program.



## 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

### Hospital Happenings

#### 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.



#### Red is the New Pink

Join us on **Wednesday, September 26** for our Growing Healthier Speaker Series, featuring **Jennifer Elde**, CGH Cardiology Nurse Practitioner at **6 p.m.** in the CGH Ryberg.

When it comes to the leading cause of death for women, heart disease beats breast cancer almost two to one. Learn about how you can recognize the signs of heart disease.



Jennifer Elde  
APN-BC

Registration is appreciated but not required. For more information, call ext. 5716, or visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier).

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

CGH AUXILIARY FUNDRAISER!

#### United Way Agency Fair

Join us to meet the agencies and learn about how the United Way helps our community on **Wednesday, October 17** from **7 a.m. to 1 p.m.** in the Ryberg Auditorium. Breakfast and lunch will be served! Gifts will be given to new and current fair share givers, as well as gifts for all attendees.

United  
Way

