

#### November 22, 2018

#### In This Issue:

- CGH Health Transformation
  Program
- Safe + Sound Week
- Healthy & Bright Holiday Lighting
- HNHN October Winner
- Yoga Class is Back!
- Dana Carroll Illustrates Book
- November New Employees
- Blood Drive
- December Birthdays
- Emergency Management Fair
- Hospital Happenings

#### Have you thought about enrolling in the CGH Health Transformation Program (HTP) for 2019?

The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control A CGH Medical Center Publication



blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. As in previous years, the 2019 program is open to CGH employees who have been employed at least 90 days and their family members. In addition, the 2019 program will be open to the public as well.

HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. Although there is a fee for the program, it is reimbursed for CGH employees if lab and class attendance requirements are met.

**Brook Elmendorf**, LPN in CGH Main Clinic Cardiology, made the commitment by joining HTP in 2017 and has lost 70 pounds since then. Brook not only lowered her cholesterol, but also gained energy and felt better overall.

"I originally joined HTP to lose weight but it changed the way I looked at food," said Brook. "Once you start to look at food differently, you to eat to live instead of live to eat. It makes all the difference."





BEFORE AFTER Brook Elmendorf LPN, Cardiology, CGH Main Clinic

To learn more about Brook's HTP journey watch her video on the CGH YouTube channel or by visiting the following link at https://youtu.be/AqWJA\_brzkU.

"You are worth it. Invest a little time in yourself," added Brook. "Every person, especially women, tend to be so busy doing other things and don't stop to do take a couple of minutes for themselves. Remember it is not a diet . . . it is a lifestyle."

For more information on enrollment, contact Sherry DeWalt at ext. 5716, Bryan Frederick at ext. 1057, or attend an upcoming HTP enrollment meeting in December.

- December 11 at 5:30 p.m. in the CGH Ryberg Auditorium
- December 12 at 7:00 a.m. in Classroom 2
- December 12 at 12:00 p.m. in Classroom 2

### Value Safety Awareness



#### SHOW YOUR COMMITMENT TO SAFETY

At CGH Medical Center, you — our talented and dedicated workers — are our most valuable asset. That's why it's our top priority to keep you and our patients safe and healthy, so that all can return home to family and loved ones safe and sound every day.

Healthcare's unique culture presents unusual challenges for healthcare workers (HCWs). HCWs respond and react to diverse situations requiring sometimes split-second decisions. At CGH Medical Center, we work hard to prevent injuries and illnesses from occurring. To show our commitment to putting the safety and health of our workers first, we are participating in Safe + Sound Week, December 3-7, 2018.

Safe + Sound Week is a nationwide effort to raise awareness and understanding of the value of safety and health programs that include management leadership, worker participation, and a systematic approach to finding and fixing hazards in workplaces.

During the week, we'll be hosting activities to highlight how important safety and health is at CGH Medical Center, and we encourage you to join. We know our workers are the experts when it comes to the tasks you do and the tools and equipment you use. This makes you a vital source of safety knowledge and ideas and a valued partner for helping to make our workplace safer.

Help us keep our workplace safe and sound. Thank you for your continued involvement and commitment to safety and health at CGH Medical Center.

# Yoga Class is Back!

# Yoga class back and is being offered in the CGH Ryberg on Mondays.

Class begins at 5:15 p.m. The instructor is Jennifer Sleeman and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet.



5" Annual Healthy & Bright Holiday Lighting

Sponsored by

**CGH Medical Center Auxilian** 

Thank you to all who attended our 5th Annual Healthy and Bright Holiday Lighting Ceremony. Special thanks to the CGH Auxiliary for sponsoring



Shane Brown, Vice-President, Physician Services, counts down during the lighting ceremony.

the lights, and to the Sterling High School Madrigals for their festive entertainment.



The Sterling High School Madrigals provided entertainment for attendees.

There are approximately 37,000 exterior holiday lights on the CGH campus that are helping to spread holiday spirit . . . not only to our patients and their families, but also to our community.

### **HNHN October Winner**



Vicki Velasquez

The October Health Nurse Healthy Nation challenge was to participate in a 5K for a good cause. **Vicki Velasquez** (Medical Transcription Services) ran the Freedom 5K on November 10 and was the winner of the drawing for a \$60 massage gift certificate from Lotus Wellness Center.

The challenge for November/ December is about Joy. Many of us find joy in our pets. Email a picture of your pet to Sherry DeWalt to be entered in

a drawing for a \$50 PetSmart gift certificate. The pictures will be posted on a special page in the CGH HeartBeat.

### Dana Carroll Illustrates Book

#### **November** New Employees

Congratulations to **Dana Carroll**, CGH Helping Hands Daycare teacher, who recently became a published illustrator.

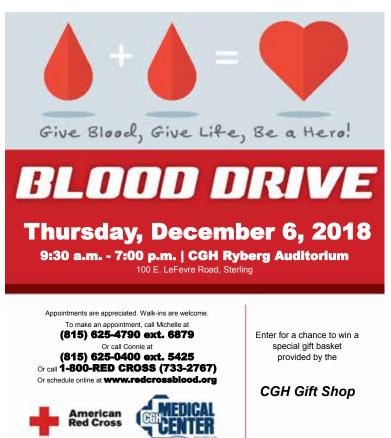
Dana illustrated the children's book, "Abby McNabby: And Her Unbelievable, Unexplainable, Not-So-Boring Day At Home." The book was written by Amy Rimmer of Rock Falls who is a childhood friend. They reconnected when Dana saw that Amy was looking for an illustrator on Facebook.

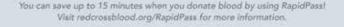


Dana Carroll, CGH Helping Hands Daycare teacher, reads Abby McNabby to an adorable girl at the daycare.

"I've been drawing all my life, making cartoon characters and drawing rainbows, dolls or people," said Dana.

The illustrations are a patch work style, made with colored markers, pencils and pens to pair with the writing style of the book. The book is available for order on Amazon or at Books on First, 202 W. First Street in Dixon.







Front Row (L - R): Tyra Brands (Food & Nutrition Assistant, Dietary); Brittany Schmitt (Cashier, Patient Accounts); Kelcie Fullmer (Check In Representative, Business Services); Joey Young (Food & Nutrition Assistant, Dietary)

**Back Row (L - R):** Lekeshi Crawford (Medical Assistant, Float-Clinic); Jenny Rodriguez (HUC/CNA, Emergency Dept); Brittany Hobson (CNA, Float-Hospital); Jenny Conderman (RN, Float-Clinic)



Front Row (L - R): Rebecca Fidder (RN, Emergency Dept); Carly Schaab (HUC/CNA, Emergency Dept); Julie Denning (CNA, Float-Hospital); Erika Barron (Housekeeper I, EVS)

Back Row (L - R): Shannon Klausing (Cardiac Monitor Tech, Critical Care Unit); Rachel Camacho (Contracting and Sourcing Administrator, Materials Management); Pam Capp (Physical Therapist, Women's Health); Olivia Carpenter (LPN, Float-Clinic)



Front Row (L - R): Natalie White (Medical Assistant, Internal Medicine - Clinic); Vanasia Vaughn (Food & Nutrition Assistant, Dietary); Kendra Scott (Phlebotomist, Laboratory); Leticia Gonzalez (Phlebotomist, Laboratory)

Back Row (L - R): Kervin Teckio (RN, Surgical Floor); Fran Taylor (CT Technologist, CT Scan); Jessica Hartzell (Medical Assistant, Float-Clinic); Joy Alabanza (CNA, Medical Floor); Adrian Juarez (Café Worker, Dietary)

# December Birthdays

1 Andrea Adee 1 Minerva Ferrel 1 Heather Holder 1 Kelly Scott 1 Matthew Stemm 2 Christina Larson 2 Eric Mullan 2 Kelly Zinke 3 Diana Chumacero 4 Samantha Greer 4 Chris Peed 4 Debra Sigel 5 Jean Biba 5 Mark Gerlach 5 Patricia Henson 5 Kathryn Klett **5** Austin LeClere 6 Christine Aden 6 Shari Giffin 6 Whitney Phillips 7 Kate Boyle 7 Sean Ryan 8 Jennine Beckmann 8 Rachel Bittner 8 Mary Derreberry 8 Shelly Houzenga 8 Chloe Payne 8 Teresa Stark 9 Angel Blazquez 9 Kathleen Bowman 9 Lorraine Meisel 10 Kathleen Harvey 10 Allison Newman 10 Ryan Zschiesche 12 Darlys Heiderscheit 13 Kristen Bauser 13 Michael Byrd 13 Paul Cunniff 13 Emily Kitsmiller 13 Laura LaCoursiere 13 Julie VanAusdal 14 Jessica Benyo 14 Jennifer Kastner 14 Micaela McCoy 14 Theresa Murray 14 Sabrina Pletsch 14 Jessenia Trujillo 14 Katie Wetzell 15 Kelly Escamilla 15 Mia Gustafson 15 Timothy Ross 16 Desiree Burke 16 Becky Davis 16 Emma Melton 16 Julie Pope 16 Danelle Saunders 16 Haley Smith-VanDan 17 Megan Blackburn 17 Julia Kelly 17 Christy Lafferty 17 Cassandra Sawvers

17 Angie Thompson 18 Savannah Hewing 19 Mirza Baig 19 Jennifer George 19 Brenda Holldorf 19 Toni Ikens 19 Shawna Kester 19 Laura Leal 19 Heather Moser 19 Matthew Wolf 19 Diane Yeoward 20 Nichole Blackert 20 Julie Hummel 20 Michelle Rogers 20 Daniel Surdez 21 Levi Litwiller 21 Paula Lucas 22 Colleen Jacobs 22 Mathai Karingada 22 Irena Mendoza 22 Manuel Mooney 22 Alisha Wetzell 23 Melissa Carew 23 Lauren Fitzwater 23 Kaci Linton 23 Ryan Whiteside 24 Jordan Baeza 24 Jon Berens 24 Lynne Coffey 24 Heather Eddinger 24 Patricia O'Brien 24 Marcela Sproul 24 Dahley Vinson 26 Max Alvarez 26 Laurie Davis 26 Christine Knisley 26 Paige Morales 27 Polly Nobis 28 Gregory Beck 28 Holly Hilty 28 Sara Ramage 28 Shelli Silva 28 Loni Ulve 29 Leticia Gonzalez 29 Colleen Lahey 29 Jodi Rank 29 Christina Sheley 29 Jeffrey Venema 29 Lacey Young 30 Corinne Abell 30 Leann Bellini 30 Rebecca Beltran 30 Darcie Bettner 30 Melissa Duncan 30 Kimberly Jordan 30 Lyndsey Weber 31 Sherry Lamendola 31 Cathy Meenen 31 Kelly Mitchem 31 Tori Spears

# **Emergency Management Fair**

#### Thank you to all who attended the Emergency Management Fair on Friday, November 9.

233 CGH staff visited 8 stations to review their roles in emergency management at CGH. There was information on Minimum Treatment Area, evacuation, PPE and the new PAPRs, Patient Tracking, Security, Communications/ Radio operations, Incident



Command, and Off-Sites emergency operations. A BIG thank you to all who staffed the stations and were willing to give their time to educate others!

### **Hospital Happenings**

#### **Blood Pressure and Blood Sugar Screenings**

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



#### **Employee Flu Vaccines**

Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months of age FIGHT FLU

and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May.

Employee flu vaccines will be available on Thursday, November 29 from 11:30 a.m. to 1 p.m. in the Employee Pharmacy.

Wishing you a Thanksgiving overflowing with peace, love and laughter.

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