



Communique

December 6, 2018

A CGH Medical Center Publication

In This Issue:

- Winter Art Show
- Dr. Hermon Retirement Open House
- HTP Enrollment
- Selfies with Santa
- CGH Auxiliary Cookie Caper
- Hybrid OR Open House
- Dr. Styczynski Retirement Open House
- HNHN: Find Your Joy!
- Yoga Class is Back!
- December Employee of the Month
- Hospital Happenings

Winter Art Show Features Photography from Local Artists Bob Logsdon and David Bingaman



CGH Medical Center and the CGH Auxiliary are proud to feature photography from local artists, Bob Logsdon and David Bingaman. The "Spirit of the Heart" gallery showcases local artists and is open to our patients and the community. Select pieces are available for sale, with a portion of the proceeds benefiting the CGH Auxiliary.

Bob Logsdon

Bob Logsdon is an accomplished landscape photographer, residing in Grand Detour, Illinois. Bob is an extensive traveler who documents his traveling experience in his pictures. It is through photography that Bob introduces the viewer to his endless and challenging imagination.

Bob started his photography when his children were small. Over the last five decades, Bob has photographed his children, grandchildren, and now great grandchildren.



Bob Logsdon

It was during his vacations, that he became interested in landscape and underwater photography. His travels through America provided him with an intimate insight into his subject and surroundings and peaked his desire to capture it in photographs.

In 2004, after Bob retired, his wife Colleen, the first director of the fine art gallery, The Next Picture Show, in Dixon, Illinois, encouraged him to exhibit his photography. Bob has been accepted in many juried art exhibitions and has received many awards.

Bob believes that photography is about much more than just making good pictures. For Bob, photography captures the essence of the subject that lives in the photograph and moves the viewer to another time and place.

David Bingaman

David Bingaman began his photographic journey in 1973 when he bought a Nikon camera and backpacked throughout Europe and North Africa. Since that time he has developed his skill in capturing landscapes as-well-as other natural and portrait subjects.

David lives on the Rock River in Dixon, IL with his wife Sarah where he pursues Bald Eagles, Great Blue Herons and amazing sunsets.

He is an Exhibiting Artist at The Next Picture Show (TNPS) in Dixon where he also serves on the Board of Directors. In 2018 he won "Best Landscape" at the Franklin Grove Harvest Festival, "Best of Photography" at the Grand Detour Arts Festival and Honorable Mention at the Lions, Tigers and Bears Exhibition at The Next Picture Show.



David Bingaman



Dr. Hermon
IS RETIRING!

Please join us for an
OPEN HOUSE

Thursday, December 20, 2018 • 4-6 p.m.
CGH Rock Falls Medical Center
100 W 1st St, Rock Falls, IL 61071

*We'd love to gather memories from patients and coworkers.
If you would like to share, please email your stories, photos,
comments or memories to Info@cghmc.com*



100 W. 1st St.
Rock Falls, IL 61071
(815) 632-5366
www.cghmc.com

2019 HTP Enrollment



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 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.

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

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

Selfies with Santa

CGH has joined select Downtown Sterling Business and Sauk Valley Area Chamber members to participate in a new promotion this year, #SelfieswithSanta! CGH has 3 Santas in the contest located in the CGH Medical Center Lobby, CGH Main Clinic Lobby, and the CGH Vision Center, Sterling.



CGH Vision Center, Sterling

The community is encouraged to find the Santas throughout the region between November 30-December 19 and post their "Selfies with Santa" on Facebook and Instagram.

Selfie posters will be asked to tag Sterling Main Street, the Sauk Valley Area Chamber and the participating business along with the hashtag #selfieswithsanta. All selfie posters will have their name entered in a drawing for prizes. Winners will be drawn during the Business After Hours on December 20.

CGH Employees may participate in the contest. A complete list of businesses has been posted on the employee bulletin boards and on CGH Heartbeat. So take your #selfieswithsanta and post on social media.



CGH Auxiliary Cookie Caper

Friday, December 14
7 a.m. until sold out
Classrooms 1 & 2

Cookies • Candy • Snack Mix • Pies • Breads

Cash & Check Only | No Payroll Deduct or Credit/Debit Cards

Raffle: \$1 for 1 ticket | \$5 for 6 tickets

Vera Bradley Purse & Gift Card • Decorated Winter Wreath
11x14 Photos by Lew Wescott: *Yesteryear* and *Union Station Fountain*

Watch for above items on display in the glass case outside the Auxiliary Office beginning on Monday, December 10th



HYBRID OPERATING ROOM OPEN HOUSE

**PUBLIC WELCOME • WEDNESDAY, DEC. 19TH
3:00-6:00PM • CGH MEDICAL CENTER**

CGH Medical Center is pleased to introduce our updated and advanced capabilities in our all-new Hybrid Operating Room Suite.

A hybrid operating room combines a conventional operating room with an imaging system that supports high-quality interventional imaging (like a CT scan or X-ray) with complex open and minimally invasive surgeries. The hybrid operating room allows imaging to be done in a minimally invasive way, but if needed, a more complex open surgery can proceed immediately.

"The hybrid operating room at CGH is on the cutting edge of technology that is rarely found in organizations of our size. It shows our dedication to offering the best treatments for our patients with complex vascular problems to help them achieve the best outcomes."

- Thomas King, DO

"We are looking forward to utilizing the hybrid operating room to allow for a multi-disciplinary approach to surgery. We will continue providing minimally invasive procedures in surgery and urology that are safer and more efficient."

- Young Song, DO

(815) 625-0400 • 100 E. LeFevre Road, Sterling, IL 61081 • www.cghmc.com

Yoga Class is Back!

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



Please note there will not be class on December 24 or 31.



Dr. Styczynski
IS RETIRING!

Please join us for an OPEN HOUSE

**Thursday, January 3, 2019 • 2-5 p.m.
CGH Medical Center • Ryberg Auditorium
100 E. LeFevre Road, Sterling, IL 61081**

We'd love to gather memories from patients and coworkers. If you would like to share, please email your stories, photos, comments or memories to Info@cghmc.com



Find Your Joy!

WILL YOU ACCEPT THE
challenge?



HEALTHYNURSE | HEALTHYNATION™

"Find Your Joy" is the this month's theme for the Healthy Nurse Healthy Nation Grand Challenge.

Many of us find joy in our pets. Please email a picture of your pet to Sherry DeWalt (Sherry.DeWalt@cghmc.com) by **December 28** and you will be entered in a drawing for a \$50 PetSmart gift card.



All of the pet pictures will be displayed on a special page on the CGH HeartBeat. There are already several pictures there now, so check it out!

Learn more about the Healthy Nurse Healthy Nation project and register at: <http://www.healthynursehealthynation.org/>.

DECEMBER 2018

Employee of the Month



Heather Musselman
RN/Obstetrics



I live in: Rock Falls

Joined CGH on: September 14, 2015

Education: Sauk Valley Community College, Associate's Degree

Family: Husband, Brian; daughters, Anna and Emily; and son, Kyle

Proudest Achievement: My three children, black belt in TKD, and becoming a nurse

Hobbies: Reading and spending time with family and friends

I would like to nominate Heather Musselman as Employee of the Month. I, myself, have worked as a nurse for 10 years and am now a healthcare provider at CGH. I was recently a patient at CGH, which shined a whole new light from my perspective. Although all the nurses were phenomenal, there were a few reasons Heather stood out to me. Heather admitted me, and was there for the labor and delivery of my baby as well. She made it very clear to me from the beginning, "I am your advocate, and at any time if you do not feel comfortable with your plan, to let me know." Without her saying this, during such an emotional/physically demanding time for me, I may have never spoken up. She made me feel so comfortable and instantly eased my anxiety. She also made sure to include my husband in my care and kept him informed of mine and the baby's progression. I feel these are just a few of the ways that Heather displayed the Standards of Behavior and went ABOVE and BEYOND her duties. She so deserves this recognition.

— Lindsay Wohrley, Nurse Practitioner, Gastroenterology

We congratulate her on being chosen December's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**January 3**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**December 13, January 10**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**December 20, January 17**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**December 21, January 18**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



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 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 influenza vaccinations are available:

- **Friday, December 7, 7:00 a.m.-8:30 a.m.**
in the Human Resource Department
- **Thursday, December 13, 11:30 a.m.-1:00 p.m.**
in the Employee Pharmacy
- **Friday, December 14, 7:00 a.m.-11:30 a.m.**
in the Human Resource Department

Deadline for Influenza Vaccination is December 15.

Pediatric Rehabilitation: A Team Effort

Join us on **Wednesday, January 16, 2019**, for our Growing Healthier Speaker Series, featuring **Katrina Alexander, MS, OTR; Lindsey Fiorini, PTA; Shauna Kester, DPT; and Erika Smith, MA, CCC-SLP** at **6 p.m.** in the CGH Ryberg.



Our newly expanded pediatric rehabilitation department offers therapies to assist children from birth to age 18 with their development needs.

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

