



Communique

December 20, 2018

A CGH Medical Center Publication

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12 Days of CGH Cheer Wreath Contest

Vote for "The People's Choice" wreath on the Heartbeat at Heartbeatcgh.com!



GI, Hospital



Clinic Administration



Marketing



Lab



Cayla Wolbert, Lab



Clinic Business Office



Patient Accounts



ENT

Thank You
All for
Participating in
the 12 Days of
CGH Cheer!



Patient Access



Sally Douglas, EVS



Tammy Heslop, Pt. Accounts



Health Foundation



Pharmacy



Financial Counselors



Clinic Coding



Float, Hospital



Sandy Reed, Laundry



Dietary



Neurology



Orthopaedics



Human Resources



Physical Therapy



HID



Dermatology



IT



3rd Floor Reception, Clinic



Medication Refill
Clinic Switchboard



Dr. Kuhns Office



Daycare



Holly Hilly, Clinic GI



Ladonna Clark, Pathology



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



Manage Your Weight & Health



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, or Bryan Frederick at ext. 1057.

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/>.

Thank You

I want to thank everyone in our CGH family for the love, prayers, and support they have offered to my family after Randy's accident. There are not words to express how much it has meant to our family. After more than twenty years with CGH I was not surprised by the outpouring we received. I have been extremely touched by the love I have seen people express for Randy after just six months at CGH. We are truly blessed to work with such amazing people.

Much Love and Thanks,
Jennifer Behrens
CGH Birthing Center

Plant Based Lunch

The next Plant Based Lunch will be on Friday, December 28 in the Ryberg Auditorium. Lunch will be served at 11:30 a.m. and a special showing of the documentary, *Forks Over Knives*, will be featured from 12:00 to 1:30 p.m.

PULSE POWERED
WELCOME TO OUR POD!



The cost for the lunch is \$5 and reservations are required. To RSVP, please contact Sherry DeWalt, at ext. 5716 or via email at Sherry.Dewalt@cghmc.com.

December New Employees



Front Row (L - R): Danielle Miller (RN, Medical Floor); Estefania Martinez (Phlebotomist, Laboratory); Alicia Rosas (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Brian Zschiesche (Courier, Materials Management); Michele Schueler (LPN, Dermatology); Rebecca Green (Marketing & Media Coordinator, Marketing); Ariel Maschek (Phlebotomist, Laboratory); Krystal Partridge (CNA, Float-Hospital)



Front Row (L - R): Shanda Ptacek (Pharmacist, Pharmacy); Becky Murray (LPN, Dermatology-Dixon); Mikio Martinez (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Carlos McNinch (Front Door Lead (Business Services); Saul Serrano (Cardiac Monitor Tech (CCU); Jack Reinhardt (Record Destruction Clerk, HIM); Missy Carew (Medical Assistant, Float-Clinic)

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.

Hybrid OR Open House

On Wednesday, December 19 CGH Medical Center introduced our updated and advanced capabilities in our all-new Hybrid Operating Room Suite with an open house from 3 to 6 p.m. Approximately 80 staff and members of the community attended the open house.



Dr. Thomas King and Dr. Young Song

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



Pictured from left to right are members of the Hybrid OR planning team: Kevin Knott, IMEG; Eric and Madhu Gresla, architects; Bob Lehman, Director, Plant Operations; Dr. Thomas King, Vascular Surgeon; Dr. Young Song, Urologist; and Cindy Zander, Vice President, Support Services.

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.

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

Pictured at right: Tony McCombie, U.S. Representative, 71st District, tours at the Open House.



January Birthdays

- | | |
|------------------------|-----------------------|
| 1 Owen Behrens | 17 Grace McCullough |
| 1 Karen Kramer | 17 Verna Rollo |
| 1 Anja Wolf | 18 Margaret Degolyer |
| 2 Lareene Cousins | 18 Penny Dings |
| 2 Natalie Jones | 18 Cathy Hawkins |
| 2 Nicole Jones | 18 Lori Phalen |
| 3 Jennifer Hurd | 18 Jamie Sodaro |
| 3 Eric Riley | 19 Laurence Brandon |
| 4 Brenda Kroninger | 20 Angela Stralow |
| 4 Brianna Maas | 20 Alyxandra Ward |
| 4 Dawn Siperly | 21 Anne Nehrkorn |
| 5 Rebekah Funderberg | 21 Claudia Sauer |
| 5 Stacy Kalina | 21 Kirk Spielman |
| 5 Teresa Kikuts | 21 Kristin Todd |
| 5 David Lahey | 21 Nancy Trancoso |
| 5 Janelle Stenzel | 22 Joy Alabanza |
| 5 Janice Valdez | 23 Suzi Albers |
| 6 Carol Cummings | 23 Megan Benyo |
| 6 Miranda Pumfrey | 23 Emily Crossley |
| 7 Rickey Burge | 23 Corinna Fortune |
| 7 Beth Peugh | 23 Tiffany Nutt |
| 7 Bradley Willis | 23 Kelli Teske |
| 8 Sarah Alvarez-Brown | 23 Laurie Wilkinson |
| 8 Denette Brown | 24 Fischer Celestino |
| 8 Katelyn Everett | 24 Rebecca Foy |
| 8 Chana Kullerstrand | 24 Kymberly Hayen |
| 8 Ashley Roux | 24 Noemi Hicks |
| 8 Christi Ryan | 24 Julia Jordan |
| 8 Laurie Sheridan | 24 Mary McWethy |
| 9 Robert Coleman | 24 Todd Roberts |
| 10 Amanda Englund | 25 Christy Beightol |
| 10 Joan Hermes | 25 Amanda Blaine |
| 10 Amanda Lillie | 25 Turner Garcia |
| 10 Carlos McNinch | 25 Mark Moran |
| 10 Kristy Rice | 25 Jennifer Stampfler |
| 10 Chris Ryan | 26 Gail Henson |
| 10 Bethany Shearer | 26 Daniel Hovey |
| 11 Trevan Burn | 26 Beda Walzer |
| 12 John Hahn | 27 Carol Devers |
| 12 Danielle Lesniewski | 27 Staci Dirks |
| 12 Ashley Vegter | 27 Kasey Magill |
| 13 Christina Byvick | 28 Ashley Atilano |
| 13 Erica Davilo | 28 Mary Eisenberg |
| 13 Jodi Thompson | 28 Kali Fetrow |
| 13 Sara Urbanowitz | 28 Jayni O'Brien |
| 13 Julie Zuidema | 28 Theresa Rogers |
| 14 Molly Diaz | 28 Sue Todd-Johnson |
| 14 Cody Hill | 29 Adam Beien |
| 14 Katelyn Seaberg | 29 Jennifer Ferris |
| 15 Katelyn Carp | 29 Megan Maas |
| 15 Jill Gonigam | 29 Annette VanLanduit |
| 15 Shanda Ptacek | 30 Alexis Klenz |
| 16 Leigha Schrader | 30 Natalie White |
| 16 Erik Young | 31 Ashley Cameron |
| 17 Bethany Conrady | 31 Julie Denning |
| 17 Debra Keaschall | 31 Brook Elmendorf |
| 17 Tamberlan Latchford | |

THINGS TO CHECK OUT ON HEARTBEATCGH.COM

12 DAYS OF CGH CHEER!



SIGN UP TO BE A SECRET SANTA

Sign up at www.heartbeatcgh.com/secret-santa to be a "Secret Santa." Gifts are not to exceed \$5. You will be matched randomly with another "Secret Santa" in the exchange. Gifts will be sent out on Tuesday, December 18.



WREATH CONTEST

Pick up your wreath in HR! Sign up as a department or an individual. Deliver your decorated wreath to HR by noon on Thursday, December 20th (offsites may send a photo). After all the entries have been collected vote for your favorite on the Heartbeat!



SELFIES WITH SANTA

Take a photo with a Santa and email it to info@cghmc.com and we'll put your photo in a gallery on www.heartbeatcgh.com



ELF ON A SHELF PHOTOS

Take a photo with an "Elf on a Shelf" and email it to info@cghmc.com and we'll put your photo in a gallery on www.heartbeatcgh.com. Elves are available to check-out in both lobbies.



PET PHOTOS

Take a photo of your pet and email it to info@cghmc.com and we'll put your photo in a gallery on www.heartbeatcgh.com



UGLY SWEATER PHOTOS

Take a photo of yourself or co-workers in an ugly sweater and email it to info@cghmc.com and we'll put your photo in a gallery on www.heartbeatcgh.com



ACTS OF KINDNESS

Download the Acts of Kindness form, fill it out and send it to someone you are thankful for!



PUT UP AN ORNAMENT

Put up an Ornament (in honor of) or an Angel ornament (in memory of) a loved one to be displayed in the Main Clinic atrium. Ornaments are located in the atrium under the TV.



Vote for your favorite photos in the galleries by clicking on the heart icon!