



Communique

January 31, 2019

A CGH Medical Center Publication

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CGH Rock Falls Medical Center Grand Opening

CGH Medical Center is celebrating the completion of the new 7,000 square foot CGH Rock Falls Medical Center located at 1315 Dixon Avenue, Rock Falls. Family Medicine providers Peter Toth, MD, PhD and Nurse Practitioners Donna Cook, APN, NP-C and Jennifer Gariott, APN, FNP-BC began seeing patients at the new location on January 28.

A grand opening event is planned for Monday, February 4, from 4 to 6 p.m. There will be tours of the new facility, a chance to meet the providers, and refreshments. The public is welcome.

"We are proud of the new Rock Falls Medical Center and hope it demonstrates CGH's dedication not only to our patients in Rock Falls, but also to those in the surrounding communities," said Dr. Paul Steinke, CGH President and CEO. "It truly is a beautiful clinic that will serve our area for many years to come."

The clinic's groundbreaking occurred on March 7, 2018, and construction began that spring. "The completion of the Rock Falls Medical Center is another great achievement for CGH," said Shane Brown, VP of Physician Services and Clinics. "In addition to providing our Rock Falls community members more convenient access to primary care services, the new building features a drop-off canopy and more adequate parking. It truly is an important investment for our patients and our community."

Dr. Steinke continued, "We are thankful for the unwavering support we have received from the community, our CGH Board, Rock Falls Mayor Bill Wescott, land owner Ron Gerken, and other countless individuals that have been part of this process. CGH is committed to delivering the best care possible, and we are always striving to improve our services. We look forward to continuing to provide quality, accessible care to our patients in the new Rock Falls facility."



YOU'RE INVITED
GRAND OPENING
CGH ROCK FALLS MEDICAL CENTER

FEBRUARY 4TH, 2019 • 4:00 - 6:00 PM
1315 DIXON AVENUE, ROCK FALLS, IL 61071

*Come visit our new facility and speak with the providers.
Refreshments will be served.*



1315 Dixon Avenue, Rock Falls, IL 61071 • (815) 632-5366
www.cghmc.com • 8:00 a.m. - 5:00 p.m.

Providers on the Move



Dr. Angel Blazquez



Julie Wardell,
APRN, FNP-BC



Teresa Stout,
APRN, FNP-C, CDE

Effective Monday, January 28th, Dr. Angel Blazquez and Family Nurse Practitioners Julie Wardell and Teresa Stout moved back upstairs to the newly renovated CGH Downtown Medical Center at 15 W. Third Street in Sterling.

An open house for staff and the public will be scheduled in the near future.

Yoga Class

Yoga class is back and is being offered in the CGH Ryberg on Mondays at 5:15 p.m.

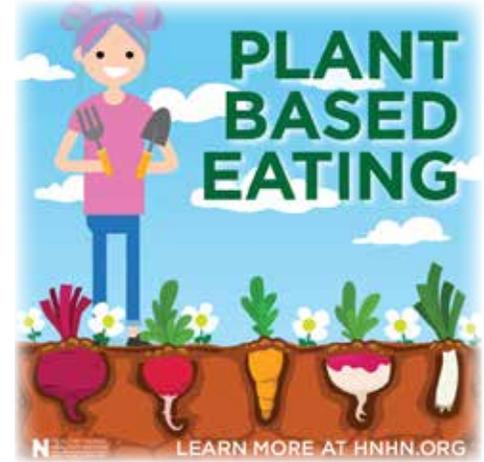
The instructor is Jennifer Sleeman and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one.



HNHN January Challenge

The Healthy Nurse Healthy Nation challenge for this month is "Pump up the Produce".

Eating more plant-based meals is good for both the environment and us. Studies show that a vegetarian diet may promote weight loss, lower blood pressure, reduce cancer risk and limit greenhouse gas emissions.



To participate in this month's challenge, snap a selfie of yourself eating a salad and email it to Sherry DeWalt by **Friday, February 1**. We will draw from all submissions and one person will win a \$50 gift certificate for the Twin City Farmer's Market.

Healthy Nurse Healthy Nation is an initiative to connect and engage nurses, employers, and organizations around improving health in five areas: physical activity, nutrition, rest, quality of life and safety. You don't have to be a nurse to join! Please visit the following link to learn more <http://www.healthyursehealthyNation.org/>.

HEARTBEATS DANCE PARTY

HEALTHY HEART EVENT FOR WOMEN OF ALL AGES SPONSORED BY THE CGH HEALTH FOUNDATION

MONDAY, FEBRUARY 18 • 9:00 - 10:30 A.M.
YWCA OF THE SAUK VALLEY, 412 FIRST AVE, STERLING
SUGGESTED DONATION: \$10.00

9:00 A.M. - DOORS OPEN
9:00 - 9:30 A.M. - EDUCATION & BP SCREENING
9:30 A.M. - JAZZERCISE LED BY KELLI HAHN
10:00 A.M. - DOOR PRIZE DRAWINGS & FOOD (INCLUDING \$50 UOI GIFT CERTIFICATE)

CGH Health Foundation
Your partner in good health

SPACE LIMITED, REGISTRATION ENCOURAGED.
REGISTER ONLINE AT: WWW.CGHEMC.COM/CALENDAR/EVENTS/HEART-BEATS OR CALL (815) 625-0400 EXT. 5716

CO-SPONSORS:

Give Blood, Give Life, Be a Hero!

BLOOD DRIVE

Thursday, February 7, 2019
9:30 a.m. - 7:00 p.m. | CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Appointments are appreciated. Walk-ins are welcome.
To make an appointment, call Michelle at
(815) 625-4790 ext. 6879
Or call Connie at
(815) 625-0400 ext. 5425
Or call **1-800-RED CROSS (733-2767)**
Or schedule online at www.redcrossblood.org

Enter for a chance to win a gift basket from the Aurelio's Bake Shop
517 Locust Street
Sterling



You can save up to 15 minutes when you donate blood by using RapidPass! Visit redcrossblood.org/RapidPass for more information.



EVERY BEAT COUNTS!

February Healthy Heart Events

Brought to you by the CGH Health Foundation

Friday, Feb. 1

Wear Red Day

Social media share campaign:

Help spread awareness by posting a selfie while wearing red on social media with the caption:

"I'm wearing red today because I want everyone to know that heart disease is the number one killer of men and women."

#WearRedDay@cghmedicalcenter

Take these steps to avoid heart disease:

- Don't smoke
- Eat a Mediterranean style diet
- Move more/sit less
- Know your blood pressure, blood sugar, and cholesterol numbers

Beginning Monday, Feb. 4

Weekly heart healthy menu themes

in the CGH Fresh Cafe

100 E. LeFevre Road, Sterling, IL

Friday, Feb. 8, Noon

S.A.S.S. Lunch and Learn

Presented by: Ariel Keomany, RN

(CGH Cardiac Cath Lab)

Lunch provided by the CGH Health Foundation

Register at www.cghmc.com/calendar

Monday, Feb. 18, 9:00 - 10:30 am

Heartbeats Dance Party

at YWCA Sauk Valley

412 1st Ave., Sterling, IL 61081

Register at www.cghmc.com/calendar

Wednesday, Feb. 27, 6:00 p.m.

Growing Healthier Program:

"Coming Back After a Heart Attack"

Open House at CGH Cardiac Rehab

3010 E. Lynn Blvd., Sterling, IL 61081

Register at www.cghmc.com/calendar

February Birthdays

- | | |
|----------------------------------|---------------------------|
| 1 Erika Boostrom | 15 Saul Serrano |
| 1 Ted Bryant | 15 Shelly Whitman |
| 1 Alyssa Buch | 16 Tara Ames |
| 1 Ryan DeBrock | 16 Ashley Dahlquist |
| 1 Kristine Gallardo | 16 Michael Fritz |
| 2 Kay McGrath | 16 Nicole Jones |
| 2 Priscilla McNeill | 16 Samuel Twining |
| 2 Billy Jo Rahn | 17 Jenna Harris |
| 2 Maria Riggs | 17 Debra Hussung |
| 2 Todd Swanson | 17 Elle Koerner |
| 2 Jennifer Wolf | 17 John Luckey |
| 3 Miranda Burke | 17 Sandra Mendez-Martinez |
| 3 Nicole Gragert-Lynch | 17 Tara Olsen |
| 3 Douglas Heeren | 17 Lynsey Smith |
| 4 Andrea Lynch | 17 Elizabeth White |
| 4 Janette Rugh | 18 Erin Allen |
| 5 Jennifer Lopez | 18 Chelsey Asbury |
| 5 Angela Minor | 18 April Bull |
| 5 Heather Swanson | 18 Alyse Church |
| 5 Kimberly Williamson | 18 Laura Kramoski |
| 6 Elizabeth Goff | 18 Dean Nelson |
| 6 Erica Grote | 18 Stacie Shipma |
| 6 Sarah Hadley | 19 Drew Carroll |
| 6 Julia Headrick | 19 Trisha Frump |
| 6 Jennifer Hinton | 19 Marisa Garcia |
| 6 Brittany Hobson | 19 Jackson Terry |
| 6 Christy Quinn | 19 Angela Tschosik |
| 7 Deborah Celestino | 20 Jennifer Duncan |
| 7 Judy Hammett | 20 Sabrina Heath |
| 7 Lisa Livingston | 20 Brenda Porter |
| 8 Rajan Gopal | 20 Megan Shaddick |
| 8 Kelly McDuffy | 20 Jill Vegter |
| 8 Betty Reed | 20 Amy Young |
| 9 Joseph Alden | 20 Beriah Zigler |
| 9 Diana Hanson | 21 Ashley McAlvey |
| 9 Lindsay Hoyle | 21 John Niemann |
| 9 Elizabeth Kalas | 21 Christina Ruth |
| 9 Cassidy Reese | 22 Luis Camacho |
| 10 Tammy Chino | 23 Ronda Davison |
| 10 Jamie Hay | 23 Jennifer Gehrke |
| 10 Jennifer Kaiser | 23 Mercedes Johnson |
| 10 Elizabeth LeClair | 24 Susan Bush |
| 10 Dorothy Montanez | 24 Jodi Dempsey |
| 11 Melissa Cushman | 24 Michelle Lenox |
| 11 Jessica Dillavou | 25 Jessica Boyles |
| 11 Makenzie Dolan | 25 Cynthia Fargher |
| 11 Lisa Gordon | 25 Branninghan Hutchison |
| 11 Jeanette Hunter | 25 Micah McNeill |
| 11 Mary Martin | 25 Nanette Metzler |
| 11 Tracey McCaslin | 25 Jessica White |
| 11 Candice McNinch | 26 Kristine Adams |
| 11 Jessica Pageloff | 26 Debora Beveroth |
| 11 Roxane Wancket | 26 Shelly Christensen |
| 12 Ashley Hamilton | 26 Koren McClearin |
| 13 Dominique DeLaFuente-Penaflor | 26 Shannon Scroggins |
| 13 Karen Habben | 26 Elizabeth Williams |
| 13 Billie Kaprelian | 27 Emily Hutchison |
| 13 Kayhla Shomaker | 27 Krystal Partridge |
| 14 Natalie Henry | 27 Kasandra Plocker |
| 15 Michelle Belha | 27 Tommy Rice |
| 15 Andra Collins | 27 Sonya Schilpp |
| 15 Kayla Gaffey | 29 Michael White |
| 15 Emily Holldorf | |
| 15 Kristine House | |
| 15 Jennifer Rogers | |

Hospital Happenings



Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**February 7**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**February 14**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**February 21**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**February 22**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**

Online CGH Logo Apparel Store

The Auxiliary sponsored online CGH logo apparel store remains open through **Wednesday, February 6**. Two stores are available: one for payroll deduct and one for credit card. Please note there are no returns on logo apparel.



One America

One America will be making an onsite visit to conduct individual appointments on **Thursday, February 21** in the Ryberg Auditorium from **8:30 a.m. to 3:30 p.m.** If you would like to set up an individual appointment please e-mail Tracey McCaslin and let her know a couple of time options that work best for your schedule.



They are here to help educate employees on the CGH Medical Center retirement plan, walk you through the enrollment process and online platform, and answer any financial and retirement questions you may have.

Plant Based Lunch Group

Are you interested in eating a more plant based diet? Join our "Lunch Pod". This plant based luncheon will be held on the **4th Friday** of every month at **11:30 a.m.** in the Ryberg. The next luncheon is scheduled for **Friday, February 22**. Lunch prepared by CGH dietary staff at a cost \$5.00 per person. Also included will be a short educational video about plant based lifestyles. RSVP's required. Please respond by **February 15** to Sherry DeWalt.



Geneva Linens Sale

Save the Date! The Auxiliary sponsored Geneva Linens sale will be on **Thursday, March 7** and **Friday, March 8**.

WILL YOU ACCEPT THE challenge?

HEALTHYNURSE | HEALTHYNATION™