



# Communique

March 14, 2019

A CGH Medical Center Publication

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## CGH Opens All-New Dixon Rehab Services Clinic

CGH Medical Center continues to expand services to benefit our community and surrounding areas. CGH Dixon Rehab Services held an open house and ribbon cutting on March 13. The new office is located at 1319 N. Galena Ave. next to the CGH Dixon Medical Center.

Approximately 65 attendees toured the facility and met Nolan Wolfe, PT, DPT, who is offering rehab services at the new location.

"I don't believe that medicine is just in the form of a pill," said Wolfe. "I believe that movement is also medicine. That's why we work closely with our patients to create individualized plans that blend health education, supervised clinic exercise, and at-home practice to ensure each patient's maximum recovery."

Whether for sport, work or geriatric care, the team at CGH Dixon Rehab Services provides targeted physical therapy programs, including: pre/post-surgical rehabilitation, neurological rehabilitation, orthopedic rehabilitation, work conditioning, sport injury rehabilitation, pain management and more.

Nolan graduated from Northern Illinois University in DeKalb in May 2017. Prior to achieving his Doctorate of Physical Therapy, Nolan earned an undergraduate degree in Health Sciences with an emphasis in Pre-Physical Therapy and a minor in Nutrition and Dietetics.

The CGH Dixon Rehab Services Clinic is open Monday through Friday from 8 a.m. to 5 p.m. For more information, call 815-284-1600, ext. 2722 or visit [www.cghmc.com](http://www.cghmc.com).



Jeff Dyke, Dr. Bill Bird, Dr. Paul Steinke, Geoff Wright and Nolan Wolfe welcome attendees to the open house.



Pictured from left are Shane Brown; Dixon Chamber members; Colleen Lahey; Lisa Shull; Dr. Bill Bird; Nolan Wolfe, PT, DPT; Steve Phillips; Dr. Paul Steinke, CGH President and CEO; Geoff Wright, PT; Dixon Chamber members; and Jeff Dyke, Director of CGH Rehab Services.



## CGH Main Clinic Welcomes Debra Bowman, MD, FACOG Obstetrics/Gynecology

We are pleased to welcome Debra Bowman, MD, FACOG to the OB/GYN department. Dr. Bowman is board certified in Obstetrics and Gynecology and has been practicing for the past 31 years.

Dr. Bowman received her MD from the University of Illinois College of Medicine in Rockford and her BA from Bethel University in St. Paul, Minnesota. Dr. Bowman completed her Obstetrics and Gynecology residency at Mercy Hospital and Medical Center in Chicago, Illinois.

A Fellow of the American College of Obstetricians and Gynecologists, Dr. Bowman is a Diplomat of the American Board of Obstetrics and Gynecology and is a member of the American Society for Colposcopy and Cervical Pathology and the American Medical Association.



101 E Miller Rd, Sterling, IL  
(815) 625-4790  
www.cghmc.com

## Save the Date!

### Kids Count...Super Heroes Wanted!!

That's the theme for the 2019 CGH Health Foundation Annual Appeal because our four new projects are devoted to the children of the Sauk Valley! Watch for more details to come on the Pediatric Rehab and OB/Peds projects.



Get your super hero cape on and prepare to give a helping hand/auction item or baked good at the spring fundraising events. It's time to start planning for the Foundation's early May annual Silent Auction, Bake Sale and Dessert Auction.

Give a boost to the lives of area kids - please help make these events bigger and better than ever! If you would like to donate a basket, dessert item or your time, contact Amanda Blaine (ext. 5575) or one of the co-chairs listed below as soon as possible!

#### Bake Sale and Dessert Auction - Wednesday, May 8

7 a.m. to 1 p.m., Ryberg Auditorium

Co-Chairs:

Janice Repass, Main Clinic - GI, ext. 3215 and

Kim Przysucha, Main Clinic - GI, ext. 3630

#### Silent Auction- Friday, May 10

7 a.m. to 4 p.m., Ryberg Auditorium, Classrooms 1 and 2

Co-Chairs:

Mimi Hicks, Daycare, ext. 5745 and Beth Warner, Clinic

Administration, ext. 6110

All proceeds go to the 2019 CGH Health Foundation Annual Appeal.

## Diabetes & Nutrition Center Now Located Downtown



The **CGH Diabetes and Nutrition Center** moved to the upper level of the newly renovated CGH Downtown Medical Center at 15 W. Third Street in Sterling on February 18.



**Regina Superczynski**, Infection Prevention and Control, recently received her Certification in Infection Prevention and Control (CIC) from the Certification Board of Infection Control and Epidemiology (CBIC). The CIC® credential identifies healthcare professionals who have shown mastery in knowledge of infection prevention and control by sitting for and passing the certification exam.



Regina  
Superczynski



## Spring 2019 Exhibition

The Spring 2019 Exhibition of the CGH Spirit of the Heart gallery features artwork by Beverly J. Garcia.

Beverly Garcia began painting at the age of 50 with numerous classes at the Studio in the Woods, Wauconda, IL. She has also taken classes at the American Academy of Art with Ted Smuskiewicz, at the Richard Halstead Academy, and at many workshops with nationally recognized artists such as: Joe Abbrescia, Gregg Kreutz, Paul Strisik, Ron Riddick, Harley Brown, Guido Frick, Daniel Gerhartz, Tom Nachreiner, Gerald Merfeld, Bonnie Casey and Donald Ward.



Beverly Garcia

She has won many awards and exhibited in restaurants, banks and business places. She has had several one person shows at The Next Picture Show in Dixon, IL and at the Bone Creek Museum of Agrarian Art in Nebraska. She has held several successful fundraisers at her studio to benefit CASA, Sinnissippi Foundation, KSB Hospital and Hospice.

Please note that Spirit of the Art artists donate 15% of the proceeds to the CGH Auxiliary to support the healing art program at CGH.

## March New Employees



**Front Row (L - R):** Mariana Bermudes Martinez (Housekeeper I, EVS); Lisa Little (RN, Cardiology - Clinic); Kara Todd (ROI Processor, CPFS); Dawn Gill (Respiratory Care Practitioner, Respiratory Care)

**Back Row (L - R):** Richard Rodriguez (Inventory Buyer, Materials Management); Elizabeth Accardi (RN, ASU); Taylor Wood (Surgical Scrub/Sterile Processing Tech, Central Sterile); Adrienne Page (RN, Surgical Floor); Larry Redd Jr. (Respiratory Care Practitioner, Respiratory Care)



**Front Row (L - R):** June Attebury (Food & Nutrition Assistant, Dietary); Katie Wilkinson (RN, Surgical Floor); Wendy Faley (Cashier, Patient Accounts); Lisa Shull (Receptionist/PT-OT Aide, Physical Therapy - Dixon)

**Back Row (L - R):** Taylor Poulter (Pharmacy Technician, Pharmacy); Erika Stach (RN, Surgery - Clinic); Kaitlyn Schwartz (Pharmacy Technician, Pharmacy); Mireya Guerrero Ortiz (Receptionist, ENT - Sterling)



## BLOOD DRIVE

**Thursday, April 4, 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](http://www.redcrossblood.org)



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## Pulmonology Moves to 1st Floor at Main Clinic

Effective March 11 the **Pulmonology** department at CGH Main Clinic has moved from the 2nd floor to the 1st floor Internal Medicine department.

Dr. West and Dr. Alderman from West Consultants will be seeing Pulmonology patients in this area. This department is also home to the Coumadin Clinic, Family Medicine (Dr. Dang), Internal Medicine (Dr. Jundi), and Rheumatology (Dr. Buddaraju and Melissa Duncan, APRN-FNP).



You can save up to 15 minutes when you donate blood by using RapidPass!  
Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) for more information.

# MARCH 2019

## Employee of the Month



**Joe Real**

EMT-P Shift Leader, Pre-Hospital



**I live in:** Rock Falls

**Joined CGH on:** January 1, 1989

**Education:** Sterling High School, OSF St. Anthony's Paramedic Program

**Family:** Wife, Karen

**Proudest Achievement:** The honor of serving for so long with the talented staff in Pre-Hospital

**Hobbies:** Working in my workshop, grilling, music and the Chicago Bears

Joe treats everyone he encounters with a high level of empathy and compassion. I hear about it from others, and I had an experience with him today where I observed it first-hand. I was in a ride along with him years ago and was in complete admiration of how he approaches his job and the way he gives a peaceful assurance to those he's trying to help. If ever there is someone deserving of this recognition, it is Joe. He is one of the best!

~ Grateful Staff

We congratulate him on being chosen March'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 (**April 4**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**April 11**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**March 21, April 18**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**March 22, April 19**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



#### 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, March 22**. Lunch prepared by CGH

dietary staff at a cost \$5.00 per person. RSVP's required. Please respond by **March 15** to Sherry DeWalt.

#### Mandatory Education

Reminder: CGH Employee Mandatory Education for FY 2018-2019 completion is required by April 30.

