



Communique

December 5, 2019

A CGH Medical Center Publication

In This Issue:

- CGH Fulton Medical Center and Walk-In Clinic Opens
- Whooping Cough Visitor Restrictions
- What HTP Means to Me
- Share the Love
- Spirit of the HeART Art Show
- DeLange Scholarship Deadline
- Kris Gallardo Retirement
- CGH Rock Falls Welcomes Kelli Jepson, DNP, APN, FNP-BC
- Hospital Happenings
- CGH Auxiliary Cookie Caper

CGH Fulton Medical Center and Walk-In Clinic Opens

To provide more convenient access to healthcare services for our patients in western Whiteside County, CGH Medical Center is opening its newest family practice and walk-in clinic on Monday, December 9. The 2500-square foot clinic is located at 1130 17th Street, Suite B in Fulton, Illinois. Providers at the new clinic include Lynne Coffey, FNP and Kimberly Teats-Garrison, PA-C.

"Whether for sprains, shots, checkups or chronic coughs, our patients will not only have access to convenient family practice needs by appointment Monday through Friday, 8 am to 5 p.m., but also have the convenience of a walk-in clinic for acute healthcare needs during those same hours, as well as on Saturday mornings from 8 a.m. to noon," said Kimberly. Kimberly previously practiced in the Fulton area before moving to the CGH Morrison Medical Center for a short time. "It's exciting to be back where my patients are so that I can continue to see them."

"I think families in this area were really looking for other options in healthcare," added Lynne, who – along with her husband – grew up in Fulton. "I am so excited that we are going to be that next option and that I will be able to treat the same people that helped me grow up and become the person I am today. It's really important for me to be able to give back to my community."

Both providers are able to see their own patients, take care of their own diagnoses, make their own treatment plan, prescribe medications when appropriate, and take care of the patient's overall needs under the supervision of a physician. In addition, if referred by either provider, patients will have access to even more of the CGH services and specialists available at the main campus in Sterling.

"We are proud to open the CGH Fulton Medical Center and hope it demonstrates our dedication not only to our patients in Fulton, but also to those in the surrounding communities," said Dr. Paul Steinke, CGH President and CEO.

WALK-INS WELCOME!



1130 17th Street, Suite B
(815) 589-2005



Lynne Coffey, FNP • Kimberly Teats-Garrison, PA-C

Visitor Restrictions

Due to cases of pertussis (whooping cough) now being seen in Whiteside County, CGH Medical Center has implemented temporary visitor restrictions effective Wednesday, November 27. While we realize these temporary steps may result in some inconvenience to family members and other visitors, the safety and well-being of our patients, visitors and staff is our highest priority.

Until further notice, visitor restrictions include:

- Visitors will be limited to 2 adults per patient at any time.
- No visitors under the age of 18 will be allowed. Pertussis can affect people of all ages, but can be very serious, even deadly, for children and babies less than a year old.
- All visitors must be symptom-free (no fever with cough or cold). Other pertussis symptoms include runny nose, sore watery red eyes, a dry cough and exhaustion.
- Patients coming to the CGH ED or outpatient clinics with pertussis symptoms will be asked to wear a mask.
- Cover your nose and mouth when you cough or sneeze.
- Make sure you clean your hands when entering and leaving the patient's room by washing with soap and water or rubbing your hands together with hand sanitizer (located in every patient room and throughout the hospital).

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. It is spread when an infected person talks, coughs or sneezes, or has contact with hands, tissues and other infected objects. It is known for uncontrollable, violent coughing which often makes it hard to breathe. After cough fits, someone with pertussis often needs to take deep breaths, which result in a "whooping" sound.

Thank you for your cooperation and support. Together, we can prevent the spread of pertussis.

WHOOPING COUGH (PERTUSSIS)



FACTS:

SPREAD:

- when an infected person talks, coughs or sneezes
- contact with hands, tissues and other infected objects



PREVENTION:

- Whooping cough (pertussis) vaccination – very important for pregnant women, providing protection (>90%) to newborn child
- cover nose and mouth when you cough or sneeze
- wash hands regularly
- if symptoms develop, stay away from work or school and seek medical advice



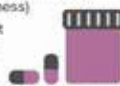
SYMPTOMS MAY INCLUDE:

- runny nose
- sore watery red eyes
- dry cough
- low-grade fever



TREATMENT:

- antibiotics (only useful very early in the illness)
- best treatment is prevention



What HTP Means To Me

I'm so happy to have had the opportunity to join the HTP program in 2015 and being able to stay with it to help me make healthy choices a lifestyle instead of a passing fad.



Kris Gallardo
HIM

Sherry and Bryan not only share their wisdom as HTP coaches, but share their personal testimonies that reveal their purpose for making healthy choices for themselves and their passion to help others. They assist us through their mentoring and support with personalized coaching, meetings, messages, recipes and samples of good-for-you foods. There are 30-day challenges and pop-quizzes that are fun and there are suggested community events to join in with co-HTPs. All promoting a healthier lifestyle. I love the fact that now I know that if I have an 'off-track' day, it's not the end. It's just a bump in the road and I just get back on track.



We are blessed to have this HTP program available at CGH. If you've thought about joining and want to live a healthier, longer life for whatever your purpose, I encourage you to at least inquire to see what is so good about this program. Thank you so much Bryan & Sherry for all you do to help people enjoy happier, healthier lives!

For information on enrolling in HTP, contact Sherry at ext. 5716 or Bryan at 1057.

Share the Love

WILL YOU ACCEPT THE challenge?



HEALTHYNURSE | HEALTHYNATION™

"Eat well, move more, stress less, love more."

This is a quote from Dr. Dean Ornish, pioneer in the field of lifestyle medicine. For our Healthy Nurse, Healthy Nation challenge this month and next we will focus on the "Love More" aspect of his advice.

Please take a moment to visit our special "Love More" page at CGH Heartbeats and leave a kind message for a co-worker: www.heartbeatcgh.com.

The Healthy Nurse, Healthy Nation™ Grand Challenge is an initiative designed 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 participate! Find our more at www.healthynursehealthynation.org.

Spirit of the HeART Art Show

We are pleased to present the Winter 2019 exhibition of our healing art gallery, "Spirit of the HeART," featuring glass plate negative photography by Howard Clinton Tibbitts and other pioneering photographers. The historic photos have been remastered and printed by Patrick Moore, Historic Shades of Gray Archival Preservationist from Morrison.

Glass plate photographer Howard Clinton Tibbitts (1863-1937) documented the raw beauty of the American West, Canada and Mexico, and starting in 1892, he photographed for the Southern Pacific Railroad. For over 40 years, his work was showcased in the railroad's "Sunset Magazine" to promote the passenger business. Born in California, he spent the majority of his time photographing and traveling from his home base in San Francisco. Included in his works are photographs of Navajo Indian Tribes, Agriculture, Landscapes and Iconic Landmarks, Historic Travel, Structures and Portraits.

While much of Tibbitts' photography has been published over the years in books, periodicals, and as postcard images, the original glass plate negatives - now owned by Patrick Moore - come from a long-time privately held estate archive of his work. Many have never been published or previously seen by the general public prior to 2018.

Others have been in the collections of the University of California's Bancroft Library, the California State Railroad Museum, the California Historical Society, and many other major museums and institutions.



While Mr. Tibbitts primarily did photography work for the Southern Pacific, one series of negatives from the archive indicates that Santa Fe also utilized his services.



Early morning view of Navajo men at their overnight campsite in the Grand Canyon. This view, from around 1912, shows the typical daily life of these Native Americans as they moved about the Southwest.

The glass plates from which the photographs are taken date from the early 1900's and stand as a testament to the art and science of a time when each individual photographer created, transported, exposed, and developed every negative by hand, in the field, in often less than ideal conditions.

The purpose of the "Spirit of the HeART" gallery is to host a venue for local artists to exhibit, and provide patients, families and staff with the value of the creative process of art as a healing force. Select pieces are available for purchase, with a portion of the proceeds benefiting the CGH Auxiliary.

DeLange Scholarship Deadline

Applications for the fall semester for the CGH Health Foundation James DeLange Textbook Scholarship are due Friday, December 13.

Grants are awarded three times yearly, up to \$300. All full- and part-time CGHers are eligible as long as you have been here for at least a year.

The application is available on Lifeline under CGH Health Foundation Scholarships or by emailing Joan Hermes. Individuals can apply each semester, but can only receive funding once per year.

Call Joan at ext. 5672 for more information.



Kris Gallardo Retirement

Kris Gallardo (HIM) celebrated her retirement with a tea on Friday, November 22.

Kris worked at CGH Medical Center for 45 years, most recently as Supervisor in the Health Information Management department.

Congratulations on your retirement, Kris!



Kris Gallardo and Dr. Paul Steinke



CGH Rock Falls Medical Center Welcomes
Kelli Jepson
 DNP, APN, FNP-BC (*Family Medicine*)

We are pleased to announce that Kelli Jepson, DNP, APN, FNP-BC has joined Dr. Peter Toth as a family nurse practitioner at the CGH Rock Falls Medical Center.

Kelli received her DNP in the Family Nurse Practitioner program from Clarke University in Dubuque, Iowa, and her BSN in Nursing from Illinois State University in Normal. Kelli is a board certified family nurse practitioner by the American Nurses Credentialing Center. In addition, Kelli is certified in Basic Life Support and is a member of the American Association of Nurse Practitioners.



1315 Dixon Ave., Rock Falls, IL
 (815) 632-5366
 www.cghmc.com

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**January 2**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**December 12, January 9**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**December 19, January 16**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**December 20, January 17**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



Yoga Class

Yoga class is being offered at 2600 N. Locust on **Monday's at 5:15 p.m.** The instructor is Sherry Prescott 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.



December Events at Sterling Rock Falls YMCA

- **Swim with Santa**
 Friday, December 13 - 5:30-7 p.m.
 Bring the entire family and enjoy swimming, games and activities with Santa Claus. This activity is free for Y Members and \$5/family for Non Members.
- **ESports Tournament**
 FIFA 20 - December 14 - 3-7 p.m.
 Madden 20 - December 15 - 3-7 p.m.
 Join us for a 2 day E-Sports tournament where you will go head to head with 32 other players. This tournament is open to participants ages 12+. Register online at www.srfymca.org or at the YMCA through December 7. The fee is \$25 for Members and \$30 for Non Members.
- **5-on-5 Holiday Basketball Tournament**
 December 20-22
 Girls divisions: 3rd-5th, 6th-8th
 Boys divisions: 3rd-5th, 6th-8th
 Put a team of 7 players together and compete in the first annual 5 on 5 holiday basketball tournament. It will be a double elimination and will run Friday/Saturday all day and Sunday afternoon with 2-10 minute halves. Participants should bring both a plain white shirt and a colored shirt. Awards will be given to the top team of each division. Register by December 15. The fee is \$20 per person on your team.

GRAB A SWEET TREAT!

Cookie Caper

Cakes • Cookies • Pies • Candy

Friday, December 13th

Ryberg Auditorium - 7am to 1pm

Cash and Check Accepted, NO Payroll Deduct



White Elephant Sale!

Pick up some holiday gifts and decor along with your treats at the new White Elephant Sale! Gently used holidays items like wreaths, centerpieces, tree decorations, etc. may be found here for a great price!

For more information on all Sterling Rock Falls YMCA activities, visit www.srfymca.org.