



February 9, 2023

A CGH Medical Center Publication

# Communique

## SUMMER STUDENT VOLUNTEER OPPORTUNITY

It's no secret that volunteer work is good for you. By giving to others, you can boost your sense of confidence and self-worth. And some studies suggest that the time you spend in volunteer opportunities could help boost your physical health, too.

The CGH Auxiliary is excited to announce their new **Summer Student Program**, which runs **June 5 through August 4**. The program offers training and mentorship by adult volunteers, as well as observation and participation in weekday operations. **Applications are available for download at [www.cghmc.com/volunteer](http://www.cghmc.com/volunteer)**. For more information, please contact Deb Keaschall at ext. 5727.

### PROGRAM REQUIREMENTS

- Must be in **high school** or **entering high school (limited spots are available)**
- Completed application is due by **April 7**, which must include:
  - Two references (teacher, counselor, minister or employer)
  - Copy of immunization record
  - Parent/guardian signed consent for approval to volunteer and for laboratory blood work
- Successful completion of interview
- Compliance with TB testing and immunizations, if needed
- Attendance at **mandatory** orientation on **Wednesday, May 31** from **2 to 4 pm**
- Train and volunteer in department specific area (Hospital Reception Desk or Gift Shop)
- Commitment to one morning **or** one afternoon shift per week, Monday-Friday, June 5-August 4. A shift is 3.5 or 4 hours.
  - No more than 2 call-offs during this time
- SVCC Impact Program approved



### IN THIS ISSUE

- Spotlight on Nursing
- CGH Auxiliary Volunteer Highlight
- Scrubs On-Site Sale
- Cholesterol & Glucose Screenings
- The Heart of the Matter
- HeartCheck
- February EOM
- National Wear Red Day



# Spotlight on Nursin

**Whitney Smith, RN**  
Family Medicine

**Fun facts about me:**

I have worked at CGH for more than 15 years. I started out here as a Medical Assistant doing my internship. I was hired by Jill Adolph and worked as a float for nearly 10 years before going back to school for my RN.



**My best career lesson:**

Ask questions and write things down.

**3 words that describe me:**

Loyal, Caring, Organized

**When I'm not working, I enjoy:**

Shopping and playing with my 6 year old daughter.

**What I like about my job:**

I like forming relationships with my patients and feeling like I am making a difference in their lives. I also love my coworkers. They make me look forward to coming to work.

**My job duties:**

My job duties include running a primary care office, including rooming patients, taking phone calls, giving test results, doing injections, etc.

## VOLUNTEER HIGHLIGHT

**Name:** Pat Pettenger

**I live in:** Dixon

**Joined CGH Auxiliary in:**  
October 2021

**Hobbies:**

I like CrossFit, reading, and spending time with family and friends.

**Area(s) of Volunteer Service:**

CGH Gift Shop

**Hours:** 258

**What I enjoy most about volunteering:**

I enjoy interacting with and getting to know other volunteers and gift shop customers. I also like helping nonprofit organizations provide services to the community that I live in.



PAT PETTENDER




**Cholesterol and Glucose Screenings**

CGH Health Foundation  
Your partner in good health

The American Heart Association recommends that all adults 20 or older have their cholesterol and other traditional risk factors checked every four to six years as long as their risk remains low.

Make an appointment for our cholesterol screening on Tuesday, February 14. 12-hour fast and appointment required. Contact Sherry at (815) 625-0400, X 5716, or sherry.dewalt@cghmc.com to schedule.



Save the Date!  
**Scrubs**  
On-Site Sale

Tuesday, March 14th  
**RYBERG**  
**AUDITORIUM**

Logo Apparel Online Store:  
Opening March 14th

#SCRUBS  
Sponsored by CGH Auxiliary

**Do you have CGH news for *Communique*?**

**We would LOVE to hear from you!**

Please send all submissions for *Communique* to Liz Foster in Marketing: elizabeth.foster@cghmc.com.



As part of American Heart Month, our Growing Healthier/Ask Us Anything Facebook Live event last week was titled, The Heart of the Matter. If you were unable to watch, visit our CGH Facebook page to view the informative video.

Dr. Bill Bird provides a local COVID-19 update and is joined by Dr. Twinkle Singh (Interventional Cardiologist). You can learn about the advancements in heart services provided at CGH as Dr. Bird and Dr. Singh talk about our two 24/7 cath labs and discuss the latest stroke and heart disease treatments, cardiac rehab, and an array of new procedures offered to open up blockages in your heart's blood vessels.

## EMPLOYEE OF THE MONTH

**KIM  
DAVIS**

LPN  
Float  
(Clinic)



**FEBRUARY 2023**

Kim is a huge asset to all of the CGH Clinics, going above and beyond for her patients and coworkers. She is a hard worker and makes sure the patients' needs come first. She can always make you laugh, no matter what kind of day you are having.

CGH has been Kim's whole world for 39 years, and she is so deserving of this recognition. We could go on and on about how great she is! Thank you, Kim, for everything you do!



Purpose, Worthwhile Work...  
*Making a Difference!*



## HEARTCHECK

If you're not certain of your heart disease risk, HeartCheck can provide fast, clear pictures of clogged arteries to examine the cause of chest pain, high blood pressure, cholesterol and other cardiovascular concerns. Lasting 15 short minutes and performed just like a traditional x-ray, the scans enable early detection and more precise treatment of heart disease.

### HeartCheck is recommended if you:

- Are between the ages of 50 and 65
- Have high blood pressure
- Have a family history of heart disease
- Are a smoker
- Have elevated cholesterol
- Are overweight

HeartCheck is available year-round for just \$99, and gift certificates are available. For more information, or to make an appointment, call (815) 625-0400, ext. 5550.



**ONLY  
\$99**



# Thank you all for participating in National Wear Red Day!

Together we raised awareness for heart health and supported the fight against heart disease, the leading cause of death for Americans, especially women.

Know your risk and protect your heart!

