



# Communique

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A CGH Medical Center Publication

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## Transform Your Health with the 2021 HTP Program

***None of us will be sorry to see 2020 in the rear view mirror and speaking of rear views...did you put on a few pounds this year?***



Being overweight and having high blood pressure, diabetes, or high cholesterol increases our risk for heart disease and other illnesses. In fact, one of the many things we learned this year is that these conditions can also make COVID symptoms worse and make it harder to recover.

The HTP program is here to help you focus on your health in 2021. We can teach you how to achieve a healthy weight and improve your numbers.

Here is what HTP includes:

- Class every two weeks – currently meeting via Zoom on Tuesday evenings at 5:30. Classes are recorded so that you may watch at your convenience. Live classes will resume when possible.
- Cholesterol, blood sugar, blood pressure measurements at start of program and the end of every quarter.
- A personal health coach to guide you.

The cost is only \$150 per year (\$6 per pay period) and CGH employees get their money back at the end of every quarter as long as you watch the classes and complete the labs. (Family members in the same household can be enrolled and included in your payroll deduction.

Fees for family members are also reimbursed.)

Please contact Sherry DeWalt via email or at ext. 5716 for enrollment details. Enrollment forms are due by Friday, January 8. The first payroll deduction is January 15.



**WISHING  
YOU A  
HEALTHY  
AND  
SAFE  
NEW YEAR!**

**2021**



# January Birthdays

- |                        |                               |
|------------------------|-------------------------------|
| 1 Anja Wolf            | 17 Verna Rollo                |
| 2 Natalie Jones        | 17 Shelly Salerno             |
| 2 Nicole Jones         | 18 Priscila Espinoza Castillo |
| 3 Jennifer Haak        | 18 Cathy Hawkins              |
| 3 Eric Riley           | 18 Jamie Sodaro               |
| 4 Brenda Kroninger     | 18 Brenna Wheatley            |
| 4 Brianna Maas         | 19 Gina Clark                 |
| 4 Dawn Siperly         | 19 Preeti Joseph              |
| 5 Rebekah Funderberg   | 20 Angela Stralow             |
| 5 Stacy Kalina         | 20 Alyxandra Ward             |
| 5 Teresa Kikuts        | 21 Anne Nehrkorn              |
| 5 David Lahey          | 21 Claudia Sauer              |
| 5 Janelle Stenzel      | 21 Kirk Spielman              |
| 5 Janice Valdez        | 21 Kristin Todd               |
| 5 Katheryn Wilkinson   | 21 Makaila Wesley             |
| 6 Annabelle Chattic    | 22 Matthew Mach               |
| 6 Alyssa Holden        | 23 Suzi Albers                |
| 7 Rickey Burge         | 23 Emily Crossley             |
| 7 Beth Peugh           | 23 Corinna Fortune            |
| 7 Bradley Willis       | 23 Megan Larson               |
| 8 Sarah Alvarez-Brown  | 23 Tiffany Nutt               |
| 8 Dennette Brown       | 23 Kelli Teske                |
| 8 Chana Kullerstrand   | 23 Laurie Wilkinson           |
| 8 Ashley Roux          | 24 April Celestino Fischer    |
| 8 Christi Ryan         | 24 Kymberly Hayen             |
| 8 Laurie Sheridan      | 24 Noemi Hicks                |
| 8 Leidy Sierra Jimenez | 24 Julia Jordan               |
| 9 Robert Coleman       | 24 Mary McWethy               |
| 10 Amanda Coutts       | 24 Todd Roberts               |
| 10 Holly DeWitte       | 25 Amanda Blaine              |
| 10 Amanda Englund      | 25 Turner Garcia              |
| 10 Joan Hermes         | 25 Mark Moran                 |
| 10 Bethany Shearer     | 25 Jennifer Stampfler         |
| 11 Trevan Burn         | 26 Mikaley Smith              |
| 11 Alejandro Escalante | 27 Carol Devers               |
| 12 Danielle Baker      | 27 Staci Dirks                |
| 12 Michael Fritz       | 27 Molly Jacobs               |
| 12 John Hahn           | 27 John O'Holleran            |
| 12 Morgan Rivera       | 28 Ashley Atilano             |
| 12 Sierra Serrano      | 28 Mary Eisenberg             |
| 13 Christina Byvick    | 28 Thomas Ritenour            |
| 13 Erica Davilo        | 28 Theresa Rogers             |
| 13 MiKayla Layhew      | 28 Sue Todd-Johnson           |
| 13 Jodi Thompson       | 29 Catalina Carrizales        |
| 13 Julie Zuidema       | 29 Jennifer Ferris            |
| 14 Molly Diaz          | 29 Megan Maas                 |
| 15 Katelyn Carp        | 29 Annette VanLanduit         |
| 15 Jill Gonigam        | 31 Ashley Cameron             |
| 15 Alaina Schreiner    | 31 Julie Denning              |
| 16 Leigha Schrader     | 31 Brook Elmendorf            |
| 16 Carolyn Smoot       | 31 Kathleen Sciacero          |
| 16 Erik Young          |                               |
| 17 Bethany Conrady     |                               |
| 17 Debra Keaschall     |                               |
| 17 Grace McCullough    |                               |

## DeLange Scholarship Deadline

**Applications for the spring semester for the CGH Health Foundation James DeLange Textbook Scholarship are due Wednesday, January 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.



## Operation Sunshine Shows Support

**What a special surprise for all of our frontline doctors and nurses! Thank you Operation Sunshine for brightening everyone's day with your amazing pictures and thank you notes! Your support is very much appreciated!**

*Thank you for doing all that you do! It has been crazy and keeps getting crazier, but even though the news has been swallowed up by other things, we haven't forgotten how amazingly strong our health care heroes have been and continue to be. Thank you for braving this "perfect storm" and being the protective force guiding us towards the other side. Thank you all for being awesome!*



You all have been absolutely astounding these last few months. With the huge influx of patients with COVID-19, I believe we are all seeing just how awesome our community is. Every one of you has been working selflessly around the clock taking care of this pandemic. Each and every day, you all risk catching this virus to ensure your patients' needs are met, and there is just no amount of words that can be used to describe just how truly amazing that is. I know some of you will say that you are just doing your job, but you are truly doing more than anyone can ask of you. Having seen the amount of stress and pressure that my friends and family in the healthcare profession are under, I can honestly say I don't know if I could handle it as well as many of you have. Please continue everything that you have been doing for this community, and please continue to keep our loved ones safe as well as your own. Know that each and every one of us are putting our hearts and prayers out to you.