



Communique

December 16, 2021

A CGH Medical Center Publication

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Together We Share . . . Together We Care

"Together We Share...Together We Care" is a program started fifteen years ago by Kimberly Teats-Garrison, PA-C, CGH Morrison Medical Center. Her hope was to bring joy to local nursing home residents at Christmastime.

This year, the program collected over 6,000 items and delivered goodies to over 400 residents at Allure of Prophetstown; Pleasant View, Resthove and Windsor Manor in Morrison; Big Meadows in Savanna; Regency Care of Sterling; and Hillcrest Home in Geneseo!



Kimberly Teats-Garrison, PA-C

"When I was a little girl, I used to visit my great-grandparents in their nursing home in Morrison," Kimberly said. "I noticed how many residents of the home were lonely and often had little to no visitors, even during the holidays. This really bothered me and gave me the desire to make a difference, thus I began 'Together We Share...Together We Care'. The goal of this program is to donate items to multiple nursing homes/assisted living communities in the local area at Christmas. Each year I collect donated items, as well as monetary donations, that go towards the purchasing of items. 100% of the donations received go to the residents of these facilities. Thousands of items have been donated to date, but I strive to make the project even bigger each year!"

Thank you, Kimberly, and thank you to all who donated to this amazing program! For more information, and to see a video of what is included in each of the residents' bags, follow the program's Facebook page at www.facebook.com/TWSTWCKT.



**Have a
Happy
and
Healthy
Holiday!**



Lisa Armstrong, RN Dermatology

Fun facts about me:

I went back to school to pursue a career in nursing after spending several months in the hospital after a severe snowmobile accident and was inspired by some phenomenal nurses that I had at CGH.

My best career lesson:

Always to challenge myself and try new things and new positions at work.

3 words that describe me:

Mother, Wife, Nurse

When I'm not working, I enjoy:

Spending time with my husband of 20 years, Jayme; my three daughters, Melanie (17), Madison (12) and Makenna (11); and my two Goldendoodles, Piper and Paisley. I also enjoy gardening, crafting, kayaking and snowmobiling.

What I like about my job:

I have an amazing work family. I work for a wonderful provider and have a great group of nurses, receptionists and other providers that make my job interesting and fun.

My job duties:

RN Team Coordinator for Dermatology. I assist with other department needs for both our Sterling and Dixon offices. I also room patients, provide patient education, answer phones, schedule appointments/procedures, and assist with surgeries and various other procedures that we perform in the office.



December '21



The CGH Prophetstown Medical Center will have limited hours until further notice. Staff will be reachable by phone at (815) 537-5050 during office hours.

Work on Your Weight & Health

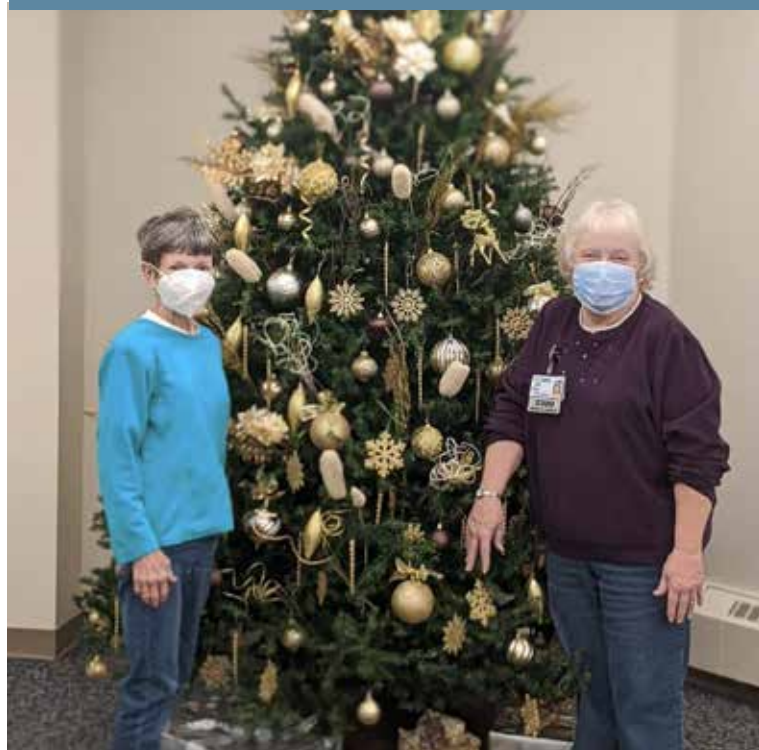


Are you are ready to work on your health and your weight in 2022? Please consider signing up for the CGH Health Transformation Program (HTP).

The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. Although there is a fee for the program, it is reimbursed for CGH employees if lab and class attendance requirements are met.

The cost is only \$150.00 per year (\$6.00 per pay) and CGH employees get their money back at the end of every quarter as long as you attend class and complete the labs. For more information on enrollment, contact Sherry DeWalt at ext. 5716, or Bryan Frederick at ext. 1057.

Christmas Spirit at CGH



We're getting in the Christmas spirit at CGH!

Thank you to CGH Auxiliary members, from left to right, **Sue Nestor** and **Pat Estes**, for decorating the Ryberg Auditorium Christmas tree.

Holiday Door Hanger Decorating Contest Winners

Thank you to everyone who participated in our Holiday Door Hanger Decorating Contest! There were so many wonderful entries to help "Deck the Halls" of CGH. Congratulations to our winners!

Winners were chosen anonymously by Bruce and Debbie Bley of Sterling. Bruce, a CGH Auxiliary member, is a retired art instructor, and Debbie is the former band director at Rock Falls Elementary.

To see all of the door hangers, stop by the Spirit of the HeART hallway between the hospital and Main Clinic, or visit www.heartbeatcgh.com/holidaydoorhangers

BEST OVERALL



Peace and Joy

CGH Health Foundation

BEST REPRESENTS THE HOLIDAY SEASON



Santa Collage

Peggy Squire, Pharmacy

MOST GLITZY



Let it Snow

Ashley Frey, Pharmacy

MOST CREATIVE (TIE)



2021: Stink, Stank, Stunk

Amanda Siperly, COVID Clinic

MOST CREATIVE (TIE)



Merry Christmas

Helping Hands Daycare

MOST JOLLY



My Favorite Color is Christmas Lights

Rebecca Green, Marketing



31 Days of Christmas

Please join us in some holiday fun each day as we countdown to Christmas and the New Year! These activities can be done individually or as a department, and they are not mandatory. Follow your manager and department guidelines, as well as Joint Commission guidelines, and have fun! Happy Holidays!

SUN	MON	TUE	WED	THU	FRI	SAT
			Turn your Holiday Door Hanger into HR 1	Post things you are thankful for about your co-workers in your department's breakroom 2	Green Out! (Wear green) 3	Adopt a child or family for the holidays 4
Make paper snowflakes 5	Make homemade Christmas ornaments to hang in your dept 6	Decorate your department this week 7	Put a toy in the Toys for Tots box in the hospital or Clinic lobby (Offsites: donate to your local Toys for Tots location) 8	Take an individual or dept holiday pic today or tomorrow and send to Marketing (info@cghmc.com) to make a holiday greeting from our staff to the public! 9	Red Out! (Wear red) Don't forget to visit the Auxiliary's Cookie Caper! 10	Drink hot chocolate 11
Make a donation to your favorite charity 12	Pay it forward to a co-worker 13	Bring a favorite holiday recipe & exchange with your co-workers 14	Be a Secret Santa to a co-worker 15	Sing a Christmas carol to (or with) a patient to brighten their day 16	Ugly Sweater/ Bow Tie Day! Take a pic and send it to Marketing (info@cghmc.com) for the FB People's Choice contest! 17	Bring a treat to a nursing home from you or your department 18
Go see local Christmas light displays 19	Complete the holiday word scramble in your email today! 20	Bring cookies to share or do a cookie exchange within your dept. 21	Bring an ornament or small hand-made gift for a patient 22	Write a note of encouragement or appreciation to a co-worker 23	Red and Green Out! (Wear red and green) 24	Merry Christmas! Share a family Christmas memory 25
Call or text a family member you haven't talked to in a while 26	Bring a holiday drink recipe to share with your co-workers 27	Write a note of appreciation to a volunteer 28	Post New Year's resolutions for your dept. in your breakroom 29	Write a note of encouragement for a patient 30	Wear your favorite CGH shirt! 31	Happy 2022!



Cardiac Rehab



Mimi Hicks
Daycare



Cardiology, Main Clinic



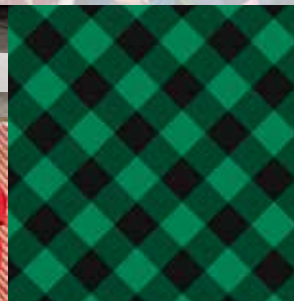
Med Refill



Radiology, Main Clinic



Patient Accounts



ASU & PACU