



January 26, 2023

A CGH Medical Center Publication

Communique

WEAR RED ON FRIDAY, FEBRUARY 3

February is American Heart Month and a time to reflect on heart health and the prevention of heart disease, the leading cause of death for both men and women in the United States. National Wear Red Day on Friday, February 3, is supported by the American Heart Association and celebrated in conjunction with heart month. It focuses specifically on raising awareness of women’s heart disease and stroke risks.

Understanding your risk factors and making healthy lifestyle choices can go a long way in preventing heart disease. The CGH Cardiology Team encourages all employees to make their heart health a priority. Schedule an annual preventive check-up to review your overall health, measure your blood pressure and check your cholesterol. Be alert for signs of heart disease and your risk for stroke and other illnesses.

Do your part to educate yourself, your friends and your family. Join the movement to end heart disease! Let’s all Go Red on February 3!

- G:** Get Your Numbers
- O:** Own Your Lifestyle
- R:** Realize Your Risk
- E:** Educate Your Family
- D:** Don’t Be Silent



CGH Cardiology Team

Pictured on the right: (bottom row, L-R) Polly Nobis, RN, MS, FNP; Twinkle Singh, MD; & Edita Danaiaata, MSN, APRN, A-GNP-C (middle row, L-R) Theresa Rogers, MSN, APRN, FNP-C & Hassan Kieso, MD, FACC (top row, L-R) Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS; Tracey Aude, RN, MSN, CNP & Danelle Saunders, APRN, FNP-C



Thank You to everyone that purchased a WEAR RED T-Shirt!

Wear your shirt every Friday in February including “National Wear Red Day” on Friday, February 3. Proceeds from the t-shirt sale will benefit the CGH Health Foundation and Cardiac Health Awareness.



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Growing Healthier

SPEAKER SERIES



"The Heart of the Matter"

with **Twinkle Singh, MD, CGH Interventional Cardiologist**
Thursday, February 2 @ Noon on Facebook Live

Join **Dr. Singh** as she discusses

advancements in heart services provided at CGH including our two 24/7 cath labs, the latest stroke and heart disease treatments, cardiac rehab and an array of new technologies and procedures offered to keep your heart healthy. This free program will be on our Facebook page via Facebook Live with host **William Bird, MD, VP & Chief Medical Officer**. It is part of the Growing Healthier Speaker Series featuring speakers on important health topics sponsored by the CGH Health Foundation.



Twinkle Singh, MD

SUNSHINE AWARD



Kathleen Sciacero

Kathleen Sciacero, a Health Unit Coordinator (HUC)/ Certified Nursing Assistant (CNA) in the CGH Surgical Department, was recently recognized as a recipient of the Sunshine Award for extraordinary service. The Sunshine Award was created to honor and recognize outstanding service and compassionate care by those in non-nursing roles, such as CNAs, CMTs or MAs.

"Kathleen is an amazing HUC/CNA, always lending a helping hand where it is needed regardless of what she is doing," said the coworker who nominated Kathleen. "Her prioritizing and critical thinking skills are exceptional even in critical situations. Kathleen always goes beyond expectations of her job with a beautiful smile on her face and a joyous personality to match."

If you would like to submit a nomination for extraordinary service that you or a family member have received at CGH Medical Center by a staff member in a non-nursing role, please visit www.cghmc.com/sunshine.



Spotlight on Nursing

Tresa Mackey, RN
Oncology

Fun facts about me:

I've been married for 33 years to a firefighter. I have two sons, one grandson and a granddaughter on the way, and I love animals.

My best career lesson:

Listen to what your patients are telling you, they know best.

3 words that describe me:

Empathetic, Fun, Caring

When I'm not working, I enjoy:

Reading, camping and hanging out with family, especially my grandson, Cameron.

What I like about my job:

I enjoy talking and getting to know my patients, as well as knowing that we have given them more time to spend with their families.

My job duties:

I am the Team Lead for Oncology. My duties include administering chemotherapy, answering phone calls and questions from patients, helping with scheduling patients and nurses, filling/refilling prescriptions, education for patients, prior authorizations, and helping with the funding of patient medications.



Cholesterol and Glucose Screenings



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.

CGH RECOGNIZES DAISY AWARD WINNER

Heather Hagemann, a registered nurse in Dr. Angel Blazquez's office (CGH Downtown Medical Center) was recently recognized as a recipient of the prestigious DAISY Award for extraordinary nurses. An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.

"Heather is the most compassionate, caring nurse," said Stephanie Waller, RN, DAISY Award Coordinator, as she read the award nomination. "My father has been in and out of the hospital since July 2022 and has had a very rough time getting back on his feet. Heather has always taken the time to check and double check that all his meds are correct and ordered properly. He has recently gone to a rehab center, and due to a staff shortage at the center, he has not gotten the best care. She goes out of her way to personally go visit him – on her own time – knowing it will brighten his day and help quicken his recovery. She always goes above and beyond for her patients to help take care of their needs."



CGH Downtown Medical Center Staff



Heather Hagemann

The DAISY Award – an acronym for "Diseases Attacking the Immune System" – was established by the DAISY Foundation in California in memory of J. Patrick Barnes, who died at age 33 of an autoimmune disease. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. The DAISY Award continues to recognize and celebrate the outstanding professionalism and compassion that nurses bring to patients and their families every day.

Other CGH nurses nominated for the DAISY award during the 4th quarter included: Elizabeth Accardi, Kay Benavidez, Paula Beveroth, Krista Buckley, Laurie Buckman, Melissa Carroll, Jordan Clark, Edita Danaiaata, Kim Davis, Carol Devers, Alex Escalante, Heather Farrington, Shannon Gipe, Jill Gonigam, Tanja Gruber, Michelle Harrison, Donna Hines, Kristin Hornung, Julie Hurd, Andrew Jacobs, Tiana Kennedy, Teri Krenc, Sidney Kuehl, Casey Lafrentz, Jenny Lopez, Marsha Malburg, Ashlee McKean, Heather Moser, Morgan Pope, Erin Ross, Laurie Schroeder, Amanda Siperly, Amanda (Amy) Smith, Julie Steffes, Angie Sullivan, Angie Thompson, Nikki Tucker, Stephanie Waller, Lindsey Weber, Kate Wetzell, and Beriah Zigler.

"Heather is the most compassionate, caring nurse...She always goes above and beyond for her patients to help take care of their needs."

DAISY Award Nomination

If you would like to submit a nomination for extraordinary nursing care that you, a family member, or a patient have received at CGH Medical Center, please visit www.cghmc.com/daisy.

Congratulations, Heather, and to all of last quarter's nominees!

DIRECTOR ANNOUNCEMENT

ERIKA ADAMS

Director of Oncology

Effective January 2, 2023, **Erika Adams**, MOL, BSN, RN was named Director of Oncology for CGH Medical Center.

Erika has worked in various clinical positions at CGH for the last 20 years, including in Surgical, the Observation Unit, and her most current position as the Breast Navigator and Clinical Coordinator for Radiology Services, which included oversight of the Pain Clinic.



Erika Adams

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.

FEBRUARY BIRTHDAYS

- | | |
|---------------------|-----------------------|
| 1 Ted Bryant | 17 John Luckey |
| 1 Alyssa Gerdes | 17 Sandra Mendez |
| 1 Erika Wiersema | 17 Tara Olsen |
| 2 Priscilla McNeill | 18 Chelsey Asbury |
| 2 Jennifer Porter | 18 April Bull |
| 2 Maria Riggs | 18 Alyse Church |
| 3 Nicole Dornes | 18 Laura Kramoski |
| 3 Doug Heeren | 18 Erin Ross |
| 3 Jennifer Jacobs | 19 Drew Carroll |
| 3 Aubrey Metzler | 19 Claudia Castro |
| 5 Madeline Geil | 19 Mychala Dinges |
| 5 Jennifer Lopez | 19 Trisha Frump |
| 5 Heather Swanson | 19 Renae Irwin |
| 6 Elizabeth Goff | 19 Irma Lacourt |
| 6 Erica Grote | 19 Jackson Terry |
| 6 Sarah Hadley | 19 Angela |
| 6 Jennifer Hinton | Tschosik-Johnson |
| 6 Christy Quinn | 20 Amy Nguyen |
| 7 Deborah Celestino | 20 Brenda Porter |
| 7 Judy Hammett | 20 Jill Vegter |
| 7 Lisa Livingston | 20 Siera Wetzel |
| 8 Kelly McDuffy | 20 Amy Young |
| 8 Lindsey Ohlwin | 20 Beriah Zigler |
| 9 Joseph Alden | 21 Jessica Lemmer |
| 9 Lindsay Clemens | 21 John Niemann |
| 9 Teagen Hinrichs | 22 Louie Camacho |
| 9 Addyson Kinn | 22 Amara Campos |
| 9 Cassidy Reese | 22 Katlyn Grennan |
| 10 Tammy Chino | 22 Whitney Snyder |
| 11 Hailey Castillo | 23 Jessica Carr |
| 11 Melissa Cushman | 23 Jennifer Gehrke |
| 11 Lisa Gordon | 23 Mercedes Johnson |
| 11 Jeanette Hunter | 23 Elizabeth Mcguire |
| 11 Jessica Lundy | 23 Edna Tambis |
| 11 Tracey McCaslin | 24 Elizabeth Detig |
| 11 Candice McNinch | 24 Amanda Freeze |
| 11 Ashlee Raymond | 24 Michelle Lenox |
| 12 Ashley Hamilton | 25 Cynthia Fargher |
| 12 Tiana Kennedy | 25 Madelyn Pink |
| 13 Lucas House | 25 Jessica White |
| 13 Kayhla Shomaker | 26 Kristine Adams |
| 15 Michelle Belha | 26 Deb Beveroth |
| 15 Andra Collins | 26 Shelly Christensen |
| 15 Kayla Gaffey | 26 Sonya Jellis |
| 15 Emily Holldorf | 26 Pennie Schrader |
| 15 Nathan Miller | 26 Shannon Scroggins |
| 15 Jennifer Rogers | 26 Koren Thompson |
| 15 Saul Serrano | 26 Elizabeth Williams |
| 15 Shelly Whitman | 27 Alyssa Canales |
| 16 Angie Frazier | 27 Elvira Hernandez |
| 16 Michael Fritz | 27 Emily Hutchison |
| 16 Tara Timm | 27 Krystal Partridge |
| 16 Samuel Twining | 27 Kasandra Plocker |
| 17 Jenna Harris | 27 Tommy Rice |
| 17 Elle Koerner | 27 Sonya Schilpp |
| 17 Raphnie Lawrence | |



BLOOD DRIVE

BLOODCENTER.ORG



Thursday, February 2 9:30am – 6:00pm

Ryberg Auditorium - 101 E. LeFevre Rd. Sterling

MASKS ARE OPTIONAL. APPOINTMENTS ARE REQUIRED.

To schedule, please scan the QR code or call 815-625-0400; x6879 for Michelle or x1057 for Bryan



SCAN ME!



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Choose \$25 gift card or t-shirt.

Please eat before donating and bring Photo ID.
Last Date to Donate Elsewhere: 12/8/22
Group Sponsor Code: 3591



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