



Communique

December 15, 2022

A CGH Medical Center Publication

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Operation Cozy Community

Join CGH Medical Center, the CGH Employee Caring fund and the YWCA as we help those in our community who are in need of warm clothing throughout the winter.

Please bring new and gently used winter items, including coats, hats, gloves, mittens and scarves, for adults and children in all sizes to any of the following locations: CGH Main Clinic Atrium, Lynn Blvd Clinic, Dixon Clinic, Morrison Clinic, Walnut Clinic and the Sterling YWCA. We will be accepting donations through February 28.

Locations are in charge of manning their own donation bins and racks. Patients may take winter clothing items from the displays at the above locations as needed.

We had a great response from staff for our Operation Cozy Community kick-off last week. Special thanks to the CGH Employee Caring Fund for donating \$2,000 in new winter items for the drive. Unfortunately the need in our community is high and most of the initial donations have already been taken, so please continue to donate throughout the winter.

Any items placed in bins but not acceptable for the drive will be distributed to Goodwill and Salvation Army.

**Have a
Happy
and
Healthy
Holiday!**





Sauk Valley Media is hosting a Top Workplaces contest between now and December 18. We have placed the voting link on the Heartbeat homepage for your convenience! You may vote for your favorite employer and each category one time per day between now and then (per email, so have your friends and family vote too!). You need to fill out a little information the first time, but it only takes a minute.

Let's make sure CGH is at the top of the list as one of the great employers in the community, since we will obviously be competing against other area healthcare facilities too! Please vote daily, early and often until December 18! Categories you can vote in are Large Employer, Company that Gives Back, and Healthcare Facility.

EMPLOYEE OF THE MONTH

KELLY GRAY

Registration Clerk, Patient Access



DECEMBER 2022

If you are looking for a CGH Employee that exemplifies CGH Standards of Behavior, look no further than Kelly in Registration. Kelly always has a positive attitude no matter the situation. She is always willing to go out of her way for a co-worker and is always helpful and patient with any questions fielded her way. Kelly performs her job and carries out her duties exceptionally well. She is the perfect person to greet, register and direct our patients within CGH.



Purpose, Worthwhile Work...
Making a Difference!

TeleUrgent Care

With the high levels of Influenza A, RSV, and COVID-19 currently being seen in our Emergency Department and Ready Care, you may experience longer wait times at these locations.

If you are experiencing MILD to MODERATE Upper Respiratory Symptoms and are wanting to be evaluated and/or tested, CGH TeleUrgent providers can help! Following a brief video visit with one of our local CGH providers (over your Android or iPhone smartphone), lab tests can be ordered - including those for influenza and COVID - and prescriptions can be sent to your pharmacy, if necessary. CGH TeleUrgent Care is available from 7am to 7:30pm, 7 days a week. Visit www.cghmc.com/teleurgent or call (815) 564-4200 for an appointment.

Why Wait LongER?

Consider

CGH TeleUrgent Care

7 am to 7:30 pm • 7 days a week



If you are experiencing **MILD to MODERATE Upper Respiratory Symptoms** such as:

- Cold or Flu Symptoms
- COVID-19 Symptoms
- Sinus Infection
- Sore Throat

and are wanting to be evaluated and/or tested, CGH TeleUrgent providers can help!

Following a brief video visit with one of our local CGH providers (over your Android or iPhone smartphone), lab tests can be ordered - including those for influenza and COVID - and prescriptions can be sent to your pharmacy, if necessary.



Scan code or call (815) 564-4200 to get started!

You will receive a text with confirmation of your visit and a link to be automatically connected to the local provider. It is our goal to respond to form submissions within 30 minutes. High volumes of patients may extend this time.

Caring Fund Donations

If you have a favorite charity that is looking for holiday donations, remember to submit a request to the CGH Employee Caring Fund. Please send all donation requests to Ashley Roux in EMR.



The Caring Fund is funded 100% through CGH employee contributions. This money is used to send a thoughtful token to CGHers in the event of a birth/adoption of a child, hospitalization, death of an immediate family member, or personal catastrophe. The Caring Fund also funds CGH employee scholarships, sponsors "Cheers from Your Peers" and contributes to local charities.

Spotlight on Nursing

Jessica Morris, CNA
Podiatry

Fun facts about me:

I have been a CNA since I was 16. I have worked for CGH for 15 years. I was previously nominated and chosen for the Sunshine Award.

My best career lessons:

View every situation from the patient's perspective.

3 words that describe me:

Loyal, Patient, Thoughtful

When I'm not working, I enjoy:

I enjoy spending time with my family, going for walks with my husband, Jake, and watching both of my daughters (Teagan, 15) and Kaelin, 12) participating in their sports.

What I like about my job:

It is fulfilling work. It makes me happy when I make others happy. I love all of my coworkers and am glad that we have a fun work environment and still put patient needs first.

My job duties:

My job duties involve patient care, including rooming, discharging, assisting with in office procedures, and casting, as well as assisting Dr. Riley in the OR!



December '22

#FirstChristmasFridays



Watch our Facebook page to see our CGH Birthing Center December babies on #FirstChristmasFridays!

Christmas Daisies



A group of Daisy Award winners and nominees gathered for a "Christmas Daisies" photo earlier this week.

An international program, the Daisy Award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.

Pictured above in no particular order are: Jen Olson, Megan Bright, Cindy Fargher, Laura Stoudt, Stephanie Waller, Erika Adams, Laura Vandermyde, Tanja Gruber, Alex Escalante, Lisa Little, Kristi Pierce, Laurie Wilkinson, Heather Trotter, Edita Danaiaata, Michelle Nelson, Michele Harrison, Andrea Washam, Darci Bettner and Sandy Hobbs.

Scholarship Deadlines

CGH Employee Caring Fund

Deadline: Sunday, January 1

This scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions.

The scholarships are for any CGH employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply. Two \$500 scholarships will be awarded for the 2023 Spring semester. For more details, please visit Lifeline or email caring.fund@cghmc.com.

CGH Health Foundation DeLange Textbook

Deadline: Friday January 6

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.



Work on Your Weight & Health



Are you ready to work on your health and your weight in 2023? 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. The cost is only \$150.00 per year (\$6.00 per pay) but 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.

Holiday Painting Nights



Several CGHers and their friends participated in holiday painting nights in the Main Clinic Atrium this past week.

Approximately 20 people participated on Monday and six attended on Wednesday. Joan Hermes, Director of the CGH Health Foundation, taught bow making classes both nights, while the painting classes were presented by Laura Readdy from Inspired! Paintings.

Several employees volunteered to share their finished paintings and are being displayed with the gnomes in the CGH Spirit of the HeART hallway. Thank you to all that attended! It was a lot of fun!

Gnome Place Like CGH



Make sure to check out the fabulous collection of gnomes in the CGH Spirit of the HeART hallway! CGH staffers went above and beyond with their creations and proved that there is "Gnome Place Like CGH for the Holidays." Winners will be announced on December 20th.

