



# Communique

February 10, 2022

A CGH Medical Center Publication

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## CGH Celebrates Health IT Week

Health IT Week is a celebration to promote awareness of and appreciation for the professionals who manage and maintain the vast assortment of health technology found in healthcare delivery organizations.

At CGH, we rely on the expertise and dedication of the women and men who work daily to bring you the best care possible. Thank you to those who work in IT, EMR, Health Informatics and the Community Works project. Each of you play a vital role in digital health that improves access to healthcare in our community.

"We would just like to thank all of our staff, both at the hospital and clinics who work in Information Technology (IT), Health Informatics, EMR and Community Works. They focus on our computer infrastructure, security, user support, interfaces, training and much more. We appreciate all that you do every day to help our computer systems throughout the organization run smoothly for our providers, staff and patients, and look forward to the Community Works transition. Thank you for your hard work and dedication," said Kevin Anderson, Director of IT.

Join us this week as we celebrate the dedicated individuals that provide this critical work in healthcare technology.



## HEARTCHECK



ONLY  
**\$99**

Call (815) 625-0400, ext. 5550  
for criteria and appointment



## EMPLOYEE OF THE MONTH

### KEN MASTERS

Delivery Driver  
Materials  
Management



**FEBRUARY 2022**

Ken is one of the most committed, meticulous and conscientious employees I have ever had the pleasure to work alongside. He is highly respected by his peers and is an integral part of the Materials Management team that ensures the hospital receives its supplies from the warehouse. The role is one of the few that CGH has where every day he is affected directly by weather conditions. In the summer he can be loading and unloading when the heat index is in excess of a hundred or in the winter when it's down to -10 degrees with snow drifts and ice. He not only understands the requirements of the job but also the requirements of his customers (the departments) and works hard to ensure that everyone gets their deliveries to ensure the highest standard of patient care!



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

## Change in Vaccine Clinic Hours



### COVID-19 VACCINE CLINIC UPDATE

CGH Main Clinic  
[www.cghmc.com/vaccine](http://www.cghmc.com/vaccine)

Beginning the week of February 7, 2022, the COVID-19 Vaccine Clinic will only be open on Tuesdays and Thursdays from 8 am to 4:30 pm. Walk-ins are welcome or appointments can be made by calling (815) 632-5298.

Available vaccines include:

- Moderna for ages 18+ (All Doses & Booster)
- Pfizer for ages 12+ (All Doses & Booster)
- Johnson & Johnson for ages 18+ (1st Doses & Booster)

#### **Pediatric COVID-19 Vaccine Clinic:**

The pediatric Pfizer vaccine clinic, for patients age 5 to 11 years old, will continue to be open on Friday afternoons from 1:30 to 5 pm at the CGH Main Clinic. Appointments are required and can be made by calling (815) 632-5298.

For more information, please visit  
[www.cghmc.com/covid19vaccine](http://www.cghmc.com/covid19vaccine).

CGH MEDICAL CENTER AUXILIARY

## Quilt Raffle



Auxiliary Pat Specht made and graciously donated a quilt to the CGH Auxiliary.  
The pattern is Lincoln Logs by Washboard Quilts.  
It measures 76" by 66" and was machine quilted by Jan Davis.

Raffle tickets for the quilt, Honoring Tradition, are currently being sold; tickets are \$5 each or a book of 5 tickets for \$20. Tickets will also be sold at the Twin Cities Farmers Market on Saturday, February 19th. The drawing will take place on Friday, March 4th.

You may view the quilt and pick-up tickets in the Auxiliary Office. Please call ahead at 815-625-0400 x5727. A BIG thank you to Pat Specht for her generosity!!



Is the COVID-19 pandemic causing family or job stress?  
Looking for support and resources?

### Let's talk about it.

CGH Ways to Wellness  
Lakyn Waldschmidt, BS, MHP  
(815) 677-6172

Talking to people you trust is one way to decrease the anxiety you might be feeling from the pandemic and other stresses of life. Our free CGH Ways to Wellness counseling program is open to all of our patients Monday through Friday, courtesy of the CGH Health Foundation.

Children and adults can meet in-person at CGH Main Clinic, Dixon Clinic or Morrison Clinic, via phone or Zoom, with Lakyn Waldschmidt, a mental health professional from Sinissippi Centers.

She'll offer expert assessment, brief targeted intervention, and individual therapy for social, emotional, and environmental issues. For more information, go to [www.cghmc.com/waystowellness](http://www.cghmc.com/waystowellness).



We totally underestimated the heart (and feet) of our community. After the first week of the Step it Up challenge we have reached almost two million steps. Time for a new goal! Keep walking and let's see if we can hit TEN MILLION steps before the end of February!

# STEP IT UP

FOR HEART MONTH



**Help us hit 10 million steps in February!**  
Help your heart and **enter for a chance to win one of our weekly prizes!**

## Prizes

Feb. 7 - CGH Health Foundation "Go Red" t-shirt (10 awarded)  
Feb. 14 - CGH Heart Check test (3 awarded)  
Feb. 21 - Blood pressure machine (2 awarded)  
Feb. 28 - Beats Ear Buds

Scan the code to enter your steps and enter for prizes. We will draw names every Monday in February. (Limit 1 submission per day)



You may also enter steps at [www.cghmc.com/stepitup](http://www.cghmc.com/stepitup)



**CGH MILLEDGEVILLE**  
www.cghmc.com MEDICAL CENTER

**REOPENED  
FEBRUARY 1, 2022**

CGH Milledgeville Medical Center reopened on Tuesday, February 1. The clinic is open Monday through Thursday, 8 am to noon and 1 to 5 pm, and on Friday, 8 am to noon.



COMING SOON!

## Relaxation Space



Located on the 3rd Floor  
(former waiting room across from Staff Elevators)

The Relaxation Space offers a rejuvenating and calming area for staff when they are struggling and need to recharge.

- Massage Chairs
- Soft Lighting
- Calming Music

Presented by the CGH Wellness Committee  
Sponsored by the CGH Health Foundation and an anonymous donor



## Shoe Roads Productions

### AUXILIARY SHOE SALE

FEBRUARY 16  
FEBRUARY 17

Time and Location to be determined



Preorder Online BEFORE the Sale!

Visit [www.shoerods.com](http://www.shoerods.com)

Pick Up and Pay at the Show!



*Thank you to all CGHers that wore red on February 1st for National Wear Red Day!*



*Gastroenterology, CGH Main Clinic*



*Patient Accounts*



*CGH Main Clinic Float  
& Internal Medicine Receptionist*



*Materials Management*



*3rd Floor Family Practice, Main Clinic*



*CGH Helping Hands Daycare*



*Neurology, Main Clinic*

**DON'T IGNORE  
HEART ATTACK  
WARNING SIGNS**



***Pain • Pressure  
Indigestion • Exhaustion***

