



Communique

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A CGH Medical Center Publication

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CGH Recognizes DAISY and SUNSHINE Award Winners

Congratulations to Cindy Fargher, RN, this quarter's DAISY Award Winner for Extraordinary Nurses!

Cindy was nominated for the extraordinary, compassionate care she provides in the Digestive Health Center (DHC) and beyond.

"Cindy always takes the time to listen and educate her patients, family, neighbors and acquaintances. Currently, I am struggling with a breast cancer

diagnosis and Cindy, despite working full time and having a family of her own, always finds the time to check on me and explain anything I am confused about. She is my biggest cheerleader. She does everything in her power to get you pointed in the right directions or connected to the appropriate medical/ social staff. It does not matter who you are; she will lend a helping hand. Cindy is compassionate but firm, she tells me to do my part: eat well, exercise and drink water. Cindy gave a year of her life to become a family member's primary caregiver when he was diagnosed with a life-altering illness. She attended every appointment and bathed and fed him. She educated the family concerning the diagnosis and needs. Although the patient was resistant, she managed to get him to a support group, and in the end, he was grateful she did. Cindy is our hero."

Thank you, Cindy! It is nurses like you that make CGH great!

Other nominees for this quarter were: Chuck Arwine, Sherri Bellini, Emily Crossly, Laurie Davis, Kaitlyn Dewey, Julie Hummel, Emily Hutchinson, Kathleen Knapp, Shelly Lewis, Johnna Meyers, Traci Snodgrass and Kate Wetzell.

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



Cindy Fargher, RN
Digestive Health Center



Lilian Gaulrapp, CNA
Medical Floor

Congratulations to Lilian Gaulrapp, CNA, this quarter's SUNSHINE Award Winner for extraordinary service!

Lilian was nominated for the compassionate care given to a patient on our medical floor: "She is just so awesome. She lights up your day when she walks into the room with her superior attitude towards her job, patients, life, everything. Awesome young lady!"

Thank you, Lilian! It is team members like you that make CGH great!

Other nominees for this quarter were: Katryna Cook, CNA and Alicia Fritz, CNA.

If you would like to submit a nomination for extraordinary service that you or a family member have received at CGH by a staff member in a non-nursing role (such as CNA's, CMA's, or CMT's), please visit www.cghmc.com/sunshine.



Employee Flu Clinic

1 day mass vaccination flu clinic for employees

Friday, October 29th

Ryberg Auditorium • 7am – 7pm

Walk-in • Multiple stations available

(High dose available)



It's National Pharmacy Week and we want to acknowledge the pharmacists and pharmacy technicians whose invaluable contributions make possible the exceptional care we deliver to our patients every day!

Over the past year, CGH Pharmacists and the pharmacy department have filled over 465,000 doses into our Pyxis automated medication dispensing stations and have verified more than 307,000 prescriptions through our electronic medical record system! The average turnaround time for all orders is about 25 minutes, which includes orders verified by both CGH and outside pharmacists. In addition, they dispensed over 27,000 prescriptions thru our CGH Employee pharmacy. Thank you all for your hard work and dedication!

World Mental Health Day

In honor of the recent World Mental Health Day on October 10, the CGH BHU staff decorated 2nd floor hospital windows with words of encouragement for our CGH family and the community.



Mental health takes so much courage to live with every day...but know that you do not have to fight alone! It is important to talk about things and reach out for help if you are struggling. You are worth saving.

If you need someone to talk to about the stress you may be experiencing, please call our free B-CALM help line - 888/33B-CALM or 888/332-2256. Hours are Monday through Friday, 8 am to 5 pm, and the call is safe, secure and confidential.

MA Recognition Week



This week, as we celebrate National Medical Assistants Recognition Week, we send our thanks to our team of dedicated and compassionate MA's at CGH!

From the moment patients walk into their physician's practice, Medical Assistants have our patients' best interests in mind while performing a wide variety of tasks. Not only do they apply their clinical training and versatility to ensure that patients receive high-quality care during visits that run smoothly, but their hard work and dedication also help make the provider's day run more efficiently.

Thank you for all you do on the front lines of patient care!



CGH Turkey Distribution

**Thursday
November 11**

**Drive-Up at
CGH Medical Center
Must Show Badge
More Details to Follow**

CGH Medical Center Welcomes Ayman Alzubi, MD Gastroenterology

We are pleased to welcome Ayman Alzubi, MD to the CGH Digestive Health Center. Dr. Alzubi joins Dr. Jorge Monteagudo; Jaziel Chavira, FNP-C; Cara Firch, PA-C, MS; and Concha Sitter, MS, FPA-APRN, FNP-BC, CGRN in the Gastroenterology department.

Dr. Alzubi received his MD from the University of Jordan Faculty of Medicine in Amman. He completed an Internal Medicine internship at Rush University Medical Center in Chicago and an Internal Medicine residency at Texas Tech University in Lubbock. In addition, Dr. Alzubi completed a Transplant Hepatology fellowship at the Baylor College of Medicine in Houston and a Gastroenterology and Hepatology fellowship at the University of Missouri School of Medicine in Columbia.



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Kelly Mitchem, CNA GI Tech

Fun facts about me:

I love to go camping with my husband, enjoying the great outdoors and taking the road to nowhere without an itinerary.

My best career lesson:

Work as a team! I've learned that knowledge, empathy, and loyalty are a must in healthcare.

3 words that describe me:

Strong, trustworthy, honest

When I'm not working, I enjoy:

Going to sales/ flea markets, lunching with friends, being outdoors and working in the yard.

What I like about my job:

I get the chance to redirect patients which helps them achieve good outcomes.

My job duties:

Processing and proper storage of endoscopes, assisting physician with instruments and biopsies during EGD/colonoscopies, clean set up of procedure rooms, and assisting with admissions and discharge.



October '21

Emergency Nurses Week



During Emergency Nurses Week and all year round, CGH extends a personal thank you to all of our fantastic ED Nurses! As an emergency nurse, you're passionate, persistent and hardworking...you get back up when knocked down and keep pushing forward. Throughout another incredibly challenging year, you have shown the true spirit of what makes an emergency nurse. THANK YOU all for your commitment to caring for our patients!

Mini Challenge Winners

There were six winning teams in the September mini-challenge for daily GRATITUDE. Each team member was tasked with giving at least one gratitude daily, for 30 days. Of 21 teams, six teams consisting of 27 CGHers fulfilled the challenge!

September winners are as follows:

On a Mission (DID), **The Young and the REST of Us** (Medication Refill), **Let's Get Fiscal** (Patient Accounts), **Fantastic 4** (PACU), **Shavocado**

(Cardiology) and **Dream Team** (Lynn Blvd). Thanks to the participating teams, CGH has a measure of GRATITUDE for all that you do.



November Birthdays

1	Jasmine Flores	15	Michelle Valdez
1	Carlos Munoz	15	Debra VanZuiden
1	Kalpesh Patel	15	Becky Vos
1	Tabby Whitebread	16	Ajay-Kumar Buddaraju
2	Grant Bright	16	Tiffany Horbaczewski
2	Lisa Cooksey	16	Sandra Huizenga
2	Michelle Daehler	16	Ana Mendoza
2	Roma Geidukyte	16	Maria Ortiz
2	Daniel Hose	16	Diane Ramirez
2	Jessica Kearse	16	Melissa Sandoval
3	Kimberly Davis	16	Luanne Trujillo
3	Lori Green	17	Terisa Krenc
3	Addisyn Krueger	17	Talia Rosas
3	Erica Ricci	17	Warren Cannell
3	Olivia Sandoval	18	Lora Clapper
3	Breanne Scott	18	Kayla Jackley
4	Malori Kelly	18	Maribel Sandoval
4	Susan McGinn	18	Samantha Sneek
4	Emily Mills	18	Christeen Thayer
4	Cynthia Weisel	19	Kelli Kinnaman
4	Karen Zigler	19	Sheryl O'Brien
5	Dana Conkrite	19	Brittany Temiquel
5	Jerald Cundiff	20	David Almasy
5	Laura Melville	20	Stephanie Friedrich
7	Rebecca Crump	20	Andy Jackson
7	Dorinda Dyche	20	Jason Johnson
7	Melinda Ledergerber	20	Lindsay Rodriguez
7	Lisa Vos	20	Madison Schlegel
8	Shane Brown	20	Hannah Watson
8	Penny Carl	21	Mateo Cortez
8	Donna Carter	21	Samuel Covarrubias
8	Kevin Folk	21	Terry Eaglin
8	Kimberly Hammer	21	Glenda Rickelman
8	Rachel Helfrich	22	Sue Boelkins
8	Stephanie Richards	22	Secilia Medrano
8	Maria Sierra Jimenez	22	Katelyn Setters
8	Patricia Skutt	22	Kimberly Velazquez
8	Lynne Swanson	23	Lisa Everly
9	Ashlee Griffin	23	Trinity Lewis
9	Gunnar Page	23	Jenni Miller
9	Stephanie Stanley	24	Kathy Bonnell
11	Chico Alexis Alejo	24	Angela Dennis
11	Alan Blazquez	24	Becca Elgin
11	Cassie Wiersema	24	Tara Long
12	Lori Cantu	25	Annie Bettenhausen
12	Teri McCormick	25	William Bird
12	Megan Meiners	25	Tiffany Markel
12	Jamie Munther	25	Henry Oh
12	Samantha Stange	25	Allison Yemm
12	Kimberly Teats-Garrison	26	Debra Ohlwine
13	Rosalie Feary	27	Traci Goebig
13	Jennifer Garriott	27	Cayla Harvey
13	Quanene Kendrick	27	Cameron Ottens
13	Joseph Klimson	28	William Chaplin
13	Kerri Norberg	28	Ben Schaab
14	Kelly Johnson	28	Shanda Shook
14	Mark Razo	29	Michaela Delgado
15	Vicky Jones	29	Mary Schreiner
15	Katrina Ruchotzke	30	Jennifer Adamson
15	Kathy Thomas	30	Jim Sampson

Working Safe Is How We Roll

Every day without an injury is sweet.
Do your part to keep everyone safe!

1. Be prepared, stay aware, and immediately dispose of sharps with care.
2. Use lifting aids with patient positioning and transfers.
3. Treat hazardous materials and equipment with respect. Know how to handle them properly.
4. Be a "Roll" model for safety. Never take shortcuts!

Bright Lights for Bright Memories

Remembering and Honoring those who add light to our lives

The Auxiliary invites you to recognize those who make our lives a brighter place. For any donation amount, the names of loved ones will be shown during CGH's virtual holiday lighting ceremony on Tuesday, November 16th. These names will also be included in the CGH Communicate. Your donation will help fund the lights that shine around CGH all holiday season and can be dropped off at the Auxiliary Office.

ANNUAL HOLIDAY LIGHTING
Healthy & Bright

CGH HEALTH FOUNDATION
DELICIOUS DESIGNS 2021

7AM, THURS, OCT. 21 – 8PM, TUES, OCT. 26
Includes: Gift baskets, experiences, services, desserts, gift cards, & Wish List items for cancer and OB patients

Online auction link will be live by Oct. 20 through AirAuctioneer.com
Go to www.cghmc.com/deliciousdesigns for more information

GIVING A BOOST TO AREA WOMEN
ALL PROCEEDS GO TO:

Women's Health Program
Funding screening mammograms at no cost for area women, plus helping with diagnostic screenings, breast biopsies, ultrasounds, MRIs, provision of comfort care bags for cancer patients; and sponsoring meals during chemotherapy for cancer patients.

OB Mom Project
Adding a new day of behavioral health assistance for our OB moms who have suffered so greatly during the pandemic through our free CGH Ways to Wellness Program. Plus, offering a YouTube Yoga Class and Zoom support group