



Communique

February 2, 2017

A CGH Medical Center Publication

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Wear Red on Friday for Heart Disease Prevention

Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women because it's not just a man's disease. In fact, more women than men die every year from heart disease and stroke.

"Heart disease will kill more Americans - men and women of all races - than all the other causes of death combined," said Sherry DeWalt, Healthy Lifestyles Coordinator and ACE Certified Health Coach. "While one in nine women will develop breast cancer, one in three women will die of heart disease."

The good news is that 80 percent of cardiac events can be prevented with education and lifestyle changes. It all comes down to taking care of our bodies that house our hearts: keeping blood pressure in check, cholesterol low, weight reasonable, and activity up. And, don't smoke!

The symptoms of a heart attack in women are different from those in men, and often include back pain, breathlessness, dizziness and nausea. Recognizing the early signs of a heart attack as it is happening can reduce the numbers of women who die from cardiovascular disease each year.

In honor of Go Red For Women day, all CGHers are invited to wear red tomorrow, Friday, February 3. Stop by the information table outside the hospital mail room and pick up a red lapel pin.






HeartCheck Available Year-Round

Call 815.625.0400 ext. 5550 for criteria and appointment

Culture of Caring

One Mission. One Vision. One Team.



EMPATHY

We define Patient Experience as the patients' perception of the sum of all of their interactions within our organization.

All of us that wear the CGH badge contribute to the patient experience. We know that the goal is not patient satisfaction, but is our Mission: to deliver exceptional patient care by combining outstanding skill with heartfelt compassion.

The first step in our journey through Patient Experience is EMPATHY. Empathy is the ability to understand and share the feelings of another. Being empathic is putting yourself in someone else's shoes. Your leaders are receiving education in February, March and April to provide staff support. By treating each other in a more empathic manner in our daily work and in the care we give to our patients, we intentionally create a Culture of Caring.

Matthew Wolf, MD Now Seeing Patients at CGH Prophetstown



Dr. Matthew Wolf is now seeing patients at the CGH Prophetstown Medical Center on Tuesday mornings and all day on Fridays.

In addition, Dr. Wolf will continue seeing patients at the CGH Morrison Medical Center, where he has practiced since August 2016. Dr. Wolf will be in Morrison on Mondays, Wednesdays and Thursdays.

To make an appointment, please call 815-537-5050 (Prophetstown) or 815-772-8100 (Morrison).



OneAmerica Visit

One America will be making an on-site visit to conduct individual appointments on Wednesday, February 22 in The Ryberg Auditorium from 7 a.m. to 5 p.m.



They are here to help educate employees on the CGH Medical Center retirement plan, walk you through the enrollment process and online platform, and answer any sort of financial and retirement questions you may have.

If you would like to set up an individual appointment please e-mail Tracey.McCaslin@cghmc.com and let her know a couple time options that work best for your schedule.

Walk the Walk... or Run the Run, CGH!



As part of our commitment to health and wellness, and to involve employees in representing CGH in our communities, we will reimburse staff members for participating and/or forming teams to walk or run in local events.

Some guidelines to follow:

- Races must be in the local five-county CGH service area and pre-approved by Marketing before registering for an event.
- You must register and pay for the event, then you will be reimbursed. Race entry fees are reimbursable to a **maximum of \$20 per event**.
- We will reimburse a **maximum of three events** per employee, per fiscal year.
- Only the entry fees for CGH employees will be reimbursed, even though we encourage your family and friends to participate too!
- The event must benefit a school or non-profit organization, not an individual.
- Participants will receive one CGH race shirt for all events to wear during the events to represent CGH.
- Take a photo so we can post it on Facebook and Twitter (#TeamCGHMC) and cheer you on!

Thanks for representing us and have fun!!!

CGH Main Clinic Welcomes Mia McDermott, APN, NP-C



Mia McDermott, APN, NP-C has joined Dr. Mir Alikhan and Dianne Limesand, APN, FNP-BC in the CGH Main Clinic Oncology/Hematology department. Mia has been a nurse practitioner in the Hospitalist Program at CGH since 2014.

Mia received her master's degree in nursing from Northern Illinois University School of Nursing in DeKalb, and her bachelor's degree from Lewis University in Romeoville. She also completed an internship with FHN Health Network in Stockton and Warren, Illinois. Mia holds an Adult-Gerontology Nurse Practitioner certification from the American Academy of Nurse Practitioners.

She is currently accepting new patients at her office at CGH Main Clinic. To schedule an appointment, call 815-625-4790.

Thank You

I would like to thank everyone who sent cards, prayers, memorials, and donated ETO. Thank you to the Caring Fund and Administration. Special thank you to the Housekeeping department for all of your support. Thank you to 3rd floor Medical - you are awesome. Thank you for making Bill's last birthday great. Thanks also to Lynette for your support.

A special thank you to all the doctors and nurses that have taken care of him for the last seven years. It was greatly appreciated.

**The Family of William Schwab
Mary Schwab
(Housekeeping)**



**CGH Employee
Mandatory Education
FY 2016-17
Completion required
by April 30**

Eric Schaffert, MD Joins Hospitalist Program



Dr. Eric Schaffert recently joined the CGH Hospitalist Program. Dr. Schaffert previously practiced at the CGH Prophetstown Medical Center and will now be focusing on hospital inpatient care.

Dr. Schaffert received his medical degree from Saba University School of Medicine in Saba, Netherlands, Antilles Caribbean, and his bachelor's

degree from Youngstown State University in Youngstown, Ohio. He completed his residency at Western Reserve Care Center/Forum Health Northside Hospital in Youngstown.

Dr. Schaffert is certified in Advanced Cardiac Life Support, Neonatal Resuscitation and National Healing Institute/UHMS Wound Care.

Growing Healthier Speaker Series Dialogue that Makes a Difference

Plant-Powered Heart

Thursday, February 23 • 6:00 p.m.

Presented by Juan Bonilla, MD, Aurora Thoracic and Cardiac Surgeon

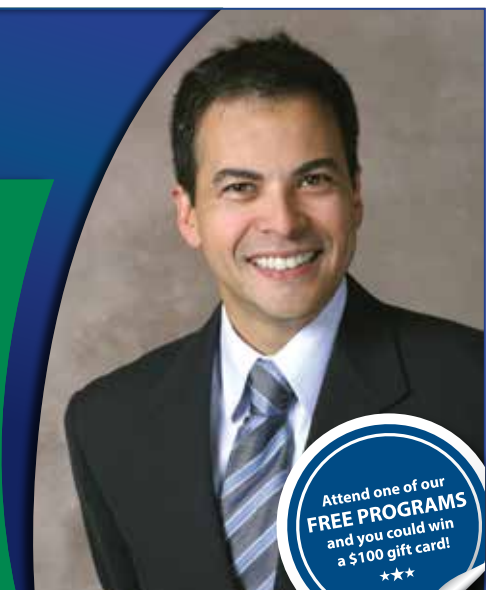
CGH Ryberg Auditorium, 100 E. LeFevre Road, Sterling, IL

Registration appreciated but not required. To register, visit www.cghmc.com/growinghealthier or call (815) 625-0400 ext. 5672 for more information.

Find us on
Facebook

Or visit us at:
www.cghmc.com/foundation

CGH
Health Foundation



Attend one of our
FREE PROGRAMS
and you could win
a \$100 gift card!

FEBRUARY 2017

Employee of the Month



Keith Conklen
Front Door Lead, Main Clinic



I live in: Sterling

Joined CGH on: October 31, 2011

Education: High School

Family: Wife, Shirley; daughter, Karen; sons, Keith Jr. and Kevin

Proudest Achievement: Raising three children which has given me six grandchildren and 1 great grandson at this time

Hobbies: Farm tractor collecting and restoration

Keith takes care of patient needs from getting them in or out of the car, to wiping down wheelchairs, to getting them to and from their appointments. He always goes above and beyond to help patients. He is especially helpful during Code White alerts that occur in the clinic front lobby or parking lot. Keith helps direct traffic while remaining with the patient's family. In addition, Keith is always willing to work with staff on issues when they arise. Keith always has a welcoming smile and greets all that pass by his door. He truly loves his job, patients and staff. Keith represents the true meaning of CGH Standards of Behavior. ~ Clinic Administration

The following two comments are from Press Ganey surveys from patients:

"On a positive note, the door greeter stopped us on our way in and commented to my son about a recent event in which the man had seen my son participate and complimented him. That was a "warm fuzzy" moment."

"The door man is such good help."

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Cholesterol Screenings

If you need your cholesterol checked, make an appointment at one of our upcoming screenings on **Thursday, February 23** or **Friday, March 24, 6 to 9:20 a.m.** 12-hour fast and appointment required. Call ext. 5716.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**March 2**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**February 9**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; and third Thursdays (**February 16**), from **3 to 4:30 p.m.** at County Market in Sterling.

Life Uniform Sale

Mark your calendars for the upcoming Life Uniform Sale, sponsored by the CGH Auxiliary. The fundraiser will be held **Friday, February 17** from **7 a.m. to 7 p.m.** in the Ryberg Auditorium. Stop by for a great selection of uniforms and more! Cash, check, credit card and payroll deduct (with employee badge) will be accepted.



Dodgeball Tournament



CGH sponsored a team at the CEO WACC Dodgeball Tournament on Saturday, January 28 at Sterling High School's Musgrove Field House. The event benefited the 2017 CEO program. Thank you to our CGH team for participating in this event!

The CGH Team included CGHers Shannon Kuepker (Human Resources), Dillon Stoner (POM), Monte Sunday (IT) and Logan Miller (IT), along with Kurt Anderson, Stephanie Eikenberry, Sean Gillette, and Mitch Giddings.

