



Communique

May 11, 2017

A CGH Medical Center Publication

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**EXCEPTIONAL
NURSES
EXTRAORDINARY
CARE**



May is Better Hearing Month

Did you know that you can permanently lose your hearing from exposure to loud noise?

Thirty-six million Americans have hearing loss. One in three developed their hearing loss as a result of exposure to noise. This May, Better Hearing Month, CGH Medical Center Audiologists Mary Martin and Laurie Zollinger, as well as audiologists across the nation, are encouraging Americans to protect their hearing by:



Mary Martin
AuD, FAAA



Laurie Zollinger
AuD, FAAA

- Wearing hearing protection when around sounds louder than 85dB for a long period of time;
- Turning down the volume when listening to the radio, the TV, MP3 player, or anything through ear buds and headphones; and
- Walking away from loud noise.

"Noise-induced hearing loss is caused by damage to the hair cells that are found in our inner ear. Hair cells are small sensory cells that convert the sounds we hear (sound energy) into electrical signals that travel to the brain. Once damaged our hair cells cannot grow back, causing permanent hearing loss," explains Mary Martin, AuD, FAAA.

The loudness of sound is measured in units called decibels (dB). Noise-induced hearing loss can be caused by prolonged exposure to any loud noise over 85 (dB), such as concerts, sporting events, lawnmowers, fireworks, gun shots, custom car stereos at full volume, and more. A brief exposure to a very intense sound, such as a gun shot near the ear, can also damage your hearing.

Noise is considered dangerous if you have to shout over background noise to be heard, it is painful to your ears, it makes your ears ring during and after exposure, or if you have decreased or "muffled" hearing for several hours after exposure.

Hearing impairment not only affects your ability to understand speech but it also has a negative impact on your social and emotional well-being. If you suspect you may have hearing loss, make an appointment to see an audiologist. He or she will perform a hearing test to determine the type and severity of hearing loss you may have.

For more information on hearing loss, hearing protection devices, levels of noise, or to schedule an appointment, contact CGH Audiology at 815-632-5400.

Culture of Caring

One Mission. One Vision. One Team.

COMMUNICATION

“We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know.”

- Carl Rogers

Do we listen to truly understand the other person’s perspective or do we listen to respond while waiting for our turn to talk?

Bake Sale, Dessert Auction & Flower Sale Tomorrow

The annual Bake Sale, Dessert Auction and Flower Sale, is tomorrow, **Friday, May 12**, from **7 a.m. to 1 p.m.**, just in time for Mother’s Day! Come down to the Ryberg to grab a treat and place a bid on our Dessert Auction delights! New this year! HTP table at the Bake Sale! Come check out our selection of healthier treats. Event co-chairs are Janice Repass and Taylor Ryan, Main Clinic GI.

Stop by the pledge table, make your annual gift. We will have a special gift for all old and new donors. Remember to purchase a Chicago Cubs Raffle Ticket!! You could win a 4-pack of tickets to the home game at Wrigley Field against the San Diego Padres on Monday, June 19 at 7:05 p.m. Tickets are \$10 each. The winner will be drawn on tomorrow at 1 pm at the end of our Bake Sale and Dessert Auction.

Silent Auction Recap

Thank you to everyone for your support with the Silent Auction on Tuesday, May 9. We are still counting proceeds from this fantastic event!

Special thanks to event co-chairs Mimi Hicks (Daycare) and Laurie Wetzell (Lab), pictured at the right, for all their hard work and dedication!



Softball Tournament Champs



Congratulations to the CGH Softball Team – 2017 Champs of the Illinois Valley Hospital Softball Tournament for the second year in a row! Team members included (clockwise from left) Evan Klein (Respiratory), Dillon Stoner (POM), Trevan Burn (PT), Kevin Anderson (IT), Erika Adams (DID), Ashley Roux (EMR), Rod Miniel (Lab), Geoff Wright (PT), Logan Miller (IT), Cara Phalen, Team Captain (GI), Jenna Harris (Observation Unit), & Taylor Ryan (GI).

Tampico and Walnut Open Houses



From L to R: Toni Iken, APN, FNP-BC; Abby Anderson, RN; and Alyse Church, Receptionist at **CGH Tampico**



From L to R: Tia Thompson, LPN; Missi Armstrong, APN, FNP-BC; and Jennifer Johnson, Receptionist at **CGH Walnut**

This past week CGH Tampico and Walnut held open houses to celebrate their expanded hours and full-time providers **Toni Iken, APN, FNP-BC** (May 4 in Tampico) and **Missi Armstrong, APN, FNP-BC** (May 10 in Walnut). Guests enjoyed refreshments while touring each of the facilities. Thank you to all that attended!

Both locations are now open Monday through Thursday, 8 a.m. to 5 p.m. and on Friday from 8 a.m. to noon. CGH Tampico and Walnut are two of our clinics in the rural CGH service area providing quality care to our outlying communities.



The caring smile when you're tired, the grace under pressure, the patience with patients, the help without asking, the late nights, the early mornings, the extra glass of water.

We Noticed

But for all the times your efforts go unmentioned -



THANK YOU NURSES



May New Employees



Front Row (L - R): Jen Bookman (RN, Polo Family Practice); Debbie Kelly (LPN, Neurology); Brenda Calderon (Teacher, Day Care); Dawn Scoles (Registration Clerk, Patient Access)

Back Row (L - R): Jodi Youngberg (Accounting Assistant, Accounting); Stacy Dillard (Shift Coordinator, Shift Coordinators); Hope Sandoval (General Secretary, Laboratory); Ellie Francis (HUC/CNA, Medical Floor)



Front Row (L - R): Susan Jacobs (Linen Specialist, Linen Services); Desmarie Tanner (RN, Observation Unit); Peg Carney (RN, Wound Center); Haley Zigler (Housekeeper I, Environmental Services)

Back Row (L - R): Asia Thompson (CNA, Float-Hospital); Lacey Young (RN, Critical Care Unit); Adam Beien (Occupational Therapist, Outpatient Physical Therapy); Ariel Butler (RN, Medical Floor)



Under the Sea,
Claire O., 1st grade,
Milledgeville Elementary



Barney,
Jessica V., 12th grade,
Unity Christian, Fulton



Kashmir's Hummingbird,
Kashmir J., 8th grade,
Rock Falls Middle School

SUMMER 2017 EXHIBITION
FEATURING ARTWORK FROM
WOODLAWN ARTS ACADEMY
STUDENT / TEACHER EXHIBIT

ART RECEPTION MAY 16, 2017
5PM • CGH MAIN CLINIC ATRIUM
101 E. MILLER ROAD, STERLING, IL • WWW.CGHEMC.COM

CGH is pleased to present the winners and portions of the 2017 Student-Teacher Art Exhibit. Thank you to the Sauk Valley area schools, teachers & students that submitted more than 100 pieces and thank you to Woodlawn Arts Academy for allowing us to display the pieces through midsummer.

DeLange Textbook Scholarship

Applications for the CGH Health Foundation James DeLange Textbook Scholarship for the SUMMER semester are due Friday, May 12.

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 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.



SPiRiT OF THE
HEART
Gallery at CGH

WOODLAWN
ARTS ACADEMY

MAY 2017

Employee of the Month



Debbie Blackert
Outpatient Rehab Aide, PT



I live in: Sterling

Joined CGH on: December 5, 1983 and I have been blessed to have a wonderful job and coworkers

Education: Sauk Valley Community College

Family: Husband, Greg; children, Preston and Lindsay; and a step daughter, Jeneé

Proudest Achievement: Being a grandma to three beautiful grandchildren, Madisyn (13), Chase (12) and Autumn (5)

Hobbies: I love doing anything outside. We have a large garden and flower beds. I must say, my passion is the beach and the ocean.

Debbie has been a dedicated rehab employee for over 33 years. During that time she has experienced a lot of change. Throughout all the change she has remained flexible and positive. She has a contagious laugh and positive energy that makes everyone's day better! Her positive attitude in the workplace is a true representation of CGH's mission, vision and values.

~ CGH Outpatient Rehab Staff

We congratulate her on being chosen May's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Cholesterol Screening

If you need your cholesterol checked, make an appointment at our upcoming screening on **Tuesday, May 16**, from **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 (**June 1**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**June 8**), from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; and third Thursdays (**May 18, June 15**), from **3 to 4:30 p.m.** at County Market in Sterling.

Protecting Your Back Workshop

Join **Curtis Coyle, DC, CCEP** for a free workshop on spinal care on **Tuesday, May 23** from **6 to 7 p.m.** in Classroom 1.

Scrub Exchange

Please note that a Scrub Exchange has been added to the new CGH Heartbeat website in the "Forum" section. This is a venue for selling used scrubs between CGHers.

What's Your Game Plan for Heart Disease?

Join **Matthew Wolf, MD** from CGH Morrison and Prophetstown Family Medicine for a free Growing Healthier program on **Wednesday, June 7** at **7 p.m.** in the Ryberg Auditorium. Dr. Wolf will discuss the leading cause of death for men.

Give Blood, Give Life, Be a Hero!

BLOOD DRIVE

Thursday, June 1, 2017
9 a.m. to 8 p.m. | CGH Ryberg Auditorium
 (100 E. LeFevre Road, Sterling)

Appointments are appreciated. Walk-ins are welcome.
 To make an appointment, call Michelle at
(815) 625-4790 ext. 6879
 Or Call Connie at
(815) 625-0400 ext. 5425
 or call **1-800-RED CROSS (733-2767)**
 or schedule online at www.redcrossblood.org



Main Squeeze will provide a **\$1 OFF** coupon for donors!

You can save up to 15 minutes when you donate blood by using RapidPass!
 Visit redcrossblood.org/RapidPass for more information.