



# Communique

June 8, 2017

A CGH Medical Center Publication

## *In This Issue:*

- Regional Emergency Disaster Drill
- Culture of Caring: Communication
- CEO Connect: Lunch with Dr. Steinke
- CGH Employee Pharmacy
- CGH Welcomes Dr. Kemker
- CGH Summer Scholars
- June Employee of the Month
- Hospital Happenings
- Wound Care Awareness Month

## *Congratulations 2017 Graduates!*



## Regional Emergency Disaster Drill

On Thursday, June 1, CGH took part in a regional emergency disaster drill. Approximately thirty Hospitals, various health departments, and other agencies across Northwestern Illinois participated in and worked together in the exercise.

The situation was an outbreak of influenza A for which a vaccine had not yet been developed. The outbreak was expected to affect 30% of the community with a 38% mortality rate. The effects of the virus could be mitigated with a flu shot.

Unlike previous disaster drills, the scenario was not a trauma incident, so the hospital did not experience a sudden influx of patients. Instead, the number of patients exhibiting symptoms rose steadily throughout the day.

Although it was only an exercise, the staff treated everything as if it were real and followed the correct protocol, which required that the hospital be put under lockdown in order to stop the spread of the virus. A simulated immediate family meeting area was set up in the Ryberg Auditorium. Additionally, a media center was established in the Main Clinic lobby for press updates.

CGH also had the opportunity to work out of a new Hospital Command Center in the CGH Training Room.

"This exercise provided an excellent opportunity for our community Emergency Service teams and hospital staff to test their disaster plans and determine the areas that need to be improved," said Shirley Wolford, Emergency Management Coordinator. "They also create a great atmosphere for communication and teamwork."

Mock disaster events, such as these drills, give our community Emergency Service teams and hospital staff an opportunity to put their disaster plans to the test, perfect their techniques, discover areas for improvement and gain valuable experience.



*Hospital Command Center*

# Culture of Caring

One Mission. One Vision. One Team.

## COMMUNICATION

**When you talk, you are only repeating what you already know. But if you listen, you may learn something new.**

**- Dalai Lama**

Think about someone that you enjoy talking with. What does that listener do that makes you feel comfortable in sharing your thoughts or feelings without fear of judgment? Why do you like talking to that person? Why do you feel better after having a conversation with them? How do they show you that they really are listening?

Take a moment to reflect on your own skill set – do you demonstrate empathic listening? Empathic, active listening is a skill that is strengthened through daily, intentional practice.

## CEO Connect Lunch with Dr. Steinke

Dr. Steinke would like to invite 10-15 people to lunch with him on Wednesday, June 28 from noon to 1 p.m. in the 4th floor Boardroom. This is an ideal opportunity to share thoughts, discussions and ideas.



Please RSVP to Beth at ext. 4443 or to Andrea at ext. 4435. Lunch in the cafeteria will be provided if you are on the RSVP list.

## CGH Employee Pharmacy Easy and Convenient



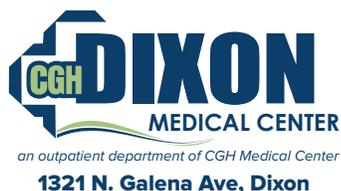
The CGH Employee Pharmacy is an easy and convenient service for CGH employees and their dependents with lower copays than a traditional pharmacy. It is located next to the In-Patient Pharmacy on the 1st Floor, and delivers to off-site offices via couriers.

The hours are currently 8 a.m. to 5 p.m. Monday through Friday and 8 a.m. to noon on Saturdays. The CGH Employee Pharmacy will also mail prescriptions upon request and will work with 3rd shift employees on drop-off/pick-up after hours.

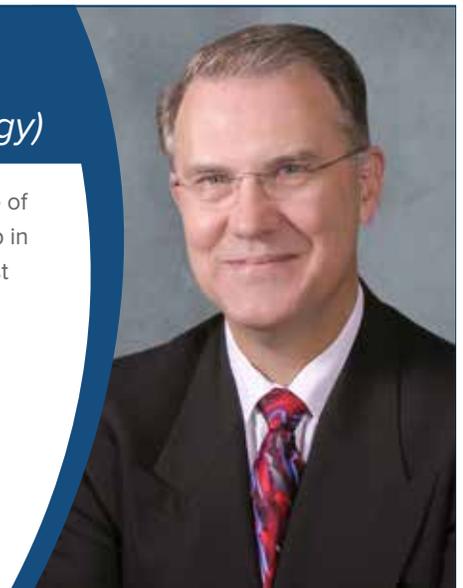
Currently 70% of CGH employees/dependents are utilizing the pharmacy. Help yourself and CGH and give the CGH Employee Pharmacy a try!

## CGH Main Clinic and Dixon Medical Center Welcome Dr. Bryan Kemker, MD, FACS (Otolaryngology)

Board Certified Otolaryngologist Dr. Bryan Kemker received his medical degree from Medical College of Ohio in Toledo. He completed basic surgery and otolaryngology surgery residencies, and a fellowship in otolaryngology research, at the University of Chicago. Dr. Kemker has practiced as an otolaryngologist for 17 years. He is a fellow of the American College of Surgeons and a member of the American Academy of Otolaryngology, American College of Surgeons, and Illinois Medical Association.



**Now accepting new patients at**  
CGH Main Clinic and  
CGH Dixon Medical Center.  
For an appointment, please call  
**815-625-4790 (Sterling) or**  
**815-284-1600 (Dixon).**  
[www.cghmc.com](http://www.cghmc.com)



# CGH Summer Scholars

To provide local high school seniors and college pre-med students with an opportunity to explore the health care field, CGH recently announced the recipients of the 2017 Summer Scholars Program. We take this opportunity to introduce and welcome them to CGH. During the months of June and July, these students will have the opportunity to work one-on-one with CGH physicians, while also attending lectures about careers in the health care field, completing one research project relevant to public health, and rotating between our various medical departments. Below are small excerpts from each student's application essays, describing their interest in becoming a doctor. Welcome to CGH!



## **Chris Ahlers (Newman Central Catholic High School)**

**Future plans:** DePaul University

I hope to become a successful physician that is a leader for his community. I would like to use my education to help people in need. I participate in service groups at my high school and have seen how selfless work affects people's lives. I will continue to do that in my future. I hope that my education will have taught me not only about chemical science and anatomy but also how to be a strong figure in society. I believe that good things come to those who work hard. In order to have succeeded in medical school, I know that I will have practiced tenacity and determination. The world needs more people that are devoted to serving others through their hard work. I will strive to become one of those people.



## **Megan Carney (Newman Central Catholic High School)**

**Future plans:** Missouri Southern State University

I have enjoyed science and mathematics since I was a young child but I have loved helping people in any way possible even more. Through these passions, I avidly do volunteer work for various charities and devote a majority of my time to my education. Medicine combines what I hold dear in a career path unlike any other. Sure, I have been told that if I want to help people I should go into social work. That is an admirable occupation, but it lacks the scientific side and the chance to heal someone which being a doctor would allow me to have. I have known for a long time that no career is meant for me the way becoming a doctor is.



## **Elizabeth Rath (West Carroll High School)**

**Future plans:** Augustana College

Ever since I was a young child I have wanted to help people and have done so in many ways. I value the community service I do with my local 4-H Club along with volunteering to donate blood which saves the lives of people in need of blood. I want to continue helping my community and I see myself doing that by becoming a physician. I feel because of my good work ethic that I will stay driven to succeed. I know that being a physician takes a lot of time and education. I am prepared for working hard until I can fulfill my dream of being a physician.



## **Braxton Schuldt (Illinois Mathematics and Science Academy)**

**Future plans:** Amherst College

After seeing firsthand what makes up a human being, and after listening to all of the great students and doctors at Rush, I realized that this is the profession I truly want to go into. Another person that struck me from Rush was the director of community service. She explained to me how becoming a doctor is a way to serve the community. I realized then that becoming a physician is a lot more than saving lives. It is about saving the community, and working for the good of the community to ensure a better life for all. Seeing all the support I have received over the years from my own community, I want to be able to give back to my community; while at the same time doing something I know I will love doing.



## **Kallie Zuidema (Sterling High School)**

**Future plans:** University of Illinois at Chicago

Being a physician would allow me to continue to challenge myself mentally. I have always enjoyed taking the most difficult classes that are offered at Sterling High School and continually challenge myself to learn as much as I can. I strive to not just memorize facts to get through a test, but to understand what I am being taught. The medical field offers incredible variety through different specialties as well as the amazing individuality of each patient. Because of different symptoms and situations and previous health histories, no patients are the same. The lack of monotony and endless information to learn ensures that I will continually be doing something different, interesting, and challenging.

# JUNE 2017

## Employee of the Month



**Tyler Lawson**  
Quality Resources Assistant



**I live in:** Dixon  
**Joined CGH on:** March 27, 2014  
**Education:** Sauk Valley Community College  
**Family:** Mom (Chris) and Dad (Steve)  
**Proudest Achievement:** Working for this great organization  
**Hobbies:** Playing drums in a band

Tyler is wonderful to work with! He goes above and beyond to help others out. Tyler has a great work ethic, is an awesome team player, and has a very positive attitude. Tyler is always willing to help others with projects even though he has many of his own to complete. CGH is very fortunate to have a great employee like Tyler!

~ Julie VanAusdal, Medical Staff Coordinator

We congratulate him on being chosen June's Employee of the Month.

*Purpose, Worthwhile Work, Making a Difference!*

### Hospital Happenings

#### Quality Shares 2017

As in past years, we cannot calculate the final value of our quality shares until the audited financials are received. We anticipate receiving this information very soon.

#### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**July 6**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**July 13**), from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; and third Thursdays (**June 15, July 20**), 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, June 27** from **6 to 7 p.m.** in Classroom 1.

#### Cholesterol Screening

If you need your cholesterol checked, make an appointment at our next screening on **Thursday, June 29**, from **6 to 9:20 a.m.** 12-hour fast and appointment required. Call ext. 5716.

#### 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 and trading used scrubs between CGHers.

## Wound Care Awareness Month

The CGH Wound Healing Center, a member of the Healogics network, is helping raise awareness of chronic wounds. The fourth annual Wound Care Awareness Month is being held during the month of June.



As one of nearly 800 Healogics-managed Centers, the CGH Wound Healing Center offers advanced therapies to patients suffering from chronic wounds. It is estimated that chronic wounds affect 6.7 million people in the U.S. and the incidence is rising, fueled by an aging population and increasing rates of diseases and conditions such as diabetes, obesity and the late effects of radiation therapy. If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

People with wounds that have not improved with traditional methods of treatment may benefit from a visit to the CGH Wound Healing Center. To schedule an appointment, please call 815-564-4002. No referral is necessary.