



Communique

May 10, 2018

A CGH Medical Center Publication

In This Issue:

- MRI Open House
- May is Better Speech and Hearing Month
- Softball Tournament Champs
- UIC Alumni Recognition Award
- Nurses Week
- Silent Auction - TOMORROW
- Healthy Nurse, Healthy Nation
- Bake Sale Thank You
- May Employee of the Month
- Dr. Rajan Gopal Retirement
- Chris Hall Retirement
- Hospital Happenings:
Graduation Announcements
Screenings

**MRI
Open House
Tuesday, May 15
3 - 6 p.m.**

CGH Introduces the Latest in MRI Technology

CGH Medical Center has acquired the latest in MRI technology by installing the new Vantage Titan™ from Canon Medical Systems. The new open-bore of the 1.5T Vantage Titan MR system is 18 percent larger than other 1.5T systems on the market and features a large 71-centimeter patient aperture, outstanding homogeneity, and the largest available clinical field-of-view (FOV) of 55 x 55 x 50 centimeters, providing the highest level of patient care and diagnostic capability in MR imaging.



"We are really excited about being able to offer our community this state of the art equipment," said Gina Grennan, Director of Diagnostic Imaging.

"This particular scanner offers excellent quality and image resolution, while offering a wider bore opening for patient entry and a noise reduction technology to make the exam more comfortable and to reduce anxiety."

The Vantage Titan's patient-focused features significantly improve patient comfort and increase the range of patients who can be imaged with MR. The open bore provides a greater feeling of openness for the patient, and Canon Medical Systems' patented Pianissimo technology dramatically reduces acoustic noise, the most significant cause of patient discomfort during an MRI exam.

The CGH Diagnostic Imaging Department will be hosting a MRI Open House on Tuesday, May 15 from 3 to 6 p.m. at CGH Medical Center for both the public and employees to introduce the latest in MRI technology for Sauk Valley residents. Stop by to take a tour and enjoy refreshments.



May is Better Speech and Hearing Month

Each May, Better Hearing and Speech Month provides an opportunity to raise awareness about communication disorders and the role of speech therapy and hearing professionals in providing life-altering treatment.



The CGH Speech Therapy department offers services for the following:

- **Aphasia:** An inability to understand speech or express thoughts with speech characterizes this condition, which is commonly caused by stroke or brain tumor.
- **Cognitive Communication Impairments:** Underlying attention, memory, abstract reasoning or problem-solving deficits characterize these issues, which are possibly related to stroke, brain injury, or underlying disease.
- **Dysarthria:** This form of speech is slurred or slow, and it can be caused by neurological injuries such as stroke.
- **Vocal Quality Concerns:** People with these issues have vocal tones that are too loud or too soft, and those issues are commonly caused by vocal abuse or cancer. CGH is proud to offer Lee Silverman Voice Treatment (LSVT) LOUD certified speech therapy services for patient struggling with Parkinson's Disease and other neurological conditions.
- **Swallowing Difficulty (Dysphagia):** The nerves and muscles that impact your ability to speak clearly may also play a role in your ability to manipulate food and swallow it without choking. Our therapists can assist people who have these chewing and swallowing disorders.
- **Pediatric Speech/Language and Feeding Therapy**

Speech Therapy Hours and Locations:

- Monday - Friday, 7 a.m. to 5 p.m., (815-625-0400, ext. 4458)
- Outpatient Services - CGH Locust Street Medical Center, at 1809 N. Locust Ave., Sterling
- Outpatient Services - CGH Morrison Medical Center, at 105 S. Heaton Street, Morrison
- Inpatient Services - CGH Medical Center, at 100 E. LeFevre Road, Sterling

CGH Main Clinic Audiology Hours and Location:

- Monday - Friday, 8 a.m. to 5 p.m., (815-632-5400)
- CGH Main Clinic, 101 E. Miller Rd., Sterling

Softball Tournament Champs



Congratulations to the CGH Softball Team – 2018 Champs of the Illinois Valley Hospital Softball Tournament for the third year in a row! CGH hosted the five team tournament this year on Saturday, May 5 at Westwood.

Team members included (clockwise from left):

Trevan Burn (PT); Emily Shearer (Surgical); Geoff Wright (PT); Jennifer Jimenez (Lab); Brett Royer (Surgical); Dugan Repass (PT); Rod Miniel; Logan Miller; Co-Captain (IT); Amy Marcinkiewicz (Pharmacy); Cara Phalen, Co-Captain (GI); Taylor Ryan (Internal Medicine); and Bethany Shearer (Medical).



UIC Alumni Recognition Award

CGH Surgical Director May Jean Derreberry, BSN, RNC received the UIC Alumni Recognition award from the Quad City Chapter of the UIC Alumni Association on April 26

These awards are presented to a graduate of the UIC College of Nursing who:

- Has demonstrated a dedication to nursing and shows outstanding professionalism, and by her/his example has promoted and elevated the general image of the nursing profession.
- Has demonstrated significant accomplishment and leadership in the field of nursing, as well as other civic, cultural, or charitable activities.
- Has demonstrated continued interest in and support for the College.



Mary Jean Derreberry

Congratulations Mary Jean!

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**



NATIONAL NURSES WEEK 2018
AMERICAN NURSES ASSOCIATION

100 E. Lefevre Rd, Sterling, IL • (815) 625-0400 • www.cghmc.com

HEALTHY NURSE, HEALTHY NATION™ GRAND CHALLENGE



If you didn't get a chance to stop and see Sherry DeWalt at our Healthy Nurse Healthy Nation (HNHN) table this week, it is not too late. You still have time to join the HNHN Challenge and enter the drawing for the Fitbit. We will also draw for Applebee's gift cards.

The HNHN Challenge is a format for nurses to support each other in achieving their health and wellness goals. There is no logging or tracking required and it doesn't cost a thing.

To enroll please visit the website www.hnhn.org and follow the prompts. Here are a few tips:

- Join the challenge as an "individual" – CGH is already enrolled as an organization.
- When asked "Are you affiliated with any of the following organizational partners (select primary affiliation)?" – find CGH Medical Center in the drop down box and select.
- Take the survey to discover areas that you can improve.
- Join in the challenges to learn tips and ideas that work for other nurses.

Please contact Sherry DeWalt at ext. 5716 with questions.

Silent Auction • Tomorrow



2018 CGH HEALTH FOUNDATION ANNUAL APPEAL

The annual fabulous **CGH Health Foundation Silent Auction** is **FRIDAY, MAY 11** from **7 a.m. to 4 pm.** Don't forget to come down to the Ryberg, Classrooms 1 & 2 to check out our baskets!

We will also have a 50/50 Raffle. Raffle tickets are 1 for \$1 or 6 for \$5, with drawing to be held at 3:30 pm on Friday, May 11.

Stop by the pledge table, make your annual gift. You could win a special gift just for making a pledge!

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 Los Angeles Dodgers on **Wednesday, June 20** at **1:20 p.m.** Tickets are \$10 each. The winner will be drawn on Friday, June 1.



Mark your calendars for the **October 18** annual **Delicious Designs** event held at Deer Valley Country Club. More information will be coming!

Bake Sale Thank You



Nearly \$3,000 was raised during Tuesday's CGH Health Foundation Bake Sale and Dessert Auction!!

Many thanks to our amazing CGHers for their outpouring of baked goods and for supporting this annual event. All proceeds go to assist or educate some 25,000 children and adults in the Sauk Valley. CGH Employee Division volunteers helping at the event included above from left, Kim Przysucha, Bake Sale Co-Chair, GI; Barb Brady, Main Clinic Triage; Janice Repass, Bake Sale Co-Chair, GI; and Amanda Blaine, Foundation development officer.

Employee of the Month



Dawn Hartman
RN, Cardio Lab



I live in: Rock Falls

Joined CGH on: August 13, 1990

Education: BSN, Northern Illinois University

Family: Husband, Jim; son, Kelby; and daughter, Celine

Proudest Achievement: Raising two "successful" accountable children, being married for 33 years, and walking part of the Appalachian Trail

Hobbies: Walking, reading and anything outdoors

Dawn Hartman is a dedicated and skilled RN that represents CGH very well. She has worked in a variety of positions and departments, and continues to expand her knowledge of other areas through her willingness to become cross trained wherever she is needed.

Dawn started her career at CGH in CCU in 1990. Prior to that she worked in Urology and Surgery. In CCU, she was an excellent bedside nurse, preceptor and charge nurse. In 2011, she transferred to Cath Lab where she spent the next six years honing her skills, precepting new RN's and becoming registered as a Registered Cardiovascular Invasive Specialist (RCIS). In the fall of 2017, she accepted a position in the Cardio Lab testing area, where she has been able to bring her skills, knowledge of the cardiovascular system, and outstanding teaching skills to our patients once again.

Dawn is a great team player and colleague, often offering her help without being asked. She views her job as a service to others ensuring the patient has the best quality of service possible. What an inspiration she is to others!

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Graduation Announcements

Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" in a June issue of *Communique* and are accepting graduation announcements.



Please submit the following to Nicole Bollman in Marketing:

- Name(s) of your graduates – again this year we will **ONLY** be listing **immediate family members** (self, spouse and children) from High School, college and beyond. We will not be listing preschool, kindergarten and eighth grade graduations due to space limitations.
- The name of the high school or college they are graduating from and with what degree (if applicable)
- The names of the graduate's parents, and what department you work in.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**June 7**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**June 14**), from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; third Thursdays (**May 17, June 21**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**May 18, June 22**) at Westwood Fitness & Sports Center.

Congratulations!



Congratulations to Dr. Rajan Gopal, Main Clinic Cardiology, and Chris Hall, CGH Prophetstown, on their recent retirements!

Dr. Gopal retired on May 4 after 34 years of service.

Chris Hall retired on April 26 after 19 years of service.

We will miss you both!

