



Communique

November 22, 2018

A CGH Medical Center Publication

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Have you thought about enrolling in the CGH Health Transformation Program (HTP) for 2019?



The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control

blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. As in previous years, the 2019 program is open to CGH employees who have been employed at least 90 days and their family members. In addition, the 2019 program will be open to the public as well.

HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. Although there is a fee for the program, it is reimbursed for CGH employees if lab and class attendance requirements are met.

Brook Elmendorf, LPN in CGH Main Clinic Cardiology, made the commitment by joining HTP in 2017 and has lost 70 pounds since then. Brook not only lowered her cholesterol, but also gained energy and felt better overall.

"I originally joined HTP to lose weight but it changed the way I looked at food," said Brook. "Once you start to look at food differently, you to eat to live instead of live to eat. It makes all the difference."



BEFORE



AFTER

Brook Elmendorf
LPN, Cardiology, CGH Main Clinic

To learn more about Brook's HTP journey watch her video on the CGH YouTube channel or by visiting the following link at https://youtu.be/AqWJA_brzkU.

"You are worth it. Invest a little time in yourself," added Brook. "Every person, especially women, tend to be so busy doing other things and don't stop to do take a couple of minutes for themselves. Remember it is not a diet . . . it is a lifestyle."

For more information on enrollment, contact Sherry DeWalt at ext. 5716, Bryan Frederick at ext. 1057, or attend an upcoming HTP enrollment meeting in December.

- December 11 at 5:30 p.m. in the CGH Ryberg Auditorium
- December 12 at 7:00 a.m. in Classroom 2
- December 12 at 12:00 p.m. in Classroom 2

Value Safety Awareness



SHOW YOUR COMMITMENT TO SAFETY

At CGH Medical Center, you — our talented and dedicated workers — are our most valuable asset. That's why it's our top priority to keep you and our patients safe and healthy, so that all can return home to family and loved ones safe and sound every day.

Healthcare's unique culture presents unusual challenges for healthcare workers (HCWs). HCWs respond and react to diverse situations requiring sometimes split-second decisions. At CGH Medical Center, we work hard to prevent injuries and illnesses from occurring. To show our commitment to putting the safety and health of our workers first, we are participating in Safe + Sound Week, December 3-7, 2018.

Safe + Sound Week is a nationwide effort to raise awareness and understanding of the value of safety and health programs that include management leadership, worker participation, and a systematic approach to finding and fixing hazards in workplaces.

During the week, we'll be hosting activities to highlight how important safety and health is at CGH Medical Center, and we encourage you to join. We know our workers are the experts when it comes to the tasks you do and the tools and equipment you use. This makes you a vital source of safety knowledge and ideas and a valued partner for helping to make our workplace safer.

Help us keep our workplace safe and sound. Thank you for your continued involvement and commitment to safety and health at CGH Medical Center.

Yoga Class is Back!

Yoga class back and is being offered in the CGH Ryberg on Mondays.

Class begins at 5:15 p.m. The instructor is Jennifer Sleeman and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet.



Thank you to all who attended our 5th Annual Healthy and Bright Holiday Lighting Ceremony.

Special thanks to the CGH Auxiliary for sponsoring the lights, and to the Sterling High School Madrigals for their festive entertainment.



Shane Brown, Vice-President, Physician Services, counts down during the lighting ceremony.



The Sterling High School Madrigals provided entertainment for attendees.

There are approximately 37,000 exterior holiday lights on the CGH campus that are helping to spread holiday spirit . . . not only to our patients and their families, but also to our community.

HNHN October Winner



Vicki Velasquez

The October Health Nurse Healthy Nation challenge was to participate in a 5K for a good cause. **Vicki Velasquez** (Medical Transcription Services) ran the Freedom 5K on November 10 and was the winner of the drawing for a \$60 massage gift certificate from Lotus Wellness Center.

The challenge for November/December is about Joy. Many of us find joy in our pets. Email a picture of your pet to Shery DeWalt to be entered in

a drawing for a \$50 PetSmart gift certificate. The pictures will be posted on a special page in the CGH HeartBeat.

Dana Carroll Illustrates Book

Congratulations to **Dana Carroll**, CGH Helping Hands Daycare teacher, who recently became a published illustrator.

Dana illustrated the children's book, "Abby McNabby: And Her Unbelievable, Unexplainable, Not-So-Boring Day At Home." The book was written by Amy Rimmer of Rock Falls who is a childhood friend. They reconnected when Dana saw that Amy was looking for an illustrator on Facebook.



Dana Carroll, CGH Helping Hands Daycare teacher, reads Abby McNabby to an adorable girl at the daycare.

"I've been drawing all my life, making cartoon characters and drawing rainbows, dolls or people," said Dana.

The illustrations are a patch work style, made with colored markers, pencils and pens to pair with the writing style of the book. The book is available for order on Amazon or at Books on First, 202 W. First Street in Dixon.

November New Employees



Front Row (L - R): Tyra Brands (Food & Nutrition Assistant, Dietary); Brittany Schmitt (Cashier, Patient Accounts); Kelcie Fullmer (Check In Representative, Business Services); Joey Young (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Lekeshi Crawford (Medical Assistant, Float-Clinic); Jenny Rodriguez (HUC/CNA, Emergency Dept); Brittany Hobson (CNA, Float-Hospital); Jenny Conderman (RN, Float-Clinic)



Front Row (L - R): Rebecca Fidler (RN, Emergency Dept); Carly Schaab (HUC/CNA, Emergency Dept); Julie Denning (CNA, Float-Hospital); Erika Barron (Housekeeper I, EVS)

Back Row (L - R): Shannon Klausung (Cardiac Monitor Tech, Critical Care Unit); Rachel Camacho (Contracting and Sourcing Administrator, Materials Management); Pam Capp (Physical Therapist, Women's Health); Olivia Carpenter (LPN, Float-Clinic)



Front Row (L - R): Natalie White (Medical Assistant, Internal Medicine - Clinic); Vanasia Vaughn (Food & Nutrition Assistant, Dietary); Kendra Scott (Phlebotomist, Laboratory); Leticia Gonzalez (Phlebotomist, Laboratory)

Back Row (L - R): Kervin Teckio (RN, Surgical Floor); Fran Taylor (CT Technologist, CT Scan); Jessica Hartzell (Medical Assistant, Float-Clinic); Joy Alabanza (CNA, Medical Floor); Adrian Juarez (Café Worker, Dietary)



BLOOD DRIVE

Thursday, December 6, 2018

9:30 a.m. - 7:00 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

Enter for a chance to win a special gift basket provided by the

CGH Gift Shop



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

December Birthdays

1 Andrea Adee
1 Minerva Ferrel
1 Heather Holder
1 Kelly Scott
1 Matthew Stemm
2 Christina Larson
2 Eric Mullan
2 Kelly Zinke
3 Diana Chumacero
4 Samantha Greer
4 Chris Peed
4 Debra Sigel
5 Jean Biba
5 Mark Gerlach
5 Patricia Henson
5 Kathryn Klett
5 Austin LeClere
6 Christine Aden
6 Shari Giffin
6 Whitney Phillips
7 Kate Boyle
7 Sean Ryan
8 Jennine Beckmann
8 Rachel Bittner
8 Mary Derreberry
8 Shelly Houzenga
8 Chloe Payne
8 Teresa Stark
9 Angel Blazquez
9 Kathleen Bowman
9 Lorraine Meisel
10 Kathleen Harvey
10 Allison Newman
10 Ryan Zschesche
12 Darlys Heiderscheit
13 Kristen Bauser
13 Michael Byrd
13 Paul Cunniff
13 Emily Kitsmiller
13 Laura LaCoursiere
13 Julie VanAusdal
14 Jessica Benyo
14 Jennifer Kastner
14 Micaela McCoy
14 Theresa Murray
14 Sabrina Pletsch
14 Jessenia Trujillo
14 Katie Wetzell
15 Kelly Escamilla
15 Mia Gustafson
15 Timothy Ross
16 Desiree Burke
16 Becky Davis
16 Emma Melton
16 Julie Pope
16 Danelle Saunders
16 Haley Smith-VanDan
17 Megan Blackburn
17 Julia Kelly
17 Christy Lafferty
17 Cassandra Sawyers
17 Angie Thompson
18 Savannah Hewing
19 Mirza Baig
19 Jennifer George
19 Brenda Holldorf
19 Toni Iken
19 Shawna Kester
19 Laura Leal
19 Heather Moser
19 Matthew Wolf
19 Diane Yeoward
20 Nichole Blackert
20 Julie Hummel
20 Michelle Rogers
20 Daniel Surdez
21 Levi Litwiller
21 Paula Lucas
22 Colleen Jacobs
22 Mathai Karingada
22 Irena Mendoza
22 Manuel Mooney
22 Alisha Wetzell
23 Melissa Carew
23 Lauren Fitzwater
23 Kaci Linton
23 Ryan Whiteside
23 Jordan Baeza
24 Jon Berens
24 Lynne Coffey
24 Heather Eddinger
24 Patricia O'Brien
24 Marcela Sproul
24 Dahley Vinson
26 Max Alvarez
26 Laurie Davis
26 Christine Knisley
26 Paige Morales
27 Polly Nobis
28 Gregory Beck
28 Holly Hilty
28 Sara Ramage
28 Shelli Silva
28 Loni Ulve
29 Leticia Gonzalez
29 Colleen Lahey
29 Jodi Rank
29 Christina Sheley
29 Jeffrey Venema
29 Lacey Young
30 Corinne Abell
30 Leann Bellini
30 Rebecca Beltran
30 Darcie Bettner
30 Melissa Duncan
30 Kimberly Jordan
30 Lyndsey Weber
31 Sherry Lamendola
31 Cathy Meenen
31 Kelly Mitchem
31 Tori Spears

Emergency Management Fair

Thank you to all who attended the Emergency Management Fair on Friday, November 9.

233 CGH staff visited 8 stations to review their roles in emergency management at CGH. There was information on Minimum Treatment Area, evacuation, PPE and the new PAPRs, Patient Tracking, Security, Communications/ Radio operations, Incident Command, and Off-Sites emergency operations. A BIG thank you to all who staffed the stations and were willing to give their time to educate others!



Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**December 6**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**December 13**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**December 20**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**December 21**) at Westwood Fitness & Sports Center.



Employee Flu Vaccines

Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months of age

and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May.

Employee flu vaccines will be available on Thursday, November 29 from 11:30 a.m. to 1 p.m. in the Employee Pharmacy.

FIGHT FLU

Happy Thanksgiving!

Wishing you a Thanksgiving overflowing with peace, love and laughter.