



Communique

January 3, 2019

A CGH Medical Center Publication

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Dr. Manorama Hermon Retires After 36 Years

Manorama Hermon, MD, FAAP, celebrated her retirement with an open house on Thursday, December 20 at the CGH Rock Falls Medical Center. Dr. Hermon has been a Pediatrician in the area for 36 years and has been at the Rock Falls office since 1989.



Pictured from left to right are Kabir Hermon, Dr. Hermon's son; Dr. Paul Steinke, President and CEO; Dr. Manorama Hermon; John Van Osdol, Chairman of the Board; and Renuka and Ryan Gough, Dr. Hermon's daughter and son-in-law.

"I have had the privilege of knowing three generations of families in my practice locally for 36 years," said Dr. Hermon.

Dr. Hermon attended Christian Medical College in Vellore, India, and interned at West Suburban Hospital in Oak Park. She completed her residency in Pediatrics at Rush Presbyterian-St. Luke's Medical Center in Chicago. A Fellow of the American Academy of Pediatrics, Dr. Hermon is a Diplomate of the American Board of Pediatrics and is a member of the Illinois State Medical Society. She is board certified by both the American Board of Pediatrics and the American Board of Integrative and Holistic Medicine. Dr. Hermon also has a special interest in treating pediatric allergy with sublingual immunotherapy.

Inspired to go into medicine by her grandfather, a family physician, at an early age, Dr. Hermon finished medical school at age 21. She observed that pediatricians make a difference for generations to come by helping children and parents make good lifestyle choices.

Dr. Hermon's husband, Surjit Hermon, was chief of Radiology at CGH Medical Center for many years and passed away in an accident 10 years ago. She really appreciates her three children's support and the support of the administration at CGH over all these years.

"I never could have done this without my nurses, Gayle Wright and Tracy Boyle," remarked Dr. Hermon. "This has been a great ride!"



Dr. Kap Kim, former CGH Pediatrician, and his wife, Youn Kim, visit with Dr. Hermon.



Tracy Boyle, Dr. Hermon and Gayle Wright share a moment together at the party.

First Baby of 2019



The first baby of the 2019 in the Sauk Valley was born Wednesday evening at CGH Medical Center.

Elise Lynn Andrew was born at 8:33 p.m. on January 2, 2019. She weighs 8 pounds and 1.5 ounces and is 20 inches long. Her parents are **Stormi** and **Justin Andrew** of Prophetstown.

Stormi said she was born early. She works for Kim Wolfe as a Medical Assistant at CGH Lynn Blvd Medical Center.

"Kim predicated that she was coming that day," said Stormi, "And she was right!"

When asked about her name, "Elise is my middle name," Stormi said.

Elise was delivered by Dr. Frank Tugwell. She is joined by sister, Bailey (5) and brother, Collin (8).

Manage Your Weight & Health



CGH Health Transformation Program

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.

Please note the deadline for enrollment is Friday, January 11. For more information on enrollment, contact Sherry DeWalt at ext. 5716, or Bryan Frederick at ext. 1057.

Yoga Class is Back!

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



CGH Main Clinic Welcomes Theresa Rogers MSN, APRN, FNP-C (Cardiology)

We are pleased to welcome Theresa Rogers MSN, APRN, FNP-C to the Cardiology department. Theresa is a Certified Family Nurse Practitioner by the American Academy of Nurse Practitioners. Theresa has worked at CGH Medical Center since 1999, first on the medical floor and most recently at the Northern Illinois Cancer Treatment Center.

Theresa received her MSN from Northern Illinois University in DeKalb and her BSN from Chamberlain College of Nursing. In addition, Theresa is certified in Basic Life Support and is a member of the American Academy of Nurse Practitioners.



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HNHN December Winner



Anne Blackwell

The theme of the December Health Nurse Healthy Nation challenge was "Find Your Joy." Many of us find joy in our pets. Participants submitted pictures of their pets and were entered into a drawing for a \$50 PetSmart gift card.

Anne Blackwell (Pharmacy) was the winner for her submission of pictures of her pets: Emerson, Max, Mojo and Squishy.

All of the pictures are displayed on a special page on CGH Heartbeat. You can click on a picture to see the owner's name. Thank you for your submissions! We received 249 pictures from employees!



12 Days of CGH Cheer

A big THANK YOU to everyone that participated in the 12 Days of CGH Cheer! We appreciate that you shared your talent, creativity and generosity with your CGH family during the busy holiday season!



Trivia Contest Winners

Congratulations to **Dawn Scoles** (Patient Access) for being the first person with the most correct answers. Winners from the drawing of the most correct also included **Serena Lahey** (Float RN), **Kevin Harshman** (EMR), **Matt Tichler** (EMR) and **Melody Engel** (Patient Access).

Wreath Decorating Contest Winners

The response for the wreath decorating contest was outstanding! 35 festive wreaths were submitted by our very own CGHers.

Give Blood, Give Life, Be a Hero!

CGH MEDICAL CENTER & AMERICAN RED CROSS BLOOD DRIVES

The Blood Drives are held at CGH Medical Center in the Ryberg Auditorium



American Red Cross



2019

February 7

April 4

June 6

August 1

October 3

December 5

All Blood Drives are from 9:30am - 7:30pm

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)
Schedule online at www.redcrossblood.org

People's Choice:

The Grinch by Marketing



Most Creative:

Kali Fetrow, Morrison Reception



Most Glitzy:

Patient Accounts



Best Represents Holiday Season:

Dietary



Most Jolly:

Clinic Business Office



Best Overall:

Sandy Reed, Laundry



JANUARY 2019

Employee of the Month



Leslie Hinrichs
Medical Records Clerk, HIM



I live in: Rock Falls
Joined CGH on: March 20, 1997
Education: Associate's in Applied Science for Early Childhood
Family: Husband, Todd; 2 daughters, Teagen (20) and Delaney (18)
Proudest Achievement: Raising my daughters to be the ladies they are today
Hobbies: Reading and going to daughter's basketball games

Leslie is always willing to help and go the extra mile. She is pleasant to work with and continues to be instrumental in the day to day adaptations of Electronic Medical Records.

When helping others, Leslie will check and double-check to find what is needed and ensures this in a timely manner.

Leslie is a great example of what a Team Player should be.

I nominate her for Employee of the Month because I believe she has earned this recognition.

~ Vicki Neubauer

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**February 7**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**January 10, February 14**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**January 17, February 21**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**January 18, February 22**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



Pediatric Rehabilitation: A Team Effort

Join us on **Wednesday, January 16**, for our Growing Healthier Speaker Series, featuring **Katrina Alexander, MS, OTR**; **Lindsey Fiorini, PTA**; **Shauna Kester, DPT**; and **Erika Smith, MA, CCC-SLP** at **6 p.m.** in the CGH Ryberg.



Our newly expanded pediatric rehabilitation department offers therapies to assist children from birth to age 18 with their development needs.

Registration is appreciated but not required. For more information, call ext. 5716, or visit www.cghmc.com/growinghealthier.

MPG Tandem Scrub Sale

Please join us for the Auxiliary sponsored MPG Tandem Scrub Sale on **Thursday, January 24** in the CGH Ryberg from **6:30 a.m. to 4:00 p.m.** Payroll deduct, cash and credit will be accepted.



Online CGH Logo Apparel Store

Mark your calendars! The online CGH logo apparel store will be open **January 28** through **February 6**. Stay tuned for more details!

