



Communique

January 17, 2019

A CGH Medical Center Publication

In This Issue:

- Dr. Styczynski Retirement
- Providers on the Move
- HNHN January Challenge
- CGH Rock Falls Open House
- Thank You
- January New Employees
- CGH Employee Caring Fund Spring Scholarship Winners
- Yoga Class is Back!
- Holiday Lighting...Until Next Year
- Blood Drive
- Heartbeats Dance Party
- Hospital Happenings

CGH Celebrates the Career of Dr. Mark Styczynski

*"He has been an awesome doctor!"
"I have trusted him with my healthcare needs for 30 years, and I wish I could be his patient for 30 more."*

These were just a few of the sentiments shared at the Open House on Thursday, January 3 that celebrated the career of Dr. Mark Styczynski. Dr. Styczynski has practiced Internal Medicine at CGH for over 38 years and recently announced his retirement.

"I wanted to be a doctor ever since the 8th grade after I read the book Arrowsmith by Sinclair Lewis," he said. "I admired how this doctor was dedicated to serving others, yet often challenged the existing state of things when he found it lacked either a proper scientific basis or intellectual honesty. The theme dovetailed with my keen interest in science and enjoyment in working with people."



Dr. Mark Styczynski and his wife, Ann, welcomed approximately 200 guests at the retirement open house.

Since that time, Dr. Styczynski said he enjoyed developing connections with many diverse people and their lives. "I would observe each patient's different challenges and how they dealt with them, and I hoped to be able to help them out in one small way or another," he said. "The close relationships with my patients, and their show of appreciation for my efforts to help were exciting to me."

His patients agreed. "Dr. Stitch is a good listener, is very friendly, and he tries to solve the problem," said one patient. "He was always good at identifying what the situation was and tried to attack it by taking some sort of action." "He's a great doctor and a better person," remarked another patient. "When Dr. Styczynski retires, CGH will lose an experienced, knowledgeable, and caring physician."

Dr. Styczynski also remarked that he found it most gratifying to observe and comfort his many long-term patients that were experiencing the health challenges typical of growing older while learning to adjust and accept the last phases of life. "Sharing this experience with them - coming to realize that they had led a full life, preparing for its end, and helping them to be okay with the future - that was a highlight of my career."

In retirement, Dr. Styczynski plans on traveling, spending time with his parents, and visiting his children, as well as continuing to sing in a local barbershop quartet and taking dance lessons with his wife, Ann.

Good luck in all of your future endeavors, Dr. Stitch...you will be greatly missed!



Dr. Stitch and his wife, Ann, share a moment with his current and previous staff: Kim Damhoff, Dennette Brown, Karen Schmidt and Vicki Spotts.



Pictured from left to right with Dr. Stitch are President and CEO Dr. Paul Steinke, Dr. Frank Tugwell, Dr. Mark Schmelzel and Dr. Shawn Hanlon.

Providers on the Move

Effective Monday, January 28th, Dr. Peter Toth and Family Nurse Practitioners Donna Cook and Jennifer Garriott will begin seeing patients at the new CGH Rock Falls Medical Center at 1315 Dixon Avenue.

Dr. Peter Toth previously saw patients at CGH Main Clinic, 101 E. Miller Rd. in Sterling, while Donna Cook and Jennifer Garriott were at the former CGH Rock Falls location at 100 West 1st Street.

The new 7,000-square foot facility provides our community members with more convenient access to primary care services. It has space to accommodate four full-time providers and features a drop-off canopy and more adequate parking. Construction began last spring.

An open house for staff and the public is scheduled for **Monday, February 4** from **4 to 6 p.m.** There will also be VIP Tours and a ribbon cutting at **3 p.m.**



Dr. Peter Toth



Donna Cook, NP-C



Jennifer Garriott, FNP-BC



YOU'RE INVITED GRAND OPENING CGH ROCK FALLS MEDICAL CENTER

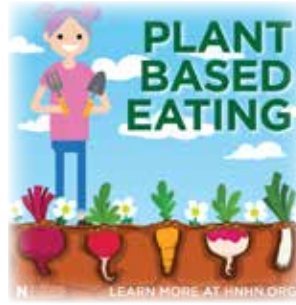
FEBRUARY 4TH, 2019 • 4:00 - 6:00 PM
1315 DIXON AVENUE, ROCK FALLS, IL 61071

*Come visit our new facility and speak with the providers.
Refreshments will be served.*



1315 Dixon Avenue, Rock Falls, IL 61071 • (815) 632-5366
www.cghmc.com • 8:00 a.m. - 5:00 p.m.

HNHN January Challenge



The Healthy Nurse Healthy Nation challenge for this month is "Pump up the Produce".

Eating more plant-based meals is good for both the environment and us. Studies show that a vegetarian diet may promote weight loss, lower blood pressure, reduce cancer risk and limit greenhouse gas emissions.

To participate in this month's challenge, snap a selfie of yourself eating a salad and email it to Sherry DeWalt by January 31. We will draw from all submissions and one person will win a \$50 gift certificate for the Twin City Farmer's Market.

Healthy Nurse Healthy Nation is an initiative to connect and engage nurses, employers, and organizations around improving health in five areas: physical activity, nutrition, rest, quality of life and safety. You don't have to be a nurse to join! Please visit the following link to learn more <http://www.healthynursehealthynation.org/>.



Thank You

This thank you is long overdue, and for that I apologize. I want to thank my CGH family and friends for the love, prayers, and support we received after my husband's (David) sudden passing. Although I had not been employed at CGH for almost four years, you treated me, my children (Faith and Tyler), and my mother-in-law (also a former employee) like we were still part of the family and your outpouring of love was truly unbelievable. We were extremely humbled and touched not only by everyone that sent cards, flowers, and gifts, but also by everyone that came to the visitation and funeral, made memorial donations, or sent (and continue to send) messages and prayers of encouragement. Although forever broken, my heart has begun to heal because of all of you, and for that, I will forever be grateful!! I am blessed to now be back as part of the CGH family, and I look forward to working with all of you again in the future!

With much love and thanks,
Rebecca Green
CGH Marketing Department

January New Employees



Front Row (L - R): Becky Koepp (Physical Therapy Aide, Physical Therapy); Jordan Lathrop (Food & Nutrition Assistant, Dietary); Lesley Kastner (Phone Representative, Business Services)

Back Row (L - R): Nathan Ackert (Physical Therapy Aide, Physical Therapy); Jenny Busch (Physical Therapy Aide, Physical Therapy); Nolan Wolfe (Physical Therapist, Physical Therapy)



Front Row (L - R): Chyenne Lemmon (Medical Assistant, Internal Medicine); Ashley McAlvey (Cardiac Monitor Tech, Critical Care Unit); Nancy Juarez (DID Technologist, Diagnostic Imaging); Allyssa Hobbs (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Susie Burnette (Nurse Practitioner, Ready Care); Katie Nelson (Auxiliary Assistant, Auxiliary Services); Megan Shaddick (Pharmacist, Pharmacy); Kyle Kaye (Security Officer, PerMar)



Front Row (L - R): Danielle Spevak (EMT-B, Pre-Hospital); Kris House (CNA, Observation Unit); Angelica Tintori (Surgical Scrub/SPD Tech, Central Sterile)

Back Row (L - R): Emily Musselman (HUC/CNA, Pediatrics); Lee Ann Schneider (LPN, Float-Clinic); Calya Crane (CNA, Observation Unit); Annette Briseno (Linen Specialist, Laundry)

CGH Employee Caring Fund Spring Scholarship Winners



The CGH Employee Caring Fund is proud to announce Spring 2019 scholarship winners: Stacie Shipma (*Pharmacy, pictured on the left*) and Morgan Pope (*Pediatrics, pictured on the right*). Stacie and Morgan each received \$500 scholarships.

The CGH Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions. The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field.

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.



Holiday Lighting...Until Next Year



Thank you again to the CGH Auxiliary for sponsoring our Fifth Annual Healthy and Bright Holiday Lighting.

In addition to our decorated trees, there are approximately 37,000 exterior holiday lights on the CGH campus during the season that help to spread holiday cheer to our patients and their families, as well as our community.



Give Blood, Give Life, Be a Hero!

BLOOD DRIVE

Thursday, February 7, 2019

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 gift basket from the
Aurelio's Bake Shop
517 Locust Street
Sterling



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



HEARTBEATS DANCE PARTY

HEALTHY HEART EVENT FOR WOMEN OF ALL AGES SPONSORED BY THE CGH HEALTH FOUNDATION

MONDAY, FEBRUARY 18 • 9:00 - 10:30 A.M.

YWCA OF THE SAUK VALLEY, 412 FIRST AVE, STERLING

SUGGESTED DONATION: \$10.00

- 9:00 A.M. - DOORS OPEN
- 9:00 - 9:30 A.M. - EDUCATION & BP SCREENING
- 9:30 A.M. - JAZZERCISE LED BY KELLI HAHN
- 10:00 A.M. - DOOR PRIZE DRAWINGS & FOOD
(INCLUDING \$50 UOI GIFT CERTIFICATE)



SPACE LIMITED, REGISTRATION ENCOURAGED.

REGISTER ONLINE AT: WWW.CGHEMC.COM/CALENDAR/EVENTS/HEART-BEATS OR CALL (815) 625-0400 EXT. 5716

CO-SPONSORS:



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 (**February 14**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**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.**



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.**

Browse their selection of Cherokee, Grey's Anatomy, Infinity, Skechers Scrubs and MUCH MORE! Payroll deduct, cash, credit card and checks will be accepted. In addition, sample styles and sizes of CGH logo apparel will be available to look at as well.



Online CGH Logo Apparel Store

Mark your calendars! The online CGH logo apparel store will be open Monday, **January 28** through Wednesday, **February 6**. Two stores will be available: one for payroll deduct and one for credit card.



Please note there are no returns on logo apparel. Stay tuned for more details!

