

CAH Circular

February 2017
MONTHLY PUBLICATION
FOR CARLINVILLE AREA
HOSPITAL FAMILY

2016 EMPLOYEE OF THE YEAR JANET FREY!



Know your numbers

120/80
OR LESS



February is American Heart Month

One out of every four deaths in the United States can be attributed to some form of heart disease, including heart attack, angina, heart failure, arrhythmia and stroke.



Blood pressure can wreak havoc on the heart, arteries and other organs without exhibiting any symptoms.



Blood pressure can be dangerously high even though the individual feels fine.



Systolic, the top number and the higher number of the two scores, measures the pressure in the arteries when the heart beats, or contracts.



Diastolic, the bottom number and the lower number of the two, measures pressure in the arteries between heartbeats, when the heart is resting and refilling with blood.



The American Heart Association recommends that acceptable blood pressure be maintained at 120/80, or less.

715,000

Americans have a heart attack every year

600,000

die from some form of heart disease

300 billion

Overall cost of heart disease each year

Welcome to
Heart Health Month



*Our newly remodeled
Cardiac Rehab Space!*

“

A HAPPY HEART
IS A HEALTHY
HEART.



Debbie Blurton, Priscilla Matli and Michelle Fox proudly pose with their “Certificate of Appreciation” given to them by a former patient who felt their work was so good, they deserved recognition! Way to go, ladies!



Carlinville Area Hospital
20733 North Broad Street
Carlinville, IL

You're Invited to an **Open House**

Thursday, March 2 • 4:30 - 6:00 pm

Visit our new **Infusion Therapy space**, featuring Leonard Giannone, MD, Specialist in Hematology & Oncology from Springfield Clinic's Cancer Center.



**Tour our newly remodeled areas
& meet the staff in:**

- Cardiopulmonary
- Cardiac Rehab
- Inpatient Therapy

Refreshments provided.



Hypnotist Show



Eat, drink and laugh!

Saturday, March 4, 2017

Carlinville Moose Lodge

Doors open at 6pm

Dinner at 6:30pm

Dinner is Fried Chicken & Pork Chops, Mashed Potatoes w/ Gravy, Green Beans, Salad and Bread.

Cash bar for all drinks.

\$10/Ticket (Buy 8 tickets and reserve your own table)

See Jamie Bray for tickets!

Buy your tickets prior to Feb. 23rd!

Event is exclusive to the CAH hospital family plus a guest!

*You may bring more
than one guest!*

**HURRY!
HURRY!
HURRY!**



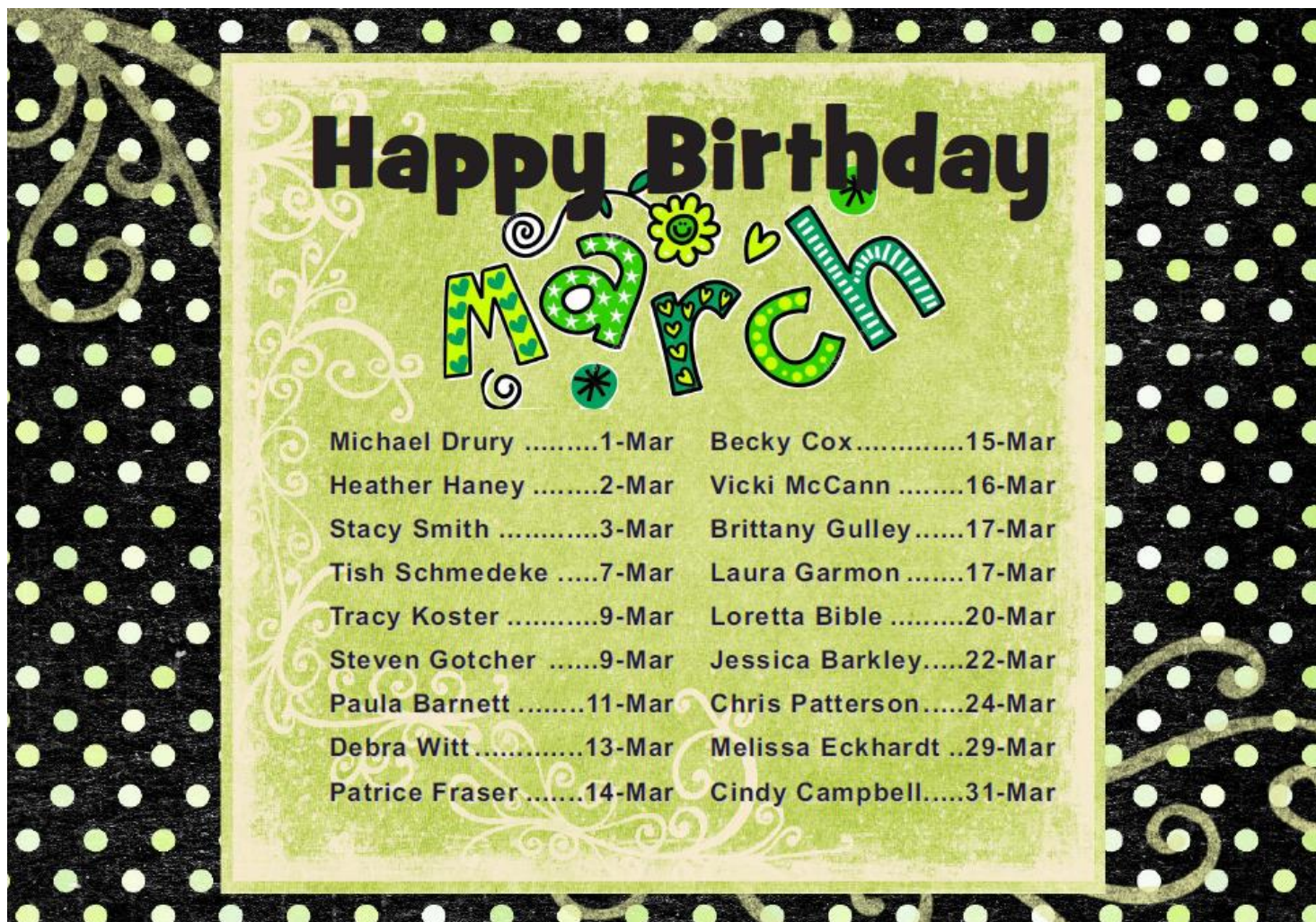
The SUNSHINE

Specific recognition to our employees! Excellent work!

- ✓ Nurses were great to my son! No waiting time, placed in room immediately! I have never been in & out of an ER in under an hour! Way to go! VERY GOOD advice & care given by both doctors. Dr. had a critical patient so couldn't get to me immediately but we were kept informed. Very good experience. A great hospital - great employees!
- ✓ A great job in therapy and follow up!
- ✓ We appreciate CAH and the care given in the ER. For a small town hospital it does really well. It was a good experience. Appreciated all that was done.
- ✓ The morning staff kept me informed. Good experience. I was in no pain
- ✓ **Dr. Fung** was on his way home and saw me in the parking lot and came back inside to see how I was doing (very impressed by that), very nice man.
- ✓ All very professional. Staff was very good & professional. Nurses were all excellent and attentive, friendly, good sense of humor, good with kids.
- ✓ Everyone had a good idea of what the problem was fairly quick. Asked interesting questions to narrow the possibilities.
- ✓ Walked in & was immediately placed in a room - nurses started work up immediately. Excellent staff, doctor and care. Excellent care! I will definitely come back to this ER if condition arises - have family members here in the past with good reports too.
- ✓ Were nice & informative. Was a flawless visit. Great service. The nurses were great! Was seen right away.
Excellent care. Excellent care. Excellent care.
- ✓ Doctor & staff were all great. There were no delays. Everybody was very knowledgeable and caring. No complaints.
- ✓ Very calming! Perfect! Great! I tell everyone to go there. Can't get any better. Very, very good service.
- ✓ I like this hospital & staff. The nurses are very capable and considerate. The doctor is very capable and considerate as well. Staff members are kind, capable, and show genuine concern for my healthcare needs.
- ✓ Staff members are very helpful and considerate. I am a frequent patient, the staff never fails to treat me with professional yet compassionate care - they all treat me like family with total professionalism. Treatment was outstanding.
- ✓ **Tish and Lisa Hart** were excellent. **Priscilla Matli, Michelle Fox and Debbie Blurton** received special recognition when a patient made certificates for each of them because of their excellent customer service.
- ✓ This is a very good up to date hospital for a small town like Carlinville! Polite to my visitors, brought extra seating when needed.
- ✓ **Dr. Anne Borwick** was excellent. Competent, considerate, attentive, skillful. Definitely the best part of my visit.
- ✓ The food was great - had rib-eye, everything delicious.
- ✓ They were all very friendly - everyone - no complaints.
- ✓ **Stacey** is great at drawing blood. Everyone was good to me.
- ✓ I would recommend the therapy department to all my friends and family if they needed it. The complete staff that I have had the pleasure of using this year are wonderful. **I love CAH!**
- ✓ The staff were all so concerned about your health and ability to do the tasks. I very much appreciated them.
- ✓ The physical therapy Dept is A++++ they truly care for patients, prompt, professional, and knowledgeable. All the girls in the therapy Dept were just great. All the Cardiac Rehab crew; recommended by Prairie Hart in Springfield. Thank God we have this talent in our area. **Jane R.** really inspired me and motivated me. I looked forward to working with her and saw great progress. She always made me feel that she was genuinely interested in me and she has the patience of Job.
- ✓ **Debbie** is a wonderful physical therapist. This was the second time I have worked with her and I couldn't be any happier with my results. She makes you look forward to coming to PT instead of dreading it.

- ✓ Your physical therapy department staff and facility are very good. Wonderful group and all very knowledgeable
- ✓ **Registration and Mammography Tech** were very professional and friendly.
- ✓ Special thanks to **Karen and Belinda** in Dietary and **Mary, Karrie** in Housekeeping and **Beth DeFevers**. You all went above and beyond for a special hospital event and it is greatly appreciated!
- ✓ **Laura & Deb M.** went above and beyond during my time in PT. They were always challenging me to gain strength and worked hard to give me broad range of exercises to continue in my quest for strength. They have made it possible for everyday tasks to be a little easier for me and I'll be forever grateful.
- ✓ The people in PT were very professional while being considerate and friendly at the same time. Also, willing to answer all questions and concerned for my safety and advancement. I thank them for a job well done and their kindness.
- ✓ **Kathleen & Christina** were very professional and caring in understanding my condition and needs.
- ✓ Special thanks to **Heather Kanallikan** who took going above and beyond to another level to a patient who was passing away.
- ✓ Everyone in the surgery dept. was great!
- ✓ **Danica and Debbie** deserve recognition for excellent care.
- ✓ **Carol** deserves recognition for excellent care.
- ✓ **Ruth & Robin** deserve recognition for excellent service; entire surgery staff was really great.
- ✓ **Tori Spoon, Courtney, Carol, Ruth**, all of them deserve recognition for excellent service.
- ✓ **Larry the Anesthesiologist** was very good.
- ✓ Excellent staff! Kudos to **Dr. Ferguson** and all staff (**Pat Lomelino, Tish, Deb Pellizzaro**). **Sarah Altamont** was especially helpful and caring.
- ✓ **Stacy Moss** was excellent! ALL surgery staff were wonderful! I will come to CAH from now on!
- ✓ **Tuesdi Jones, RN, Jeri Amos, LPN, Dr. Ferguson...** Pt came in to personally thank each staff member who was involved in his care. Pt stated "You treated me right. You were right about what was wrong. I wouldn't be here if it weren't for what you did for me."
- ✓ **Jen Lyons, Angela Hayes, Josh Gibson** deserve recognition for being a great help during very high patient volume time.
- ✓ **Tori Spoon...** I passed through the lobby and saw a man who looked very confused entering the hospital. Tori asked the man if he had an appointment and he answered inaudible. Tori "kindly" kept questioning him and asking him different questions until he said he was there for some lab tests. I'm not sure that was the real reason he was here, as I was just walking by, but I saw how "kind and non-judgmental" she was to him.
- ✓ **Jen, Monty, Deb** were professional, organized, clear and concise communication, patient advocates and critical thinkers. I have worked in much larger ED with multiple codes during a 24 hours period. This staff at CAH functioned and behaved at a level well above many others with much more practical scenarios Administrative staff (**Beth and Carol**) took over patient care during the code and provided ED services with minimal delay to other patients. Awesome team work and effort.
- ✓ **Stacy Moss, Dawn Knotts, Jeri Amos...** mother states these nurses were very sweet! Everyone saw him right away. I now feel very comfortable bringing my son to CAH. Everyone was excellent. I use to go to St. Johns but will now come to CAH.
- ✓ A patient came in to pay her bill and she wanted to come straight over and pay her bill because we were so good to her. From the moment she came to the ER to her inpatient stay till the day she was able to go home. Great care and loved everyone from the doctors to support staff to nurses/aides. Not a bad one in the group.





- We have started doing videos of various departments for use on social media. These videos include exercise tips, healthy eating tips, etc. If your department is interested in doing a short 1-minute video, please let Melissa know. This is a great way to feature your staff and show the community you are experts in your respective areas!
- Be on the lookout for new spring CAH merchandise on the online store. New items launching in April!
- A photographer will be on site on Thursday, March 9 to capture professional photos of our staff doing what they do best. Patients will not be included in these photos and many of them will not be posed. FYI!
- If you happen to walk past the lobby monitor and see an issue, i.e. screen frozen, please turn off the monitor and notify either Melissa in Marketing or Jerod or Danny in IT.
- The Marketing Department has a 2XL black ladies fleece jacket for sale at a discount. Regular price is \$29, selling for \$25. If interested, please contact Melissa.

RANDOM LITTLE TiDBITS

Friendly reminders from within!

SELF PROGRAM

It's as easy as 1, 2, 3 to get your patients back to living life to the fullest!

Patient Criteria:

1. Age 55 or older
2. Medicare as primary payer source
3. Symptoms of depression or anxiety



Call now and we'll do the rest! 217-854-3826



Write It Down

Keep a medicine list with the name, dose, and schedule of all the medications, vitamins, and herbal products you take. Share it with your pharmacist or doctor.



Did You Know?

50%

of all hospital medication errors happen because patients have not told their doctor or pharmacist about the medications they are taking.





Infusion Services

The new infusion unit is now up and running!

Dr. Giannone, who has cared for cancer patients in the area for many years, travels to Carlinville on Tuesdays to deliver chemotherapy with the same attention to quality and safety that patients receive in Springfield. Two specially trained nurses, both with certification in chemotherapy administration and oncology certification, assist him with the mixing and dispensing of chemotherapy treatment.



Parkinson's Support Group

A Parkinson's Disease Support Group began in January. The group will meet on the third Wednesday of every month at 10:00 a.m. in the Community Room. The support group is open to all individuals with Parkinson's disease and their families.

If you have questions about the group please call Carlinville Area Hospital Therapy Department at 217-854-3839.

Community Aqua Fitness Classes

Aquatics exercise classes have started! The classes are held in 8-week sessions with a 1-week break in between. Classes are held on Tuesdays and Thursdays. The fee for the 8-week session is \$75. The next session will begin the week of April 18. Class size is LIMITED!

For more information, call 854-3839!

