

HEALTH & WELLNESS EXPO 2011
DOOR DECORATING CONTEST WINNERS



UPCOMING EVENTS
RETIREMENTS
HEART REUNION



NEW EMPLOYEES
AMBASSADORS &
GOLDEN PINEAPPLE

Hospitality House Ribbon Cutting

It's complete! After 10 years of dreams, plans and hard work, the Hospitality House has become a reality. In celebration, a ribbon cutting and open house was held on December 21.

In January 2010, Commonwealth Health Foundation announced the Extending Home Capital Campaign with a goal of raising \$3 million to cover the costs to construct and furnish the Hospitality House and establish an endowment to ensure ongoing operation. To date, the Foundation has raised over \$2.9 million in donations and pledges from the community and CHC employees.

"We are truly grateful to those in the community who have provided the financial support to make the dream of opening the Hospitality House a reality," said Connie Smith, President and Chief Executive Officer of The Medical Center and Commonwealth Health Corporation. Mike Murphy, Chairman of the Extending Home Capital Campaign Steering

Committee, said, "The Hospitality House is a perfect example of what great things can be done when community members come together for such a worthy cause."

In addition to 12 private guestrooms and baths, the Hospitality House features a large kitchen and dining room to accommodate multiple families, a prayer room, a community room with comfortable furnishings, and a business center with computers and internet access.

To learn more about the Hospitality House and how you can support the Extending Home Capital Campaign, contact Commonwealth Health Foundation at (270) 796-5543 or visit www.hospitalityhousebg.org.

Health & Wellness Expo 2011

For most people, the new year brings about hope for change and improvement to personal health. For those resolutions, The Medical Center and WBKO offer the Health & Wellness Expo on January 8, from 8 a.m. to noon at the Sloan Convention Center. This free event is the largest health fair in Southcentral Kentucky, drawing people out of their warm homes in desire of taking charge of their wellbeing. There is something for everyone's health! A few of the screenings and demonstrations that will be offered, free of charge, are:

SCREENINGS

- Blood glucose
- Spinal
- Vision
- Depression
- Pulmonary function

DEMONSTRATIONS

- BG Backyard Bootcamp
- Dance for Good Health
- When to Call 911
- Tai Chi
- Healthy Snacks

This is only a partial list of screenings and demonstrations. For more, stop by the annual Health & Wellness Expo on January 8. Make the Expo your first step to a healthier year!

Dear editor,
I would like to see
more stories about....

CHC Intercomm is published every other week by Commonwealth Health Corporation. If you have suggestions or story ideas, contact Sandi Feria, editor: SKFeria@chc.net.

Door Decorating Contest Winners

Congratulations to all of the departments that participated in the **CHC Holiday Door Decorating Contest** this year. There were 26 entries and the judges certainly had a difficult time selecting the winners.

We are excited to announce the winners:

- **CHC – Barren River Adult Day Care Center**
- **The Medical Center at Franklin – Emergency Department**
- **The Medical Center (Scottsville) – Cal Turner Extended Care Pavilion**
- **The Medical Center (Bowling Green) – Emergency Department**

The following departments earned *Honorable Mentions*:

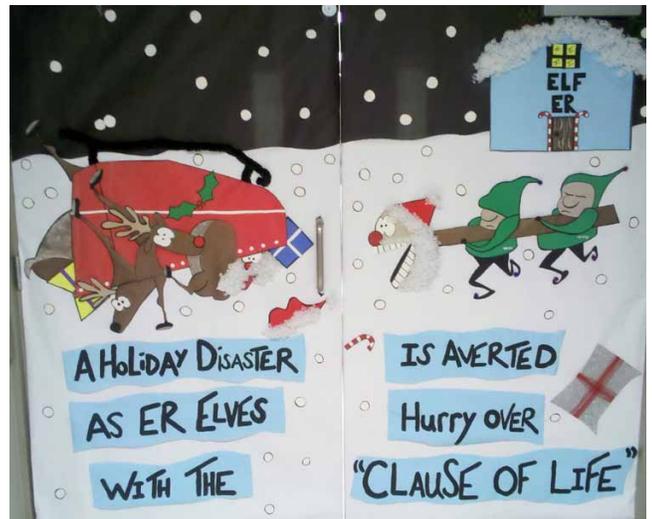
- *MCS Emergency Department* – created a “Green” holiday door by using recycled supplies that were available to them in their department.
- *CHC Accounting* – showed tremendous “**Team Spirit**” in having an ‘Ugly Christmas Sweater Contest’ the week before and the winner’s sweater was used as part of the door theme.

Each winning department will receive a traveling Door Decorating Plaque and Bragging Rights for the whole year. Special thanks to our judges: Brittany Childers (MCS), Rob Pruitt (MCF), Yolunda Hunt (MCF), Eddie Scott (MCBG), Vickie Taylor (MCBG), Eddie Mills (Human Resources) and Vicki Weaver (Employee Health).

Thanks to all who made this event a success!



Adult Day Care Center



The Medical Center Emergency Department



The Medical Center at Franklin
Emergency Department



Cal Turner Extended Care Pavilion

Upcoming Events

Vascular Screening

January 7

The Medical Center Health & Wellness Center

Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound and ankle/brachial index. These tests screen for disorders such as stroke, aortic aneurysm and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute and a report is sent to you and your physician. *The cost is \$35 per screening or \$90 for all three. Members of Senior Health Network, Men's Health Alliance and The Women's Center can get all three for \$80. Appointments are required by calling 745-0942.*

9 a.m. to 4 p.m.

Newborn Care and Safety Class

January 6

The Medical Center Health & Wellness Center

As a special incentive for attending a Newborn Care and Safety Class, you will receive a bag with several baby safety items. In addition, a drawing for a baby monitor will be held at each class. This Health & Safety program is made possible through a grant from Kohl's Cares for Kids®. *Preregistration required by calling 270-745-0942. Each participant should bring a doll or stuffed animal to class.*

6 to 8 p.m.

Look Good, Feel Better

January 10

The Medical Center Health & Wellness Center

Look Good, Feel Better is a first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and make-up techniques and more. *Preregistration required by calling the American Cancer Society at 800-227-2345 or 270-782-9036.*

10 a.m. to noon

Prepared Childbirth Classes

Six-Week Series: Tuesdays, January 11–February 15

6 p.m.

One-Night Refresher: January 18

6 p.m.

One-Day Express Course: January 22

9 a.m. to 1 p.m.

The Medical Center Auditorium

This class covers information on preparing for labor and delivery. The full course is six sessions and discusses breathing, relaxation, concentration, medication options and cesarean section information. The one-day class, to accommodate those unable to attend the full-length version, does not include Breast is Best, Fatherhood 101 and Grandparents classes. Participants can register for those classes separately. For those who have already taken a childbirth series class, the one-night refresher course can serve as a quick recap. *Preregistration required by calling 796-2495.*

Ready, Set, Go!

January 13

The Medical Center Auditorium

This class will guide you through the paperwork that is required when you are admitted to The Medical Center for delivery. By attending this class, you will be more prepared for your admission and discharge from the hospital. A tour of the OB unit will also be provided. *Preregistration required by calling 796-2495.*

6 to 8 p.m.

AARP Driver Safety Program

January 19

The Medical Center Health & Wellness Center

This course is designed to meet the specific needs of older drivers. Discounts on automobile insurance premiums are available to those who attend the class. Cost of the program is \$12 for AARP members and \$14 for nonmembers. Payable to AARP at the class. *Preregistration required by calling 745-0942; space is limited.*

9 a.m. to 1 p.m.

Retirements



President and Chief Executive Officer **John Desmarais** (right) retired after 35 years of service to CHC, and Senior Vice President **Chris Desmarais** (left) retired after 36 years.

Save the date!

Heart Reunion

Sunday, February 13

2:00 p.m.

**Knights of Columbus Hall
911 Searcy Way
Bowling Green**

All current and former patients of The Heart Institute at The Medical Center and their families are cordially invited to attend a special celebration to honor their success in fighting heart disease. *RSVP by calling (270) 796-3330.*

New Employees



Standing left to right: Tori Ewald, 5A; Allison Mosley, CCU. Sitting left to right: Elaine Brown, 5A; Darlene Brown, MCS LTC.



Standing left to right: Myra Johnson, MCS Food Services; Pansy Powell, MCS ESD. Sitting left to right: Sarah Sack, Payroll; Justin Whalen, ESD



Standing: Kat Strange, EMS. Sitting left to right: Jennifer Watts, Respiratory; Michelle Bryant, Respiratory.

Employees with Service Excellence!

January 2011

Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The Ambassador award recognizes hourly and salaried employees; the Golden Pineapple is for supervisors and managers. If you would like to nominate someone for **Ambassador** or **Golden Pineapple**, nomination forms are available in your unit or department, and by logging on to Service Excellence through iCareCentral.



Tammy Calvert
Golden Pineapple
Laboratory

"Tammy genuinely cares about the patients and the staff. She works hard not only to provide great service to our customers, but great support to the staff as well. She jumps in and is always willing to help anyone. She is awesome."



Jeremy Bray
Ambassador
Information Technology

"Jeremy goes above and beyond for everyone. He never makes one feel that their questions aren't important and always makes sure everything is working before he leaves. He is very knowledgeable and is a great example of Service Excellence."



Ginger Turner
Ambassador
4A

"Ginger does excellent work. She delivers quality patient care and is a great team player. She is an awesome educator and a great nurse. She goes above and beyond daily and is a mentor for all. She is such a joy!"



Marvin Young
Ambassador
ESD

"Marvin goes out of his way to help everyone. He does an awesome job and is a pleasure with whom to work. He is kind, friendly, and a great asset to our department."