

INTERCOMM

October 27, 2010

MRI UPGRADE
FRANKLIN CIVIC PRIDE AWARD
EXPECTANT PARENT FAIR
NURSES "CAN" HUNGER HALLOWEEN COSTUMES

UPCOMING EVENTS
EMS "TRUNK OR TREAT"
RETIREMENTS

NEW EMPLOYEES IN MEMORIAM
CODE ORANGE

Respiratory Therapists Week

Respiratory Therapists throughout the nation will be celebrating their profession during the last week of October. We would like to take this opportunity to acknowledge the great work therapists do and congratulate them for another year of excellent service!

Commonwealth Regional Specialty Hospital
RT Night Shift Gallup Team



31st Running of The Medical Center 10K Classic

Thousands of people came out on Saturday, October 23 for a Bowling Green tradition, The Medical Center 10K Classic. Participants enjoyed a sunny morning with cool temperatures, making it a perfect day for a walk or run through the campus of Western Kentucky University and downtown Bowling Green.

In its 31st year, The Medical Center 10K Classic continues to offer a variety of events for the entire family. Participants looking for a shorter distance, slower pace event enjoyed the 1.5 Mile Fun Walk while amateur and competitive runners found their place in the 5k and 10k runs.

The Children's Classic gave children in kindergarten through 6th grade a chance to run down the "hill" and cross the finish line. The goal of the Children's Classic is to promote a healthier lifestyle by encouraging children to train and keep track of their miles. Children completed 5.5 miles of training the first few weeks of October prior to Saturday's event.

Over 2,400 people from across Kentucky and the United States participated in the various events. The Medical Center 10K Classic served as the RRCA (Road Runners Club of America) State Championship Race, bringing state recognition to this year's event. In addition to RRCA awards, cash and age division awards were given to top finishers in the 10k, 5k and Wheelchair races.

Macdonard Ondara from Sante Fe, New Mexico took top honor as the first place 10k male finisher with a time of 28:24. Three-time 10k Classic female winner was Janet Cherobon from Rome, Georgia with a time of 33:59.

MRI upgrade at The Medical Center at Franklin

The Medical Center at Franklin is upgrading its medical imaging services with the addition of new and improved magnetic resonance imaging (MRI) technology. The Echelon 1.5T MRI is made by Hitachi Medical Systems America. The Echelon provides high resolution imaging and offers patients a more comfortable and friendly imaging environment. It also produces images faster, and it provides additional procedures.

The new Hitachi Echelon has a much wider opening than most conventional MRIs without compromising imaging quality or increasing scanning time. It can accommodate patients up to 500 lbs, and it uses feet first imaging for all body parts, which comes as great news for claustrophobic or apprehensive patients. The new Echelon will make its debut in November.

CHC's clinical entities deliver the highest quality care in the region, and The Medical Center at Franklin supports this challenge by adding valuable products and services to their local community.

The Medical Center at Franklin honored at Annual Chamber Banquet

Clara Sumner (third from left), CEO of The Medical Center at Franklin, receives the Civic Pride Award that was awarded to the hospital for its outstanding community involvement in Franklin and Simpson County. Details of the recognition include sponsorship of the Chamber of Commerce's Health Fair and Garden Spot Run, the investments made for the expansion and growth of the hospital, and its employees' volunteer efforts for various community organizations.



Expectant Parent Fair held October 17



The Medical Center once again hosted its semiannual Expectant Parent Fair on Sunday, October 17. Participants visited with a variety of vendors which provide information and products tailored to expectant parents and newborns. Tours of Labor & Delivery were provided, allowing participants to learn more about what to expect on the big day! OB staff was available to answer questions, share important information about breastfeeding, promote the extensive offering of prenatal education classes and tout the quality services provided at The Medical Center.

*Something everyone
can be thankful about*

Nurses "CAN" Hunger Food Drive

GREEN BEANS • INSTANT MASHED POTATOES • STUFFING MIX • SWEET POTATOES • CORN • CRANBERRY SAUCE • CAKE MIX • CAKE FROSTING • SUGAR • VEGETABLE OIL

**Donations will be accepted
November 1-19**

**Goal: 3,500 items donated
to Salvation Army for their annual
Thanksgiving Day Meal.
Bring items to your unit/department.**

CHC employees are permitted to wear Halloween Costumes on Friday, October 29. The costumes must be tasteful, customer friendly and suitable to a healthcare setting. Before wearing a Halloween costume to work, employees are encouraged to verify with their Department Director/Manager that Halloween costumes are within their department's dress code and also to clarify the appropriateness of their costume choice.



Upcoming Events

Newborn Care And Safety Class

October 28 or November 4

6 – 8 p.m.

The Medical Center Health & Wellness Center

This is a hands-on class where parents will learn important baby care skills. 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 745-0942. Each participant should bring a doll or stuffed animal to class.*

Hearing Screening

October 28 or November 4

9 a.m. – noon

The Medical Center Health & Wellness Center

Hearing loss can range from mild to severe. Technicians from Better Hearing Centers will provide screening services. *Preregistration required by calling 745-0942.*

Scottsville-Allen County Community Health Fair

October 30

8 – 11 a.m.

Washington Building, 110 South Court Street in Scottsville

In conjunction with the Scottsville-Allen County Chamber of Commerce, The Medical Center at Scottsville will host its annual Community Health Fair. In addition to a wealth of free screenings, activities will include mini massages, a healthy food demonstration, a back health presentation and a diabetes educator available to answer your questions.

Heroes Festival

October 30

4:30 – 6:30 p.m.

Medical Center EMS Parking Lot

Medical Center EMS will be hosting Heroes Festival, a local "trunk or treat" event for children in the EMS parking lot. Members of local emergency departments will be handing out candy and giving tours of their specialized vehicles or equipment. This event will be educational and fun for everyone!

Foot Screening

November 1

9 a.m. – noon

The Medical Center Health & Wellness Center

Diabetes can harm the blood vessels and nerves in your feet. If you have diabetes, you should have your feet checked at least once a year. Podiatrist Christopher Holland, D.P.M. will evaluate your feet and discuss prevention and early detection of potential foot problems. *Preregistration required by calling 745-0942.*

Osteoporosis and Bone Density Screening

November 4

8:30 a.m. – noon

The Medical Center Health & Wellness Center

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk of breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel. *Preregistration required by calling 745-0942.*

Vascular Screening

November 5

9 a.m. – 4 p.m.

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.*

"Trunk or Treat!"

Heroes Festival for Children

October 30 • 4:30 – 6:30 p.m.

EMS Parking Lot

(See Upcoming Events for details)

Retirements



Janet Whitaker, RN (center) is congratulated by Amber Herman (left), OB Clinical Manager, and Betsy Kullman (right), Executive Vice President and Chief Nursing Officer, on her retirement on October 8 after 22 years of service at The Medical Center.



Bonnie Lindsey (left) is congratulated by Joanna Thomas, Administrator of Bluegrass Outpatient Center, on her retirement on October 14 after 15 years of service at Bluegrass Outpatient Center.



Wayne Evans (center) is congratulated by Gary Sullivan (left), Director of Security, and Connie Smith, Chief Executive Officer of The Medical Center, on his retirement on October 21 after 32 years of service in Security.

New Employees



Standing left to right: Annesia Weddle, Nursing Resource Team; Sarah Natcher, 4C; Susan Wilson, 4B. Sitting left to right: Shauna Stice, L&D; Nicole Harlow, CRSH; Melissa Harp, ED.



Standing left to right: Rick Melton, OR; Snehal Parekh, Food Services; Sherri Newman, CorpCare. Sitting left to right: Ashley Green, Food Services; Crystal Hood, Food Services; Evelyn Parker, Urgentcare.



Standing left to right: Alex Manglaris, UrgentCare; Tammy Green, CorpCare. Sitting left to right: Ellen Quick, CSS; Jennifer Henderson, CSS.



Standing left to right: Larah Eldridge, MCF HIM; Amy Keown, Pt. Registration; Linda Pitcock, MCS Radiology. Sitting left to right: Carl Clark, Valet; Laron Whitfield, Cardiology; Bobby Borowski, ESD.

In Memoriam



Carolyn Ballard, Medical Transcriptionist, passed away October 15. She was an employee of The Medical Center at Bowling Green for 19 years. Carolyn always had a smile on her face, a beautiful attitude and a kind word for all. Carolyn was truly one of a kind, always willing to lend her expertise to her co-workers. Carolyn was a constant source of strength and reliability. Transcription will never be the same without her.

*A special person, a special face
Someone we love and can't replace
Never selfish, always kind
These are the memories Carolyn leaves behind.*

For your safety: Code Orange

Due to recent incidents at hospitals across the country, the Security department and the Emergency Management Committee would like to remind you how to respond if a **Code Orange** is called. A Code Orange means that there is a violent intruder in the building or on our campus. A violent intruder is a person who is attempting to or is causing harm to an individual(s). Any employee who becomes aware of a violent intruder may implement a Code Orange.

If you discover a violent intruder is in your area:

- If possible, make contact with Security (ext. 1350) or contact 911.
- Remain calm.
- Move all persons to an area of safety behind closed/locked doors.
- If confronted by the violent intruder, try to calm the intruder. If the intruder continues being violent, take whatever actions necessary to ensure safety for you and others.

If the violent intruder is not in your area, but a Code Orange is announced:

- Move all persons to an area of safety behind closed/locked doors.
- Close and lock all doors in your area.
- Limit movement until Code Orange is cleared by law enforcement or until an overhead intercom announcement is made.
- Stay alert for violent intruder in your area.
- Remain calm.
- Follow instructions given by police or Security.

Never respond to the area where a Code Orange is occurring.

If you have any questions, please contact Security at extension 1350 or go to iCareCentral, and click on the Environment of Care icon. From there, go to Emergency Management Program and view either Code Definitions and General Instructions or Emergency Management Manual.