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## Looking Back: Free Clinic Celebrates 15 Years

The year was 1995 and we were busy with a myriad of details related to the opening of the brand new Commonwealth Health Free Clinic....

Luckily CHC already owned the "old BRADD building," but transforming it into a clinic was a huge undertaking. We had selected Jane Hall to be the Executive Director; however, she could not join us full time until mid-September. James Jarrett had accepted the position of Clinical Director, but as the current Clinical Manager in the Emergency Department at The Medical Center, he wouldn't be able to transfer until late in November. We looked forward to having them on board because we knew we would be one step closer to opening the clinic doors.

The physical transformation included painting the outside of the old red building, both taking down and adding walls and also painting and carpeting the interior. Of course we needed equipment in order to complete our exam rooms and provide a first class dental clinic. Then there were issues like obtaining a CLIA certificate so we could perform some of our own lab work, and there were regulations to interpret and apply so we could comply with the state regulations for Special Health Clinics.

Finally everything came together — the staff, the equipment and an energetic group of volunteers. We were ready for the dedication and open house held on November 26, 1995 that spotlighted CHC's latest gift to the community. On the night of December 19 we treated our first patient which marked the beginning of 15 wonderful years.

So thanks to the staff at the Clinic and especially James who has been there through it all. And thanks to the Executive Directors: Jane Hall, Sarah Moore, Lisa Lopez, Julie Eaton and Carla Reagan. Each of you have brought something special and unique to the Clinic. And thanks to all of the marvelous volunteers without whom the care provided by the clinic would not be possible. But most of all, thank you to the more than 10,000 patients who have given us the privilege of caring for them.

*Chris Desmarais*  
Senior Vice President  
Commonwealth Health Corporation

## Congratulations to the latest winners in the E.C.H.O drawings!



**Bill Singletary** (right), Director of Care Coordination, won the 42" Plasma TV donated by McGown TV. Pictured with Bill is Philip Taylor, President of McGown TV.



**Wanda Craft**, Financial Counselor with Outpatient Registration, won the drawing for an iPod.

**It's not too late to make a difference** and help make our community a better place to live! Contributions can be made through payroll deduction for the Free Clinic and/or The Hospitality House.

For more information, visit [www.CommonwealthHealthFoundation.org](http://www.CommonwealthHealthFoundation.org) or email Kathy Smith, Development Coordinator, at [kasmith@chc.net](mailto:kasmith@chc.net).

## Making the Season Bright for 17 years



A sign that the Christmas season has begun can now be seen at The Medical Centers in Bowling Green and Franklin. Special trees on each of the campuses have been lit as part of Commonwealth Health Foundation's *Make The Season Bright* program, now in its 17th year. The Medical Center at Scottsville's tree will be lit during a special ceremony on December 9.

Individuals have reserved lights on the trees to honor or remember someone special or to celebrate a special occasion. One hundred percent of the contributions to the *Make The Season Bright* program benefit Commonwealth Health Free Clinic. This year's program has raised more than \$9,500 in donations thus far. In total, more than 400 donors have reserved 446

lights celebrating a birth and honoring and remembering those they love.

"Because of your contributions, we have Christmas trees filled with lights that serve as a symbol of our love and appreciation for the person that each light represents," said Charlie Moore, Chairman of the Commonwealth Health Foundation Board of Directors, during the tree lighting ceremony in Bowling Green on December 2. "These trees will stand as a tribute to the many lives that are being honored or remembered throughout the holiday season."

During the Bowling Green ceremony, guests enjoyed holiday music performed by the St. Joseph School 5th Grade Choir, cookies and hot chocolate, and a special visit from Santa Claus.

## *Make plans to attend*

The tree lighting ceremony for The Medical Center at Scottsville will be held tomorrow night, December 9, beginning at 5:30 p.m. Celebrate this special time of year with your fellow employees, family and friends.

# Upcoming Events

## Make the Season Bright

**December 9**

*The Medical Center at Scottsville*

The event will come alive with a candle lighting ceremony, music, remembrances, and a visit by Santa Claus. Entertainment will be provided by local choirs, and refreshments will be served. *To learn more about Make the Season Bright, call 745-1543.*

**5:30 p.m.**

## Grandparents Class

**December 14**

*The Medical Center Auditorium*

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB unit is included. *Preregistration required by calling 796-2495.*

**6 – 8 pm**

## Twins or More!

**December 15**

*The Medical Center Medical Conference Room*

This class will explore how to prepare for twins, triplets or quads and will cover issues you will face that create a challenge for new moms and dads. Support networks will also be discussed. This class is led by Tracy Wheeler, R.N. a nursery nurse at The Medical Center and a mother of twins. *Preregistration required by calling 796-2495.*

**6 – 8 pm**

## Ready, Set, Go!

**December 16**

*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 – 8 pm**

## Vascular Screening

**December 17**

*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 am – 4 pm**

## Save the date

A Chamber of Commerce ribbon cutting will be held for The Hospitality House on Tuesday, December 21 at 9:30 a.m.

*All friends and supporters of The Hospitality House are welcome to attend.*

## Nurses "CAN" Hunger



The Nursing Recruitment, Retention and Recognition Council's annual food drive, "Nurses 'CAN' Hunger," was a huge success, collecting over 2,800 food items to help the Salvation Army feed the hungry on Thanksgiving Day. Special thanks to everyone who donated and helped with this very special effort. Pictured above are members of the Nursing staff and EMS who volunteered to help transport food to the Salvation Army.

## Important Notice for CHC Employees

A wellness visit with the healthcare provider of your choice is required in 2010.

**Your Annual Wellness Visit Form**

**must be faxed to 796-4517 before 12/31/10.**

Non-compliance will result in default to Plan 70C, at a higher premium cost.

## New Employees



Standing left to right: Carol Hamilton, ICU; Heather Bean, 3D; Jeannette Bond, Endoscopy. Sitting left to right: Chanele Bewley, MCS LTC; Charlotte Heers, 3D.



Standing left to right: Kelly Day, HIM; Enjoli Zatalokin, Pt. Registration; Natalie Alvey, Pt. Registration. Sitting left to right: Kevan Ferguson, Food Services; Amber Clendening, Food Services.

## Accomplishments

**Sheron Harper**, CHESP has become a certified instructor thru AHE (Association for the Healthcare Environment) for the Department of Transportation (DOT) Certification Training for packaging, handling and transport of regulated medical waste. Sheron is now able to provide the annual education that is required for the Environmental Services Staff and others who are responsible for the hazardous material and disposal at The Medical Center at Franklin. The course was designed to comply with DOT regulations for training of hazardous materials handling and transport specific to regulated medical waste.

## Employees with Service Excellence! December 2010

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.



### Warren Casada Ambassador

*Respiratory Care*

"Warren is a great therapist. He is always going out of his way to help staff and patients. He has a positive attitude and gives excellent care to his patients. He is an asset to have at The Medical Center."



### Erica McDonald Ambassador

*Food Services*

"Erica is always very pleasant, patient, and understanding to all staff and patients. She always responds with a smile and gives 100 percent. She does her very best to give outstanding service. We are glad to have Erica at The Medical Center."



### Lance Taylor Ambassador

*Rehab Services*

"Lance is always a pleasure to be around. He always wears a smile and is very courteous to everyone. He is very thoughtful, friendly, and always willing to help out. We are fortunate to have Lance."



### Diane Roberts Golden Pineapple

*Hillcrest Credit Agency*

"Diane is professional in everything that she does. She gives wonderful advice and is always willing to help. She is understanding and provides excellent customer service to all. We are fortunate to have her at Hillcrest Credit Agency."