

NEW ARTHROSCOPY  
TABLE 2

A DAY JUST FOR  
WOMEN

SPRINT TRIATHLON

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AMBASSADORS AND  
GOLDEN PINEAPPLE



## Much anticipated expansion nears completion

The expansion project for The Medical Center that adds two new patient floors and 48,000 square feet of space is one week away from opening. Employees will have an opportunity to see the new expansion on Wednesday, September 8 from 9 a.m. to 7 p.m. during an open house and tour.

The two year expansion project which began in fall 2008 will enable the hospital to continue meeting the growing need for health-care services in Southcentral Kentucky. The need to expand became evident several years ago with demands created by a growing population and the increasing number of patients who choose The Medical Center for their healthcare needs. The \$30 million expansion project is completely dedicated to patient care including 48 new private rooms. With these additional rooms, The Medical Center will have the capacity to provide all 337 beds for which it is licensed with all private rooms throughout the hospital.

The new addition is named the D Tower in keeping with the current tower identification used within the existing patient floors. The new third floor of the D Tower is dedicated to Orthopaedics and Neuroscience, and the fourth floor is designated for Cardiothoracic and Vascular services.

Signage on the exterior of the building is complete and now provides greater visibility and identification of The Medical Center from the 31W Bypass. Inside, final touches are being made, equipment is being installed and new beds are being placed. Cleaning by Environmental Services has begun. Patients will be moved to the new space on September 9.

### *Sneak Peak*

*The Medical Center  
Expansion*

*Open House & Tour  
Wednesday, September 8  
9 a.m. to 7 p.m.*

*A Chamber of Commerce  
ribbon cutting will  
take place at 9 a.m.*

## New arthroplasty table benefits hip replacement patients

The Medical Center will be providing Southcentral Kentucky with a revolutionary technique to hip replacement with the addition of the hana® Hip and Knee Arthroplasty Table. With an aging population and an increasingly mobile and athletic lifestyle, damaged hips are occurring more frequently than ever. An improvement in hip-implant surgery was necessary.

Due to its anterior (frontal) approach, the hana® Table allows for a reduced hospital stay and an accelerated recovery. When the hip joint is accessed from the front of the body, tissues on the side and back of the body are not disturbed, no muscles are cut, the incision is smaller, and stability of the hip is possible immediately after surgery. These advantages make an anterior approach very beneficial for the patient. Additionally, nearly every patient is a candidate for this cutting-edge procedure.

"I am very excited about the new hana® Table," says Lisa Hinton, Orthopaedic Services Supervisor. "This gives our patients more options of treatment, and it also gives us the most updated equipment in orthopaedics."

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](mailto:SKFeria@chc.net).

## 13th Annual Women's Conference to take place September 30

On Thursday, September 30, The Medical Center's 13th annual women's conference, *A Day Just for Women*, will be held at the Sloan Convention Center in Bowling Green. This year, two exciting speakers will be featured: Donna Tyson, motivational speaker, and Kerri Rimmel, M.D., Ph.D.

Tyson is an author and full-time motivational speaker whose goal is to show women how to regain the joy in their lives. Dr. Rimmel, neurologist and Stroke Center Director for the University of Louisville Hospital, will provide valuable information about women's health, focusing on stroke in women. She will also lead a question-and-answer session.

"We want to educate women and empower them to make healthy lifestyle changes," says Linda Rush, Director of Community Wellness for The Medical Center. "Women need to take charge of



their health and well-being, and *A Day Just for Women* will arm them with the tools they need."

*A Day Just for Women* offers a continental breakfast, lunch, presentations, health screenings, booths, and exhibits. It is always an enjoyable time for women of all ages to come together. For more information or to register, please call (270) 745-1010 or 800-624-2318.

## Bowling Green Sprint Triathlon

On Sunday, August 24, the 5th Annual Bowling Green Sprint Triathlon took place at Russell Sims Aquatic Center. The event was sponsored by Bluegrass Outpatient Center (BOC), Graves-Gilbert Clinic, the City of Bowling Green Parks and Recreation and the Bowling Green AM Rotary Club. Among the over 200 athletes participating were 7 members of CHC's Rehab Group. Steffan Stambaugh and Nathan Johnson (BOC) and Grant Warren (MCBG) completed the race for the third consecutive year.

Emily Davenport (BOC/Just for Women), Bev Parrish (BOC), Andi Wilkins (MCBG), and Billy Wentzel (MCBG) participated in relay teams. Grant Warren and Billy Wentzel took 1st place medals for the Mixed Relay. Emily Davenport, Bev Parrish

and Andi Wilkins took 2nd place for the Women's Relay.



Left to Right: Billy Wentzel, Steffan Stambaugh, Alison Lewis, Bev Parrish, Emily Davenport, Andi Wilkins, Grant Warren, and Nathan Johnson.

Also on hand as volunteers were Alison Lewis, Sarah Coats and Barbara DeFebbo. Hartland Massage therapist Allen Smith provided free massages for the athletes.

# Upcoming Events

**September 9**

**8 a.m. – 4 p.m.**

## **Six Sigma Awareness Training**

*Location: Human Resources Building, Classroom A*

Six Sigma Awareness Training is required for all full-time or part-time employees who have not already attended. Registration can be completed through NetLearning.

**September 11**

**8 a.m.**

## **Warren County Heart Walk**

*Location: The Medical Center campus*

Please join us for the 2010 Warren County Start! Heart Walk. Registration begins at 8 a.m. and the Walk starts at 9 a.m. *For more information, contact Michelle Alloway at 846-5061 or michelle.alloway@heart.org.*

**September 13**

**10 a.m. – noon**

## **Look Good, Feel Better**

*Location: The Medical Center Health & Wellness Center in Greenwood Mall*

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

**Mondays, Sept. 13 – Dec. 6**

**6 – 7 p.m.**

## **Become a Non-Smoker: Cooper-Clayton Class**

*Location: The Medical Center Health & Wellness Center in Greenwood Mall*

The Cooper-Clayton class, offered through the collaboration of The Medical Center and Barren River District Health Department, will give you the guidance and support you need to kick the habit. *Preregistration and use of a nicotine-replacement product are required. Call 842-0950 to register or for more information.*

**September 15**

**9 a.m. – 1 p.m.**

## **AARP Driver Safety Program**

*Location: The Medical Center Health & Wellness Center in Greenwood Mall*

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

**September 30**

**8 a.m. – 3 p.m.**

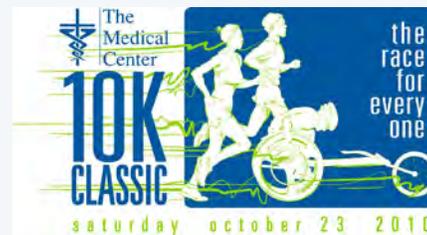
*Registration deadline is Friday, September 3.*

## **A Day Just for Women**

*Location: Sloan Convention Center*

Plan to attend the 13th annual women's conference. Learn about pertinent health issues, be inspired, and enjoy the company of other women. The cost is \$50 and includes presentations, health screenings, continental breakfast, lunch, and conference materials. Through participation in A Day Just For Women, 4.4 nursing CEUs, 4.5 dental hygienist CEUs, and 2 dietitian CEUs may be obtained. *Preregistration is required. For more information or to register, call 745-1010 or 800-624-2318.*

## *Save the Date:* **The Medical Center 10K Classic**



For 30 years, The Medical Center 10K Classic has been a much anticipated race and community event in Southcentral Kentucky. Each year, thousands gather for a variety of events including the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and the 10K Classic. The Children's Classic, sponsored by Graves-Gilbert Pediatrics, will follow the 10K Classic. This year, The Medical Center 10K Classic has been chosen as the RRCA (Road Runners Club of America) state championship race, bringing state recognition to this Bowling Green tradition.

Festivities kick off on Friday, October 22 from 4 to 8 p.m. with the Southern Foods Pasta Party and The Medical Center Health & Fitness Expo at Sloan Convention Center.

The various race and walking events start at 7:30 a.m. on Saturday, October 23 on the campus of Western Kentucky University. For a complete schedule of events and details on individual and family race packages, visit [www.TheMedicalCenter10KClassic.com](http://www.TheMedicalCenter10KClassic.com) or call 270-796-2141. Register before the early bird registration deadline of September 24 to receive a registration discount and to be entered in the \$1,000 early bird drawing.

Don't miss out on the \$10,000 cash giveaway. All participants who complete their event are eligible to participate in the giveaway that will be broken out into \$2,000, \$3,000, and \$5,000 cash prizes.

Employees can sign up to participate in the **10K Corporate Challenge** and receive a \$5 discount off their entry fee. As part of the Challenge, participants will be eligible to win one of 10 free entries. Entry forms must be submitted to Human Resources by 3 p.m. on September 24 to be eligible.

## New Employees



Seated, left to right: Dawn Winter, ED; Stephanie Gilbert, OHR; Kelly Buchanan, OHR. Standing, left to right: Ayme Rowland, OHR; Jennifer Wolford, OHR.



Seated, left to right: Leah Price, MCS Long Term Care; Lori Law, Psych; Katheryn Marr, Long Term Care. Standing, left to right: Melissa Nowlin, Long Term Care; Kristen Perry, Long Term Care.



Seated, left to right: Casey Brown, Urgentcare; Tammy Hudson, Women's Health Specialists; Seleyne Lopez, Urgentcare. Standing, left to right: Sondra Mansfield, Lab; Kayla Creech, Urgentcare.



Seated, left to right: Eugenia Greer, Food Services; Jordan Woosley, Radiology; Todd Phillips, Pharmacy. Standing, left to right: Fuji Avdic, Transport; Randy Oliver, Jr., ESD.



Left to right: Rebecca Mercier, Food Services; Sarah Widener, Food Services; Brandi Cole, Rehab.



## Hospitality House update

Construction of The Hospitality House on The Medical Center's campus is showing great progress! The frame has been established, and most walls have been added. Soon, out-of-town patients of The Medical Center and Commonwealth Regional Specialty

Hospital who are seriously ill will be able to keep their caregivers and loved ones close in their desperate times of need. Expected completion date is December 2010. Employees of CHC have the opportunity to offer a financial contribution to this effort by participating in ECHO (Employees Contributing to Help Others). Employees can donate through payroll deduction in the amount of their choice, although one-time contributions are accepted as well. Created specifically for The Hospitality House is a program called the Hour Club, which encourages employees to contribute one hour of pay per pay period for three years. For more information about these programs, call (270) 796-6519.

## Employees with Service Excellence! September 2010



**Vickie Mullins**  
Golden Pineapple  
4A

"Vickie is an excellent manager. She treats all of her employees like family. She ensures our unit has the best equipment and staff to provide quality care. She strives to set a good example and to encourage each staff member to reach their full potential."



**Rebecca Lee**  
Ambassador  
Marketing

"Rebecca is always full of energy and is a true bright spot in our department. She always has creative ideas for her service lines and constantly strives to do what is best for her customers, both internal and external. Rebecca is a true asset to the Marketing Department and CHC!"



**Kathy Littrell**  
Ambassador  
MCS-Materials Distribution

"Kathy is friendly to everyone. She maintains a positive attitude and demonstrates excellent customer service. She is always offering to help everyone around her. We are proud to have her at The Medical Center at Scottsville."



**Karen Randolph**  
Ambassador  
MCF - Acute Care

"Karen is an exceptional nurse. She goes beyond expectation to make sure patients and their families are comfortable. She gives her time and knowledge to precept students and new employees. Even when she is very busy, she stops to help co-workers. She always wears a smile."

