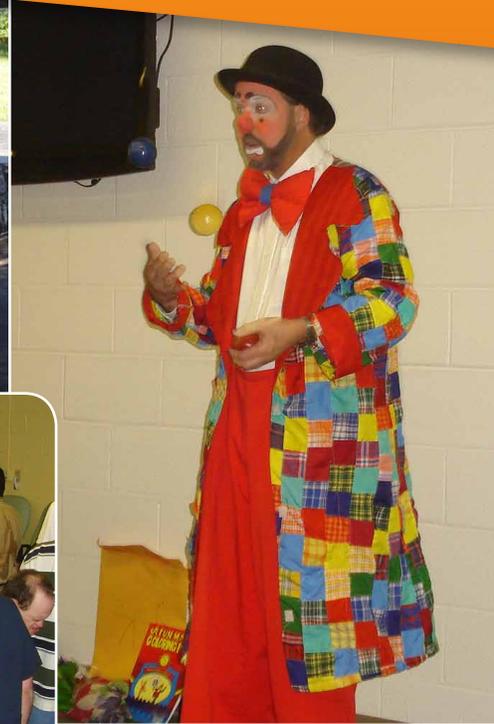


ECHO CAMPAIGN
KICK-OFF 2

UPCOMING EVENTS
WELLNESS BOARDS
FARMER'S MARKET 3

NEW EMPLOYEES
EXPECTANT
PARENT FAIR 4
AMBASSADORS AND
GOLDEN PINEAPPLE



Adult Day Care Week raises awareness

The Barren River Adult Day Care Center celebrated national "Adult Day Care Week" throughout the week of September 20–24.

This week is set aside annually to raise awareness of the availability and accessibility of adult day programs nationwide. The BRADCC staff created a fun-filled week for their clients to recognize their Adult Day Care program. The week was filled with special guests and local entertainment, in addition to special events at the center. The clients were treated to a pizza party and an ice cream social, as well as entertainment from Scooter Davis, Broadway the Clown, and the Ernie Small Blues Band. The clients and staff were very excited to be a part of this special week and to participate in the events that took place.

BRADCC provides extra help and support to those adults who desire to remain a part of the community. Clients include adults with physical, social or emotional needs, particularly those whose wellbeing is threatened by the effects of social isolation and lack of attention to their various personal needs. The program also provides respite for regular caregivers of adults with disabilities.

For more information about BRADCC, call (270) 796-5555 or email Jacque Woodward, director, at WoodJH@chc.net.

Flu Shots

Employee Health will be providing flu vaccinations for all employees.

[CLICK HERE](#)

to see when a vaccination clinic will be in your area.

E.C.H.O. Campaign kick-off in Bowling Green a success

The 2010 Employees Contributing to Help Others (E.C.H.O.) Campaign kicked off in Bowling Green on the campus of The Medical Center Thursday, September 23. The campaign gives employees the opportunity to make a difference in their communities by enrolling in payroll deduction to help support Commonwealth Health Free Clinic and/or The Hospitality House.

The highlight of the festivities was "E.C.H.O.'s Got Talent," a talent contest featuring employees from several of CHC facilities. The Grand Prize winner was Clarence Gilbert, an employee with Barren River Adult Day Care Center. Other contestants were: Robert Gilbert, Endoscopy; Richie Sears, Radiology; John Kirkpatrick, Health Information Management; Kim Lambert, Respiratory Therapy; Pam Lindsey, Commonwealth Financial Resources; and Casey McCoy, EMS.

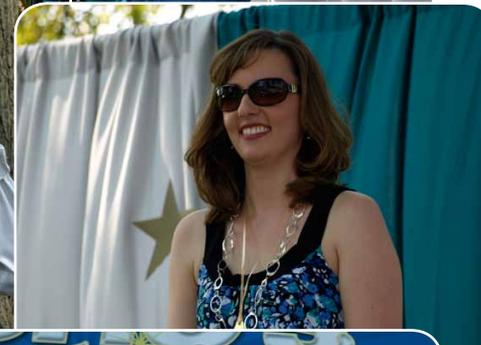
"Celebrity judges" for the event were Kem Offutt of Engineering, Mary Jane Kelly of Risk Management, and Kevin Hetzer of Performance Excellence who was also the MC. All proceeds from the event go to support Commonwealth Health Free Clinic and The Hospitality House.

The E.C.H.O. Campaign will run through November 30. Contributions can be made through payroll deduction for the Free Clinic and/or The Hospitality House.

There is still time to enter the drawings for an iPod Touch, Nintendo Wii, or a 42" plasma TV. All donors will receive a complimentary gift. Current E.C.H.O. donors, new donors or one-time donations of over \$26 can enter to win an iPod Touch or Nintendo Wii. In addition, current E.C.H.O. donors who increase their pledge can enter to win a 42" plasma TV donated by McGown TV. Current E.C.H.O. Hour Club or new Hour Club donors receive a mouse pad plus double their chance to win the plasma TV.

It is only with your support we can make a difference in the lives of those we serve. For more information, visit www.CommonwealthHealthFoundation.org or email Kathy Smith, Development Coordinator, at kasmith@chc.net.

Special thanks to Atmos Energy, who donated the food as well as their time to help make the cookout a success and to Juice Groove Band, who provided entertainment between the talent shows.



UPCOMING E.C.H.O. EVENTS

The Medical Center at Franklin
Friday, October 1, 11:30 a.m. – 1:30 p.m.

The Medical Center at Bowling Green Night Shift
Thursday, October 14, 9 p.m. – 1 a.m.
Cafeteria, compliments of Morrison Healthcare

Upcoming Events

October 11

10 a.m. – noon

Look Good, Feel Better

Location: The Medical Center Health & Wellness Center at 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.*

October 12

5:30 – 6:30 p.m.

Electricity and the Heart: Understanding Heart Rhythm Problems

Location: The Medical Center Health & Wellness Center at Greenwood Mall

If you or a family member has problems with irregular heart rhythm, this is an important class for you to attend. Cardiologist Deepak Gaba, M.D. will explain what causes heart rhythm problems, types of tests used for diagnosis and treatment options. *Preregistration required by calling 270-745-0942.*

October 14

5:30 – 6:30 p.m.

Telling My Story with Diabetes (For Children and Parents)

Location: The Medical Center Health & Wellness Center at Greenwood Mall

Children with type 1 diabetes, between the ages of 8 and 14, may struggle to accept their diabetes or to control their blood sugar. This class provides the opportunity to hear from a child who has also experienced that struggle and who is now able to accept and to control his diabetes. *Preregistration required by calling 270-745-0942.*

October 14

6 – 8 p.m.

A New Baby's Coming Class

Location: The Medical Center Auditorium

This is a siblings class for kids ages 3 and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) unit and a view of the nursery are included, as well as refreshments and a video. *Preregistration required by calling 270-796-2495. Participants should bring a doll or stuffed animal.*

October 14

6 – 7 p.m.

Nutrition During Pregnancy

Location: The Medical Center Health & Wellness Center at Greenwood Mall

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be. *Preregistration required by calling 270-745-0942.*

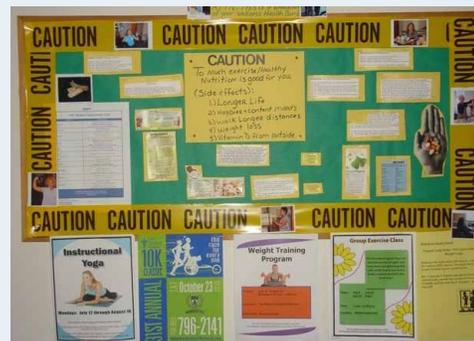
October 17

2 – 4 p.m.

Expectant Parent Fair

Location: The Medical Center

Expectant moms and dads, and those considering having a baby, will learn helpful information on healthy pregnancies, baby care and safety. *For more information, see the story on page 4 or call 270-796-2108.*



New Employees



Standing: Coleen Glover, MCS Long Term Care. *Sitting Left to Right:* Hannah Ashlock, MCF Acute Care; Beau Nicewinter, 6B.



Standing Left to Right: Lacey Roberts, Laboratory; Crystall Collier, ESD; Stacey Hazel, Laboratory. *Sitting Left to Right:* Sarah Huey, Pharmacy; Aja Warner, Food Services; Viktor Dudaric, ESD.



Standing Left to Right: Samuel Scarbrough, Food Services; Julie Eaton, Corp. Purchasing; Julie Henderson, Food Services. *Sitting Left to Right:* Jeremy Hall, MCF ER; Christopher Suleski, Biomed; Nathan Harlan, Rehab Services.

PRIDE Ideas for August

Jennifer Norton

Bluegrass Outpatient Center

Joshua Blair

Central Transport

Martha Hogan

ICU

Anneliese Crawford

NICU

Beverly Hassell

4A

David Miller

Lab

Mary Ford

4A

Save the Date: Expectant Parent Fair

The Medical Center will once again host an Expectant Parent Fair on Sunday, October 17 from 2 to 4 p.m. The Expectant Parent Fair is designed to provide expectant parents and those considering having a baby with helpful information on healthy pregnancies, baby care and safety. Tours of the OB Unit will be provided, and staff will be available to answer questions. Local organizations and businesses will be on exhibit to

share information about their services. Door prizes will be awarded.

Participants should use the Ambulatory Surgery parking and entrance located on High Street. The Expectant Parent Fair begins in the Ambulatory Surgery waiting area on the second floor. For more information, call Connie Dickson, Lactation Consultant, at 270-796-2108.

Employees with Service Excellence!

October 2010



Jennifer King Golden Pineapple

The Medical Center at Scottsville - Radiology

"Jennifer always goes the extra step to ensure our customers and staff are cared for. She takes on new challenges and seeks opportunities to expand and improve our Radiology Department. She is truly a hero to our facility and community."



Glee Lenoir Ambassador

Pharmacy

"Glee is thoughtful and skillful. Her extensive knowledge and thorough manner make her an asset to patients' best interests. She always has time for questions from nursing staff and patients' families. She embodies kindness in everything she does."



Karen Lowe Ambassador

4A

"Karen goes above and beyond the standard in delivering high quality patient care. She is always giving of her wisdom and time. She is a wonderful co-worker and always helps when needed. She is an asset to CHC."



Debbie Stovall Ambassador

CHC - Accounting

"Debbie is always helpful when she is called with questions. She always goes that extra mile to help and does it with a smile. She is a great asset not only to the Accounting Department, but to CHC."

