

INTERCOMM

July 31, 2013

UPCOMING EVENTS 2
WEIGHT OF THE NATION
TOWN MEETING
10K CLASSIC ONLINE
REGISTRATION
90 SECONDS TO
BETTER HEALTH

HOSPITALITY HOUSE SUMMER FEST AT BOWLING GREEN BALLPARK

Saturday, August 3 from 11 AM - 2 PM

NEW EMPLOYEES 3
GARDEN SPOT RUN
CHC HEALTH PLAN
BENEFITS DEADLINE



AMBASSADORS AND
GOLDEN PINEAPPLE 4
RETIREMENTS
HEART WALK

Don't Miss Hospitality House Summerfest at the Ballpark!

The only thing more American than baseball is the way we come together to help those in need, providing shelter and comfort to our friends and neighbors when life throws them a curve ball. Join Hospitality House Summerfest August 3 from 11 a.m. to 2 p.m. to raise money for those in need.

Last year, almost 4,400 nights of stay were provided at the Hospitality House for caregivers of patients in our hospitals. Since opening in 2011, guests have originated from 56 Kentucky counties, 37 states and 4 countries. Guests can have meals together in the dining area, take walks, enjoy the front porch rocking chairs and courtyard, as well as relax in comfortable surroundings — a welcome break from the stress of having a family member in the hospital. The Hospitality House also provides a haven for patients undergoing treatment at The Medical Center's Cancer Treatment Center.

Hospitality House Summerfest takes place August 3 from 11 a.m. to 2 p.m. at the home of the Bowling Green Hot Rods. Attendees can enjoy a ballpark experience including meeting the players, behind-the-scenes tours, batting

practice and catch on the field, inflatable games, and more. Attendees will receive a baseball autographed by the Hot Rods, an exclusive Russell Athletic T-shirt, and lunch provided by Mariah's. Adding to the fun is a special auction featuring great items such as autographed memorabilia and a Cincinnati Reds game package. Tickets for the Summerfest are \$35 each. **One hundred percent of the money raised will go to benefit the Hospitality House.** Tickets can be purchased at the Hot Rods website at BGHotRods.com.

For more information, contact Ryan Gates or Jennifer Johnson with the Bowling Green Hot Rods at 270-901-2121; or email Kathy Smith, Development Coordinator with Commonwealth Health Foundation, at KASmith@chc.net. Come make a homerun for the Hospitality House!

GET FIT CLUB CORNER 5

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



Upcoming Events

Unless otherwise noted, events are held at The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Grocery Store Tour: Choosing Healthy Food

August 7

8 to 9:30 a.m.

Kroger on Scottsville Road, Bowling Green; space is limited.

Linda Howsen, registered dietitian with The Medical Center Medical Nutrition Counseling Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is \$10.

Dermascan Screening

August 7

9 a.m. to noon

Sun damage can be a forecast for future skin cancer. With a painless and simple screening device, representatives of the Kentucky Cancer Program can identify potential trouble spots on your face. Please remove all makeup/sunscreen before screenings.

Dementia Screening

August 8

9 a.m. to noon

Emily Harlen from Home Instead Senior Care will conduct one-on-one dementia screenings for anyone concerned about their memory or a loved one's memory.

Nutrition During Pregnancy

August 13

5:30 to 6:30 p.m.

Eating smart is important during pregnancy. Learn about recommended weight gain and how to make healthy choices, including foods high in nutrients such as protein, calcium, iron and folic acid. This class is taught by Linda Howsen, R.D., L.D.

Online Registration for The Medical Center 10K Classic Opens August 1

The Medical Center 10k Classic will take place on October 19, starting and ending on Western Kentucky University campus. Make plans to participate in this year's event by registering online at www.TheMedicalCenter10KClassic.com.

Every age and level of walker or runner will find an event right for him or her such as the 1.5 Mile Fun Walk, the 5K Run/Walk, the 10K Wheelchair Race and the 10k Classic. Kids can even join the fun with the Children's Classic.

Individual and family race packages are available. Participation in any event provides you with a long-sleeve T-shirt, free admission to The Medical Center Health & Fitness Expo and Southern Foods Pasta Party, pre-race and post-race snack and beverage, and an opportunity to participate in the \$10,000 cash prize giveaway. All participants who complete their event are eligible for the giveaway that is broken out into \$2,000, \$3,000, and \$5,000 cash prizes.



Save The Date

Weight of The Nation Town Meeting

Tuesday, August 20

5:30 to 7:30 p.m.

**Bowling Green Junior High School
Auditorium
900 Campbell Lane**

Everyone is invited to participate in a panel discussion addressing the national obesity epidemic. Presented by The Medical Center in conjunction with the Barren River Health Planning Council.

90 seconds
**TO BETTER
HEALTH**

Watch WBKO for these upcoming segments of *90 Seconds to Better Health*, a medical news program presented by The Medical Center.

Rick Voakes, M.D.

Childhood Obesity

Wednesday, July 31, AM Kentucky

Tuesday, August 6, 5 p.m. News

Wednesday, August 7, AM Kentucky

William F.M. Daniel, M.D.

Franklin Surgical Services

Tuesday, August 13, 6 p.m. News

Wednesday, August 14, AM Kentucky

Tuesday, August 20, 5 p.m. News

Wednesday, August 21, AM Kentucky

Welcome to new CHC employees!



Standing, left to right: Neena Gaynor, Surgery; Kristin Richmond, MCS Acute Care; Barbara Brown, Cath Lab. Seated, left to right: Rachael Barnett, 2B; Patrick Maloney, Open Heart Recovery; Jill Curry, Open Heart Recovery.



Standing, left to right: Mandi Wells, ESD; Amy Wilson, Lab. Seated, left to right: Sharon McMurtrey, Lab; Brittni Chandler, MCS Long Term Care; Ashley Mayhugh, MCS Radiology.



Standing, left to right: Kyra Forgy, Ultrasound; Shelby Harper, MCS Registration. Seated, left to right: Denese Cantwell, Neuroscience Services; Logan Rogle, Food Services; Savannah Duvall, Urgentcare.

Franklin-Simpson Chamber of Commerce Garden Spot 5K Run/Walk

Held annually in beautiful downtown Franklin, the Garden Spot 5K Run/Walk is an event that always attracts a sizeable crowd. Sponsored by The Medical Center at Franklin Rehabilitation Services, this year's event will be held on Saturday, August 10. It will start and finish on College Street at the Simpson County Courthouse on Franklin's historic square. The run and walk will begin at 7:30 a.m.

Pre-registration is \$15 before August 2. Everyone pre-registering is guaranteed a T-shirt. Onsite registration is \$20. Registration on race day will be held from 6:00 to 7:00 a.m.

Friday night before the race, there is also a Chaney's Dairy Barn ½ Mile Moo Run for children ages 6 to 10, with a \$2 entry fee. Registration for the Moo Run is 5:00 p.m. Friday, August 9. The run will start at 6:00 p.m. at the Simpson County Courthouse on College Street. All participants will receive a medal.

The Garden Spot 5K Run/Walk is a day filled with excitement, exercise and awards. So put on your running shoes and join in the fun. For more information, go to www.fschamber.com/gardenspot.

CHC Health Plan Benefits: Today, July 31, is the last day!

Today is the last day to submit your "Know Your Numbers" health screening form and to complete the online Health Assessment.

- Submit the Know Your Numbers form to Provant Health Solutions by fax to 401-398-1708 or by email at participate@provanthealth.com by midnight.
- Complete your online Health Assessment on The Get Fit Club portal at <https://chc.provanonline.com> by midnight.

Remember that Know Your Numbers and the Health Assessment are required to continue to pay the discounted premium for the PPO Plan and to receive the HRA contribution for the CDH Plan.

Other Important Deadline

Annual Wellness Visit – December 31, 2013

The Annual Wellness Visit is required to be completed in 2013 in order to have a choice between the PPO and CDH plans during open enrollment in 2014.

For more information, refer to the Get Fit Club booklet you received at home, visit <https://chc.provanonline.com> or call Human Resources at ext. 1585.

Employees with Service Excellence! August 2013

Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The monthly Ambassador award recognizes hourly and salaried employees; the quarterly 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 Citrix.



Kathy Humphres Ambassador

The Medical Center at Franklin - Environmental Services

"Kathy exhibits an upbeat and positive attitude in all that she does. Regardless of how busy she is, Kathy always offers assistance to visitors, patients, and co-workers. She is compassionate and caring to all. She arrives each day with a smile and a happy word for everyone."



Susan Palmer Ambassador

The Medical Center - Radiology

"Susan is excellent with patients and visitors in her explanations to them. She is attentive to the patient's needs and never hesitates in giving assistance to everyone. Susan is compassionate, understanding, and professional in her position. We are fortunate to have her as a member of our team."



Jason Voyles Ambassador

CHC - IT

"Jason is a great resource person. He assists with computer issues, copier issues, and in developing reports for more efficiency in our work. He always smiles and has a positive demeanor regardless of how often his assistance is summoned. Jason is a true model for Service Excellence."



George MonteDeOca Golden Pineapple – 2013 3rd Quarter

The Medical Center Environmental Services

"George is very professional and excellent in his work. Having a positive attitude and being enthusiastic are two of the many outstanding qualities he exudes. He helps others, quickly accomplishes requests, is gracious to all, and always with a smile!"

Retirements



Marie Wilhite, Commonwealth Regional Specialty Hospital (center), retired after eight years of service. Congratulating her are Emily Martin, Administrator/ Director of Patient Care Services, and Sarah Moore, Executive Vice President.

Join The Medical Center Team for the Heart Walk

The South Central Kentucky Heart Walk will take place **Saturday, September 14** at Kereiakes Park in Bowling Green. Join The Medical Center Team and pledge your support for the fight against heart disease and stroke. We want to show Warren County that The Medical Center is a proud supporter of the important work of the American Heart Association.

For more information, contact Team Captain Michelle Marshall (ext. 3291).



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness



Left to right: Rita Tabor, MCS Emergency Room Clinical Manager; Kay Whitt, RN; Eric Hagan, Vice President; and Derek Reeder, RN, Employee Health.

July's Witness to Wellness Award recipient is Kay Whitt, a registered nurse in the Emergency Department at The Medical Center at Scottsville.

In 2011, Kay had lab tests that showed she had elevated fasting blood glucose levels. In 2004, she had a heart attack and she knew that the combination of heart disease and diabetes can be very dangerous. She decided that she needed to make some serious lifestyle changes.

First, Kay joined Weight Watchers and started on the diet plan because she found it to be easy and flexible. She stopped all concentrated sweets and

rarely ate at fast food restaurants. She began to follow a healthy, organic diet with lots of fruits and vegetables. And today she continues, even with these changes, to try new recipes. She still loves to bake; however, the tasty treats go to the Allen County EMS.

In addition to changing her eating habits, Kay also became more active. She began taking water aerobics at the YMCA, attends Zumba classes two nights a week and still finds time to take a weekly spin class. She also enjoys working outside on her 55-acre farm and loves to garden and hike.

Not only has she benefited from weight loss, she has also been able to decrease the number and amount of medicine she takes daily. Her asthma has improved and her lab results are excellent. She no longer has knee pain, she sleeps more soundly, and has much more energy!

Kay has currently lost 84 pounds and is well on her way to obtaining her goal of losing 100 pounds! She gives the following advice to people who want to make a lifestyle change: "Take it a day and a meal at a time."

Start slow with exercise and build up to where you want to be and always challenge yourself...with new foods, new activities and new goals. Also, take the time to reward yourself with your accomplishments. Whenever Kay completes a goal, she buys herself a new kitchen tool or gadget.

If you know someone who deserves to be recognized for following a healthy lifestyle, go to the [Get Fit Club's new web site](#) on Citrix and nominate them for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at 270-745-1263.

– Derek Reeder, RN

LET'S GO BANANAS!

Here are five reasons to include BANANAS in your daily diet:

1. **Bananas are low in calories** (70–120 calories).
2. **Bananas offer an energy boost** (a great fix to the afternoon sinking spells).
3. **Bananas reduce depression** (one banana a day can elevate a depressed mood).
4. **Bananas lower blood pressure** (1–2 bananas/day can lower B/P, prevent clogged arteries & heart problems and can also lower nicotine levels in the body to aid in those who wish to stop smoking).
5. **Bananas offer fiber** (although not a high fiber fruit, bananas do provide a healthy 5g of fiber per serving).



Get Fit Club: <http://chcintranet01/getfitclub/>

Get Fit Portal: <https://chc.provantonline.com>

Get Fit Club Calendar: http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf