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## Health & Wellness Expo 2014

Presented in partnership with WBKO-TV, Health & Wellness Expo was held January 11 at Sloan Convention Center in Bowling Green. More than 2,000 people attended to take advantage of free screenings and demonstrations and get their healthy New Year's resolutions off to a good start.

The Health & Wellness Expo brought together a variety of community resources to help people achieve healthy lifestyle goals. Included in the free screenings were blood pressure checks, blood sugar screenings, body fat analysis, colorectal cancer screening kits, lung health screenings, hearing screenings and free EKGs.

Demonstrations were provided by a variety of community organizations, including The Rockerz Dance Team, Bowling

Green Parks and Recreation, and the Jumpin' Jaguars. Attendees also had the opportunity to attend demonstrations on infant CPR, healthy cooking and disaster preparedness. Emergency service providers, safety agencies and community organizations were on-hand to provide expertise and guidance as well.

For information about upcoming classes and events offered by The Medical Center to help you achieve and maintain a healthy lifestyle, visit [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org).

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



# 10-Digit Dialing Required Beginning February 1

Effective February 1, 2014, the new area code 364 will overlay the 270 area code in this region. What does this mean to you?

1. For local calls to be completed, 10-digit dialing (area code plus the seven-digit telephone number) must be used.
2. To avoid long distance charges, be careful not to dial 1 + 10-digits when using a local exchange. There are many local exchanges used in the Bowling Green, Franklin and Scottsville communities. You should become familiar with the local exchanges for your community. For a list of local exchanges, [click here](#).

If you have not done so already, please follow these tips to make sure you are ready for 10-digit dialing:

- Make sure any communication that includes your telephone number includes the area code. This could include printed materials such as letterhead, business cards and forms, websites, marketing materials and specialty items.
- Update any stored local telephone numbers to include the area code such as auto dials on your phone or fax machines as well as cell phone contacts.

If you have questions about 10-digit dialing related to your work environment at CHC, contact Mark Hollingsworth in Telecommunications at ext. 1042. More information can be found at [att.com/areacode](http://att.com/areacode).

## Scholarship applications now being accepted for 2014–2015 academic year

Applications for the following scholarships are now being accepted for the 2014–2015 academic year: the Carrel K. Sumner Family Memorial Scholarship, the Charles M. Stewart Scholarship, the Herbert A. Oldham Scholarship and The Medical Center at Scottsville Scholarship.

**Deadline for submitting application(s) is March 14.** To request a list of guidelines and application for one or more scholarships, please contact Sara Freeman, Marketing and Development Coordinator, at extension 1543 or [FreeSE@chc.net](mailto:FreeSE@chc.net).

## Are you ready to stop using tobacco?

### The Cooper-Clayton Method to Stop Smoking can help!

This free program combines nicotine gum, patches or lozenges with support and behavior modification in a supportive group setting.

**Classes begin Tuesday, January 21 then continue on Mondays, January 27 through April 7, from 5 – 6 p.m.**

**The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park**

**Pre-registration is required by calling 270-745-0942.**

Nicotine replacement products are required and free for CHC employees.

# 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.

### J. Paul Rubin, M.D. Uses of Radiology

Tuesday, January 21, 5 p.m. News  
Wednesday, January 22, *AM Kentucky*

### Eric Edds, M.D. PACS

Tuesday, January 28, 6 p.m. News  
Wednesday, January 29, *AM Kentucky*  
Tuesday, February 4, 5 p.m. News  
Wednesday, February 5, *AM Kentucky*

## Retirements



**Betty Harper**, Labor & Delivery (center), retired after 36 years of service as a nurse, charge nurse, and unit clerk. Congratulating her are Amy Ausbrooks, Charge Nurse L&D, and Betsy Kullman, Chief Nursing Officer.

## Welcome new CHC employees!



Left to right, standing: Sara Beth Madison, 5B; Taylor Allen, CCU; Lea Leach, Cath Lab. Seated: Steffan Stambaugh, Bluegrass Outpatient Center; Anthony Damron, 4D; Joseph Perry, EMS.

# Employees with Service Excellence! January 2014

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.



## Golden Pineapple Pat Pearson

*Home Care Program*

"Pat is truly an engaged staff member. She may be in her office as a manager or making home visits to our patients. She always goes the extra mile to make sure all needs are met for our patients and for our staff. She leads by example in everything she does and excels in service excellence to everyone!"



## Ambassador Diane Asher

*The Medical Center Emergency Department*

"Diane is helpful, knowledgeable, and courteous to the staff, patients, and families in the ED. Diane is always multitasking and goes out of her way to assist everyone. She continuously strives to give 110% and provides excellent customer service on a daily basis."



## Ambassador Eugene Greer

*The Medical Center Environmental Services*

"Eugene is always polite, always smiles, and is always willing to help others. He is professional in his responsibilities and accomplishes them with a positive demeanor. We are fortunate to have Eugene as part of The Medical Center team!"



## Ambassador Felbert Meador

*The Medical Center at Scottsville  
Engineering Department*

"Felbert is courteous to the staff, to the patients, and to their families. He always assists everyone in a timely, courteous manner. He is proficient in all that he does and is respected by everyone. We are proud to have Felbert as part of the MCS staff."

## Welcome new CHC employees!



*Left to right, standing:* Christie Cottongim, Cath Lab; Nikki Hammers, OR. *Seated:* Colleen Evars, EEG Services; Christina Pierce, Radiology; Jessica Todd, MCF Acute Care.



*Left to right, standing:* Kara Higdon, Nursery; Marietta Zane, Nursery. *Seated:* Justin Weldon, Food Services; Timothy Minton, EMS; Zachary Feathers, 4B.



*Left to right, standing:* Stephanie Henderson, 4A; Tinamarie Billingsley, 4D; Kaci Shackelford, 5A. *Seated:* Connor Sullivan, Radiology; Jacob Starks, EMS; Leslie Whitaker, MCS Long Term Care.



*Left to right, standing:* Ellen Kanatzer, MCF Environmental Services; Amanda Ervin, 5B; Brittany Cole, 3A. *Seated:* Kelsi Campbell, 3D; Allie White, Food Services; Bonnie Courtway, 2B.



*Left to right, standing:* Lauren Davis, 3A; Nichole Davis, Patient Registration. *Seated:* Amanda Baker, 2B; Gavin Alvey, ICU; Caitlin Mills, Emergency Dept.



# Get FIT CLUB Corner

A benefit that partners with me.

## Cold vs. Flu by Vicki Weaver, RN

Determining if you have a cold or the flu can be difficult. Both respiratory illnesses are caused by viruses. Knowing the difference can help you seek the right kind of treatment more quickly, which can prevent lost work time and passing the virus on to your family members, co-workers or patients.

Colds are contagious during the first few days, so stay home and rest. A cold is a viral infection, so antibiotics are not effective. Over-the-counter medications, such as antihistamines, decongestants and pain relievers can relieve most of the

symptoms. Drink plenty of liquids to avoid dehydration, and the cold should clear up in a few days. Always see your healthcare provider if the cold hasn't improved in about a week.

Unlike the common cold, the influenza virus can develop into a more serious condition such as pneumonia, especially for children, older adults, pregnant women and those with chronic conditions, such as asthma or heart disease. There is also a rapid onset of flu symptoms in comparison to the common cold. Symptoms for the flu usually pack

more of a punch and impact to your body. You "feel" it more because the symptoms are worse than cold symptoms. Can you get the flu if you have had the flu shot? Yes, you can still get the flu even though you got the shot, but typically the symptoms are milder.

If you have any symptoms of influenza, please see your healthcare provider for proper testing and treatment. Below is a table compiled of the most common questions, facts and symptoms that one may have with cold versus flu:

Questions/Facts/Symptoms	Cold	Flu
<i>Causes</i>	Over 200 viral types	Influenza Virus A & B
<i>Development of Symptoms</i>	Usually not as rapid as flu	Very quickly
<i>Duration</i>	Usually 7-12 days	3-5 days in uncomplicated cases
<i>Office/Lab Testing</i>	None available	Yes
<i>Treatment with Anti-Viral Medication</i>	None available	Yes, but to be effective, must be given within the first 48 hours of symptoms
<i>Other Treatment Recommendations</i>	Antihistamines, decongestant, nonsteroidal anti-inflammatory meds	As directed by your healthcare provider
<i>Preventative Measures</i>	Wash hands often, sneeze in your sleeve, avoid contact and maintain optimal health	Annual seasonal flu vaccine, anti-viral medications, Wash hands often, sneeze in your sleeve, avoid contact and maintain optimal health
<i>Serious Complications</i>	Rare	Fairly common, especially in infants, the elderly, pregnant women and those with chronic illness (such as heart and lung disease)
<i>Runny/Congested Nose</i>	More common	Less common
<i>Sneezing</i>	More common	Less common
<i>Coughing</i>	Hacking with mucus	Dry, hacking cough (little mucus)
<i>Fever</i>	Less common (usually below 100)	More common – High fever (101-104) or chills (not everyone has fever)
<i>Chills</i>	Not usually	Probability
<i>Headache</i>	Less common (none to mild)	Common (can be moderate to severe)
<i>Body Aches</i>	Minor aches/pains	Profound (may last two to three weeks)
<i>Fatigue</i>	Mild	Severe
<i>Sore Throat</i>	Common	Less common
<i>Breathing Problems/Chest Discomfort</i>	Mild	Can be severe
<i>Appetite</i>	Normal	Diminished
<i>Vomiting/Diarrhea</i>	Rare	Usually common only in children

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](http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf)