

INTERCOMM

January 2, 2014

The Medical Center at Franklin Holiday Cheer

Holiday Celebration at Adult Day Care Center

90 Seconds to Better Health

Relay For Life Team Kickoff

Cancer Annual Report

Retirements

Welcome New Employees

Accomplishments

Scrubs Sale to Benefit

Relay For Life

Get Fit Club Corner

Witness to Wellness

Activities and Programs for

CHC Employees

2 Deck the Halls Winners!

Congratulations to all of the departments that participated in the CHC Holiday Door Decorating Contest this year! There were a total of 59 entries throughout CHC and the judges certainly had a difficult time in selecting the winners. Each winning department will receive a Holiday Door Decorating plaque. Special thanks to our judges: Teresa Taylor (MCS), Justin Hamm (MCS), Renee Spivey (MCF), Teresa Cottrell (MCBG), Vicki Taylor (MCBG), and Laura White (CHC).



CHC 1st Place - Barren River Adult Day Care



MCBG 1st Place - 3C/CCU



MCF 1st Place - Ultrasound



MCS 1st Place - Cal Turner Rehab and Specialty Care



CRSH 1st Place - Respiratory Care



Green Door Award - Accounting
(Stuffed animals donated to MCBG Pediatric Unit and blankets to the Salvation Army.)



Best Team Spirit - Barren River Regional Cancer Center
(Multiple doors, hallways and trees decorated.)

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



The Medical Center at Franklin Brings Holiday Cheer

Many employees at The Medical Centers at Bowling Green, Franklin and Scottsville stepped up this holiday season and made a difference in the lives of many in the communities we serve. It was truly a joy and blessing to all of us, to see the impact we made when we served others through giving back.

Through fundraising, The Medical Center at Franklin was able to help many in their community. The money raised was used to sponsor a needy child for an entire year through the Feed America backpack program, sponsor a family through The Boys & Girls club, and purchase socks, gloves, and toys for 36 Head Start children. In addition,

the surgery staff collected \$450 and adopted a family for Christmas through Elf Connection at the Simpson County Resource Center and provided gifts for three children. "The Medical Center at Franklin's staff has been so generous this year, and I am so proud to be a part of it. Our fundraising this year will most definitely impact how we go forward, and hopefully will turn into an annual tradition that will benefit our community," said Amber Fields, Manager, Acute Care Services.

Efforts made by employees in all our facilities helped make this a very special holiday season. Thank you!

Holiday Celebration at Barren River Adult Day Care Center

Barren River Adult Day Care Center was full of Christmas cheer during our week-long celebration of the holidays. Clients enjoyed singing Christmas carols with Ernie Small's Mount Victor Revue band, along with a surprise visit and gifts from Santa. SCA Incontinence Care in Bowling Green entertained with Christmas carols, some of which our own clients helped to lead. And, last but not least, the annual Christmas Party and Dinner with another visit from the man himself, Santa, whose reindeer were on top of the roof.



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.

Sanjay Kaul, M.D.

Blood Pressure

Tuesday, January 7, 5 p.m. News
Wednesday, January 8, *AM Kentucky*

J. Paul Rubin, M.D.

Uses of Radiology

Tuesday, January 14, 6 p.m. News
Wednesday, January 15, *AM Kentucky*
Tuesday, January 21, 5 p.m. News
Wednesday, January 22, *AM Kentucky*

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Save the Date

**Relay For Life Kickoff
for Team Medical Center**

Wednesday, February 5 at 3 p.m.

The Medical Center Auditorium

Are you interested in getting involved with Relay For Life this year as part of Team Medical Center? Join us at the kickoff and learn more about how to join the fight against cancer!



Cancer Annual Report

The Medical Center Cancer Committee is pleased to announce the 2012 Cancer Annual Report is now available online. www.mcbg.org/cancerreport

Retirements



Susan Palmer, Radiology (center), retired after 20 years of service. Congratulating her are Marion Boyd, General Radiology Manager, and Eddie Scott, Director of Radiological Services.

Welcome to new CHC employees!



Left to right: Reginald Thomas, Food Services; Alex Chase, Hospitality House.



Standing, left to right: Natalie Majors, Patient Registration; Brittany Edwards, Environmental Services; Kathy Logsdon, Lab. Seated, left to right: Lindsey Stuard, 4D; Jessica Shoemaker, 4B.



Standing, left to right: Angela McCarley, Patient Registration; Sasha Boustani, Nursing Administration; Lauren Duvall, 3D. Seated, left to right: Andrew Mann, Security; Staffanne Cassidy, Psychiatric Associates.

Accomplishments



Gary Sullivan, Director of Corporate Security, received the Leadership Award by the Kentucky Chapter of the International Association for Healthcare Security and Safety (IAHSS). This award is presented to only one facility in Kentucky each year. Factors considered were 90 percent of Security staff certified with IAHSS, Gary's service as a board member, developing a statewide networking group that has grown to a tri-state group including parts of Indiana and Ohio, and improved employee engagement to World Class distinction within the Gallup Q12 Employee Engagement Survey.

IAHSS is the only organization solely dedicated to professionals involved in managing and directing security and safety programs in healthcare institutions. Made up of security, law enforcement and safety individuals dedicated to the protection of healthcare facilities worldwide, IAHSS strives to combine public safety officer training with staff training, policies and technology to achieve the most secure hospital environments possible.

Michelle Reed, Laboratory Manager of The Medical Center at Franklin has completed her Masters in Business Administration from Western Kentucky University

Cardinal Uniform & Scrub Sale

Scrubs of all brands and large inventory of shoes appropriate for staff

Open continuously beginning at

9 p.m. Wednesday, January 8

through

2 p.m. Friday, January 10

The Medical Center Auditorium

Payroll deduction, credit cards and personal checks accepted.

** This fundraising event is sponsored by CHC. Proceeds benefit Team Medical Center for Relay for Life. Please stop by before or after work or on your meal or rest break.*



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness

by Derek Reeder, RN

Congratulations to **Glenda Matlock!** She is the *Witness to Wellness Award* recipient for December 2013. Glenda works at The Medical Center at Bowling Green as a Registered Nurse in Labor and Delivery. She was nominated because she has lost over 100 pounds! She accomplished this by changing her eating habits and exercising.

Glenda decided to make a lifestyle change after gaining some weight after quitting smoking. She went to her family doctor and got on the scales. She was shocked because she hadn't realized that she gained that much weight. She then decided that it was time to make a change.

Glenda started by eating a 1,200 to 1,500 calorie diet. She also stopped frying her food and started eating more fruit and raw vegetables. After losing 50 pounds, she began to exercise. She started walking on a treadmill for 20 minutes and riding a stationary bike for 20 minutes 4 times a week.

So far, she has lost 103 pounds. She would like to lose 10 to 20 more pounds but realizes that holidays are busy and a stressful time to diet, so her goal is to just maintain her weight until the holidays are over. She has noticed after losing the weight that her energy level has increased and she has been able to decrease the dosage of her blood pressure medicine. She has the following suggestions for anyone who would like to change their lifestyle, "Take one step at a time. Anyone can do it. It is hard work but it is worth it!"

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



Jane DeMauro, Director of Women's Services, Glenda Matlock, RN and Derek Reeder, RN, Employee Health.

Below is a summary of some current wellness opportunities. Call CHC Employee Health Services with any questions at 270-745-1263.

Activites (free to CHC employees):

Yoga at Health & Wellness Center (Monday - 4:30 p.m. – 5:30 p.m. & 5:30 p.m. – 6:30 p.m.)

Zumba at Health & Wellness Center (Tuesday - 4:30 p.m. – 5:30 p.m. & 5:30 p.m. – 6:30 p.m.)

Zumba at MCS Learning Center (Monday – 5:00 p.m. – 6:00 p.m.)

Incentive Program (for all employees):

100-Mile Club – incentive based activity program. Available for employees to log their activity and submit their 100-Mile Club cards for incentives at certain intervals, (such as T-shirts, pedometers, Calorie King books, MP3 players, etc.).

Reimbursement Programs (for all employees):

Fitness Facility Reimbursement – \$25 per quarter for 20 documented visits

Smoking Cessation Program Reimbursement – get up to \$150 for completion of program

Weight Loss Program Reimbursement – get up to \$75 for completion of program

Recognition Program (for all employees):

Witness to Wellness – if you have a co-worker who has been an inspiration to you or has been a good wellness role model (leading wellness activities, ran a marathon, lost weight, etc.), nominate him or her for *Witness to Wellness*.

Team Spirit Award – If your department is involved with wellness activities (weight challenges, physical activity challenges, etc.), healthy pot lucks or other wellness oriented activities, you qualify for the *Team Spirit Award*.

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