

**In Memoriam** 2  
**Elaine Lawrence**

**90 Seconds to Better Health**  
**Hartland Massage Special**  
**Retirements**  
**New Employees**

**Get Fit Club Corner** 3  
**Goodbye Scales**  
**Eggcellence in a Shell**



Left to right: Kathy Smith, Development Coordinator for Commonwealth Health Foundation; Jennifer Miller, Kohl's Associate; Betsy Kullman, Executive Vice President and Chief Nursing Officer; Jane DeMauro, Director of Women's Services; Kristal Barnes, Bowling Green Kohl's Store Manager; and Cindy Gilliam, OB Educator.

## Newborn Care & Safety Program receives Kohl's Cares grant

Kohl's has donated \$23,712 to The Medical Center's Newborn Care & Safety Program through the Kohl's Cares program. Every time someone buys a \$5 Kohl's Cares book or toy at the local Kohl's store, 100% of net profit goes toward grants to benefit children's health and education programs nationwide, including the partnership Kohl's has with The Medical Center.

This year, Kohl's presented a check to The Medical Center at the annual Health and Wellness Expo held January 11 at Sloan Convention Center. More than 2,000 people attended the Expo, giving Kohl's the opportunity to spread the word about the book and toy program that is so beneficial to the Newborn Care & Safety Program.

If you shop at Kohl's, you can make a difference by buying one of the Kohl's Cares books or plush toys. All the proceeds stay in Bowling Green to help provide vital

education for expectant parents. Last year, 33 classes were held with 675 total participants, and 34 classes are already scheduled for 2014.

Since 2006, the Kohl's Cares program has donated \$188,221 to The Medical Center to support its health and wellness programs including construction of two community walking trails at local elementary schools. The Kohl's partnership with The Medical Center is helping to make a positive difference in our community.

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



## In Memoriam



**W. Elaine Lawrence**

CHC mourns the loss of Elaine Lawrence, who passed away January 12. Elaine was employed as a Registration Clerk at The Medical Center for 25 years, until her retirement on December 1, 2013.

Elaine had a big heart for the children who came in for physical therapy. She knew them each by name and she even had one particular child who would come to see her every day because she always gave him a piece of gum before and after therapy. She loved these children. She was a very caring and loving person to her co-workers as well as to the patients. We extend our deepest sympathies to her friends, family and colleagues.

## 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.

**Eric Edds, M.D.**

**PACS**

Tuesday, February 4, 5 p.m. News  
Wednesday, February 5, *AM Kentucky*

**Brian Wallace, M.D.**

**Osteoporosis/Bone Density Testing**

Tuesday, February 11, 6 p.m. News  
Wednesday, February 12, *AM Kentucky*  
Tuesday, February 18, 5 p.m. News  
Wednesday, February 19, *AM Kentucky*

## HARTLAND MASSAGE

**Couples Massage Only \$75!**

Couples Massage is the perfect way to treat yourself and your loved one, too! With a Couples Massage, two massage therapists deliver you and someone you love side-by-side massages.

**Couples Massage makes a perfect Valentine's Day gift.** To ensure delivery before Valentine's Day, gift certificate orders delivered by mail must be placed by February 8. Gift certificate orders for pick-up at Hartland Massage must be placed by 10:00 a.m. on February 12 for pick-up on the 13th. **Call 270-796-6838** or visit [www.hartlandmassage.com](http://www.hartlandmassage.com).

## Retirements



**Chaplain James Britt** retired after 35 years of service at The Medical Center. Congratulating him is Connie Smith, Chief Executive Officer of The Medical Center.

## Welcome new CHC employees!



*Left to right, standing:* Jillene Smith, 5A; John Green, Food Services. *Seated:* Destiny Adams, ESD; Courtney Riley, Rehab Services.



*Left to right, standing:* Shannon Leach, Bluegrass Outpatient Center; Zachary West, Center Care. *Seated:* Amy Wray, Hillcrest Credit Agency; Maritza Gonzalez, Food Services.

## Save the Date

**Relay For Life Kickoff  
for Team Medical Center  
Wednesday, February 5 at 3 p.m.  
The Medical Center Auditorium**

Learn more about how to join the fight against cancer as part of Team Medical Center!



# Get Fit Club Corner

A benefit that partners with me.

## Goodbye Scales . . . Hello Measuring Tape!

by Vicki Weaver, RN



We have all become accustomed to the tests associated with our health assessment—blood pressure, height, weight, and multiple blood tests. However, more and more experts are telling us that picking up the measuring tape might give you a more accurate evaluation of your own health. Your waist circumference provides important information regarding fat topography—where your body fat is stored. A waist size increase of as little as two inches can increase your mortality risk as much as 17% for men and 13% for women. A recent study sponsored by the American Cancer Society confirms that waist size is the leading indicator for health risk. Furthermore, using neck circumference is gaining popularity as a new way to gauge a person's health and fitness level and this is being used to combat childhood obesity.

What is belly fat? It is a dangerous visceral fat. Visceral fat lies deep in the gut and drapes vital organs. It is linked to a wide variety of chronic and deadly health problems, including respiratory illness, cancer and heart disease. It is also linked to insulin resistance, which can often lead to type II diabetes.

Is Body Mass Index (BMI) still an important measurement? Yes, but to get a total picture, waist circumference is being recommended by experts. This recommendation comes after waist circumference was related to mortality even within the standard BMI categories. It will not replace laboratory studies for cholesterol and glucose, but is being recommended by many health experts.

What are the benefits in reducing waist size? It is noted in some studies that reducing waist sizes has been known to reduce blood pressure, triglycerides, ALT (alanine aminotransferase) and reduces insulin resistance.

How can I reduce waist size? Each person is different, but you need an exercise/weight management program that includes muscle strengthening and cardiovascular activity. Your program should encourage you to skip the sugar, but not any meals. Increase your vitamin C and healthy fats (such as avocados, walnuts & olive oil). And take time for you! Relax. Cortisol hormone is released by stress, and high levels can impair the function of your adrenal system. Finally, get the appropriate hours of sleep.

## Eggcellence in a shell!

- A large egg has 78 calories, 187 mg of cholesterol (all found in the yolk), 5 g of fat, 1.6 g of saturated fats and 6 g of protein.
- Egg whites contain the purest form of protein found in whole foods.
- To produce one egg, it takes a hen 24–36 hours, and to do so, she requires 5 oz. of food and 10 oz. of water. Thirty minutes later she starts all over again.
- The egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. Storing them in their cartons helps keep them fresh.
- To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked, if it wobbles, it is raw!
- How many yolks should you eat each week? According to the Cleveland Clinic, you should do the following:
  - ✓ Healthy Heart – 6 yolks per week
  - ✓ Heart Disease or high cholesterol – 4 yolks per week
- When preparing your eggs, remember oil-free methods, like boiling or pan fry with cooking spray. Avoid salt, and don't forget egg whites are also a good source of protein (without the cholesterol and fat).



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)