

iCARE Survey Results

2

Chamber Breakfast Promotes The Dental Clinic

Chick-fil-A Opens in HSC

8 Steps to Fight Breast Cancer



New Employees

3

Heroes Festival

Halloween Costumes

Get Fit Club

Employee Health Grows to Better Serve You

4

Disc Golf

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



## The Medical Center 10K Classic

This year marked the 35th running of The Medical Center 10K Classic. More than 1,900 participants took part in the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, Children's Classic and the 10K Classic.

Training and participating in 10K activities keeps people active. Staying active can improve the quality of life, which makes sponsorship of The Medical Center 10K Classic an integral part of CHC's mission to care for people and improve the quality of life in the communities we serve.

The race began and ended on the campus of Western Kentucky University with the course taking runners and walkers through downtown Bowling Green. Participants looking for a shorter distance or slower paced event enjoyed the 1.5 Mile Fun Walk while competitive runners found their place in either the 5K or 10K runs.

The Children's Classic, sponsored by Graves Gilbert Clinic Pediatrics, is designed to promote a healthier lifestyle by encouraging children to train and keep track of their miles, so there are no winners or losers. This event gave children in kindergarten through 6th grade a chance to cross the finish line.

Top female and male finishers in the 10K were Jane Murage from Hebron, KY and Rob Mullett from Indiana. The winner of the wheelchair race was Chad Johnson from Indiana. Top female and male finishers in the 5K were Hannah Hovestol from Bowling Green and Benjamin Peterson from Bowling Green.

For the second year, CHC won the Corporate Challenge. All employees are encouraged to get involved in next year's 10K Classic, whether they are an experienced runner, a beginning runner or a walker.

On The Medical Center's Facebook and Twitter accounts, we followed Thomas Bullen's progress as he trained for his first 10K. Thomas is a CHC employee and was still new to fitness when he began training. He finished with an official chip time of 58:22! Congratulations to Thomas, and all who participated in this year's 10K Classic events.



The Fall 2014 iCare Survey Grand Mean holds steady at 4.37! This keeps us on course to achieve the Great Workplace designation in 2015!

## Chamber Breakfast Promotes The Dental Clinic



Dr. Michael Hubbard was the guest speaker at the October breakfast meeting for members of the Scottsville-Allen County Chamber of Commerce. Dr. Hubbard is the staff dentist for The Dental Clinic. Doris Thomas, Vice President of Marketing and Development, talked about how to support The Dental Clinic and other initiatives through the Commonwealth Health Foundation. The Chamber breakfast was sponsored by The Medical Center at Scottsville.

## ATTENTION, CHICK-FIL-A FANS!

New to The Medical Center-WKU Health Sciences Complex (HSC) is a Chick-fil-A café. The HSC is located on The Medical Center's campus and the Chick-fil-A café is located in the lobby of the HSC. It is open on Mondays and Thursdays from 11 a.m. to 12:30 p.m. All major credit cards and cash are accepted.



- Step 1:** Know your family history and personal risk for breast cancer.
- Step 2:** Perform monthly breast self exams.
- Step 3:** Have a clinical breast exam every 3 years in your 20s and 30s.
- Step 4:** Get your mammogram yearly starting at age 40. Schedule yours today.
- Step 5:** Maintain a healthy weight.
- Step 6:** Exercise regularly.
- Step 7:** Limit alcohol use.
- Step 8:** Share the important steps with the women in your life.

Welcome new CHC employees!



*Left to right front row:* Samantha Hobgood, MRI; Austin Dubree, Central Transport. *Back row:* Brandon Dillard, Rehab Services; Brittany Wilson, Environmental Services; Megan Collins, CRSH.



*Left to right front row:* Dean Jenkins, EMS; Nikki Spore, 4D. *Back row:* Taylor Fields, Lab; Courtney Clark, CFR; Wilma Hamilton, MCS Long Term Care.



*Left to right front row:* Zach Groce, Central Transport; Courtney Maxfield, Women's Health Specialists; John Palmer, CRSH. *Back row:* Dawn Baxter, Food Service; Lauren Conner, 4D.

# HEROES festival

A  
TRUNK  
OR  
TREAT  
EVENT

Hosted by  
Medical Center EMS and  
featuring local emergency  
service departments

SUNDAY

October 26 • 2-4 p.m.

Medical Center EMS Parking Lot  
at 347 31W Bypass

Put on your costume, gather the kids, and join Medical Center EMS and local emergency service departments for the Heroes Festival. Candy and treats will be provided by these groups, allowing children to trunk or treat in a safe and trusted environment. They will also have a chance to check out the equipment, vehicles and helicopters used by fire departments, law enforcement and emergency medical services. For details, call 270-745-1244.

**CHC employees are permitted to wear Halloween Costumes on Friday, October 31.** The costumes must be tasteful, customer friendly and suitable to the business needs of the employee's department. Costumes that are scary, gruesome, racially or sexually suggestive are to be avoided. Please be aware of the impact your costume may have on patients and their families, visitors and to co-workers. Contact your manager or HR if you have any questions about whether your costume meets your department's dress code or is appropriate to the department's business needs.





# Get Fit Club Corner

A benefit that partners with me.

## Employee Health Grows To Better Serve You *by Vicki Weaver, RN*

Many of you recognize Derek Reeder as one of the Employee Health RNs who you've seen over the past two and a half years in the Employee Health office. Derek graduated from WKU in May with a Master's degree in Nursing and successfully passed his Family Nurse Practitioner boards. He started working at The Medical Center in 2007 and has a variety of nursing experiences, including long-term care, medical/surgical and ambulatory surgery. Derek says that occupational health and wellness has proven to be his favorite.

When asked why he became a nurse practitioner, he states that he loves to learn and wants to become an expert in the nursing field. He said that he loves helping people and enjoys learning about medications, illnesses and how the body systems work. "I wanted to become a Family Nurse Practitioner because I enjoy working with the pediatric population and did not want to limit my scope of practice," said Derek.

We are excited to congratulate Derek in his new role as Occupational Health APRN. In his new role, he will continue to work in the Employee Health Office and will join Shelly Hardcastle, APRN in the Employee Health Medical Clinic. He looks forward to incorporating wellness and prevention strategies into his practice.

**Effective November 3, the Employee Medical Clinic will be open Monday through Friday from 7:30 am to 4:30 pm.**

**Watch for more exciting news about Employee Health in the next CHC Intercomm!**

## Disc Golf – Fun For The Entire Family!



If you have been to a park in Warren County, one of the first things you may notice is a Frisbee® flying toward a wire basket. With over eight courses in and around Bowling Green, there is a great variety of places to play. Disc golf was created in the 1970's and shares many of the same rules as golf. The object of the game is to complete each hole in the fewest number of strokes. You throw a plastic disc into a target, which is usually an elevated metal basket. Disc golf uses different types of disc (clubs) which vary in thickness, diameter, and weight. These variations help a player make different shots. For example, a driver is designed for maximum distance while a putter is designed for accuracy.

Playing disc golf has many health related benefits. It provides upper and lower body conditioning and aerobic exercise. It also builds concentration skills by mastering shots and negotiating obstacles. Disc golf is

an easy game to play, but it can be difficult to master. A round of disc golf generally takes a couple of hours to complete. Unlike golf, you walk between shots so you do not have to worry about having a golf cart.

Disc golf is also a great game to play with the family — it can be played by young children all the way to older adults. When you play a particular course, you strive to lower your score from the last time you played. Disc golf is also very inexpensive to participate in — a set of discs can be obtained for less than thirty dollars, and many courses are free to play on. You also do not have to schedule tee times. You can walk up and play at most of the courses. The next time you are looking for something to do with your family, get a set of clubs and go to a local park to play a round of disc golf.

**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)