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The Medical Center 10K Classic

This year marked the 34th running of The Medical Center 10K Classic. Despite the threat of rain, more than 2,000 participants took part in the 10K Classic, the 5K Run/Walk, the 1.5 Mile Fun Walk, or the Children's Classic.

Training and participating in the 10K activities help people be active, and 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 beautiful campus of Western Kentucky University, and the course took participants through historic, downtown Bowling Green. Participants looking for a shorter distance, slower paced event enjoyed the 1.5 Mile Fun Walk while amateur and competitive runners found their place in the 5K and 10K runs.

An exciting part of the day's events was the Children's Classic, which is designed to promote a healthier lifestyle by encouraging

children to train and keep track of their miles. It gave children in kindergarten through 6th grade a chance to cross the finish line.

The Medical Center 10K Classic served as the RRCA (Road Runners Club of America) State Championship Race, bringing state recognition to this year's event. In addition to RRCA awards, cash and age division awards were given to top finishers in the 10K, 5K and Wheelchair races. Top male and female finishers in the 10K were Elijah Muturi Karanja and Allison Morgan.

All employees are encouraged to consider getting involved in next year's 10K Classic, whether an experienced runner, a beginning runner, or a walker. At The Medical Center 10K Classic, there is a fitness level event for everyone.

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



Parking at Commonwealth Medical Plaza and The Medical Center

Various parking changes are taking place to ensure we meet the needs of patients at Commonwealth Medical Plaza and visitors to The Medical Center. The changes consist of:

- Entry and exit gate at the Commonwealth Medical Plaza parking lot located at the corner of 2nd Avenue and Park Street. Once we activate the gates, this lot will be solely dedicated to Commonwealth Medical Plaza.
- The large parking lot on Park Street, located between 3rd and 4th Avenues and directly across the street from Outpatient, will be dedicated to Hospital patients and visitors. This lot is currently employee parking.

- A new employee parking lot is located at the corner of 4th Avenue and High Street. This lot has added 137 parking spaces for employees.

It is important for all of us to work together to ensure satisfaction for our patients and visitors. Employees must park in employee-assigned areas while at work so that our customers have adequate parking. Parking is an important component to the overall experience at The Medical Center and Commonwealth Medical Plaza.

If you have questions or concerns about the parking changes, contact Gary Sullivan, Director of Security, at GWSullivan@chc.net.



Hosted by
Medical Center EMS and
featuring local emergency
service departments

SUNDAY
OCTOBER 27
2 TO 4 P.M.

Medical Center EMS Parking Lot
at 347 31W Bypass

Upcoming Events

The Medical Center at Scottsville Community Health Fair

October 26 – 8 a.m. to noon
YMCA of Scottsville & Allen County,
309 West Cherry St. in Scottsville

The Medical Center at Scottsville will once again host its annual Community Health Fair to provide residents of Allen County with access to a variety of free screenings. For more details, visit www.TheMedicalCenterScottsville.org.

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Expectant Parent Fair

November 3 – 1 to 3 p.m.
The Medical Center Auditorium

If you're expecting or considering having a baby, don't miss the semiannual Expectant Parent Fair. Tours of The Medical Center Obstetrics (OB) unit will be offered with an opportunity to speak with OB staff. Local organizations and businesses that cater to expectant parents and babies will provide information about their services. For more information, call 270-745-1098.

**YOU ARE
CORDIALLY
INVITED**
**Charity
Ball 2013**

SATURDAY
NOVEMBER 16, 2013

SLOAN CONVENTION
CENTER

For more information, visit www.CommonwealthHealthFoundation.org
or call Kathy Smith, Development Coordinator, at ext. 6519.

Welcome to new CHC employees!



Standing, left to right: Ashlyn Dillard-Givens, Nursing; Samantha West, Cal Turner Rehab and Specialty Care; Amanda Johnson, Cal Turner Rehab and Specialty Care. Seated, left to right: Marisa Bradsaw, Nursing; Lashay Donan, Nursing.



Standing, left to right: Shana Atkinson, Nursing; Andrea Terry, ER; Gracie Oliphant, MCS Long Term Care. Seated, left to right: Erika Pierce, ER; Lauren Carroll, Nursing.



Left to right: Brian Burbage, EMS; Sarah Crane, OB (Mom365); Billy Bramer, Security.



Standing, left to right: Sara Freeman, Marketing; Christina Atkins, Senior Perspectives. Seated, left to right: Joshua Sanford, Central Transport; Margaret Byrns, ESD.

The Medical Center Maintains Chest Pain Center Accreditation with PCI

The Medical Center received full accreditation with PCI from the Society of Cardiovascular Patient Care (SCPC) on September 13. This is the fourth accreditation cycle The Medical Center has completed since 2004. The Medical Center is the only Chest Pain Center in Southcentral Kentucky accredited with PCI. Percutaneous coronary intervention, referred to as PCI, is the use of cardiac catheterization to treat the narrowed coronary arteries of the heart.

"Receiving the highest level of accreditation by the Society of Cardiovascular Patient Care demonstrates that The Medical Center is providing the national standard of care right here in our community for a heart attack patient," said Connie D. Smith, President and Chief Executive Officer of Commonwealth Health Corporation, parent company of The Medical Center. "The use of PCI allows our interventional cardiologists to go directly to the source of a blockage to preserve heart muscle and potentially reduce mortality."

According to guidelines established by the American College of Cardiologists and the American Heart Association, when done in a timely fashion, PCI is the preferred treatment option for patients suffering from acute myocardial infarction, or a heart attack. The Medical Center operates its Cardiac Catheterization Lab 24 hours a day, seven days a week to ensure that PCI can be performed by an interventional cardiologist when indicated.

"The rigorous standards we meet in treating heart attack patients are reflected in our accreditation by the Society of Cardiovascular Patient Care," said Bart Spurlin, M.D., Medical Director of The Medical Center Emergency Department. "Our team of healthcare professionals from Medical Center EMS, Emergency Department, Cardiac Cath Lab, Nursing and various ancillary departments works tirelessly to ensure the most appropriate, evidence-based care is provided in the most efficient and timely manner to save lives and reduce the damaging effects of heart attacks."

ECHO Barnyard Bash Nacho Mania

November 1 • 10:30 a.m. to 1:30 p.m.

The Medical Center Auditorium

Lunch \$5 or FREE if you become a new ECHO donor or increase your pledge.

DRAWINGS WILL BE HELD!

Don't miss this opportunity to win an iPad, Nook, or Charity Ball tickets!

For more information about ECHO, visit www.CommonwealthHealthFoundation.org



World Stroke Day

October 29 is World Stroke Day and a perfect time to bring awareness to stroke. Did you know the following facts about stroke?

- Every 40 seconds someone has a stroke.
- On average, every 4 minutes someone dies of stroke.
- Stroke kills 128,000 people a year. That's about one of every 19 deaths.
- Stroke is the #4 cause of death among adults in the U.S.

It is important to think **F.A.S.T.** and recognize the warning signs of stroke.

Face Drooping – does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

James W. and Mary Carolyn Wolfe Brite Nursing Scholarship

Commonwealth Health Corporation in conjunction with the Commonwealth Health Foundation is offering a Nursing Scholarship for a student actively enrolled in an accredited Nursing Program at Western Kentucky University. This nursing scholarship is available to nursing students in either an Associate Degree Nursing Program or a Bachelor Degree Nursing Program.

The Scholarship is for the 2014 calendar year (Spring 2014/Fall 2014). It includes \$6,000 per year to be applied to tuition, required textbooks and fees.

The scholarship will be awarded to a CHC employee meeting the following established criteria:

- Current CHC employee
- Three (3) years of service with commendable or above performance review ratings

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

To help you remember **F.A.S.T.**, [click here to download a free mobile application](#) for your phone.

**Statistics from the American Heart Association/American Stroke Association, World Health Organization and Centers for Disease Control and Prevention.*

- Acceptance into a nursing program (with an established completion date)
- Establish financial need (will use most recent 1040 form)
- Maintain minimum 2.75 GPA requirement for continuation of scholarship
- Agree to work for CHC as a full time RN one year for each year of the scholarship award upon graduation

If you are interested in applying for the James W. and Mary Carolyn Wolfe Brite Scholarship, please contact Sara Freeman, Marketing/Development Coordinator, at ext. 1543 or freese@chc.net to obtain an application. The completed application and accompanying documentation must be returned to Human Resources by November 8.

Retirements



Pam Brigl, Clinical Manager for The Medical Center Endoscopy, retired after 32 years of service. Congratulating her is Connie Smith, President and Chief Executive Officer.

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.

L. Sharon Smith, M.D.

Breast Cancer/Mammography

Wednesday, October 23, AM Kentucky

Tuesday, October 29, 5 p.m. News

Wednesday, October 30, AM Kentucky

Narenda Nathoo, M.D.

Stereotactic Radiosurgery

Tuesday, November 5, 6 p.m. News

Wednesday, November 6, AM Kentucky

Tuesday, November 12, 5 p.m. News

Wednesday, November 13, AM Kentucky



Get Fit Club Corner

A benefit that partners with me.



Don't underestimate the influence you can have by spending quality time with your kids in the kitchen. In a world where childhood obesity is soaring, we cannot forget to look at the basics. Studies have proven that children who are exposed to healthy routines at home are 40 percent less likely to be obese than kids who don't experience any of these routines. Simple family routines include eating as a family, getting adequate sleep and watching less TV. Eating as a family has many benefits — it strengthens family ties and allows time for families to bond, plan, connect and learn from one another. Family meals foster a feeling of love and belonging, as well as strengthen and unify the family.

A great way to get you started in the right direction is to participate in The Kids Cook Monday campaign. Part of the Healthy Monday Campaign, which provides us with Your Healthy Monday Tip and ideas like Meatless Monday, is

"The Kids Cook Monday!" This provides a weekly opportunity for parents and kids to cook and eat together. The Kids Cook Monday website and social media program feature weekly kid-friendly recipes and tips for parents, as well as comprehensive resources for educators developed with the help of Columbia Teacher's College in New York.

For more information on the benefits of cooking and eating with your kids and weekly recipes and tips, visit TheKidsCookMonday.org. There is also a toolkit for parents, weekly family-friendly recipes and active communities on Facebook and Twitter.

We have a suggestion for your first Kids Cook Monday! Tomato Basil Pasta (see recipe at right) is great for kids to make because everything goes in the pot at one time. You don't have to precook your pasta and you don't have to strain it when it is finished! The pasta and the other ingredients cook together making a delicious and easy dish.

Start your week off right: Make Monday family night!

Tomato Basil Pasta

- 12 ounces whole wheat pasta (uncooked)
- 1 can (15 ounces) diced tomatoes with liquid (zesty red pepper flavor is recommended)
- 1 large sweet onion, cut in julienne strips
- 4 cloves garlic, thinly sliced
- 1/2 teaspoon red pepper flakes
- 2 teaspoons dried oregano leaves
- 2 large sprigs basil, chopped
- 4 1/2 cups vegetable broth
- 2 tablespoons extra virgin olive oil
- Parmesan cheese for garnish

Directions:

Place pasta, tomatoes, onion, garlic, basil, in a large stock pot. Pour in vegetable broth. Sprinkle on top the pepper flakes and oregano. Drizzle top with oil. Cover the pot and bring to a boil. Reduce to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated. Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot. Serve garnished with Parmesan cheese.

Nutritional Information (for 6 servings): 286 calories; 6 grams fat; 8 grams fiber; 9 grams protein; 46 grams carbohydrate; 903 mg sodium (consider using reduced sodium broth for special diet needs).

Congratulations to **Jane DeMauro** of The Medical Center Women's Services! She won the healthy vending Simple Pleasures Schwinn bicycle give-a-way (by Canteen Vending). Our next healthy vending Simple Pleasures give-a-way will be a Wii Fit! The winner will be drawn January 31, 2014. For more information on Simple Pleasures, visit the Get Fit Club site.



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