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## The Medical Center Joins Norton Healthcare/UK HealthCare Stroke Care Network

The Medical Center has become the newest member of the Norton Healthcare/UK HealthCare Stroke Care Network, a community-based stroke initiative providing the highest quality clinical and educational programs to hospital staff and the community. The Medical Center is the only hospital in Southcentral and Western Kentucky to join the network, which includes 25 affiliate hospitals.

"This affiliation with the Norton Healthcare/UK HealthCare Stroke Care Network will enhance The Medical Center's ability to carry out our mission to care for people and improve the quality of life in the communities we serve," said Connie Smith, President and Chief Executive Officer of Commonwealth Health Corporation. "Through collaboration with affiliate members, we will ensure patients in Southcentral Kentucky have access to the most advanced stroke treatment and prevention."

As part of the Norton Healthcare/UK HealthCare Stroke Care Network, The Medical Center will continue to be a first-line stroke treatment center. The collaboration will allow for the sharing of best practices and outcomes data to promote continuous quality improvement in stroke care.

"By educating members of the community and Emergency Medical Services personnel in the region, we work together to provide valuable information about recognizing the signs of stroke and the importance of early treatment," said Dr. Michael R. Dobbs, Director of the Norton Healthcare/UK HealthCare Stroke Care Network. "Our affiliate hospitals teach us about their communities and their patients. Meanwhile, we provide access to the resources and knowledge we have as an academic medical center."

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



## In Memoriam



**Kimberly Jo Jackson**

CHC mourns the loss of Kim Jackson, who passed away Sunday, Nov. 16. Kim had worked as an RN in Outpatient at The Medical Center since 2009. Kim was also a member of the Commonwealth Health Foundation's Community Relations Committee and currently served as the Co-Chair of The Charity Ball.

We extend our deepest sympathies to Kim's family, friends and colleagues.

## Make the Season Bright

*Join us in lighting the tree!*

The Medical Center at Scottsville – Front Entrance  
Thursday, December 4

The Medical Center at Franklin – Front Entrance  
Tuesday, December 9

The Medical Center at Bowling Green – Auditorium  
Thursday, December 11

All programs begin at 5:30 p.m.

Enjoy holiday refreshments with Santa

*100% of your gift supports  
Commonwealth Health Foundation initiatives.*

Purchase a light at [CommonwealthHealthFoundation.org](http://CommonwealthHealthFoundation.org)

## 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.

**Iass El Lakkis, MD**

**Travel Medicine & Vaccines**

Tuesday, December 9, 5 p.m. News

Wednesday, December 10, *AM Kentucky*

**Aspasia Fissikoudi-Trivizadakis, MD**

**NICVIEW Camera System**

Tuesday, December 16, 6 p.m. News

Wednesday, December 17, *AM Kentucky*

You can view all the segments at

[TheMedicalCenter.org](http://TheMedicalCenter.org).

## Welcome new CHC employees!



*Left to right front row:* Brittany Harris, Urgentcare; Sharlet Shepherd, Women's Health Specialists. *Back row:* Nikki Schneider, Nursery/NICU; Elizabeth Watson, MCS Food Services; Christy Odell, Patient Registration.



*Left to right front row:* Coby Adler, Hillcrest Credit Agency; Joanie Duncan, Food Services. *Back row:* Kimberly Gibbons, 4A; Erika Young, Senior Perspectives; Dennisa Bluett, MCS Environmental Services.



## Welcome new CHC employees!



Left to right front row: Jakub Skotak, Patient Registration; Jamie Cape, MCS LTC. Back row: Kristine Penkava, Lab; Audrey Kaelin, Food Services; John Haswell, Engineering.



Left to right front row: Brittany McDavid, Pharmacy; Tammy Roberts, Urgentcare. Back row: Caitlyn Ford, 4A; Demetrius King, Senior Perspectives.



Left to right: Azra Busnjakovic, Urgentcare; Lori Cassity, Environmental Services; Janice Akin, ICU.

## Tom Turkey Food Drive Surpasses Goal



The CHC Tom Turkey food drive was a record breaker for The Medical Center at Bowling Green. This year The Medical Center at Bowling Green soared past its goal of 6,500 items and collected a record breaking 8,413 canned and boxed food donations. For the second year in a row, the Emergency Room employees will keep the Turkey trophy. ER collected 2,113 items, the most of any department.

The Medical Center at Franklin donated 607 items. Surgery is the winner of the Franklin Turkey trophy with a donation of 152 canned goods and box mixes.

All the food collected at The Medical Center at Scottsville was donated to Community Action of Southern Kentucky Agency in Allen County. The Franklin donations went to Good Samaritan. All the food collected at The Medical Center at Bowling Green was delivered to the Salvation Army to help provide food for its annual community Thanksgiving dinner.

## CHC Wins in Statewide Marketing Awards

During the annual Kentucky Society for Healthcare Public Relations & Marketing's fall conference held November 13 in Louisville, Commonwealth Health Corporation took top honors in the society's annual Thoroughbred Awards competition. CHC received Thoroughbred Awards in the Video category for the Charity Ball video showcasing the Free Clinic and The Dental Clinic and in the Educational Project category for the Weight of the Nation Town Meeting campaign. The Medical Center Health and Wellness Center held a town hall meeting to discuss how to best educate our community in the fight against obesity. CHC also was awarded Certificate of Merit awards



in the Fund Raising Campaign category for Commonwealth Health Foundation's Charity Ball, in the Annual Reports category for CHC's 2013 Community Benefit Report, in the Microsite category for The Medical Center Cancer Annual Report and in the External Newsletter category for *WellNews* community newsletter.

## Employees with Service Excellence! December 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.



### Ambassador

#### Pat Simmons

*The Medical Center – Food Services*

"Pat is caring and friendly to everyone. She is attentive to the needs and likes of the patients. Pat never hesitates to assist others and exhibits professionalism in her work each day. She is a wonderful team member and a model of service excellence."



### Ambassador

#### Michelle Stratton

*The Medical Center at Franklin – Acute Care*

"Michelle is a wonderful co-worker and is always helping others. She is very caring and respectful to our patients. Michelle is a great team member, and she has a positive rapport with her patients. She does her work with the highest degree of excellence."



### Ambassador

#### Kevin Warren

*The Medical Center – Emergency Department*

"Kevin works tirelessly assisting with our patients. He is always cheerful and ready to help in any way. Kevin is conscientious in his responsibilities and proficient in his patient care skills. He makes a positive difference in the lives of others."



### Golden Pineapple – 4th Quarter

#### Mary Jo Baker

*The Medical Center – 5A*

"Mary Jo is professional in her work and a leader in all that she does. She is an effective manager with kindness and understanding. She is helpful to everyone and caring with all patients. Mary Jo demonstrates excellent customer service with our patients, their families, and her staff."



## Dash for Dimes

The March of Dimes Dash for Dimes, presented by Team Medical Center was Saturday, November 15 at Ephram White Park. Dash for Dimes consisted of a 5k Race, a 2 Mile Awareness Walk, a Kid's Fun Loop and a Toddler Trot. Pictured above are participants Nichole McIntosh, NICU, Jordan Russell, 2B, Trisha Chaffin, Nursery, Liz Wooldridge, Respiratory Therapy and her daughter Kaydee, Caitlin Burklow, Director of OB, and Calista Edelen, NICU.

## Accomplishments

**Melissa Allen**, Infection Preventionist with Quality Resource Management, was recently elected to Chapter Legislative Representative for the Association for Professionals in Infection Control and Epidemiology (APIC).

**Shannon Brindley**, Manager of Specialty Service with The Medical Center at Franklin, and **Amanda Howard**, Manager of Specialty Service with The Medical Center at Scottsville, both completed a training consortium supervisor certificate program. The certificate was awarded from Western Kentucky University.





# Get Fit Club Corner

A benefit that partners with me.

## Witness to Wellness

By Derek Reeder, APRN



Congratulations to **Tosha** for winning this month's *Witness to Wellness Award!* Tosha was also the winner of the *Step into Spring Step Challenge* which ran from April 21 until June 16. She won by taking 1,158,299 steps, which translated into 548.44 miles. She works at The Medical Center as a Pharmacy Technician. On the day that she was to get her step challenge award, she went into labor.

She was inspired to take the challenge because she wanted to see how many steps that she took each day. She wore her pedometer from the time

she woke up in the morning until the time that she went to bed at night. During her free time she likes to do other fitness activities such as riding her bicycle and playing ball with her kids. In addition to exercise, she changed her eating habits by drinking more water and choosing healthier food.

She is a mother of eight children and says that it is not hard at all to fit walking in her busy schedule. She says, "It's not hard if you put your mind to it, plan a schedule and stick to it." She also gives the following advice to other people who want to start exercising: "It seems hard in the beginning but the more you do, the better you feel."

*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 him or her for the Witness to Wellness Award. You can send the completed nomination forms to Employee Health. If you have any other questions, contact us at (270) 745-1263.*

## Easy Applesauce Pumpkin Muffins

### Introduction

Minutes to Prepare: 5

Minutes to Cook: 20

Number of Servings: 24

### Ingredients

1 box Spice Cake Mix

1 15-oz. can Pumpkin (not pie mix)

1/3 cup Applesauce

1 Egg

1 tsp. Vanilla

### Directions

Preheat oven to 350° F.

Gently fold together all ingredients. Mixture will be light & airy.

Drop by heaping tablespoons into greased muffin cups or use muffin liners.

Bake 18–22 minutes or until toothpick inserted comes out clean.

### Nutritional Info

Servings per Recipe: 24

Calories: 96.6

Total Fat: 2.0 g

Cholesterol: 7.8 mg

Sodium: 143.4 mg

Total Carbs: 19.1 g

Dietary Fiber: 0.6 g

Protein: 1.5 g



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)