

# INTERCOMM

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## It's Annual Open Enrollment Time – February 24–March 9!

*Get the Know-How before making your choices*

Your health counts. So before you make your benefit choices for next year, you need to apply some know-how to do it right.

Human Resources will be sending various communications to help you understand your benefit options. Watch for important emails, including the Benefit Enrollment Guide, which will walk you through all of your benefit options and the details for each.

Soon, you will see an Annual Open Enrollment icon on the desktop of work computers and in Citrix when you log in from home. By clicking on the icon you will find all the information pertaining to Annual Open Enrollment, including:

- An interactive video that explains “what’s changing” and CHC medical plan options

- Links to important benefit information and Know Your Numbers screening/Benefit Fair dates
- Frequently asked questions
- Link to MyHRaccess, where you sign-up for benefits.

After reviewing your benefit options, consider your needs and those of your family. Make a decision about the programs and coverage level that is right for you this coming year. Then, beginning February 24, log on to MyHRaccess to enroll in or make changes to your benefit elections for the 2014–2015 benefit period. If you have questions, call 270-745-1540 or email [HRHelpDesk@CHC.net](mailto:HRHelpDesk@CHC.net).

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



# Surviving a Heart Attack Takes a Team

The Medical Center's Chest Pain Committee has made significant strides in improving care for heart attack patients over the last five years. Specifically the team focused on a particular type of heart attack called a STEMI, or ST elevation myocardial infarction. A STEMI is caused by a blocked coronary artery that results in a sudden loss of blood flow to the heart. This loss of blood flow leads to destruction of heart muscle if flow is not restored quickly.

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 STEMI. PCI, or percutaneous coronary intervention, is the use of cardiac catheterization to treat the narrowed coronary arteries of the heart.

STEMI patients arriving at The Medical Center receive PCI in times well below the national average. The Society of Cardiovascular Patient Care has set a goal of 90 minutes for Door to Balloon (D2B), the time from when a patient arrives at the hospital door to the time the patient's PCI is completed. In 2013, The Medical Center achieved D2B time under 90 minutes in 98.5% of the time and under 60 minutes in 82.1% of the time. The Medical Center's median D2B time was 48 minutes.

The Medical Center operates its Cardiac Cath Lab 24 hours a day, seven days a week to ensure that PCI can be performed by an interventional cardiologist when indicated. But saving heart muscle begins well before the Cath Lab. EMS services and The Medical Center Emergency Department play critical roles in responding to heart attack

patients, initiating care and moving patients quickly to the Cath Lab. But for EMS, ED and Cath Lab to be successful, patients have a vital role to play.

## What You Can Do

For PCI to be most effective in saving heart muscle, patients need to get to the Cath Lab as soon as possible from the time of onset of symptoms. There are three things you can do if you or someone you know is having a heart attack.

- Recognize the signs of the heart attack.
  - Discomfort, pain, heaviness, squeezing, fullness or tightness in your chest
  - Discomfort or pain in your jaw, neck, arms or back
  - Difficulty breathing
  - Nausea and vomiting
  - Cold sweats and pale skin
  - Lightheadedness or passing out
  - Severe weakness
- Call 911 immediately.
- Do not attempt to drive yourself or a heart attack victim to the hospital.
 

*Treatment can begin in route to the hospital in an ambulance.*
- Have aspirin on hand.
 

*Emergency Medical Dispatch may instruct you to chew aspirin to thin your blood in order to buy precious time.*

Surviving a heart attack with minimal damage to the heart is dependent on you taking decisive action and calling 911.

# 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.

**Brian Wallace, M.D.**

### Osteoporosis/Bone Density Testing

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

**Karen Lyons, M.D.**

### Endometrial Ablation

Tuesday, February 25, 6 p.m. News  
Wednesday, February 26, *AM Kentucky*  
Tuesday, March 4, 5 p.m. News  
Wednesday, March 5, *AM Kentucky*

## Save the Date

### March for Babies Kickoff

The Medical Center will once again sponsor the March of Dimes March for Babies scheduled for Saturday, April 19. A community wide kickoff will be held on Thursday, February 20 at 6 p.m. at The Medical Center-WKU Health Sciences Complex. If you are interested in joining Team Medical Center, attend the kickoff or contact Liz Wooldridge at [WoolEA@chc.net](mailto:WoolEA@chc.net).

### Women-in-Charge Luncheon "Matters of the Heart"

Join Clinical Educator Sherry Suggs, R.N. as she discusses CPR and how knowing this skill can save lives.

**February 25 at Noon  
The Medical Center Auditorium**

\$8 per person. Register online at [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org). For more information, call 270-745-1010.

## Retirements



**Betty Crabtree**, Emergency Department (second from right), retired after more than 27 years of service. Congratulating her are, left to right: Dr. Bart Spurlin; Bob Peglow, Emergency Department Director; Connie Smith, Chief Executive Officer of The Medical Center; and Wade Stone, Executive Vice President.

## Accomplishments

Congratulations to **John Mark Fones**, Senior Vice President - Managed Care, who was elected to serve as 2014 board chair of the Bowling Green Area Chamber of Commerce.

**Anne Afton, RN, BSN, CNIV**, received the 2013 Kentucky Emergency Nurses Association State Achievement Award. This award honors a nurse who exemplifies outstanding nursing practice as demonstrated through clinical skills, care and compassion. Some of Anne's qualifying activities include hosting a state Educational Conference held in Frankfort, working with the schools of Nursing along with the Student Nurses Association, attending with delegates to the annual General Assembly Conference, providing information to the public concerning Emergency Nursing, and advocating with contacts with our state government officials.

## Scholarship Applications now being Accepted for 2014–2015 Academic Year

Applications for the following scholarships are now being accepted for the 2014–2015 academic year: the Floyd Ellis Scholarship and the Helen Dinning Scholarship. **The deadline for submitting application(s) for these scholarships is April 14.** To request a list of guidelines and application for one or more scholarships, please contact Sara Freeman, Marketing and

Development Coordinator, at extension 1543 or [FreeSE@chc.net](mailto:FreeSE@chc.net).

As a reminder, the deadline to submit applications for the Carrel K. Sumner Family Memorial Scholarship, the Charles M. Stewart Scholarship, the Herbert A. Oldham Scholarship and The Medical Center at Scottsville Scholarship is **March 14**.

## The Medical Center at Franklin Gearing Up For Annual Health Fair

Mark your calendar! The 2014 Franklin-Simpson Chamber of Commerce Community Health Fair presented by The Medical Center at Franklin will be held Saturday, March 1 from 7:30 to 11:30 a.m. at the Franklin-Simpson Middle School Gym.

Last year, more than 300 people attended the Health Fair, taking advantage of more than \$600 in free health screenings and health information. This is the 7th year for the Health Fair, an event that continues to grow every year.

## CHC SPONSORED BLOOD DRIVES February 2014

CHC will sponsor Blood Drive Events at its facilities during the month of February:

**The Medical Center at Franklin Blood Drive**  
Wednesday, February 12 • 7:00 – 11:00 a.m.  
MCF Education Building

**The Medical Center (Bowling Green) Blood Drive**  
Tuesday, February 18 • 10:00 a.m. – 2:00 p.m.  
MCBG Auditorium

**The Medical Center (Scottsville) Blood Drive**  
Wednesday, February 26 • 7:00 – 11:00 a.m.  
MCS Adult Learning Center



*To schedule an appointment, donors are asked to go on-line [www.redcrossblood.org](http://www.redcrossblood.org). Enter sponsor code: **themedicalcenter19***

The Red Cross asks that each donor make an appointment. This will help assure that donation time is kept to a minimum. The Red Cross estimates donation time to be around 1 hour.

**By donating blood, you will be giving the greatest gift of all - LIFE.**

# Employees with Service Excellence! February 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

### Christa Atkins

*Commonwealth Regional Specialty Hospital  
Care Coordination*

"Christa is such an asset to our CRSH team! She is encouraging to the patients with whom she works and is excellent in preparing them for discharge. She always has our patients' best interests at heart. Christa is professional in all of her undertakings with the patients and the staff."



## Ambassador

### Jessica Pinson

*The Medical Center at Franklin – Surgery  
Department*

"Jessica provides a positive attitude to her patients and to her co-workers. She is always willing to help others regardless of how busy she is. Jessica gives 110% in all of her responsibilities and is proficient in her work. We are thrilled she is part of the MCF family."



## Ambassador

### Sherry White

*Bluegrass Outpatient Center*

"Sherry makes sure all patients' needs are met. She promotes laughter and fun for our patients and was instrumental in having Graduation gifts when they complete their therapy. Sherry is detail-oriented and has the best interests in mind for everyone, every day. She epitomizes Service Excellence."



## Golden Pineapple

### Pat Pearson

*Home Care Program*

"Pat is truly an engaged staff member. She may be in her office as a manager or making home visits to our patients. She always goes the extra mile to make sure all needs are met for our patients and for our staff. She leads by example in everything she does and excels in service excellence to everyone!"

## Welcome new CHC employees!



*Left to right: Brooke Holman, 5A; Lacey Roussel, MCF-Acute Care; Lacey Phelps, 4A; Elizabeth France, 3D.*



*Left to right front row: Chris Lingar, 5C; Kristian McGee, 5C; Christian Sharp, CRSH. Left to right, back row: Melinda Swift, 4B; Bradley Russell, CRSH.*



*Left to right front row: Judith Torres, Internal Staffing; Melinda Leek, 5C; Kasey Dalton, Urgentcare. Left to right, back row: Saad Sheikh, Patient Flow; Samantha Shuffett, 4A.*



*Left to right: Mike Butterfield, Food Services; Atria Constant, 3B.*



# Get Fit Club Corner

A benefit that partners with me.

## Sticking to Your New Year's Resolution!

by Derek Reeder, RN

The clock struck midnight and it's January 1...Happy New Year!! It is now time to start working on achieving your New Year's resolution. The first day comes, and you are doing great; but by the time a couple weeks have passed it becomes increasingly difficult to stick with your resolution. Here are some tips to help.

- **If you have a bad day and go against your resolution, just realize you can start fresh the next day.** You do not have to wait until next year or next week to restart your resolution; you can restart the next day. You should write your resolution down because this helps the resolution appear more real. It is also helpful to focus on one change at a time. Do not try to lose 50 pounds, stop smoking, and increase your exercise regimen all at once. Break down your goals to something manageable and focus on one resolution at a time.
- **Always think positive** — don't use negative thinking! When you think about your resolutions, do not think, "I just don't have time to go to the gym." Instead say, "I feel much better when I go to the gym." Focusing on the positive is far more motivating than focusing on the negative aspects of your resolution. It is also important to make your changes gradually — you are less likely to stick to your resolution if you go cold turkey. It is best to give yourself plenty of time to make the change. Studies have shown that it takes at least 21 days of pursuing a new habit to break the old one.
- **Getting support is very important.** Tell a trusted friend or loved one about your resolution. They can keep you focused on your resolution. Be sure to celebrate your successes, but celebrate in a way that doesn't set you back. If your resolution was to lose weight and you lost 20 pounds, you would not want to go to an all-you-can-eat buffet for your reward.

Keep these tips in mind and you will be able to stick with your resolution by the time the clock strikes midnight on January 1, 2015!

### Portobello Mushroom Chili

2 tablespoons extra virgin olive oil  
 2 medium onions, diced  
 2 cloves garlic, chopped  
 1 tablespoon chili powder  
 ¼ teaspoon ground cayenne pepper  
 1 ½ pounds Portobello mushrooms, cut into  
     ½ inch pieces  
 1 (28 ounce) can Italian-style diced tomatoes  
 1 (19 ounce) can red kidney beans  
 ½ teaspoon of ground black pepper  
 Salt to taste

#### Directions

Heat the oil in a large pot over medium heat, and cook the onions until tender. Stir in the garlic, chili powder, and cayenne pepper. Mix the mushrooms into the skillet, and continue cooking, stirring frequently, 10 minutes, or until tender.

Pour the tomatoes and beans into the skillet. Season with salt and pepper. Reduce heat to low cover, and simmer 40 minutes.

Serves 6

#### Nutrition

Calories – 193  
 Carbohydrates – 28.4 g  
 Cholesterol – 0 mg  
 Fat – 5.4 g  
 Fiber – 9.4 g  
 Protein – 9.4 g  
 Sodium – 518 mg

