

# INTERCOMM

March 26, 2014

2  
March is Colorectal Cancer Awareness Month

Mother-Daughter Tea

90 Seconds to Better Health

Women-in-the-Arts

3  
New Employees

Retirements

Expectant Parent Fair

Hartland Massage

4  
Get Fit Club Corner

Witness to Wellness

Plan to Be Tobacco Free

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



GALLUP®



GREAT  
WORKPLACE  
AWARD



## CHC Receives 2014 Gallup Great Workplace Award

Commonwealth Health Corporation has received the 2014 Gallup Great Workplace Award which recognizes the best-performing workforces in the world. CHC is one of 36 organizations to receive the prestigious Gallup award this year.

"Employee engagement is one of CHC's core strategic goals. It is not a one-time initiative but a culture that is woven throughout all aspects of our corporation," said Connie Smith, President and Chief Executive Officer of Commonwealth Health Corporation. "We at CHC recognize that a highly engaged workplace means a better place for our employees to work and a better place for our patients to receive quality care."

CHC began utilizing the consulting services of Gallup in 2008 and since that time has experienced significant gains in employee engagement. Results from a 2013 employee engagement survey of CHC's employees, combined with a demonstrated link between engagement and business outcomes, qualified CHC to apply for the award.

"In order to maintain long-term growth and profitability, we must invest time, energy and resources into engaging our employees," said Smith. "We have found that engaged employees improve overall patient care and help in managing the impact of declining reimbursements and financial challenges due to the disproportionate share of government subsidized care provided by our hospitals and other facilities." Over the past six years,

CHC has experienced reduced employee turnover, decreased patient complaints, increased employee donations to CHC's charity care programs, and improved financial performance.

Only organizations who meet specific criteria may apply for the award. Applicants' results are compared across a workplace research database composed of millions of work teams in more than 100 countries. A panel of workplace experts assesses each application and selects the winners. CHC will be presented the award during the Gallup Spring Summit on May 13-15 in Omaha, Nebraska. During the summit, Great Workplace Award winners including CHC will present the best practices they applied to their workplace and the improved business results they achieved through building an engaged workforce.

"These award-winning organizations set a new standard for workplace excellence," said Dr. James Harter, Chief Scientist with Gallup. "They have proven track records for improving lives along with performance. The management tenets they practice have proven value in both thriving and struggling economies overall."

## March Is National Colorectal Cancer Awareness Month

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

### How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Colorectal cancer screening saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

- Colorectal cancer screening helps find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.
- In addition to increasing the intensity and amount of your physical activity, avoiding obesity and weight gain around the midsection, and not drinking too much alcohol, you can also lower your colorectal cancer risk by not smoking. If you smoke, quit smoking completely. If you don't smoke, don't start, and avoid secondhand smoke.

### What Are the Symptoms of Colorectal Cancer?

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of these symptoms, the only way to know what is causing them is to see your doctor.

### When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly until the age of 75. Ask your doctor if you should be screened if you're older than 75.

*Content source: Division of Cancer Prevention and Control, National Center for Chronic Disease Prevention and Health Promotion. Centers for Disease Control and Prevention, www.CDC.gov.*

## Mother-Daughter Tea



A springtime tradition returns with The Medical Center's Mother-Daughter Tea on **Saturday, May 10 from 3 to 4 p.m.** at The Medical Center Auditorium. This special day set aside for mothers, daughters, sisters, grandmothers or special friends is the perfect way to celebrate Mother's Day weekend.

This year's tea will feature a fashion show presented by My Friend's Place.

**The cost is \$8 per person.**  
**Pre-registration is required.**  
**Register online at [TheMedicalCenter.org](http://TheMedicalCenter.org).**

**For more information,**  
**call 270-745-1010 or 800-624-2318.**

## 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.

#### Low-dose CT Screening for Lung Cancer

Tuesday, April 1, 5 p.m. News  
 Wednesday, April 2, *AM Kentucky*

### Clark Bernard, M.D.

#### Lumbar Herniated Disc

Tuesday, April 8, 6 p.m. News  
 Wednesday, April 9, *AM Kentucky*  
 Tuesday, April 15, 5 p.m. News  
 Wednesday, April 16, *AM Kentucky*

You can view all the segments at  
[TheMedicalCenter.org](http://TheMedicalCenter.org).



## Save the Date

## Women-In-The-Arts Exhibit

The Women-In-The-Arts Exhibit will feature artwork in the following categories: painting, sculpture, ceramics, works on paper, fiber works, and photography.

The public exhibit will take place in The Medical Center Auditorium Friday, April 11 through Sunday, April 13. Winning artwork will receive awards and be displayed in the classroom at The Medical Center Health & Wellness Center April 15 through May 2.

For more information, contact The Women's Center at 270-745-1010 or visit [TheMedicalCenter.org](http://TheMedicalCenter.org).

## Welcome new CHC employees!



Left to right seated: Scott Sweeney, Help Desk; Laurine Clayton, 5B. Standing: Lejla Mehmedovic, Nursing; Kristie King, Rural Health Clinic.



Left to right: Rebekah Morris, MCF Surgery; Barbara Wortham, MCBG Surgery; Jamie Winters, MCBG Rehab Services.

## Retirements



**Shirley Clark**, Senior Medical Technologist with The Medical Center (center), retired after 29 years of service. Congratulating her are Jean Craig, Laboratory Director (left), and Sarah Moore, Executive Vice President.



**Tricia Just**, Infection Prevention Manager with The Medical Center (far right), retired after 38 years of service. Congratulating her are (left to right): Jean Cherry, Executive Vice President; Melinda Joyce, Vice President; and Connie Smith, Chief Executive Officer of The Medical Center.

## Expectant Parent Fair

**Sunday, April 27 • 1:00–3:00 p.m.**

**The Medical Center-WKU  
Health Sciences Complex**

If you're expecting a baby, you won't want to miss The Medical Center's Expectant Parent Fair. Meet our outstanding staff and learn more about our OB services and education opportunities. Visit with local organizations and businesses to learn about services they provide. Pick up helpful information on healthy pregnancies, baby care and safety, and register for great door prizes.

The Expectant Parent Fair will be held in The Medical Center-WKU Health Sciences Complex at the corner of Park Street and 31-W Bypass on The Medical Center campus. The Obstetrics Unit at the hospital will be open for tours during the Fair.



## HARTLAND MASSAGE

**Get Your \$10 Off Any Massage Coupon!**

Hartland Massage is now sending a \$10 Off Any Massage birthday coupon by email only. To receive your birthday discount, go to [HartlandMassage.com](http://HartlandMassage.com) and click "sign up for VIP Email Club." If you already receive emails from Hartland Massage, you will receive an email to update your subscription preferences. Don't miss out on your \$10 Off Any Massage coupon—go to [HartlandMassage.com](http://HartlandMassage.com) to sign up for the VIP Email Club.



# Get Fit Club Corner

A benefit that partners with me.

## Witness to Wellness Winner

By Derek Reeder, RN



Derek Reeder, Employee Health, and Ingrid Volk.

Ingrid Volk is the Witness to Wellness winner for March 2014! Ingrid works at The Medical Center at Bowling Green as a Medical Technologist. She was nominated because she has changed her diet and started to exercise. She has been an inspiration to the whole department!

Ingrid decided that she wanted to lose weight and get more physically fit with her daughter. She started with Zumba DVDs that she did at home four days a week. She also started interval aerobics with weights, playing basketball, baseball, soccer, and

going swimming with her son. She realized that cardiovascular training was very important for the health of her heart.

Ingrid then began using myfitnesspal.com and eating 1,620 calories a day. She ate more fruit and vegetables and learned correct portion sizes. She changed her diet by eating fewer carbohydrates and food that was high in calories. She started baking her meat and rarely eats fried foods. She also started using low-fat and sugar-free products. Her weight loss was steady. After she reached her goal weight, she kept losing weight, so she adjusted her calorie count to 1,900 calories a day and has maintained her weight for several months.

Ever since losing the weight, her health has improved. Ingrid is no longer on cholesterol and triglyceride medication. Her HDL is higher than it was 15 years ago and her blood sugar levels have returned to normal. She has more energy and she feels good again. She has lost 63 pounds since March 2013!

Ingrid is now at her goal weight and weighs about what she did in high school! She offers the following advice to people wanting to make a lifestyle change: "It is difficult to change your lifestyle, but this worked for me because I can still eat most of the foods that I have always enjoyed. It is all about portion control and the way you prepare your food. You can still have a treat once in a while. Go eat a big family meal at a restaurant or enjoy eating when you are on a trip. If you have a bad day and you go over your calorie limit, tomorrow is a new day. You simply have to get right back on track logging your calories and exercise."

*If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's web site on Citrix and nominate him or her for the Witness to Wellness Award. You may fax the form to Employee Health at (270) 796-2528. If you need additional information, contact Employee Health at (270) 745-1263.*

## Plan to be Tobacco Free

Did you know your body immediately responds to the absence of smoking and tobacco?

**20 minutes** – Your blood pressure, pulse rate and the temperature of your hands and feet return to normal.

**8 hours** – The remaining nicotine in your bloodstream has reduced by 93.75% and is within 6.25% of normal daily values.

**12 hours** – Your blood oxygen level increases to normal and your carbon monoxide level drops to normal.

**24 hours** – Anxieties peak in intensity and should reduce within two weeks.

**48 hours** – Damaged nerves start to regrow and your sense of smell and taste begin to return to normal. Anger and irritability have peaked.

Tobacco use is the single most preventable cause of death! The good news is that it is never too late to stop. There are multiple support programs that can assist in tobacco cessation.

The Kentucky Cancer Program has created a program that will highlight various resources in our community. It is called *Plan to be Tobacco Free*. Free presentations are being offered to help you develop a plan to stop and take advantage of available resources.

Take the first step...see information below about an upcoming session:

**The Medical Center (Bowling Green) Auditorium  
Monday, March 31 – 2:30 and 5:00 p.m.**

The Kentucky Cancer Program is a statewide, state-mandated organization jointly administered by the University of Louisville and the University of Kentucky. The mission is to reduce cancer incidence and mortality through education, research and service.

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)