

# INTERCOMM

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Many well-wishers stopped to see Clara Sumner at her retirement party. Pictured at top left are Connie Smith, President and CEO (left), Clara Sumner (center), and Sarah Moore, Executive Vice President. Pictured with Clara top right are Marlene Beach Cherry, Administrative Assistant and Director Governing Board Relations (center), and Chris Desmarais (retired).

## After 46 Years Of Service, Clara Sumner Says Goodbye

The Medical Center Auditorium was filled with well-wishers, memories, laughter and a few tears at Clara Sumner’s retirement party. On April 1, Clara retired from Commonwealth Health Corporation (CHC) after 46 years of service that spanned a wonderful and productive career in healthcare.

Clara began her career working fulltime at CHC while attending classes at Western Kentucky University. She worked nights in the business office running the switchboard and covering admissions. She took every opportunity that came her way. In her decades of service, Clara started several divisions within CHC including The Medical Center Home Care Program, MedEquip, Barren River Adult Day Care Center and many others.

She arrived at The Medical Center at Franklin after many years of hard work, diligence, and compassionate care of patients and staff. She had worked her way up the career ladder to Senior Vice President and CEO of The Medical Center at Franklin. Under her direction, The Medical Center at Franklin grew and excelled, capturing the trust of the Franklin community.

One of the things Clara is most proud of is the state-of-the-art equipment at The Medical Center at Franklin, saying, “there’s nothing you can’t do there.” She says she is retiring happy and on a good note. “I have a lot of pride in the people and what we’ve done,” she says.

While Clara’s “can do anything” personality will be missed, Eric Hagan is taking over as Vice President and Administrator of The Medical Center at Franklin. Clara says Eric shares her vision for the hospital. He will continue to serve in the same capacity at The Medical Center at Scottsville.

She says big changes will be in her personal life, having more time to spend with her family — something she is really looking forward to with happy anticipation. Clara, you are wished all the best in your well-deserved retirement.

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



## Retirements



**Michael Bokori, Jr.**, Respiratory Therapy (center), retired after over 16 years of service. Congratulating him are Wade Stone, Executive Vice President (left), and Justin Srygler, Director of Respiratory Therapy (right).



**Dona Watkins**, Human Resources (left), retired after 12 years of service. Congratulating her is Lynn Williams, Vice President of Human Resources.

## The Medical Center at Franklin Relay For Life Team

The Medical Center at Franklin's Relay For Life team invites you to join them in Franklin for the Relay For Life. It will be Friday, April 26 at 5:30 p.m. at the Franklin Town Square.

This year, The Medical Center at Franklin team has held several fundraisers, with a cookbook as the largest fundraiser. The cookbook contains recipes from employees of The Medical Center at Franklin. It will be on sale for \$10 at the Relay For Life and at the hospital.

So April 26, get your friends together, show your support, and join The Medical Center at Franklin team by taking a walk for Relay For Life — a special walk that truly makes a difference in so many lives.

## In Memoriam



Effie Forte

CHC mourns the loss of Effie Forte, Director of Environmental Services for The Medical Center at Bowling Green. Effie was a loyal member of the CHC family for more than 30 years and served as Director of ESD since January of 1998.

Connie Smith, President and Chief Executive Officer, said, "I am saddened to lose our dear friend, Effie. She was a kind, reliable and dedicated person. Her professionalism was second to none. She was a champion for The Medical Center and was loved by all. We will miss her smile and her caring spirit."

Our deepest condolences are with her family, friends, and co-workers.

*Arrangements are as follows:*

Visitation will be from 3 p.m. to 8 p.m. on Friday, April 12th at J.C. Kirby & Son Lovers Lane Chapel and also from 9:30 a.m. to 11 a.m. on Saturday, April 13th at State Street Baptist Church with service at 11 a.m. at the church. Burial will be in the Bowling Green Gardens. Funeral arrangements are entrusted to J.C. Kirby & Son Lovers Lane Chapel.

Expressions of sympathy may be made to Commonwealth Health Foundation for the Hospitality House.

## In Memoriam



Debra Beckner

CHC mourns the loss of Debra Beckner, Registration Associate with Psychiatric Services. She was a dedicated part of the CHC family for more than 20 years.

Debbie Wilson, said, "The patients and staff loved Debbie. No matter what, even when she was ill, she had a smile on her face. Debbie was a great person and we will all miss her."

Our deepest condolences are with her family, friends, and co-workers.

## Meatless Mondays

As part of the national "Healthy Monday" campaign, the Get Fit Club and Morrison's Healthcare have arranged for all CHC hospital cafeterias to offer "Meatless Mondays." For each meal on Monday there will be an entrée that is meatless. Why go meatless? Studies suggest diets high in fruits and vegetables may reduce cancer risk. Recent data from a Harvard University study found that replacing saturated fat-rich foods (such as meat and full fat dairy) with foods that are rich in polyunsaturated fat (such as vegetable oils, nuts and seeds) reduces the risk of heart disease by 19 percent. A recent study from Imperial College London also found that reducing overall meat consumption can prevent long-term weight gain and decrease the risk of type 2 diabetes. Red and processed meat is associated with increases in total mortal-

ity, cancer mortality and cardiovascular disease mortality.

Meatless Mondays also has environmental benefits. It is estimated the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that are accelerating climate change worldwide. The water needs of livestock are far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef!

Why on Monday? On Monday we set our intentions for the next six days. Studies suggest we are more likely to maintain behaviors begun on Monday throughout the week, making Monday the perfect day to make a change for your health and the health of our planet. And if this Monday passes you by, next week is another chance to go Meatless!

## Welcome to new CHC employees!



Standing, left to right: Paige Breakfield, MCS Long Term Care; Denise Anderson, 4C. Seated, left to right: Erin Thomas, Labor & Delivery; Leigh Ellis, MCS Long Term Care.



Standing, left to right: Ashley Gillialan, MCS Food Services; Jessica Martin, Cardiology. Seated, left to right: Tina Berger, Center Care; Nikki Norris, Lab.



Standing, left to right: Vontia Shannon, ESD; Rhea Reece, Psychiatric Associates. Seated, left to right: Kayla Tomes, ER Registration; Nick Koller, Transportation; Mark Spencer, EMS.

## Welcome to new CHC employees!



Left to right: Terry Anderson, EMS; Jesse Lawson, Food Services; Mark Risinger, MCS Respiratory.



Standing, left to right: Victoria Beadnell, ER; Patricia Simmons, Food Services. Seated, left to right: Alicia Roche, 2B; Barbara Ellifrits, Cardiology.

## PRIDE Ideas for March

Debbie Grider  
ICU

## Employees with Service Excellence!

April 2013

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.



**Gary Spradlin**  
**Golden Pineapple for 2nd Quarter 2013**  
*The Medical Center House Administrator*

"Gary is a very caring person. His kindness and thoughtfulness in helping others is unfailing whether it is for fellow staff members or patients. Always professional in his work, his respect and compassion to patients is exemplary. We are privileged to have Gary at The Medical Center."



**Andrea Ellis**  
**Ambassador**  
*The Medical Center Food Services*

"Andrea is a team player! Regardless of how busy she is, she is always willing to assist a fellow co-worker. She is proficient in her work and kind and thoughtful to everyone. Her smile and positive attitude is exhibited in all that she does. We are fortunate to have her in our department."



**Amanda Hittson**  
**Ambassador**  
*The Medical Center Environmental Services*

"Amanda brings joy and enthusiasm to everyone. She is always kind and courteous to patients, visitors, and staff. If anyone needs assistance, she goes above and beyond for others. She is professional in her work and top notch in Service Excellence."



**Kris Schmucker**  
**Ambassador**  
*Center Care*

"Kris is an outstanding co-worker. She is extremely knowledgeable and professional in her work. She always takes the time to help others. Her caring and thoughtful nature along with her wisdom in her profession is really appreciated by our customers. She is a great example of Service Excellence!"

## Outpatient Behavioral Health Services Open House

Thursday, April 11

2 – 4 p.m.

**Fairview Building, 730 Fairview Ave., Suite A8,  
located at the corner of Fairview Avenue and High Street**

The outpatient clinic provides adult services including individual therapy, marriage and family counseling, veterans' services and an Intensive Outpatient Program. To learn more, call Outpatient Behavioral Health Services at 796-2550.

# Upcoming Events

Unless otherwise noted, events are held at The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

## Free HIV Testing

**April 12**  
Preregistration optional.

**1 to 4 p.m.**

A certified HIV tester from Barren River District Health Department will provide confidential HIV testing using the Ora-Quick oral swab test. You will know your HIV status within 20 minutes. For more information or questions regarding HIV, call Barren River District Health Department at 270-781-8039, extension 160.

## AARP Driver Safety Program

**April 17**

**9 a.m. to 1 p.m.**

This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for non-members payable to AARP at the first class. *Space is limited.*

## Congestive Heart Failure (CHF) Class

**April 18**

**10 a.m. to noon**

CHF is a condition in which the heart is not able to deliver oxygen-rich blood to the body as needed. This class, taught by a registered nurse, a dietitian and a pharmacist, will provide valuable information on how to manage this condition. If you or a loved one has a diagnosis of CHF, we encourage you to register for this free class. A digital scale will be given as a door prize.

## Watercolor Class

**Mondays, April 22 – June 3**

**10 a.m. to noon**

*No class May 27. Limited to 15 participants; bring a 9- by 12-inch cold-press paper pad and #1 and #8 round brushes.*

Did you know that using your creative side is healthy for you? It provides relaxation, may improve memory, helps blood pressure and aids in stress reduction. Local artist Nell Peperis will lead this six-week class. *The cost is \$45, payable to the instructor at the first class.*

## Osteoporosis & Bone Density Screening

**April 23**

**9 a.m. to 1 p.m.**

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, offered by health professionals with WKU Rural Health Institute, which uses ultrasound to measure the bone mineral density in your heel.

## Balance Screening

**April 25**

**9 to 11:30 a.m.**

Do you have a fear or concern about falling? Being aware of your fall risk is an important step to preventing a fall. Gabe Smith, P.T., D.P.T. from Bluegrass Outpatient Center will provide fall risk assessments including evidence-based balance tests to help individuals target risk factors.

# 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.

### Home Medical Equipment Mike Lovan

Wednesday, April 10, AM Kentucky  
Tuesday, April 16, 5 p.m. News  
Wednesday, April 17, AM Kentucky

### Home Care Services Pravin Avula, M.D.

Tuesday, April 23, 6 p.m. News  
Wednesday, April 24, AM Kentucky  
Tuesday, April 30, 5 p.m. News  
Wednesday, May 1, AM Kentucky

## Don't Forget!

You are invited to an art exhibit.  
Come view the artwork of local women this weekend.

## Women-In-The-Arts Exhibit

The Medical Center Auditorium

**Friday, April 12 and  
Saturday, April 13  
10 a.m. to 4 p.m.**

**Sunday, April 14  
1 to 4 p.m.**

## march of dimes®

## March for Babies – April 20

Phil Moore Park, Bowling Green

Registration begins at 9 a.m.

Walk begins at 10 a.m.

To get involved, email Liz Wooldrige, The Medical Center Team Captain, at [WoolEA@chc.net](mailto:WoolEA@chc.net).