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Pictured at left: Doris Thomas, Vice President of Marketing/Development (left) and Jenny Golden, Director of Community Wellness, with Special Purchase Award winning art, "Spring," by Sandra S. Schaap.

Women-in-the-Arts Award Recipients Announced

The 24th annual Women-in-the-Arts Exhibit was a huge success this year, and one of the largest yet with 73 artists submitting 140 pieces of artwork.

The Medical Center Auditorium was filled with beautiful paintings and thought-provoking art represented in various forms. The purpose of the exhibit is to honor the work and talent of area female artists.

Sandra S. Schaap of Bowling Green received the Special Purchase Award for her painting, "Spring." The Special Purchase Award is selected each year by The Medical Center and is added to its existing collection of original art.

Merit Awards were selected by the juror, Jessica Crouch, an art instructor and Director of Galleries and Exhibitions at Belmont University in Nashville, Tenn. Merit Award recipients include: Karen Fetterman of Bowling Green, "Hidden Treasures" sculpture; Alla Gilbert of Russellville, "Interpretation" oil painting; Jacqui A. Lubbers of Bowling Green, "Old Friend" woven paper and fiber; Leslie Nichols of Bowling Green, "Fowl Play #14" gouache

on paper; Kennedy Pruitt of Bowling Green, "Butterfly" fiber weaving; Lynn Robertson of Bowling Green, "Delayed Flights Take Off" oil painting; Martha J. Russell of Bowling Green, untitled oil painting; and Elaina Smith of Bowling Green, "Ritual #2" sculpture.

Honorable Mentions selected by the juror include: Marge Deller of Bowling Green, untitled watercolor; Sandy Novosel of Glasgow, "Lunaria" watercolor; Sandra S. Schaap of Bowling Green, "Spring!" painting; Theresa A. Smith of Knob Lick, "Royal Crown" photography; and Nadine Wilkerson of Scottsville, "Blush Rose" works on paper.

If you missed the exhibit this year, you still have time to see the winning artwork. The Special Purchase Award and Merit Award winners are displayed in the classroom at The Medical Center Health & Wellness Center through May 2.

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



Explore MyRecord Patient Portal

All employees are encouraged to register for **MyRecord**, The Medical Center's patient portal. With the portal, you can view your medical information, request appointments for Diagnostic Imaging procedures, check your results, and review your medication summary anywhere there is internet access.

To enroll in **MyRecord**, you will need your Medical Record number and the email address you provided during patient registration. If you do not have your medical record number or have not yet provided an email address, you will need to go in person to the Release of Information department at The Medical Center. Please provide a photo ID. The reason for this is to protect the privacy of your Personal Health Information.

Once you have provided your email address and have your Medical Record number, enrollment is easy.

1. Visit TheMedicalCenter.org
2. Click on the **MyRecord** logo at the top of the page.

3. Complete the Enrollment Questionnaire (name, DOB, Medical Record #, email, etc.)

A one-time Log On User ID, password and link to **MyRecord** will be emailed to you.

4. Open the email you receive from us and click on the link provided.
6. Enter your one-time Log On User ID and password, and click Log On.
7. You will be asked to choose a new Log On User ID and password, and to select a security question.
8. Log in with your new user name and password.
9. Explore **MyRecord!**

*Please allow up to 36 hours after discharge for your medical information to be available on **MyRecord**.*



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.

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.

O. Raphael Nwanguma, M.D.
Gastric Sleeve

Tuesday, April 29, 5 p.m. News
 Wednesday, April 30, *AM Kentucky*

Shane O'Keeffe, M.D.
Carotid Artery Disease

Tuesday, May 6, 6 p.m. News
 Wednesday, May 7, *AM Kentucky*
 Tuesday, May 13, 5 pm News
 Wednesday, May 14, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

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Save the Date

march  of dimes®
March for Babies

Saturday, May 10

Registration: 9 a.m.
Walk: 10 a.m.

Preston Miller Park

Nurse and Clinical
Support Employee of
the Year Celebrations!

Bowling Green
 May 8 – 2 p.m.

Scottsville
 May 16 – 10:30 a.m.

Franklin
 May 12 – Noon

Welcome new CHC employees!



Left to right seated: Ashley Shelton, Cal Turner Rehab & Specialty Care; Joy Lynn, Cal Turner Rehab & Specialty Care. Standing: Samantha Keown, 3D; Brooklyn Richardson, 4A; Ashley Thomas, 5A.



Left to right seated: Nikki Richey, 5C; Kaleigh Jones, Cardiology; Bianca Byrd, 4B. Standing: Megan Gunn, MCF Registration; Juanice McKeel, MCS LTC; Savannah Satterly, MCF Registration.

Retirements



Jean Craig, Director of The Medical Center Laboratory (center), retired after 33 years of service. Congratulating her are Connie Smith, Chief Executive Officer of The Medical Center (left), and Sarah Moore, Executive Vice President (right).



Harlan Klankowski, Customer Service Associate with The Medical Center Emergency Dept. (center), retired after 10 years of service. Congratulating him are Jonathan Hendricks, Director of CFR (left), and Kathy Barton, Lead Registration Clerk.

Men's Health Conference is June 13

The Medical Center will host the **Men's Health Conference** Friday, June 13 from 8 a.m. to 1 p.m. at The Medical Center-WKU Health Sciences Complex on The Medical Center campus.

The conference is designed to focus on men's health and will include health screenings, light breakfast, lunch, and speakers.

Preregistration is required by June 6. The cost is \$25 per person or \$175 for a corporate table of eight. To register for the *Men's Health Conference*, visit TheMedicalCenter.org, or call 270-745-0942 or 800-624-2318.

Celebrate Mother's Day Weekend with Mother-Daughter Tea

Spring is finally here, the sun is shining, flowers are blooming and a wonderful way to celebrate this special season is with The Medical Center's Mother-Daughter Tea. For many families and friends, the annual Tea has become a springtime tradition.

The Mother-Daughter Tea will be held Mother's Day weekend, on Saturday, May 10 from 3 to 4 p.m. at The Medical Center Auditorium. Set aside for mothers, daughters, sisters, grandmothers or special friends, this is the perfect celebration to include in your Mother's Day weekend plans.

Fashion is the theme of the Tea this year. Moms, daughters and all special guests will get a close-up look at some of the latest fashions with a fashion show presented by My Friend's Place.

The cost of the Mother-Daughter Tea is \$8 per person. Preregistration is required. Register online at TheMedicalCenter.org. For more information, call 270-745-1010 or 800-624-2318.



Walk with The Medical Center's Nurses!

NURSES WALK

at **The Medical Center**

Tuesday, May 6 at 3:30 p.m.

The walk will begin next to the Emergency Department on High Street.

Former patients, their families and friends are invited to Walk With A Nurse. It is an opportunity to show appreciation and support for the care received at The Medical Center.



Get Fit Club Corner

A benefit that partners with me.

Backyard Gardening By Derek Reeder, RN

Growing up, late spring was always one of my favorite times of year. I can still remember the excitement of coming home and seeing my grandma working in the freshly turned soil. I loved the feel of the freshly turned soil between my toes and the warmth of the spring sun beaming down on my back. I loved digging in the dirt and putting the seeds in the ground.



When I moved to Bowling Green, I missed working in the garden. One spring day, I looked out the back window and decided that I had more than enough room on my quarter acre lot to plant a garden! So I planted a few tomato, cucumber, and lettuce plants. The small garden produced so much that I had enough to share with my family, friends and even the department that I worked in. It was such a success I made my backyard garden a little bigger the next year.

When you first start gardening, it is best to start small and plant only what you will need. If you plant too much, you will waste space and food. Many vegetables such as tomatoes, cucumbers, peppers, and squash continue to produce vegetables all season long! Also, when picking a spot for your garden, keep these important tips in mind: Most vegetables require six to eight hours of direct sunlight to grow, so pick a nice sunny area; and be sure that you have a convenient water source close to the garden because your vegetables love nice rich soil that stays moist.

Backyard gardening has many health benefits for the whole family. Growing your own food is a great way to increase your nutritional intake. During the gardening season, I try to incorporate something from my garden in every meal. Growing your own produce is also a great way to save your family money because buying fresh produce is expensive. Not only does gardening save you money, it can also be a great exercise. The digging, planting, and weeding are a good form of low-impact exercise. Your garden will help you stick with the exercising because if it isn't tended frequently, the weeds will begin to take over and there are only a few things worse than watching weeds take over your garden!

A great resource for gardeners in Kentucky is a free e-book from the University of Kentucky Agricultural department, which is titled *Home Vegetable Gardening in Kentucky*. It can be found on the web at www2.ca.uky.edu/agc/pubs/id/id128/id128.pdf.

CHC Get Fit Club presents "Step into Spring" Step Challenge

Are you ready to blow the dust off your walking shoes and get this spring off on the right foot? We have just the challenge for you! From April 21 to June 16, CHC challenges you to step into good health with the "Step into Spring" Step Challenge! The challenge is to walk at least 5,000 steps a day, 5 days a week — that's 25,000 steps a week!

The CHC Get Fit Club is partnering with Provant Health Solutions to make it easy for you to participate. Each participant will log their steps in the Get Fit Club Portal. Individual prizes will be awarded for the top five high-stepping individuals.

- First Place.....Fit Bit
- Second PlaceFit Bit Zip
- Third Place.....MP3 player
- Fourth Place.....Deluxe flashlight/siren/
pedometer
- Fifth PlaceGet Fit Club t-shirt.

Registration began April 14 on The Get Fit Club Portal at <https://chc.provantonline.com>. If you don't have an account, go to the portal and click the sign up link. Registration ends on April 28, so don't delay — register today! Join us in the walking challenge and take steps to improve or maintain your good health!



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