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"Sunflower II" by Betty Brogan (second from left) received The Medical Center's Special Purchase Award. Congratulating the artist are Doris Thomas, Vice President of Marketing/Development (left), and Jenny Golden, Director of Community Wellness (right).

## The Medical Center Announces Women-in-the-Arts Award Recipients

The 23rd annual Women-in-the-Arts Exhibit was a huge success this year, filling The Medical Center Auditorium with beautiful pieces of artwork. The purpose of the exhibit is to honor the work and talent of area female artists. The 2013 exhibit featured 59 artists entering 110 pieces of art.

Betty Brogan received the Special Purchase Award for her entry, "Sunflower II." 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, Melody Shipley, an art instructor from Austin Peay University in Clarksville, Tennessee. Merit Award recipients included: Misha Ambrosia, "War, Compassion, Crystal & Silver"; Betty Brogan, "Sunflower II"; Cheree Federico, "It's My Cup Of Tea"; Lola Joiner, "Still Life"; Sheila B. Reeves, "Maine Harbor Twilight"; Fran McCartney Scherer, "Duck, Duck, Goose"; and

Alice Gatewood Waddell won for two entries, "East Coast Swing" and "Holding on to Mama Love."

Honorable Mentions selected by the juror included: Carolie Booth, "Spendor In Scarlet"; Chandra Carter, "Mr. Corgi"; Jacqui A. Lubbers, "Layers"; Lynn Rossi, "Planet Red"; and Peg Truman, "Derby Dame."

If you missed the exhibit this year, you still have time to see the winning artwork. The Special Purchase Award and Merit Awards winners are currently displayed in the classroom at The Medical Center Health & Wellness Center through May 3.

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



# 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.

## 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.

## Stroke Screening

**May 1**

**9 a.m. to noon**

Following completion of a brief stroke risk scorecard and blood pressure screening, a health educator will discuss areas of concern with you.

## Vestibular (Dizziness) Screening

**May 2**

**1:30 to 4:30 p.m.**

This screening, provided by Bluegrass Outpatient Center, uses state-of-the-art video goggles to help locate where in the ear balance disorders occur. Vestibular screenings are often recommended for those who experience vertigo (dizziness) or have a history of falls.

## Grocery Store Tour: Choosing Healthy Food

**May 8**

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

*Kroger on Scottsville Road, Bowling Green. Space is limited.*

Linda Howsen, registered dietitian with The Medical Center Medical Nutrition Counseling Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is \$10.

## Answers For Rheumatoid Arthritis

**May 9**

**5:30 to 6:30 p.m.**

Join rheumatologist Asad Fraser, M.D. as he discusses the diagnosis and treatment for rheumatoid arthritis. The presentation will be followed by a question-and-answer session. A light meal will be provided.

## Men, Save the Date!

The Medical Center will host the first **Men's Health Conference** Friday, June 14 from 8:30 a.m. to 1 p.m. at the Knicely Conference Center.

The conference is designed to focus on men's health and will include screenings, information, speaker presentations, lunch and great door prizes.

**Preregistration is required by June 5.** The cost is \$25 per person. To register for the *Men's Health Conference*, visit [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org) or call 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.

### Home Care Services

**Pravin Avula, M.D.**

Wednesday, April 24, AM Kentucky

Tuesday, April 30, 5 p.m. News

Wednesday, May 1, AM Kentucky

### Acid Reflux

**James R. Curtiss, M.D.**

Tuesday, May 7, 6 p.m. News

Wednesday, May 8, AM Kentucky

Tuesday, May 14, 5 p.m. News

Wednesday, May 15, AM Kentucky



## ECHO

Employees Contributing to Help Others

# NACHOS FIESTA!

Thursday, April 25

10:30 a.m. – 1:30 p.m.

The Medical Center Auditorium

Lunch – \$5

*(Badge reader on site – all proceeds benefit*

*Commonwealth Health Free Clinic,*

*The Dental Clinic, Hospitality House and*

*The Medical Center-WKU Health Sciences Complex)*

## DRAWINGS!

*(ECHO members increasing their pledges  
and new members)*

## DOOR PRIZES!

## Welcome to new CHC employees!



Standing left to right: Brandy Williams, Franklin Surgical Services; Emily Cassetty, MCS Social Services; Sarah Newcome, Hartland Massage. Seated left to right: William Roy, Nuclear Medicine; Chris Martin, Respiratory Care; Jarrad Miller, Food Services.



Standing left to right: Melanie Jenkins, MCS LTC; Aaron Crowder, 4D; Mercedes Maxey, 5C. Seated left to right: Sarah Riley, ICU; Heather Rule, 4D; Charqwan Harris, 5B.

## Save the date

### Mother-Daughter Tea

Saturday, May 11 at 3 p.m.

The Medical Center  
Auditorium

The Women's Center invites you to an afternoon Tea and *Women of Worth* presented by Stormi Murtie, communication director for the Center for Courageous Kids. This is a wonderful opportunity for you to spend time with your mother, daughter, grandmother, aunt or special friend. Cost is \$8 per person. For more information, call 745-0942.

## Commonwealth Health Corporation Welcomes Franklin Surgical Services

Commonwealth Health Corporation (CHC) is pleased to announce William F.M. Daniel, M.D., F.A.C.S. has joined CHC Physician Services with the opening of Franklin Surgical Services.



William F.M. Daniel, M.D.

Dr. Daniel is a general surgeon and has been providing surgery care for the residents of Southcentral Kentucky for more than 20 years. He began his career in Kentucky in 1989 when he took a position with Graves-Gilbert Clinic. After 22 years with the clinic, he opened his own office in the Franklin Medical Pavilion. On April 1, 2013 he joined Commonwealth Health Corporation with the opening of Franklin Surgical Services.

Dr. Daniel graduated from the University of Mississippi and received his medical degree from the University of Alabama School of Medicine in Birmingham. His graduate training includes General Surgery Internship and General Surgery Residency at the Mayo Clinic in Rochester, Minnesota. He is board certified by the American Board

of Surgery. Dr. Daniel is active in professional organizations, and is a Fellow of the American College of Surgeons and a member of the Kentucky Medical Association. He is presently Chief of Staff at The Medical Center at Franklin.

His expertise and training is in general surgery. At Franklin Surgical Services, Dr. Daniel performs a variety of surgeries including thyroid and parathyroid surgery, breast biopsies, breast cancer surgery, hemorrhoid surgery, skin biopsies and excisions, port placements for chemotherapy, laparoscopic abdominal surgery for hiatal hernias, gallbladder disease and appendectomies. In addition, he also performs minor surgical procedures in his office including ultrasound-directed biopsies.

Dr. Daniel is married with three grown children and one grandchild. He is active in Living Hope Baptist Church and takes yearly foreign medical mission trips, providing medical care to underprivileged areas of the world.

## march of dimes® March for Babies



On Saturday, April 20, the March for Babies was held at Phil Moore Park in Bowling Green. The Medical Center once again sponsored the annual event that serves as a fundraiser for the March of Dimes. The Medical Center team (pictured above) was the top fundraising team in Warren County, raising over \$17,000.

## CHC Get Fit Club

# Witness to Wellness Award Winner



Shellie Scott and Derek Reeder, RN with Employee Health.

The CHC Get Fit Club is excited to announce April's Witness to Wellness recipient is Shellie Scott. Shellie works at Hillcrest Credit Agency as a Collection Specialist. She was nominated by multiple co-workers who were inspired by her weight loss. Shellie said that she was very unhappy with her weight and she knew that she was the only one who could change it.

In order to make the changes, Shellie started using a web site called myfitnesspal.com and started to exercise. She started to walk daily and used the CHC Get Fit Club's 100 Mile Club as encouragement. She made changes in her diet by starting to watch her caloric intake and learning to eat healthier food so that she could eat more while still losing weight. Shellie now has more energy and feels much better than before. She has lost an impressive 126 pounds!

We asked Shellie if she had any suggestions for anyone who is changing their lifestyle. She said, "It is hard work and you are going to mess up sometimes. If you do, just start each day with determination to try as hard as you can to eat healthy. If you fail, you can start fresh the very next day." She also says that it is important to find a person trying to accomplish the same goal and to encourage each other. She wants to thank Heather Griffin (a past Witness to Wellness winner), who walked each step with her and encouraged her along the way.

This program is designed to recognize employees who are dedicated to living a healthy lifestyle. If you know someone who you believe deserves to be recognized for following a healthy lifestyle, you can find the nomination form in the Employee Wellness shared folder at *S:\4LWU5R\ICare Documents\FORMS\Witness To Wellness Nomination Form.doc* or request the form from Employee Wellness. The healthy reasons to nominate a fellow employee include but are not limited to: weight loss, quitting smoking, improving eating habits, and increasing one's activity level. The 100-Mile Club is an incentive-based activity program offered by the Get Fit Club. All CHC employees are welcome to participate. If you are interested, call Employee Health at 745-1263 for more information.



*Baby on the way? Don't miss the*  
**Expectant Parent Fair**  
**Sunday, April 28 1–3 p.m.**  
**The Medical Center Auditorium**

The fair is designed to provide expectant parents and those considering having a baby with helpful information on healthy pregnancies, baby care and safety. Tours of the Obstetrics (OB) Unit will be provided, and staff from the OB Department will be available to answer questions. Local organizations and businesses will exhibit information about their services. Door prizes will be awarded. The event is free and open to the public. For more information, call Jennifer Pratt at ext. 1543.



*Join the*

**NURSES WALK**

at **The Medical Center**  
**Monday, May 6**  
**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.



**CHC Get Fit Club**  
*...a benefit that partners with me.*

To learn more about the  
**CHC Get Fit Club**, contact  
Employee Health at 745-1263.