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Barren River Adult Day Care Center Wins Service Provider of the Year Award

Congratulations to the staff of Barren River Adult Day Care Center. At the district level, the center won the prestigious Service Provider of the Year award and Program Assistant Le-Ann Hudson won the Outstanding Adult Day Staff Person of the Year award from the Barren River Area Agency on Aging and Independent Living. This is quite an honor since Barren River Adult Day Care Center is part of the Barren River Area Development District (BRADD) which covers ten counties.

The primary goal of Barren River Adult Day Care Center is to enhance the quality of life for all of their clients. Staff use creativity to develop daily adventures that aid memory recall, enhance sensory stimulation, and promote body strengthening. It is not unusual for clients to be taken as a group to Concerts In The Park, Jackson's Orchard, local farmers markets or to enjoy movies at local theaters.

Families of clients know they can receive valuable information and guidance from the professional staff at Barren River Adult Day Care Center. Staff are always available to lend a helping hand as they recognize the struggles families face in caring for a loved one. Le-Ann Hudson is a prime example of the helpful staff and very deserving of the Outstanding Adult Day Staff Person of the Year award. Steve Creekmore,

Director of Barren River Adult Day Care Center says, "Le-Ann is goal oriented and puts forth 110% plus every day, which makes her a valuable asset in serving the needs of others."

Barren River Adult Day Care Center won State Day Care Center of the Year awards in 2011 and 2012 and is now nominated for the 2013 award.

Creekmore says, "You can't say enough good things about the staff at Barren River Adult Day Care Center. They are a group of workers who deliver every single day no matter what is asked of them. They make sure that the needs of the clients they care for come first, and it shows in the faces of the clients. The workers at the Day Care truly work by the motto 'Every Patient, Every Time.' They are a world class bunch."

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.

Carbon Monoxide Screening

May 28

9 a.m. to noon

Staff from Barren River District Health Department will provide this valuable screening to check the carbon monoxide (CO) level in your lungs. CO is a poisonous gas that you cannot smell, taste or see. Sources include smoking, vehicle exhaust fumes, malfunctioning heaters, stoves and secondhand smoke.

Women-in-Charge Luncheon Trends in Drug Abuse

May 28

Noon to 1 p.m.

The Medical Center Auditorium

Melinda Joyce, Pharm.D., FAPhA, FACHE, Vice President of Corporate Support Services for Commonwealth Health Corporation, will discuss trends in drug abuse, focusing not only on illicit drugs, but also on prescription drug abuse. Key points will include the types of substance abuse and warning signs of potential abuse as well as treatment options for addiction.

C-Section Class

May 28

6 to 7 p.m.

The Medical Center Auditorium.

Register online at www.TheMedicalCenter.org/OBclasses. For more information, call 270-796-2495.

For those who are not already enrolled in the five-week childbirth class, this class offers a video and discussion on what to expect and how to prepare for returning home with your baby after cesarean surgery.

Fatherhood 101

May 28

7 to 8 p.m.

The Medical Center Auditorium.

Register online at www.TheMedicalCenter.org/OBclasses. For more information, call 270-796-2495; *dads only!*

George Miller, R.N., a Nursery nurse at The Medical Center, will discuss new father concerns with regard to responsibilities and relationship changes with baby and mom.

Stroke Screening

May 29

1 to 4 p.m.

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

Alzheimer's Care Class

May 30

5 to 6 p.m.

Learn tips and techniques for providing care for a loved one with Alzheimer's or other dementias in this interactive program. Facilitated by Emily Harlan with Home Instead Senior Care.

Join The Medical Center Team for Relay For Life

The Warren County Relay For Life will take place Friday, June 7 and Saturday, June 8 at Bowling Green High School. Join The Medical Center Team and pledge your support for the fight against cancer. We want to show Warren County that The Medical Center is a proud supporter of our cancer patients and of the important work of the American Cancer Society.

Signing up is easy. [Click here to follow these directions and register online.](#) Each participant will receive a team shirt to wear the night of the event. For more information, contact Team Co-Captains Caitlin Burklow (ext. 4494) or Dorothy Hargis (ext. 1823).

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.

Hospitalist Program Sam Hardcastle, M.D.

Wednesday, May 22, AM Kentucky
Tuesday, May 28, 5 p.m. News
Wednesday, May 29, AM Kentucky

Onyeoziri Nwanguma, M.D.
Obesity and Bariatric Surgery
Tuesday, June 4, 6 p.m. News
Wednesday, June 5, AM Kentucky
Tuesday, June 11, 5 p.m. News
Wednesday, June 12, AM Kentucky

Welcome to new CHC employees!



Standing, left to right: Janet York, LTC; Sandra Webb, Administration; Zoasta Martin, Patient Registration. Seated, left to right: Jason Bradley, Food Services; Heather Cano, Patient Registration; Eric Bauer, EMS.



Standing, left to right: Stephanie Ettinger, MCS Acute Care; Kylie Foushee, Patient Registration; Amber Yoder, EMS. Seated, left to right: Henryetta Lohden, Food Services; Amy Walton, MCF Acute Care.

Retirements



Shelia Walker, Commonwealth Financial Resources, retired after 38 years of service. Congratulating her are Ron Sowell, Executive Vice President (left), and Mark Robison, Vice President-Revenue Cycle (right).

Would you know if you or someone else was having a stroke?

According to the National Stroke Association, a stroke occurs every 40 seconds resulting in approximately 795,000 strokes each year. Knowing the warning signs of a stroke is very important. If you or someone you see is having symptoms of a stroke, call 911 immediately. Don't become a victim to the fourth leading cause of death and the number one cause of disability in the U.S.

During a stroke, vital blood flow and oxygen to the brain is cut off. Two million brain cells die every minute during a stroke which increases an individual's risk of permanent brain damage, disability or death. It is very important to recognize the symptoms of a stroke in order to get medical attention fast to limit disabilities and save lives.

Watch for these signs of a stroke and call 911 immediately:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.

Stroke Screening

May 29 from 1 to 4 p.m. at The Medical Center Health & Wellness Center. For more information, see Upcoming Events on page 2.

If you or someone you see is having symptoms of a stroke, call 911 immediately.

CHC Health Plan Benefits: Important Deadlines

"Know Your Numbers" health screening – due by July 31, 2013

Health Assessment – due by July 31, 2013

Annual Wellness Visit – December 31, 2013

"Know Your Numbers" and the Health Assessment are required in order to continue to pay the discounted premium for the PPO Plan or to receive the HRA Contribution for the CDH Plan. The Annual Wellness Visit is required in order to have a choice between the PPO and CDH plans during open enrollment in 2014.

For more information, refer to the Get Fit Club booklet you received at home, visit <http://chc.provantonline.com> or call Human Resources at ext. 1585.

Celebrating Mothers



The annual **Mother Daughter Tea**, hosted by Community Wellness, was held May 11 at The Medical Center Auditorium. Mothers, daughters, aunts, and special friends all enjoyed afternoon Tea and *Women of Worth* presented by Stormi Murtie, communication director for the Center for Courageous Kids.



On May 11, **Cal Turner Rehab and Specialty Care** hosted a Mothers Day Tea with more than 100 in attendance. Residents and their family members enjoyed refreshments, door prizes, and a special time of fellowship in celebration of mothers.



Massage Therapy at The Medical Center at Franklin Rehabilitation Services



May Massage Special

This month only, you can get 30% off when you purchase a 30, 60, or 90 minute Swedish or Deep Tissue massage or gift certificate. Massage gift certificates make a great gift and you could save over \$25 on a gift certificate if you purchase this month. Discount cannot be combined with employee discount. Call (270) 598-4935 for details or to purchase.



Correction: In the May 8 *Intercomm* article, "CHC Forms Partnership with Warren County Aquatic Center," we incorrectly said that the Warren County Aquatics Center pool would be used exclusively for aquatic therapy during specific times. In actuality, only a portion of the Aquatics Center pool will be roped off and used for aquatic therapy. The pool and facility are open to the public Mondays, Tuesdays, Thursdays and Fridays from 7 a.m. to 3 p.m. and then from 7 p.m. to 9 p.m., and on Saturdays from noon to 5 p.m.



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness



Ashley Griffin and Derek Reeder, RN

The CHC Get Fit Club is excited to announce May's *Witness to Wellness* recipient: **Ashley Griffin**.

Ashley is a Registered Nurse who works at The Medical Center at Franklin. She was inspired to make a lifestyle change in January 2011 after attending a weight loss seminar. She considered weight loss surgery, but knew she

would have to make a lifestyle change anyway—so, she decided to go ahead with a healthy diet and exercise plan. She calculated how many calories she should limit herself to and joined my-calorie-counter.com as well as livestrong.com. She also weighed herself right after waking up every morning. On the mornings that she didn't see any weight loss, she was motivated to work harder that day. If she lost weight, she felt it was a great way to start the day.

Ashley began her exercise regimen with light walking. As she started to work out more, her exercise evolved into running, jumping jacks and jumping rope. For her diet, she watched her calories, cut back on sodium and increased her protein and fiber intake. She stopped drinking colas and drank only water. When she went to a restaurant, she divided her meals into portions by at least half, or even a third. She slowed her

eating down and trained her mind to let her know when she was full. She stopped eating at the first sign of feeling full.

Ashley had lost 118 lbs by October 2012 when she found out that she was pregnant. She is expecting a baby girl in June! Ashley does offer the following suggestions to anyone who is trying to lose weight: "You should never give up. If you have a bad day or get off track, you should not put off losing weight until Monday or anytime down the road. It is okay to have a bad day. Keep going even if you gain a pound. Just work harder and the weight will eventually come off."

If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's new web site on Citrix and nominate them for the *Witness to Wellness* Award. If you need additional information, contact Employee Health Services at 745-1263.

We have the break down on your *breakfast!*

Do you realize just how important your first meal of the day really is? Several people skip breakfast to jumpstart their diets, when in fact they are sabotaging themselves. Skipping breakfast actually increases the risk of weight gain and negatively impacts energy levels, mood and cognitive function.

But before you stop at the nearest drive-thru, let's review some nutritional information you need before you make your selection. That sausage biscuit has between 430–460 calories, 27–29 grams of fat and 1080–1110 milligrams of sodium! Can you afford to use a third of daily calories on breakfast?

So what are some good breakfast foods? The 5 best breakfast foods, according to the [Cleveland Clinic](http://www.clevelandclinic.com), are listed below:

- ✓ Greek Yogurt—Like regular yogurt, Greek yogurt contains important nutrients such as calcium and B vitamins, but also doubles your protein for the same amount of calories.
- ✓ Fresh Fruit Salad—Compared to drinking fruit juice, eating the fruit itself provides more intact fiber, which slows absorption and may help lower cholesterol.
- ✓ Veggie Omelet—plan a few extra minutes in the morning to cook a veggie omelet with a 3:1 ratio of egg whites to yolk. The egg whites contain protein and water, and the yolk provides important nutrients such as vitamin A, choline and B vitamins.
- ✓ Whole grain English muffin with peanut butter—to get the most from this combination, go straight to the list of ingredients on each product. With peanut butter, the **ONLY** ingredient listed should be peanuts (and maybe salt). For the English muffin, check to see that all ingredients are 100 percent whole grain.
- ✓ Quinoa cereal with cinnamon—Quinoa is a high-protein grain used in salads and dinner entrees, but it also makes a great hot cereal option.

The 5 worst breakfast foods, according to the Cleveland Clinic, are doughnuts/pastries, sausage biscuit, flavored non-dairy creamer, bright and sugary cereals, and a bagel loaded with cream cheese or butter.

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