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Photo courtesy of Alex Slitz, Daily News

CHC Forms Partnership with Warren County Aquatic Center

The Warren County Aquatic Center was on the verge of closing to the public because of major cutbacks to the fiscal budget. CHC saw a win-win opportunity for the corporation and for the community, and so stepped up as the primary partner of the Aquatic Center.

This partnership has expanded rehabilitation services for patients of Bluegrass Outpatient Center and The Medical Center at Bowling Green, as patients now have access to a state-of-the-art and handicap accessible pool for aquatic physical therapy. Thanks to this partnership, the pool will also remain available to the public for recreational use.

The Aquatic Center features a 25-yard pool with eight swim lanes and a special lift for handicapped patients and those with limited function to easily enter and exit the pool. The pool offers another aquatic therapy option in addition to a private and heated therapeutic pool at Bluegrass Outpatient Center.

As primary partner, CHC has entered into a 12-month lease agreement with the ability to extend the lease to an additional 36 months. CHC will have exclusive use of the facility for aquatic therapy on Mondays, Tuesdays, Thursdays and Fridays between 7 a.m. and 3 p.m. and on

Saturdays from noon to 5 p.m. Both individual aquatic physical therapy sessions and group sessions will be offered.

CHC employees will receive 50% off the public fee to use the facility, and patients of Bluegrass Outpatient Center and The Medical Center will receive a 25% discount if they wish to use the facility after they have completed their therapy. "We encourage patients to continue their exercise program, even after their therapy is complete," said Joanna Thomas, CHC Director of Rehabilitation Services. "Some patients said they could not afford the facility fee. I'm thrilled that we can now offer patients a discount so that they can continue getting the exercise and health benefits aquatic therapy offers."

For more information about aquatic therapy, contact Bluegrass Outpatient Center at 796-6800. For information about the Warren County Aquatics Center, call (270) 784-6327.

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.

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.

Dermscan Screening

May 16

9 a.m. to noon

Skin damage can be a forecast for future skin cancer. With a painless and simple screening device, representatives of the Kentucky Cancer Program can identify potential trouble spots on your face. Please remove all makeup and sunscreen before screening.

Sleep Screening

May 20

1 to 4 p.m.

Following completion of a brief questionnaire about your sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results.

Pre-Diabetes Class

May 21

2 to 3:30 p.m.

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of having it. The goal of this class is to help at-risk individuals reverse habits that lead to a diagnosis of type 2 diabetes. The class is intended for people with a fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet and diabetes prevention. The cost is \$20. All participants will receive a glucose monitor.

Hearing Screening

May 22

9 a.m. to noon

Hearing loss can affect virtually all aspects of life. Staff from Better Hearing Center will be available to provide hearing screening services and answer questions about hearing loss and amplification.

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.provonline.com> or call Human Resources at ext. 1585.

Home Sweet Home

Fashion Show Luncheon to benefit Hospitality House

Sponsored by Bowling Green Woman's Club

Saturday, May 18 at 11:00 a.m.

First Baptist Church – Social Center

12th & Chestnut, Bowling Green

Fashions by Pappagallo, Chico's, Dillard's,

My Friend's Place and Talbots

Ticket price: \$14

For more information, contact Mitzi Dooley,
Commonwealth Health Foundation Executive
Director, at ext. 5543.

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 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.

Acid Reflux

James R. Curtiss, M.D.

Wednesday, May 8, AM Kentucky

Tuesday, May 14, 5 p.m. News

Wednesday, May 15, AM Kentucky

Hospitalist Program

Sam Hardcastle, M.D.

Tuesday, May 21, 6 p.m. News

Wednesday, May 22, AM Kentucky

Tuesday, May 28, 5 p.m. News

Wednesday, May 29, AM Kentucky

Welcome to new CHC employees!



Standing, left to right: Whitney Frey, Pharmacy; Kyra Clenney, Employee Health; Andrea Dewitt, CFR. Seated, left to right: Caleb Hayes, Transportation; Jim Weichey, Surgery.



Standing left to right: Crystal Lipford, 5B; Jayney Pearl, Adult Day Care; Angela Avila, MCS Long Term Care. Seated, left to right: Tabatha Copeland, Lab; Jonathan Sellers, Transport; Peggy Barr, Nursing.



Quicksilver Messenger Service

**Watch your email on
May 10 for a personal email
invitation to participate in
the survey.**

In Memoriam



Darla K. Haley

CHC mourns the loss of Darla K. Haley, Medical Assistant with Urgentcare. She was a part of the CHC family since 1993 and much loved by colleagues and patients. A co-worker writes, "Darla was very dedicated to doing the best she could do at her job. During the time Darla was ill, she continued to work and did not complain of her own health. Darla spoke lovingly of her two children and she was so proud of them. Darla home-schooled her boys and was very involved in church. She had such a beautiful smile and spoke so gently with an adorable dimple that would make you lose concentration just listening to her. Darla was a person I trusted, admired, cared about, and I truly loved her. I feel very blessed to have known her."

Medhat Grace, M.D., adds, "I worked with Darla for many years. She was always very sweet and caring for staff and patients. She never complained even when we knew she did not feel like working. You always saw a smile. And if asked how she was she would always say I'm doing ok. She was not only a co-worker but a family member. She will be greatly missed by all who knew her."

CHC extends deepest condolences to all of Darla's family, friends, and co-workers.

New Physician Joins The Medical Center Neuroscience Services

CHC Physician Services will once again expand with the addition of Clark Bernard, M.D. who will join The Medical Center Neuroscience Services on May 20. As a board certified neurosurgeon, Dr. Bernard cares for patients with disorders related to the brain and nervous system. In particular, he specializes in the diagnosis, treatment and management of a wide range of disorders and diseases related to the back and spine. Dr. Bernard joins board certified neurosurgeon Narendra Nathoo, M.D. who specializes in neuro-oncology for the treatment of brain and spine tumors.



Clark Bernard, M.D.

Dr. Bernard earned his medical degree at the University of Louisville School of Medicine. He completed his residency training at the University of Missouri Hospital in Columbia, Missouri and his fellowship training in spine surgery at Spine

Surgery, P.S.C. in Louisville. He relocates to Bowling Green from King's Daughters Medical Center in Ashland, Kentucky.

Dr. Bernard is accepting new patients. To schedule an appointment, call 270-780-2660.

Employees with Service Excellence!

May 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.



Stephanie Gilbert Ambassador

The Medical Center - 4D

"Stephanie is wonderful and caring to her patients. She is always willing to help others and is prompt with her response any time she is asked for assistance. She is kind, professional and always has a smile. Stephanie exemplifies great Service Excellence!"



William Sisco Ambassador

The Medical Center at Scottsville - Long Term Care

"William is always helpful, courteous, patient, and kind to our residents. He treats each resident as a special person. He appreciates all that surrounds him, both teammates and patients. He is polite and caring to visitors, patients, and staff. We all benefit to have William at MCS!"



Dottie Skotak Ambassador

The Medical Center - Respiratory Care

"Dottie's dedication to her work is phenomenal. Her knowledge and compassion for her job is contagious. Regardless of what assistance is needed, she always is helping others. She is a caring person both to patients and staff. We are so fortunate to have Dottie as part of our team!"



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."

Retirements



Nancy Willis, Monitor Technician with ICU, retired after 20 years of service. Congratulating her is Courtney Calloway, ICU Clinical Manager I.

Expectant Parent Fair



The Expectant Parent Fair included a tour of OB Unit/Nursery at The Medical Center.

Approximately 300 people from the Bowling Green area came out to take advantage of The Medical Center's semi-annual Expectant Parent Fair on April 28. Expectant mothers and their families were able to visit with representatives from 25 vendors in the community, including some of our departments from The Medical Center, to learn more about what to expect when their babies arrive. For more information on the next Expectant Parent Fair, contact Jennifer Pratt, Marketing & Development Coordinator, at extension 1543 or jpratt@chc.net.



ECHO

Employees Contributing to Help Others

NACHOS FIESTA Spring Kickoff a Success!

Employees enjoyed nachos for lunch and raised almost \$800 for Commonwealth Health Foundation initiatives. For more information about ECHO, visit CommonwealthHealthFoundation.org.

PRIDE Ideas for April

Anne Afton
Emergency Department
Julia Rasdall
4A
Sarah Graves
ICU
Paula Mann
ICU



Get FIT CLUB Corner

A benefit that partners with me.

Let's get our snack fit!

Eating healthy is a hot topic at CHC. As healthcare providers we know unhealthy/non-fit foods are often high in fat grams, sugar and sodium. These foods are usually high in empty calories and offer little nutritional value to get you through your day. Unhealthy/non-fit foods can cause obesity, high blood pressure, high cholesterol and diabetes. In order to avoid these health problems, you will want to consume a healthy diet filled with nutritious foods.

Employees want to do their part in being an active participant in their overall well-being. The Get Fit Club is the CHC employee wellness program, designed to assist employees in meeting their wellness goals. We thought a good place to start is looking at your afternoon snack. The Simple Pleasures Healthy Vending initiative is only a small part of the CHC Get Fit Club, but a very important one. We believe if the healthy option is there, our employees will choose that over a non-fit choice.

The Get Fit Club has partnered with Canteen Vending in an effort to draw awareness to the benefits of snacks that are healthy options. So what is considered a healthy option? Canteen Vending uses a snack criterion in order to categorize snacks as Choice Plus/Get Fit. It is as follows:

Snack Criteria & Sample Products

| |
|--|
| <p>≤ 250 calories ≤ 10 g fat ≤ 3 g saturated fat* ≤ 230 mg of sodium ≤ 20 g of sugar** ZERO trans-fat</p> <p><small>*Nuts and seeds are exempt from the total fat but must still meet the criteria for sodium and calories. **unsweetened dried fruit exempt</small></p> |
|--|

Choice Plus

We made it easy for CHC employees to recognize a healthy snack. Just look for the Get Fit Club logo located at the end of the snack row in the vending machine. This will indicate you are selecting a healthy snack.

There are many advantages in choosing a Get Fit snack, such as being able to enjoy fresher products. Non-fit items are

usually loaded with preservatives. Healthier foods are often more perishable and are changed out more frequently. You will find these snacks keep you full longer. Snacking on foods that are high in fiber will ensure that you can make it through your day without having to fight annoying hunger pains. Other advantages for Healthy Vending are simply the health benefits. Healthy snacks are packed with fiber, protein, vitamins and minerals. These foods will give you the energy you need to make it through your day without crashing or feeling hungry again.

You will be surprised at the healthy snacks that are available on CHC campuses. Below are some examples:

| | | |
|---|--|---|
| <p>Frito Baked Lays Products Frito Sunchips Kellogg's Special K Cracker Crisps Popchips Food Should Taste Good</p> | <p>Natures Valley Granola Bars Kellogg's TLC Bars Kind Bars Snickers Marathon Bar Clif Luna, Mojo and Z Bars Fiber One Bars</p> | <p>Planters Nuts & Trailmixes Mr. Natures Nuts & Trailmixes Peeled Dried Fruit Mareblue Nut Mixes Kars Trailmixes Blue Diamond Almonds</p> |
| Salty Snacks | Sweet Snacks | Dried Fruit/Nuts |

In addition, Canteen Vending has donated a bicycle to be given away during a random draw in September as part of the **Simple Pleasures Healthy Vending initiative**. Each time you choose a healthy snack, log on to [Citrix > Get Fit Club > Activities/Challenges > Healthy Vending/Bike Give-a-way](#) and enter your Employee ID # and the barcode from your healthy snack. It is that simple! On September 30, the random draw will occur and the winner will be announced.

It is an expectation that each of us do what we can to be as healthy as possible. The *rewards* of living a healthy life are plentiful. You have more energy, strength, stamina, flexibility, balance and coordination. You reduce the risk of heart disease, stroke, diabetes and the probability of virtually all diseases. You have a more positive attitude, an improved self-esteem, self-confidence, memory, and sharpness/clarity. You have a reduction of stress, anxiety and depression. It also increases life longevity.

So, come on! *Let's get our snack fit.* The life it impacts is yours!

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