

UPCOMING EVENTS 2

90 SECONDS TO
BETTER HEALTH

CHC HEALTH PLAN
BENEFITS

RETIREMENTS

NEW EMPLOYEES 3

RELAY FOR LIFE

POUND 4 POUND
FOOD DRIVE

SCHOOL & SPORTS
PHYSICALS SPECIALS

GET FIT CLUB CORNER 4



Motivational speaker Greg Coker addresses men about the power of purpose at the Men's Health Conference.

First Men's Health Conference: A Day Just For Men Proves Helpful and Inspirational

Men of all ages and from all walks of life attended the first Men's Health Conference presented by The Medical Center on June 14. More than 125 men lined up early to improve their health with screenings that included prostate cancer (PSA), back, lung, sleep and stress, as well as screenings for depression.

George Taylor came to the conference to look for ways to live a healthier lifestyle. "The Health Conference is a great idea. Both my grandparents and a cousin died from cancer, and I am here to find out as much information as I can on how to live a long life in good health," Taylor said.

Following the health screenings, the conference continued addressing men's health issues with speaker Brian Macy, M.D. with Graves-Gilbert Clinic. Dr. Macy spoke about what all men need to know about taking care of their health. But good health does not end with taking care of their bodies — men also heard from motivational speaker and author Greg Coker. He spoke on the importance of emotional and mental health. Coker talked about the power of purpose, and the impact purpose can have on a man's health and well-being.

Ron Sowell, Executive Vice President of Commonwealth Health Corporation, said, "For

years, The Medical Center has hosted a Women's Conference. It is great to see all the men who came out to this first Men's Conference. We think it is important that guys have the opportunity to learn how to take action to improve their personal health and take steps that would prevent illness or injury. It is our goal to help everyone be proactive in their healthcare."

In addition to the health screenings and speakers, great door prizes were also part of the Men's Health Conference. The prizes included a Sports Massage from Hartland Massage, a \$200 Waterworks gift card and a Hot Rods Ball Park Suite for 24 guests (valued at \$600)!

The first Men's Health Conference proved to be a great day just for men, and many in attendance said they are already looking forward to another Men's Health Conference next year.

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.

Dermscan Screening

June 20

9 a.m. to noon

Sun 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.

Hearing Screening

June 25

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.

Women-in-Charge Luncheon

Impact Attitude Has on Your Health and Well-being

June 25

Noon to 1 p.m.

The Medical Center Auditorium

Jacqueline Woodward, social worker and administrator of Cal Turner Rehab and Specialty Care, will discuss the importance of maintaining a positive attitude as we move through the different stages of life and how laughter is valuable in creating a healthy pathway of life. The Women-in-Charge Luncheon Series is designed to address the health concerns and professional interests of women. *The cost for each luncheon program is \$8 per person, and preregistration is required by visiting www.TheMedicalCenter.org. For more information, call 270-745-1010 or 800-624-2318.*

A New Baby's Coming Class

July 1

6 to 8 p.m.

The Medical Center Auditorium. Preregistration required; register online at TheMedicalCenter.org/OBclasses. Participants should bring a doll or stuffed animal.

This is a class for siblings ages 3 and older to help prepare them for the arrival of the new baby. A tour of the obstetrics (OB) unit and a view of the nursery are included as well as light refreshments and a video.

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.

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.

Richard McGahan, M.D.

Radiation Oncology

Wednesday, June 19, AM Kentucky

Tuesday, June 25, 5 pm News

Wednesday, June 26, AM Kentucky

Marc Moore, M.D.

Cataract Surgery

Tuesday, July 2, 6 pm News

Wednesday, July 3, AM Kentucky

Tuesday, July 9, 5 pm News

Wednesday, July 10, AM Kentucky

Retirements



Mary Basham, Surgery Clinical Manager, retired after more than 25 years of service.

Welcome to new CHC employees!



Left to Right: Emily Hyde, 2B; Kelly Barrick, MCS LTC; Robin Poteet, Outpatient Services; Regina Lay, 6A; Mason Donisi, 4A.



Left to Right: Courtney Venable, 3B; Deri-Ann Forte, MCBG 4B; Erica Hogan, MCF Acute Care; Heather Yule, 4C; Morgan Blaine, 3A.



Left to Right: James Hammond, MCF Radiology; Tammy Blankenship, MCS LTC; Kacy Word, MCBG L&D; Megan Sipes, MCS LTC; Chris Cline, EMS.



Left to Right: Audrey Kaelin, Food Services; Kim Thompson, Rehab Services; Jennifer Gannott, 3B; Chelsea Foster, CCU; Alicia Marvel, mom365.



Left to Right: Mitch Stephenson, mom365; Valeriya Barko, Urgentcare; Doug Hagan, Food Services.

Warren County Relay For Life



Despite the rainy conditions, hundreds came out to support finding a cure for cancer at the Warren County Relay For Life held June 7–8 at Bowling Green High School. Although donations are still being collected and tallied, it is estimated The Medical Center's team raised more than \$10,000 for the American Cancer Society.

The Medical Center *Pound 4 Pound* Food Drive

The Medical Center Healthier You, our Surgical Weight Loss Program's Facebook page, just wrapped up the *Pound 4 Pound* Food Drive. From February to May, we asked Facebook fans to post their weight loss as a "donation." We told them that for every pound they lost, we would donate one pound of food to the local American Red Cross and Salvation Army food banks. The fans rose to the occasion and "donated" a total 945 pounds! Houchen's

Industries has agreed to match that donation, which means a total of 1,890 pounds of food will be donated to the local food banks. Thank you to all CHC employees who participated.

If you're not yet a fan of the Healthier You page, visit www.facebook.com/TheMedicalCenterHealthierYou and like our page for weight loss tips, yummy recipes and ideas for healthier living!

School and Sports Physicals Special

Urgentcare and Quick Care Clinic are offering school and sports physicals for only \$50 when you pay with cash. Quick Care Clinic is open Monday-Friday from 7:30 a.m. to 7:00 p.m. and on Saturday from 8 a.m. to 5 p.m. Call 781-6164 for more information. Urgentcare is open every day from 8 a.m. to 8 p.m. Call 781-3910 for more information.



Get Fit Club Corner

A benefit that partners with me.

Team Spirit Award



The Get Fit Club Team Spirit Award recognizes departments whose employees excel in healthy lifestyles and who work as a team to accomplish their wellness goals. Some examples to nominate your department include weight loss competitions, departmental exercises, group training for 5ks, 10ks, etc. This award

is given out quarterly to a department selected by the Wellness Team.

The Get Fit Club is proud to announce the inaugural Team Spirit award winner is Hillcrest Credit Agency. This department has had two *Witness to Wellness* winners in the past year — Heather Hayes and Shellie Scott. Almost every employee

in the department nominated both Heather and Shellie. These two individuals inspired their department and others to live a healthy lifestyle.

Hillcrest frequently shares healthy recipes with each other, and during pot-lucks they share healthy food. They walk together during their morning breaks and often attend Zumba classes on Tuesday at the Health & Wellness Center. Diane Roberts states, "We genuinely care about each other and encourage each other to stay healthy and strong!"

You can nominate your department by going to the new Get Fit Club website on Citrix. Go to Forms to print out the Team Spirit Award nomination form. You can then fax it to Employee Health at 270-796-2528 or send it interoffice mail. If you have any other questions you can contact Derek Reeder, RN at ext. 1263.

What is a Seasonal Table?

A Seasonal Table is a station in The Medical Center Café that will offer customers a variety of foods and recipes with a wellness-driven focus. The foods highlighted at the Seasonal Table will be consistent with fruit or produce that you can find in season and at peak quality.

Here's How It Works:

- Table themes will change monthly based on a seasonal fruit or produce
- Seasonal items will tie in with features on the Café menu

- Sampling is available from this table along with active wellness promotions
- "Superfood" educational signage (i.e., health benefits of featured foods) will be posted for qualified items with pricing and calories, as well as take home recipes.

Tables will include a variety of items for purchase:

- Fresh produce
- Signature bakery items

- Specialty, house-made beverage (i.e., flavored waters and teas) with a FIT selection offered
- Retail packaged products
- Include 1–2 items that meet FIT criteria.



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