



Aldana and Eldar Isakovic watch their son, Din. When Din was born, Eldar was in Europe and was able to see his son via NICVIEW.

Camera System Connects NICU Babies With Their Families

The Medical Center is the first hospital in Kentucky to install NICVIEW, an innovative camera system that allows for streaming video of babies in the Neonatal Intensive Care Unit (NICU). The \$35,000 investment in the new system includes 10 cameras.

“Bonding with a new baby is so important, but when a baby is born prematurely or sick and must be cared for in the NICU, bonding can be a challenge when parents and their baby can’t be together all the time,” said Caitlin Burklow, Director of Women’s Services for The Medical Center. “NICVIEW allows that bonding to occur by giving parents the opportunity to stay connected with their baby through video streaming even if miles apart.”

The NICVIEW system includes a small camera that is mounted to a baby’s bed or incubator. The system allows for video streaming through a secure online portal. NICU staff can post notes in the portal to share information with parents about baby’s activities.

The portal is accessible from any web-enabled computer or mobile device. All video and information are secured with up to 256-bit SSL encryption, the current web security standard. Usernames and passwords are only issued to parents who consent to use the system. Parents are advised to safeguard their username and password, but parents can choose to share the information with family and friends at their discretion.

The implementation of the new camera system is just one enhancement to The Medical Center’s Obstetrics and Neonatology Services. A recent renovation includes a new waiting area for families, a new triage area in Labor & Delivery and a new Obstetrics Post Anesthesia Care Unit (PACU) in Labor & Delivery.

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



Genter Named One of Top 10 People to Watch for 2014



Fred Genter, Vice President of Supply Chain Management, has been named one of the Top 10 People to Watch for 2014 by *The Journal of Healthcare Contracting*, which is the only publication that is solely devoted to the contracting arena of healthcare. "This is a CHC win," says Genter, "as the team has provided a foundation for us to look at things differently and challenge both our internal and external stakeholders to look at things differently. This creates win-win situations for everyone." Congratulations, Fred Genter, and all the staff of Purchasing and Materials

Management, for the outstanding work you do to keep our facilities supplied efficiently and economically every day.

March for Babies



The 2014 March of Dimes March for Babies was held Saturday, June 28 on the campus of The Medical Center. This year was a great success, with more than \$70,000 raised in Warren County. Thank you to everyone who participated or donated to help keep babies healthy!



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, July 22, 5 p.m. News
Wednesday, July 23, *AM Kentucky*

Don Brown, D.O.
MyRecord - Patient Portal
Tuesday, July 29, 6 p.m. News
Wednesday, July 30, *AM Kentucky*
Tuesday, August 5, 5 p.m. News
Wednesday, August 6, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

Accomplishments

Congratulations to **Alexia "LeAnn" Richards** with ENT of Bowling Green who has passed her AAPC Certification Exam and is now a Certified Physician Practice Coder.

Retirements



Jeff Watson, Engineering (center), retired after 28 years of service. Congratulating him are (left to right) Dennis Strom, Vice President of Facilities Management; and William Finch, Maintenance Supervisor.

Welcome new CHC employees!



Left to right front row: Wayne Thornton, Biomed; Brooke Neal, Lab. *Back row:* Cynthia Wright, 5B; Cheryl Britt, WKDI; April McKinney, 5B.



Left to right front row: Lincoln Chasteen, Central Transport; Rick Beliles, EMS. *Back row:* Dan Joint, Security; Joel Broughton, EMS; Ethan Dorris, EMS.



Left to right front row: Morgan Stepp, 4A; Kevin Schroeder, ER; Jessica Brown, CCU. *Back row:* Krystal Spivey, MCF Acute Care; Sauna Escalante, Food Services; Lindsay Likens, NICU.

Join Team Medical Center for the 2014 Heart Walk

The Medical Center is the leader in heart care in Southcentral Kentucky. Show the community we support the important work of the American Heart Association and join The Medical Center Team for the Warren County Heart Walk on Saturday, September 13.

There are two ways to get involved:

- Department Challenge – Each department throughout CHC is challenged to set a minimum goal of raising \$100 by Thursday, September 11.
- Heart Walk Participation – Each department is challenged to have two or more people sign up to attend the Heart Walk on Saturday, September 13 at Kerieakes Park and walk with The Medical Center Team. Each employee who commits to walk will receive a team T-shirt. Participants should arrive by 10:30 a.m. for a team photo. The walk begins at 11 a.m. Sign up by August 11 by contacting Vickie Taylor in Nursing Administration at VLTaylor@mcbg.org with your T-shirt size.

Although we will be represented as The Medical Center Team, all CHC departments are encouraged to get involved. For more information, contact Team Captain Michelle Marshall at ext. 3291 or Marsmc@chc.net.

Garden Spot and Sprint Triathlon

The 32nd annual **Garden Spot 5K Run/Walk**, sponsored by The Medical Center at Franklin Rehabilitation Services, will be held in Franklin on August 9 on the west side of Courthouse Square. There are trophies for a number of classes and T-shirts are guaranteed for pre-registrants. Registration is from 5:45–6:45 a.m. Starting time for the run and walk is 7:30 a.m. No registration after 6:45 a.m. The Corporate Challenge is for any Simpson County business or industry team while the Team Challenge is for churches or schools of Simpson County. For more information, call 270-586-7609 or email sthurmond@f-schamber.com.

The **Bowling Green Sprint Triathlon**, sponsored by Bluegrass Outpatient Center, will be held Sunday, August 17 starting at 8 a.m. at the Russell Sims Aquatic Center, 2302 Tomblinson Way, in Bowling Green. Registration and packet pick up will be from 5–8 p.m., Saturday, August 16, at the Holiday Inn University Plaza, 1021 Wilkerson Trace. **THERE WILL NOT BE ANY NEW REGISTRATIONS ON THE DAY OF THE RACE.**

Racers will also be able to pick up their registration packet at the race site on Sunday, August 17 at the Main Pavilion at the Russell Sims Water Park starting at 6:30 am. Register online at www.racesonline.com. For more information, visit <http://gravesgilbert.com/triathlon>.

CHC Recognized as Platinum-Level Start! Fit-Friendly Company



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

For the fourth year in a row, Commonwealth Health Corporation has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more.

As a Platinum-level employer, Commonwealth Health Corporation promotes a wellness culture within the workplace and offers employees a variety of programs to promote healthy living.

Summer Massage Special

Experience a relaxing massage in July or August and you can get 30% off your purchase! Simply mention the Summer Special when you purchase either a 60 or 90 minute Swedish Massage or Deep Tissue Massage. This special is only available by phone or at Hartland Massage.

The Summer Special is only good for massages purchased and received in July or August and cannot be combined with the employee discount.

Call (270) 796-6838 to purchase and schedule your massage today!

HARTLAND MASSAGE

1225 Fairway Street, Suite 201 Bowling Green, KY 42103

www.HartlandMassage.com

Retirements



Vanessa Brown, OB/GYN-Nursery (second from left) retired after 17 years of service. Congratulating her are (left to right) Betsy Kullman, Chief Nursing Officer; Kim Dethridge, Clinical Charge Nurse; and Caitlin Burklow, Director of Women's Services.



Vicki Johnson, Corporate Compliance (center), retired after 35 years of service. Congratulating her are Ron Sowell, Executive Vice President, and Connie Smith, President and Chief Executive Officer.



Pam Somers, Dialysis (second from left), retired after 17 years of service. Congratulating her are (left to right) Kevin Ribby, Director of Medical Surgical Services; Debbie Wilson, Clinical Manager; and Betsy Kullman, Chief Nursing Officer.



Get Fit Club Corner

A benefit that partners with me.

The Battle of the Spuds

When you think of a potato war, you may automatically think white vs. sweet. But what about purple? Potatoes are a great source of fiber and nutrients (especially when you eat the skin). Either white or sweet, you are looking at a good source of Vitamin C, Potassium, Magnesium and B6. However, a 2012 study found that purple potatoes actually helped lower blood pressure in hypertensive, obese individuals without causing weight gain. Additionally, potatoes are naturally high in fiber and contain virtually no fat. Sweet potatoes and purple potatoes are tops when it comes to nutrient density, but what you put on your potato (or don't put on it) will make or break an attempt at a healthy meal. Say *no* to the sour cream, bacon bits, butter and cheese and *yes* for fresh veggies and herbs instead. Below is a recipe for a sweet potato that you may not have ever tried.

Ginger Sweet Potato Pancakes

One large sweet potato, peeled
 ¼ cup whole wheat pastry flour
 1 medium onion
 ¼ tsp. baking powder
 2 tsp. grated fresh ginger
 ¼ tsp. kosher salt, optional
 ¼ cup egg substitute
 Freshly ground pepper
 Vegetable oil cooking spray

Preparation:

In a food processor fitted with the grating blade, or with a handheld grater, grate the potato and onion. Place in a bowl. Stir in the ginger, egg substitute, flour, baking powder, salt (if using) and pepper.

Coat a nonstick skillet with cooking spray and preheat over medium-low heat. Drop ¼ cup of the potato mixture at a time onto the skillet, pressing each pancake down with the back of a spatula. Cook for 6–8 minutes per side, turning once browned on the bottom. Spritz the other side with cooking spray as you turn the pancake. Remove from the pan when they are browned and slightly crusty on both sides. Serve immediately, or reheat as needed in a microwave.

Nutritional Information: (Serving Size: 3 pancakes; Makes 6 servings)

Calories: 110, Total Fat 0g, Saturated Fat 0g, Protein 3g, Carbohydrates 25g, Dietary Fiber 4g, Cholesterol 0mg, Sodium 65mg, Potassium 330mg



Team Spirit Award – 5A

by Derek Reeder, RN

Congratulations, to staff on 5A at The Medical Center at Bowling Green for winning the second quarter *Team Spirit Award!* The department has come together as a team and focused on team building, wellness activities, and helping each other achieve their fitness goals.

The department recently combined community service and fitness by participating in the Color Blast 5k. This event raises money for the Boys and Girls Club of Owensboro. Employees from 5A have set the example for how getting in shape equals more fun! The team participated in Elizabeth-town's Heartland Festival canoe race and canoe games. The department will also have many participants in The Medical Center 10k Classic in October. They are already gearing up and conditioning for the race. They also had a biggest loser competition in which the winner lost 28 pounds!

If you believe that your department excels in good healthy lifestyles and works as a team to accomplish wellness goals, nominate your department by printing a nomination form from the CHC Get Fit Club's website and faxing it to 270-796-2528. Call Employee Health at ext. 1263 for more information!

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