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Above, left: Sheila Allen, Coordinator/Receptionist, and Jennifer Capps, Executive Director, American Red Cross of South Central Kentucky. Right, Jennifer Lightfoot, Coordinator/Receptionist with the Salvation Army.

About 4,500 Pounds of Food Donated through The Medical Center Surgical Weight Loss Program to Local Charities

Thanks to the success of The Medical Center Surgical Weight Loss Program's Pound 4 Pound Food Drive, held via *The Medical Center Healthier You* Facebook page, almost 4,500 pounds of food were donated to the food pantries at the American Red Cross and Salvation Army.

The Pound 4 Pound Food Drive started at the beginning of the year, when many people think about losing weight. This food drive added another incentive to help people keep their weight loss resolutions. For every pound a person told us they lost via facebook or private email, The Medical Center donated one pound of food to benefit the two charities (up to 2,000 pounds). At final tally on May 31, almost 1,000 pounds of weight loss was achieved by our facebook community.

The Medical Center Surgical Weight Loss Program staff was pleased with the great participation and weight loss success of the community; they decided to donate a full 2,000 pounds of food to the food pantries. But one good turn led to another, when Houchens Industries agreed to match the donation from

The Medical Center. In total, about 4,500 pounds of non-perishable food items were split into two donations and delivered to the Salvation Army and Red Cross on July 5.

"The amount of food donated was truly amazing! It completely filled our pantry," said Jennifer Capps, Executive Director at American Red Cross of South Central Kentucky. "We are so grateful for the donation from The Medical Center and truly impressed by the amount of weight lost. This donation will allow us to help hundreds of families in the area." The next event for The Medical Center Healthier You will be a 5K challenge for beginners. Check out facebook.com/TheMedicalCenterHealthierYou for forthcoming information and sign-up.

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.

AARP Driver Safety Program

July 17

9 a.m. to 1 p.m.

This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for nonmembers payable to AARP at the first class; space is limited.

Congestive Heart Failure (CHF) Class

July 18

10 a.m. to noon

CHF is a condition in which the heart is not able to deliver oxygen-rich blood to the body as needed. This class, which will be taught by a registered nurse, a registered dietitian and a pharmacist, will provide valuable information on how to manage this condition. If you or a loved one has a diagnosis of CHF, we encourage you to register for this free class. A digital scale will be given as a door prize.

Watercolor Class

Mondays, July 22 through August 26

10 a.m. to noon

Limited to 15 participants; bring a 9- by 12-inch cold-press paper pad and #1 and #8 round brushes.

Did you know that using your creative side is healthy for you? It provides relaxation, may improve memory, helps blood pressure and aids in stress reduction. Local artist Nell Peperis will lead this six-week class. The cost is \$45, payable to the instructor at the first class.



Save The Date

The Medical Center-WKU Health Sciences Complex Ribbon Cutting

Thursday, August 22 • 9:30 a.m.

Watch for more details in future *CHC Intercomms*.

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.

Clark Bernard, M.D.

Neurosurgery

Wednesday, July 17, AM Kentucky

Tuesday, July 23, 5 p.m. News

Wednesday, July 24, AM Kentucky

Rick Voakes, M.D.

Childhood Obesity

Tuesday, July 30, 6 p.m. News

Wednesday, July 31, AM Kentucky

Tuesday, August 6, 5 p.m. News

Wednesday, August 7, AM Kentucky

Welcome
to new CHC employees!



Standing, left to right: Tammy Garrett, MCF Patient Registration; Laura White, Performance Excellence; Linda Beach, Hillcrest Credit Agency. Seated, left to right: Chase McKee, Security; Jami Storey, Respiratory Care; Casey Yates, Central Transport.



Left to right: Debra Payne, Surgery; Catherine Creel, Food Services; Amanda Pesterfield, Food Services.

The Medical Center's Cancer Program Earns Accreditation

The Commission on Cancer (CoC) of the American College of Surgeons (ACoS) has once again granted Three-Year Accreditation with Commendation to the cancer program at The Medical Center. The Medical Center received the accreditation following an on-site evaluation by a physician surveyor during which The Medical Center was evaluated against standards that look at the full spectrum of cancer care. The Medical Center was fully compliant with all standards and received commendation on six of the standards where commendation is possible (cancer committee attendance, cancer registrar education, College of American Pathologists Protocols, abstracting timeliness, and accuracy of data).

"I would like to congratulate The Medical Center and the Cancer Committee on once again obtaining accreditation as a Commission on Cancer approved cancer program," said Juli McCay, M.D, Cancer Physician Liaison for The Medical Center. "This is a great honor and could not be achieved without the hard work of a multidisciplinary team. I am proud that my

friends and family and all our patients are able to get quality cancer treatment so close to home."

The Medical Center earned its first CoC accreditation in 2004 and has maintained it since that time. The Medical Center provides Southcentral Kentucky with the most comprehensive cancer program including an on-site radiation treatment center with the most advanced technology, as well as chemotherapy and surgical services. The hospital also offers an extensive range of health and wellness programs, focused on increasing awareness of prevention and early detection.

"Receiving approval with commendations helps The Medical Center maintain our high standing," said Jana Thornton, Tumor Registrar. "It reinforces our commitment to provide quality healthcare to our community." Accreditation by the CoC is given only to those facilities that have voluntarily committed to providing the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance.

Time to Prepare for 10-Digit Dialing

Effective February 1, 2014, a new area code (364) will overlay the 270 area code in this region. This means 10-digit dialing (area code plus the seven-digit telephone number) will be necessary for local calls to be completed. Note that the new 364 area code will be assigned only to new telephone numbers and will not change current telephone numbers.

Beginning August 3 of this year, 10-digit dialing can be used. You are encouraged to begin the practice of dialing 10-digits so that it becomes second nature to you when it is required next February.

There are several things you should do now to prepare for 10-digit dialing.

- Make sure any communication that includes your telephone number

includes the area code. This could include printed materials such as letterhead, business cards and forms, websites, marketing materials and specialty items.

- Update any stored local telephone numbers to include the area code such as auto dials on your phone or fax machines as well as cell phone contacts.

If you have questions about 10-digit dialing related to your work environment at CHC, contact Mark Hollingsworth in Telecommunications at ext. 1042. More information can be found at att.com/areacode.

Welcome to new CHC employees!



Standing, left to right: Shelby Johnson, 5C; Brenda Weedman, 4D; Latise Moberly, 6B-C. Seated, left to right: Cori Wood, MCS Long Term Care; Kori Renick, Nursing; Brandon Funk, MCS Acute Care.



Standing, left to right: Olivia Hampton, 4A; Lorraine Armstrong, Nursing. Seated, left to right: Elizabeth Swift, 4A; Alec Vinsant, Surgery; Heather Jennings, 4C.



Left to right: Mary Slack, NICU; Amber LaGrone, Nursing; Tamelia Lindsay, CRSH.



Get Fit Club Corner

SKIN WELLNESS AND PREVENTION

by Shellie Hardcastle, APRN

Protecting our skin from the harmful effects of the sun is something to be done year-round. It is most important in the summer months, when we spend more time outside. According to the American Cancer Society (ACS), skin cancer is the most common form of cancer in the United States. One in every five Americans will develop skin cancer which includes basal cell, squamous cell, and melanoma. It's also estimated that 80 percent of a person's lifetime sun damage occurs before the age of 18. There are several very simple, sun safe behaviors we can perform to protect our skin.

- Limit the time spent in direct sun, especially when the sun's rays are most intense (10 a.m.–4 p.m.)
- Wear sunscreen with Sun Protection Factor (SPF) 15 or higher
- Wear protective clothing, sunglasses, and hat to shade your face, neck and ears.

The ACS has an awareness campaign for skin cancer prevention: Slip! Slop! Slap! And Wrap! This instructs people to slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses. Other skin cancer prevention tips from the Skin Cancer Foundation include:

- Don't burn
- Avoid tanning beds
- Apply 1 ounce of sunscreen 30 minutes before going outside and reapply every 2 hours

- Keep newborns out of the sun
- Examine your skin head to toe monthly
- See your healthcare provider every year for a professional exam.

Shopping for sunscreen can be overwhelming as there are multiple brands, SPF's, lotions vs. sprays, etc. Here are a few tips to make your purchase easier:

- Make sure it says "broad spectrum" (this protects against UVB and UVA rays)
- Make sure it has a 30 SPF or higher (15 SPF is the Food & Drug Administration (FDA) minimum, but the American Academy of Dermatology recommends at least 30 SPF)
- Make sure it is water resistant for up to 40-80 minutes, which is important with swimming or sweating.

Protecting our skin from the sun, as you can see, is very important, but there are several benefits of small doses of sun exposure. Increasing Vitamin D levels is the most known benefit, but some of the other positive effects include treating depression/seasonal affective disorder, treating neonatal jaundice, relieving fibromyalgia pain, helping with insomnia, and treating skin disorders such as eczema and psoriasis.

With these tips and advice, you can have a fun AND safe time in the sun!

Short Takes

Summer Survival BBQ IQ Test

It is that time of the year to get your grill ready to go! Whether you use charcoal or gas, food always tastes better cooked outside on a grill. The Cleveland Clinic gives us a great challenge to test your BBQ IQ. Take the test below and see how you do.

Question 1: Your only choices are a hot dog or hamburger.

Your best choice: Hamburger. Processed meats are more likely to raise the risk of both heart disease and diabetes.

Question 2: The only toppings are mayo, mustard, onions and ketchup.

Your best choice: Mustard and onions. Steer clear of mayonnaise which is high in saturated fats and ketchup which is loaded in added sugar.

Question 3: The only sides you see are potato salad and cole slaw.

Your best choice: Cole slaw. Exclude salads made with mayonnaise, which contains saturated fats and choose those with a vinegar base.

Offer to bring a side dish or appetizer to the cookout so that you can count on at least one healthy dish. A few ideas to consider: fruit skewers, humus with chopped vegetables, grilled eggplant, or black bean & corn salsa.

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