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Ballpark Fun Benefits Hospitality House

The Hospitality House Summer Fest at Bowling Green Ballpark held on Saturday, August 9 was a grand slam as a fundraiser for the house! One hundred percent of money raised goes directly to support the Hospitality House.

Batting practice with the Hot Rods and running the bases were a hit with kids of all ages. Dr. Bill and Lou Moore and Jim and Darlene Johnson sponsored children from the Boys & Girls Club, along with the Housing Authority. Many thanks to Adam Nuse, General Manager, Ben Hemmen, Assistant General Manager, Don DiBastiani, Senior Account Executive, Eric C. Leach, Director of Sales, the Hot Rods team and the volunteers who made this day happen.

For more information about the Hospitality House, and how you can be a part of helping others in our community, visit the Foundation's website at www.CommonwealthHealthFoundation.org.

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





Jeanette Harris, right, competing in the BB&T All-American Soap Box Derby. Photo courtesy of Daily News.

Soap Box Car Drawing Provides Start to Champion and Fun For All

When Debbie Harris, Application Analyst for IT, won the CHC drawing for the use of a Jim Johnson soap box car in 2013, she could not have guessed her daughter Jeanette would become a champion within a year. "We owe Jeanette's soap box racing to CHC," Debbie said. "She owns two of her own cars now and has done very well!"

Jeanette won the local super stock division soap box derby race at the BB&T All-American Soap Box Derby held May 15–16 in Bowling Green. She won the first place trophy, scholarship money, and the honor of racing in the world championship races in Akron, Ohio the week of July 21. "Although Jeanette did not place in the world championship," Debbie says, "it was a great privilege to race on the historic three-lane track alongside of other champions from all over the United States and all over the world."

After the world championship, Jeanette raced in the National Derby Rallies (NDR) Nationals. She placed third in the national race for her division and claimed 3rd place in the nation for the season.



Kadon Ballard readies for the derby in this year's BB&T Soap Box car.

This year's BB&T All-American was also the first race for Kadon Ballard. He is the son of Susan Ballard, Coding Specialist for The Medical Center HIM. Susan's name was drawn in April for a soap box derby car kit giveaway through CHC and provided by BB&T. Kadon says he had a great time competing in the derby and plans to continue soap box racing.

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.

Mrinal Mullick, M.D. Outpatient Behavioral Health Services

Tuesday, August 19, 5 p.m. News
Wednesday, August 20, *AM Kentucky*

Craig Tyree, M.D. Barren River Regional Cancer Center

Tuesday, August 26, 6 p.m. News
Wednesday, August 27, *AM Kentucky*
Tuesday, September 2, 5 p.m. News
Wednesday, September 3, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

Cancer Support Group

4th Tuesday of each month

5–6 p.m.

**The Medical Center
Cancer Center Lobby**

Below are the second and third parts of a three-part series led by The Medical Center Chaplain Joe Causey.

August 26, 2014

Cancer & God

Why do bad things happen to good people? This session examines the intersection of cancer and faith.

September 23, 2014

**Cancer: Practical Preparation —
Today & The "DAY" after**

This session examines ways to make living easier and death bearable.

Do you know someone whose life has been impacted by cancer — either their own or a loved one's? Spread the word about The Medical Center's Cancer Support Group. It is free and open to the public.

Welcome new CHC employees!



Left to right front row: Casey Gabbard, Women's Health Specialists; Adam Bland, ICU; Eryn Smith, Food Service. *Back row:* Ashley Edwards, Food Service; Stephanie Hahne, Cath Lab.



Left to right front row: Phillip White, PACU; Jaron Weigel, Radiology; Kristie Netherton, MCS Long Term Care. *Back row:* Autumn Merriss, Behavioral Health Services; Amanda Moore, MCS Long Term Care.



Left to right front row: Nikita Avery, MCS Long Term Care; Tyler Hardin, Environmental Services; Kaitlyn Kinslow, MCS Long Term Care. *Back row:* Jessica Shipley, Barren River Adult Day Care; Brooke Gresham, MCF Acute Care.



Left to right front row: Phyllis Lovell, Urgentcare; Leslie Bunton, Patient Registration; Aaron Swygart, MCS Food Service. *Back row:* Whitney Fykes, MCF Acute Care; Emily Croslin, MCF Acute Care.

Neuroscience Services Ribbon Cutting



Drs. Narendra Nathoo and Clark Bernard (center) cut the ribbon celebrating the opening of their new Neuroscience Services office in the Riverside building on July 29. The event was well attended by representatives from CHC, the Bowling Green Area Chamber of Commerce, and political dignitaries including Kentucky House Representative Jody Richards (far right). For more information about Neuroscience Services, visit TheMedicalCenter.org.

Are You a Link to Survival?



For patients who need cardiac care, there are many links in the chain of survival: from EMS to the Emergency Department, from Cath Lab to Critical Care, from Open Heart Surgery to Cardiac Rehab, and supporting departments along the way. Do you play a role in the care of a heart patient?

Show your support for the work we do at The Medical Center to save the lives of cardiac patients. Join The Medical Center and participate in the Warren County Heart Walk on Saturday, September 13 at Kerieakes Park. Each employee who commits to walk will receive The Medical Center Team T-shirt.

Participants should arrive by 10:30 a.m. for a team photo. The walk begins at 11 a.m. The last day to sign up to receive a team shirt is Monday, August 18 by contacting Betsy Kullman in Nursing Administration at BLKullman@chc.net with your T-shirt size.

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

Employees with Service Excellence! August 2014

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.



Ambassador

Tammy Bilyeu

The Medical Center - Endoscopy

"Tammy consistently takes the initiative to improve processes within the Endoscopy Department. She serves on Nursing Council Committees and helps to review policies and procedures. She is always smiling, attentive, and a pleasure with whom to work. She is excellent in her nursing skills with all of her patients."



Ambassador

Gail Jagers

The Medical Center - Care Coordination

"Gail is an inspiration in teaching others and she creates a positive hospital experience for her patients and the staff. She always goes the extra mile to assist her fellow co-workers and the patients for whom she cares. Gail's years of clinical care experience and her professionalism are valuable assets to everyone."



Ambassador

Lacey Poppy

The Medical Center at Franklin - Surgery

"Lacey is an outstanding nurse. She never hesitates to assist other staff regardless of the request. Lacy is always happy and positive in all that she does. Her dedication to her profession and compassion to her patients is exhibited every day, every time, with every patient."



Golden Pineapple – 2014 3rd Quarter

Justin Srygler

The Medical Center Respiratory Care

"Justin is amazing in managing all of his responsibilities with a great and positive attitude. His dedication to his staff and to his work is exemplified each day in every circumstance. Justin personifies service excellence with the utmost professionalism in caring for people."

Welcome new CHC employees!



Left to right front row: Inga Jones, Surgery; Charity Caldwell, MCS Long Term Care; Jessica Beville, Patient Registration.
Back row: Diana Wooden, Labor & Delivery; Summer Wilkins, MCS Long Term Care.

Garden Spot 5K Run/Walk



Over a thousand registrants took part in the 32nd annual Garden Spot Run/Walk. Sponsored by The Medical Center at Franklin Rehabilitation Services, this year's event had the Start and Finish line on College Street at the Simpson County Courthouse on Franklin's historic and picturesque square. There was something for everyone, including the Corporate Challenge for any Simpson County business and the Team Challenge for churches and schools of Simpson County. Fifteen employees of The Medical Center at Franklin participated in the Corporate Challenge. The Garden Spot Run/Walk always draws a big crowd filled with family fun.



Get FIT CLUB Corner

A benefit that partners with me.

My Story: Thomas Bullen

My Story is a place for employees to share their milestones or stories that may inspire others to live a healthy life. If you have a story you would like to share, contact Vicki Weaver, Employee Health, at VLWeaver@chc.net.



Thomas at around 320 lbs. in July 2012 (left), and at 230 after his first nonstop 5K in June 2014.

I had asthma as a child, and became overweight/obese relatively early in my life. I was firmly in the obese category from probably age 12. When I started work at CHC in May 2011, I weighed around 330–340 lbs. I finally got fed up with being overweight and decided to do something about it at the beginning of 2013. I started with changes in diet. I was way too heavy to be able to exercise safely, and I knew that diet is much more important for weight loss than exercise, at least initially (“You can’t outrun your fork”), so I took steps to eat healthier: I cut out sweets and processed junk foods; made an effort to stick to the outside aisles of the supermarket where the produce, dairy, and lean meats are; and I quit snacking between meals completely.

I also stopped drinking calories, and those simple changes allowed me to go from 325 down to a low weight of 215 lbs. in September 2013, for a total

weight loss of 110–115 lbs. in 9 months. Other than some walking the dog in the afternoons, I didn’t really exercise during this period, and over the winter holiday season I gained back around 20 lbs., to 235.

When CHC announced the new increased gym incentive program, I decided it was time to introduce some exercise into my life—and since the incentive now

fully covers the cost at Planet Fitness, I had no more excuses. My first day in the gym I hopped on a treadmill and went to work. Never in my life had I been able to run a mile; in high school, the only time I attempted it, it took me almost 20 minutes and I walked part of the way. So, starting that first day on the treadmill, I slowly but surely started chipping away at it, trying to run longer and longer, further and further. Having been asthmatic, and then later morbidly obese, I never had a chance to really run for pleasure; but now that I have lost enough weight to run without pain, I’ve fallen in love with it. I ran my first mile without stopping in about 14 minutes in early June. I ran 2 miles for the first time in 24 minutes the second week of June. I ran my first 5K without stopping on a treadmill on June 20 in 38 minutes. Now I regularly run one or two miles at a time, sometimes even slipping a run in during my lunch hour. One day, for example, I

ran 2.9 miles averaging 11 minutes per mile on my lunch break. I can run a mile in around 9 minutes if I push myself.

I’ve also taken up hiking. My longest hike so far was 15.5 miles at Mammoth Cave.

I signed up for the BG-Gauntlet mud run/obstacle course 5K on July 12 and started working hard to prepare for that. I finished the BG Gauntlet — it was grueling, but so much fun! My next goal is to run The Medical Center 10K Classic this fall, and I’m working to prepare every day I can, slowly but surely.

I had started strength training at the gym in order to prepare for some of the obstacles in the BG Gauntlet, and that’s something I plan to continue as well. All in all, I’ve never been happier or healthier than I am today, and I’m still overweight! I love running, and I am working hard to get down to the normal BMI range.

I now weigh 228 lbs. I’ve lost 7 lbs. since I started going to the gym at the end of May. The weight has come off much more slowly since I’ve been lifting weights this time, but I think that’s an indication I’m adding muscle. Either way, I feel great, and I will never allow myself to become as big as I was ever again. I’m so glad that CHC supports me in living a healthy lifestyle. If it weren’t for the gym incentive program, I might have never discovered my love of running!

– Thomas Bullen IV
Decision Support Analyst
Center Care

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