

# INTERCOMM

August 14, 2013

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Members of CHC Purchasing staff.

## CHC Wins 2013 ASCEND® Peak Performance Award

With the implementation of the Patient Protection and Affordable Care Act, hospitals are focusing even more on how to contain costs without sacrificing quality. One place with cost-containing opportunity is in the complex supply chains of hospitals and healthcare organizations.

With this in mind, CHC's Purchasing and Materials Management are working with all CHC departments to help decrease cost. The results of this effort has earned CHC recognition within the Premier healthcare alliance ASCEND program. On June 27, Purchasing and Materials Management accepted the 2013 ASCEND Peak Performance Award on behalf of the corporation. Premier healthcare alliance helps hospitals/healthcare systems reduce supply expenses by simplifying the purchasing process and by negotiating contracts on behalf of the alliance members. Out of the 400 hospitals and healthcare systems that participate in the alliance's ASCEND program, only five Peak Performance awards were given. CHC was selected for the award

because of our commitment to efficiency through contract implementation, devotion to sharing best practices during ASCEND educational sessions, and submission of timely, accurate data to properly scale performance improvement opportunities. In total, CHC has \$1.3 million in active annual supply savings contracts through participation in the ASCEND program.

"Congratulations to the Purchasing and Materials Management departments for receiving the Peak Performance Award," said Jean Cherry, Executive Vice President. "And congratulations to all CHC departments for working hand-in-hand with them to help us achieve this important goal and recognition."

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HOSPITALITY HOUSE  
SUMMER FEST  
A BLAST FROM THE PAST

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GET FIT CLUB CORNER

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





## Save The Date

### The Medical Center-WKU Health Sciences Complex Ribbon Cutting Thursday, August 22 • 9:30 a.m.

## 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.

### EKG Screening

**August 29**

**9 a.m. to 1 p.m.**

Staff from Graves-Gilbert Clinic will conduct electrocardiograms (EKGs) at the Health & Wellness Center. This is a noninvasive test that records the heart's electrical activity. An EKG will detect the heart rate, regularity and presence of any damage to the heart.

### Healthy Weight/Healthy Life

**Wednesdays, August 28 through September 25 10:30 to 11:30 a.m.**

This program helps you change your lifestyle in five short weeks. You will be coached by a registered dietitian and exercise specialist who will give you tips on everything from working out to dining out. The cost is \$30.

### Pre-Diabetes Class

**August 27**

**2 to 3:30 p.m.**

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of 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.

### Medicare And You

**August 29**

**9 to 10:30 a.m. or 5 to 6:30 p.m.**

Insurance Agent Austin McCay will be on hand to provide an overview of how Medicare works and discuss steps to take before you enroll. Information will also be provided on Medicare supplemental and prescription drug plans.

# 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.

**William F.M. Daniel, M.D.**

**Franklin Surgical Services**

Wednesday, August 14, AM Kentucky

Tuesday, August 20, 5 pm News

Wednesday, August 21, AM Kentucky

**Muhammad Ahmed, M.D.**

**Smoking/Lung Cancer**

Tuesday, August 27, 6 pm News

Wednesday, August 28, AM Kentucky

Tuesday, September 3, 5 pm News

Wednesday, September 4, AM Kentucky



## Corporate Challenge

Commonwealth Health Corporation will once again participate in the 10K Corporate Challenge. Employees, families and friends who **sign up as part of the CHC team before the early bird deadline of September 20** will receive a \$5 discount on the individual or family plan fee. Register online at [www.TheMedicalCenter10KClassic.com](http://www.TheMedicalCenter10KClassic.com). Use **chc** as the Challenge Discount Code in order to receive the discount and be counted toward the CHC team.

## Welcome to new CHC employees!



Standing, left to right: Jennifer Self, Nursing Administration; Amy Pirtle, MCF Acute Care; Georgianna Taylor, MCS Long Term Care. Seated, left to right: Katie Huckaby, Emergency Department; Joshua Cauley, MCS Long Term Care.



Standing, left to right: Louie Watson, Food Services; Penni Worley, MCS Nursing Administration; Danielle Coleman, Labor & Delivery. Seated, left to right: Sherri Rawls, 6B/C; Freddie Bulle, MCS Long Term Care.

## Retirements



**Alyce Pardue**, The Medical Center at Scottsville Long Term Care (right), retired after 10 years of service. Congratulating her is Jacquie Woodward, Administrator for Long Term Care.

## Weight of the Nation Town Meeting

Nationwide there is an obesity epidemic. According to a 2012 report by the Centers for Disease Control and Prevention (CDC), the United States is second only to Mexico for having the highest number of overweight citizens. The huge jump in obesity in America is evident in CDC reports comparing 1962 to 2010 data. In 2010, the CDC reported 35.7% of American adults (more than one-third of U.S. adults) to be obese, a big jump from 1962 when the CDC reported obesity in Americans was 13%.

According to the CDC report, obesity has been linked as a contributing factor for up to 400,000 deaths in the United States every year. It costs an estimated \$117 billion in increased healthcare and expenditures (including direct costs of treatment and indirect costs of work absences, future earnings and premature death). Obesity costs in the U.S. are now exceeding healthcare costs related to smoking or alcoholism.

This is not just a problem for other states. The 2012 CDC report indicates Kentucky is in the Top 10 of most overweight states, ranking 6th in the nation. Kentucky reported 29% of all adults are obese in the state.

As you would expect, the states with the highest obesity rates also have the highest blood pressure rates and the highest rates of diabetes. In Kentucky, 35.8% have high blood pressure and the rate for diabetes is 13.1%.

Those are the cold hard facts about excessive weight in America and Kentucky and the damage brought on by obesity. The Medical Center is dedicated to improving healthcare in the communities it serves, and is continuing its fight against obesity by sponsoring a Weight of the Nation Town Meeting. Everyone is invited to come learn more about the problem, and ways we can all

work together to help one another beat the rise of obesity in our communities.

The Weight of the Nation Town Meeting will feature a panel of experts who will be addressing all facets of the obesity epidemic, and what is being done to fight this growing problem. Dr. Debra Sowell will talk about obesity in children and Superintendent of Bowling Green Schools Joe Tinius will explain what the schools will be doing this year to serve healthier school lunches and implement physical education programs. Registered Dietitian Linda Howsen will address adult obesity and talk about nutrition counseling. Cecilia Watkins with Western Kentucky University will explain how employers can get involved in the obesity fight, and what employers can do to help their employees.

Jeff Moore with the Kentucky Transportation Cabinet is also on the panel and will be addressing what is called "Built Environment," the building of sidewalks and greenways to allow for more outdoor physical activities.

In addition to the panel of speakers, a segment of the Weight of the Nation acclaimed HBO documentary will also be shown. The Weight of the Nation Town Meeting will touch on every aspect of life. So come, bring a friend or a neighbor and learn more about how you can join in the fight against obesity, and live a healthier life.

The Weight of the Nation Town Meeting will be held Tuesday, August 20 from 5:30 to 7:30 p.m. at the Bowling Green Junior High Auditorium, 900 Campbell Lane. For more information or to RSVP, call 270-745-1010 or [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org).

Reservations are not required but appreciated.

## Hospitality House Summer Fest at the Ballpark



Above: Carla Reagan, Executive Director of the Hospitality House, poses with members of the Bowling Green Hot Rods baseball team. *Left and below:* Festivities included catching and batting on the field with the Hot Rods.



## A Blast from the Past



The Hospitality House Summer Fest at Bowling Green Ballpark held on Saturday, August 3 was a home run as a fundraiser for the house! More than \$8,500 was raised from the event. **One hundred percent of those funds will go directly to support the Hospitality House.**

Kids of all ages attended the event. Batting practice and running the bases seemed to be the highlight of the day, followed by delicious food provided by Mariah's. Many thanks to Ryan Gates, General Manager/COO for the BG Hot Rods, 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](http://www.CommonwealthHealthFoundation.org). Employees are encouraged to participate in ECHO (Employees Contributing to Help Others), an easy way to donate to the Hospitality House, Commonwealth Health Free Clinic, and/or The Medical Center-WKU Health Sciences Complex through payroll deduction or one-time donations. To sign up for ECHO, [click here](#).

Barren River Adult Day Care Center held an Antique Car Show on Friday, July 26. Clients enjoyed viewing different models of cars and trucks that were represented. Clients commented on colors of the cars, ones they liked, drove when younger, or rode in. A special thanks to Southern Kentucky Street Rods, Kenneth Massey and friends, who volunteered their time and cars for viewing.



# Get Fit Club Corner

A benefit that partners with me.

## Witness to Wellness



*Congratulating Christa Atkins (center) are Derek Reeder, RN, Employee Health (left), and Emily Martin, Administrator/ Director of Patient Care Services for CRSH (right).*

The CHC Get Fit Club is excited to announce **Christa Atkins** as the August Witness to Wellness Award recipient. This program is designed to recognize employees who dedicate themselves to living a healthy lifestyle.

Christa works in Care Coordination at the Commonwealth Regional Specialty Hospital. In the spring of 2012, she entered a weight loss challenge after deciding to make a lifestyle change. She was very unhappy with the way she looked and had begun to feel sluggish. She was unsure of which approach to use when losing weight. She had tried Weight Watchers before but wanted something different, so she began using the app My Fitness Pal. She began May 1, 2012 by plugging everything that she ate into the app and began staying within her allotted calories. She also increased her water intake and physical activity.

Christa does Zumba at the Health and Wellness Center on Tuesday evenings (which is offered free of charge for CHC employees). She also enjoys walking outside and playing with her dog. She

also has a Gazelle exercise machine which allows her to exercise at home with low impact on her knees. So far she has logged 345 miles since beginning last May.

Christa also started to make better choices when eating. She increased her daily fruit and vegetable intake and if she has a craving, she eats what she wants but watches the portion size. If she is going to eat a meal out, she watches

what she eats for breakfast and lunch and this allows her more calories for supper.

Christa has lost more than 40 pounds and her goal is to lose another 25. Her cholesterol and triglycerides are much better than before her lifestyle change. She has noticed that she has had more energy than ever before. She has the following suggestions for someone who is about to change their lifestyle. She suggests that you should start slow because you will not lose the weight overnight. If you're losing weight fast, you will gain it back even faster. If you hit a plateau, keep going and don't give up. Christa believes you shouldn't deprive yourself of things that you enjoy eating, just watch your portion size and allow yourself to eat the foods that you love.

*If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's web site on Citrix and nominate them for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at 270-745-1263.*

## Short Takes

### iWalk 2.0 Step Challenge

iWalk 2.0 is an eight-week wellness activity that started August 5. It challenges you to complete 5,000 steps a day, 5 days a week for 8 weeks. What a great opportunity to become more active this summer!

Keep the momentum going and continue to register your steps at <https://chc.provantonline.com>. Team and individual prizes will be awarded. Don't miss out on the fun!

### Zumba

**Free for CHC Employees**

Tuesdays at The Medical Center  
Health & Wellness Center  
4:30 p.m. & 5:30 p.m.

### Yoga

**Free for CHC Employees**

Mondays at The Medical Center  
Health & Wellness Center  
4:30 p.m. & 5:30 p.m.

*The Medical Center Health & Wellness Center is located at 1857 Tucker Way off Cave Mill Road in Chandler Park.*

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](http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf)