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Connie Smith, Chief Executive Officer of The Medical Center, and Dr. Gary Ransdell, President of WKU, cut the ribbon officially opening The Medical Center-WKU Health Sciences Complex.

The Medical Center-WKU Health Sciences Complex Opens

The Medical Center-WKU Health Sciences Complex opened August 22 with a Bowling Green Area Chamber of Commerce Ribbon Cutting. The standing-room-only crowd included dignitaries from CHC, Western Kentucky University and the community, as well as students in the Nursing and Doctorate of Physical Therapy programs at WKU.

Located at 700 First Avenue on the edge of the hospital's campus that borders 31W Bypass, the 73,471 square foot, three-story facility was constructed at a cost of \$15.6 million dollars.

"It is rewarding to see a project that will have such a significant impact on healthcare come to fruition," said Connie Smith, Chief Executive Officer of The Medical Center. "The Medical Center-WKU Health Sciences Complex will benefit the hospital and university with much needed educational space. The community will also reap the benefits as this facility will help advance healthcare in Southcentral Kentucky by providing highly educated and trained healthcare professionals."

The Health Sciences Complex provides space for The Medical Center to offer advanced training

with sophisticated technology for its clinical staff. Twenty percent is used by the hospital for a conference center and bed labs. The bed labs utilize patient simulators including an iStan virtual patient. This electronic, interactive patient has pupils that dilate, vital signs that respond to anesthesia, and other life-like responses. Training and education with state-of-the-art equipment such as iStan assure a high standard of skills and knowledge of the hospital's clinical staff.

Western Kentucky University will benefit from much needed space that will house its nursing and doctorate of physical therapy programs. Eighty percent of the facility will be used by the university to accommodate assembly, training, classroom and business functions for WKU.

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.

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.

Osteoporosis & Bone Density Screening

September 19

9 a.m. to 1 p.m.

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, offered by health professionals with WKU Rural Health Institute that uses ultrasound to measure the bone mineral density in your heel.

Back Screening

September 24

9 to 11:30 a.m.

A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for prevention of back problems.

A Day Just For Women



The 16th Annual Women's Conference, A Day Just for Women, will be held Thursday, September 12 from 8 a.m. to 2:30 p.m. at the Knicely Conference Center.

All women are invited to come hear motivational talks directed at the daily lives of women from featured speaker Linda Ellis Eastman, CEO of Professional Woman Network. Dr. Elizabeth Riley with the James Graham Brown Cancer Center at the University of Louisville will also speak on breast cancer, talking about your risk and questions you should ask your doctor.

The Women's Conference will be a day filled with excellent presentations, sharing life experiences, food and plenty of great shopping.

Register online at www.TheMedicalCenter.org.

ECHO

(Employees Contributing to Help Others)

Nacho Mania

Friday, September 6

10:30 am – 2:00 pm

The Medical Center Auditorium

KICKOFF!

Thursday, September 26

The Medical Center Picnic in the Park

(next to the Emergency Department)

Hamburgers, hot dogs, drink and dessert – \$5

Special Guests:

The Chickeneers

The badge reader will be on site.

Join The Medical Center Team for the Heart Walk

The South Central Kentucky Heart Walk will take place **Saturday, September 14** at Kereiakes Park in Bowling Green. Join The Medical Center Team and pledge your support for the fight against heart disease and stroke. We want to show Warren County that The Medical Center is a proud supporter of the important work of the American Heart Association.

Click here for instructions on how to register for The Medical Center team.

For more information, contact Team Captain Michelle Marshall (ext. 3291).

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.

Muhammad Ahmed, M.D. **Smoking/Lung Cancer**

Wednesday, August 28, AM Kentucky
Tuesday, September 3, 5 p.m. News
Wednesday, September 4, AM Kentucky

Grover Dils, M.D. **The Medical Center at Scottsville Primary Care**

Tuesday, September 10, 6 p.m. News
Wednesday, September 11, AM Kentucky
Tuesday, September 17, 5 p.m. News
Wednesday, September 18, AM Kentucky

Retirements



Beverly Parrish, Bluegrass Outpatient Center (center), retired after 18 years of service. Congratulating her are (left to right): Annette Runyon, Director of Ancillary Services at The Medical Center at Franklin; Sarah Moore, Executive Vice President; Joanna Thomas, Director of Rehab Services; and Emily Davenport, Rehab Manager.

Accomplishments

Leann Alexander, ESD Attendant at The Medical Center at Franklin, graduated from Daymar College as a Medical Assistant.

New Primary Care Clinic Opens at The Medical Center at Franklin

There is now a Primary Care Clinic providing patient care at The Medical Center at Franklin. Dr. Shafia Rubeen has joined the clinic, coming to The Medical Center at Franklin from the Medical Education Foundation in Cedar Rapids, Iowa. In Iowa, Dr. Rubeen was involved in ambulatory care, in-depth chronic disease management, and performed clinical procedures serving both the rural and urban population.

Dr. Rubeen attended medical school in Bangalore, India and received her Master's degree in Public Health from Florida International University in Miami,

Florida. Dr. Rubeen then completed her Internship in Family Medicine at Wheeling Hospital in Wheeling, West Virginia. Her residency work was performed at the Medical Education Foundation in Cedar Rapids, Iowa. Dr. Rubeen specializes in Family Practice.

The Medical Center at Franklin Primary Care Clinic is open Tuesday through Friday, from 7:30 a.m. to 5:30 p.m. The clinic is located at the Franklin Medical Plaza next to The Medical Center at Franklin. To schedule an appointment, call 270-598-4950.

The Medical Center Sleep Center Reaccredited by American Academy of Sleep Medicine

The American Academy of Sleep Medicine (AASM) has reaccredited The Medical Center Sleep Center for a period of five years. In receiving this reaccreditation from AASM, it represents The Medical Center Sleep Center is providing the highest quality of patient care.

Justin Srygler, Respiratory Care Director, worked on the accreditation process and says, "The AASM standards are regularly updated to reflect the latest evidence-based practices in the diagnosis and treatment of sleep disorders. To earn reaccreditation, compliance must be demonstrated in personnel, policies and procedures, data acquisition, scoring and reporting, patient evaluation and care and quality assurance. We could not have accomplished this process without the support of our team of physicians and staff and a special thanks to Sleep Center Supervisor, Lora Sanders."

In addition, in order to receive reaccreditation from AASM, The Medical Center Sleep Center has to provide excellent healthcare, enhance the awareness of sleep as an important element for health, public safety and improved quality of life. Dr. Nisarfathima Kazimuddin, Medical Director of the Sleep Center, was instrumental in the reaccreditation process and says, "We are very pleased to have the reaccreditation for the Sleep Center for the next five years. By having this accreditation, our patients have confidence in knowing the Sleep Center is meeting the highest standards, and is committed to providing the best healthcare possible for our patients."

By receiving reaccreditation from AASM and upholding the Standards for Accreditation, The Medical Center Sleep Center has proven it is dedicated to the advancement of sleep medicine.

Town Meeting Addresses Obesity



Panel members (left to right): Debra Sowell, MD; Joe Tinius, Bowling Green City Schools; Linda Howsen, The Medical Center; Cecilia Watkins, Western Kentucky University; and Jeff Moore, Kentucky Transportation Cabinet.

A panel of local professionals met recently at the Bowling Green Junior High School auditorium for the Weight of the Nation Town Meeting. The meeting was hosted by The Medical Center and Barren River Community Health Planning Council.

The people attending the town meeting heard from a panel of experts about what we are doing to fight obesity in Bowling Green. Pediatrician Debra Sowell, M.D. addressed the problem of childhood obesity, and Joe Tinius, Superintendent of Bowling Green City Schools, said they are offering students fresh fruits and vegetables from local farms and encouraging more exercise during recess.

Linda Howsen, Registered Dietitian at The Medical Center Health & Wellness Center, told the crowd she sees three

things that are mainly contributing to adult obesity: large portion sizes, lack of exercise and drinks containing a lot of sugar. She said, "I firmly believe if we change these three things, I think we can really have an impact."

The crowd also saw a portion of the HBO video "Weight of the Nation" and heard from other panel experts on worksite wellness programs and how to encourage people, even if they have a car, to get in the habit of walking or biking to work if possible.

The Weight of the Nation Town Meeting was an opportunity to educate the community on the dangers of obesity, as well as discuss options on finding solutions to the growing obesity problem.

Garden Spot Run a Success!



Record numbers participated in this year's Garden Spot Run, held August 10 in downtown Franklin. Pictured above are members of The Medical Center at Franklin team. Congratulations to all participants!

The Medical Center Eye Surgery Program Moves to Franklin

In July, The Medical Center moved its eye surgery program from the Bowling Green campus to The Medical Center at Franklin. Available surgery capacity in Franklin and increased demand on the surgery schedule in Bowling Green for other specialties prompted the move. One important benefit that patients have experienced is a decrease in the total time from arrival to discharge due to smaller patient volumes in Franklin.

The Medical Center at Franklin features state-of-the-art technology and modern surgery suites completed during a \$4 million surgery expansion in 2011. Board certified ophthalmologist Jennifer Wentworth, M.D. specializes in cataract and refractive surgery and performs surgery at The Medical Center at Franklin two days a week. Since starting July 10, Dr. Wentworth has performed 60 surgeries. Patients continue to be seen by Dr. Wentworth for their preoperative and postoperative evaluations at the Graves-Gilbert Ophthalmology office in Bowling Green.

**"At the Zoo"
6th Annual
NICU Reunion and
Open House**

**Sunday, September 8, 2013
1:00 – 3:00 p.m.
The Medical Center
Auditorium**

For more information, contact
the NICU department
at (270) 796-2144.



Get Fit Club Corner

A benefit that partners with me.

LADIES AND GENTLEMEN, START YOUR TRAINING!!!

by Derek Reeder, RN

It is time to start training for Team CHC participation in The Medical Center 10K Classic, the 5K or the 1.5 mile fun walk. Before you lace up your shoes to start training, make sure that you register for the races online at www.themedicalcenter10kclassic.com.

Signing up as part of the Corporate Challenge provides a \$5 discount off the early bird cost of \$30 if you sign up by September 20. This year, there are *two options* for joining Team CHC.

- **CHC Employees:** To encourage participation, CHC is offering CHC employees an additional \$10 discount. Therefore, CHC employees can sign up for just \$15 before September 20. CHC employees should use the code **CHCE** when registering online to receive the discount. **The CHCE code is to be used only by CHC employees.**
- **Family and Friends of CHC Employees:** Family and friends can join the CHC Team and receive the \$5 discount offered through the Corporate Challenge by using the code **CHC**. Therefore, friends and family of CHC employees can sign up for just \$25 before September 20.

This year's race will be held on October 19 and will begin and end on the beautiful campus of Western Kentucky University. The course will take you through historic downtown Bowling Green.

If you have never trained or ran a 5K or a 10K race, you do need to start training now. To assist you, the Get Fit Club is conducting a Team CHC Virtual Training program. Sign up for this program by August 30 and you will receive a weekly email that includes a 10K or 5K training plan, inspirational quotes, and training tips to get you through the program. Also, one lucky winner will win reimbursement to The Medical Center 10K or 5K.

The Virtual Training Program for the 5K consists of three workouts each week for seven weeks. The workouts will take between 20–45 minutes each, depending on your fitness level.

The Virtual Training Program for the 10K program consists of a combination of cardiovascular and strength training. It also includes three workouts per week for seven weeks. The workouts will take between 30–60 minutes each.

To sign up for the Team CHC Virtual Training, email Reeddl@chc.net or call 270-745-1263 and ask to be put on the Virtual Training email list. Also, do not forget to log your miles on the Hundred Mile Club card while training!

Short Takes

4 Habits That Pack On Pounds

1. You love your chair.

According to the Cleveland Clinic, we sit too much in office chairs or armchairs in front of the TV. Unfortunately, sitting can put you in the grave earlier. Prolonged sitting puts you at risk for heart disease, cancer and diabetes. And even hitting the gym won't offset the risk.

2. You don't eat often enough.

If you starve yourself, you'll mess up your metabolism and pile on pounds when you start eating normally again. Instead, start each day with a healthy breakfast full of fiber and protein. Then eat small but frequent meals and snacks to keep your metabolism fire lit.

3. Most of your meals come from a menu.

All those meals at restaurants add up. A 2012 study found that, in addition to keeping a food journal and not skipping meals, not eating out for lunch was a key factor for successful weight loss. The study found that women who ate lunch out at least once a week lost about 5 pounds fewer than women who ate out less frequently. If you're trying to drop a jean size and live longer, too, make sure most of your meals are coming from home.

4. Your emotions dictate your diet.

We are drawn to certain foods when we are sad, depressed or anxious because they provide temporary comfort. In fact, negative moods make us not only eat the wrong foods but also eat more of them. One study found that people with high amounts of cortisol, a hormone released in response to stress, were more likely to consume junk food than those with lower levels. Next time you're searching for food to enhance your mood, try omega-3-rich foods, whole grains, lean protein, Brazil nuts, whey protein and black tea. All have been associated with increasing our feel-good hormones.

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