

INTERCOMM

September 10, 2014



UNDER THE BIG TOP ECHO KICKOFF

Employees Contributing to Help Others

We've been Rock Stars. We've had talent shows, but never before have we been "Under the Big Top." Join us as ECHO kicks off its fall campaign on the campus of The Medical Center on Friday, September 26 from 10:30 a.m. to 1:30 p.m. at High Street Park.

What fun you will have! Yes, there will be tents, popcorn, cotton candy and grilled hamburgers and hot dogs (Atmos Energy brings their grilling team!). But more important, there will be carnival games, clowns, and maybe even a dunking booth with your favorite managers getting a little wet!

All of this is done for a cause. ECHO gives hope to others in our communities who utilize the Free Clinic and The Dental Clinic, and those who stay at the Hospitality House while their loved ones are in the hospital. We are also building a foundation of state-of-the art education for medical professionals at the Health Sciences Complex.

How can you help? Join our ECHO team or increase the pledge you currently have in place through payroll deduction. Every gift makes a difference! One hundred percent of each dollar goes directly to the initiatives that you choose.

The Medical Center at Bowling Green

Friday, Sept. 26 10:30 a.m. – 1:30 p.m. High Street Park
(Rain date: Thursday, Oct. 2)

The Medical Center at Franklin

Tuesday, Sept. 30 11 a.m. – 1:00 p.m. Education Building

The Medical Center at Scottsville

Wednesday, Oct. 1 11 a.m. – 1:00 p.m. Employee Courtyard

The Medical Center at Bowling Green Night Shift

Tuesday, Oct. 21 10:30 p.m. – midnight Cafeteria

CHC

Thursday, Oct. 23 11–1:00 p.m. CFR breakroom

For more information, visit www.CommonwealthHealthFoundation.org.

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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.





#10Kclassic

#ImClassic

TRAIN WITH US

Train with Thomas on Facebook!

On August 24, The Medical Center's Facebook and Twitter accounts began posting a step-by-step 10K training program that will end with The Medical Center 10K Classic on October 18. In our training posts, we feature our very own Thomas Bullen from Center Care as he trains for his first 10K race and the longest distance he has ever run. You may have read Thomas' story in the August 13 *CHC Intercomm* Get Fit Club Corner. Thomas has been on a weight loss journey since 2013, and began running in June to lose weight and get healthier. Now, Thomas is taking on a big challenge—training for the 10K on his lunch breaks. Follow The Medical Center at Bowling Green on Facebook to train with Thomas and cheer him on! And don't forget to [register before the early bird deadline](#) next Friday, September 19.

Mark your calendar!

EMPLOYEES ONLY

YARD SALE

Saturday, September 27 • 6 a.m. – Noon
Materials Distribution Warehouse
350 High Rail Way

The warehouse needs more room!

Items for sale will include vehicles, furniture, pictures, scrubs, blankets, tablecloths and much more.

Proceeds will benefit American Cancer Society Relay For Life, American Heart Association Heart Walk, and March of Dimes March For Babies.

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.

Nathan Johnson, PT, DPT **Trigger Point Dry Needling**

Tuesday, September 16, 5 p.m. News
 Wednesday, September 17, *AM Kentucky*

Mohammed Kazimuddin, MD **Remodeling of the Heart**

Tuesday, September 23, 6 p.m. News
 Wednesday, September 24, *AM Kentucky*
 Tuesday, September 30, 5 p.m. News
 Wednesday, October 1, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

Don't Miss the Silent Auction!

Help support Team Medical Center for the 2014 Heart Walk by participating in a Silent Auction.

September 12

9 a.m. to 2 p.m.

**The Medical Center
 Conference Room**

Need a birthday gift or gift for a special occasion? Stop by the Silent Auction, bid on a basket or two, and help support the fight against heart disease and stroke.



Connecting • Asking • Recognizing • Engaging

**Watch your email on
September 12 for a
personal invitation to
participate in the survey.**

Welcome new CHC employees!



Left to right front row: Tammy Crisp, ENT Bowling Green; Jordan Byrn, MCS LTC. Back row: Ashley Reeves, Radiology; Stacy Smith, Ultrasound; Tammy Stokes, Neuroscience Services.



Left to right front row: Linda Ladd, 4C; Kaitlyn Allen, MCS Patient Registration. Back row: Annie Johnson, CCU; Sherrell Steele, Senior Perspectives.



Left to right front row: Michelle Smith, Radiology; Latria Harrold, Environmental Services. Back row: Ashley Payne, Endoscopy; Katelyn Clark, Patient Registration.

Healthy Hearts Cardiac Rehab Receives Certification

The Medical Center's Cardiac Rehab program, Healthy Hearts, has been certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The Healthy Hearts Rehab Program was recognized for its commitment to improving quality of life by enhancing standards of care.

Cardiovascular and pulmonary rehabilitation programs are designed to help people with cardiovascular problems (e.g., heart attacks, coronary artery bypass graft surgery) and pulmonary problems (e.g., chronic obstructive pulmonary disease [COPD], respiratory symptoms) recover faster and improve their quality of life. Both programs include exercise, education, counseling, and support for patients and their families.

The HealthyHearts Rehab Program participated in an application process that requires extensive documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other professional societies. Each program is reviewed by the AACVPR Program Certification Committee and Certification is awarded by the AACVPR Board of Directors.

AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available. AACVPR Program Certification is valid for three years.



SCOTTSDALE - ALLEN COUNTY Community Health Fair

Saturday, September 27 • 8 a.m. – noon

The Core

309 West Cherry Street • Scottsville, KY 42164

FREE HEALTH SCREENINGS

- Pulmonary function test
- Pulse oximetry
- Blood glucose screenings
- Back screening
- Body-fat analysis
- Grip strength
- Blood pressure checks
- MyoVision screening
- Cholesterol screening
- A1C Test/Review Results
- Derma Scan
- Dental Screening

Activities include:

**Healthy Food Demonstration • Meet with a Diabetes Educator
Hands Only CPR Demonstration
Flu shots provided by Rite Aid Pharmacy**

Call 270-622-2800 for more information.

Employees with Service Excellence! September 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
Mary Hall

The Medical Center – Patient Registration

"Mary always goes above 100% in assisting our patients and her co-workers with their needs. She is kind, compassionate, and her professionalism is reflected in the attention to detail in her work. Mary is a role model for service excellence and an asset to CHC."



Ambassador
Erin Hunter

The Medical Center at Franklin – Surgery

"Erin approaches every day with a smile. She provides highly skilled and great patient care. She is a wonderful team member and Erin never hesitates in helping her co-workers with many tasks. She makes a positive difference in the lives of others."



Ambassador
Megan Kepley

The Medical Center at Franklin - Surgery

"Megan is an outstanding nurse and a wonderful colleague. Her optimistic and compassionate manner is transmitted to her patients for whom she cares. Megan is an exceptional team member and leads by example in all that she does."



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."

American Heart Association Heart Walk

Saturday, September 13
Kerieakes Park

Show your support for the work we do at The Medical Center to save the lives of cardiac patients. **Participants should arrive by 10:30 a.m. for a team photo.** The walk begins at 11 a.m.

For more information, contact Team Captain Michelle Marshall at ext. 3291 or Marsmc@chc.net.

Expectant Parent Fair

Sunday, September 28
1–3 p.m.

If you're expecting a baby, you won't want to miss The Medical Center's Expectant Parent Fair. Meet our outstanding staff and learn more about our OB services and education opportunities. Visit with local organizations and businesses to learn about services they provide. Pick up helpful information on healthy pregnancies, baby care and safety, and register for great door prizes.

The Expectant Parent Fair will be held in The Medical Center-WKU Health Sciences Complex at the corner of Park Street and 31-W Bypass on The Medical Center campus. The Obstetrics Unit at the hospital will be open for tours during the Fair.

Call 270-745-1098 or visit TheMedicalCenter.org for more details.



Get Fit Club Corner

A benefit that partners with me.

The Medical Center 10K/5K Training Tip! Dynamic Stretching *by Derek Reeder, RN*

The Medical Center 10K is rapidly approaching, and the time to train for this event is now! On the day of the 10K, you may see many runners stretching their calves, hamstrings, and quads, which does very little to get you ready for a race. In some cases, traditional static stretching may hinder your performance.

In 2011, the *European Journal of Applied Physiology* analyzed over 100 types of stretching before various athletic activities. They found that doing static stretching impaired your muscles' ability to store energy. The authors of the study recommended avoiding static stretching prior to running, weight lifting, and other high intensity workouts. Instead, the authors of the study stated that a better choice for warming up was to do dynamic stretching. Dynamic stretching involves putting your joints through the same kinds of motions you'll be using when you work out. The *Journal of Physical Fitness and Sports Medicine* has found that dynamic stretching can improve performance in sprints by two percent.

Before your event, use this quick five-minute warm up routine to get your body in peak shape. Start your routine with a few minutes of light jogging and then begin your stretching.

Hip Circles: Stand with your feet shoulder-width apart, place your hands on your hips and rotate your pelvis in large circles parallel to the ground. Do 15 circles clockwise, then 15 circles counter-clockwise.

Fast Skipping: Skip forward for 15 yards. Do that twice back and forth.

High Knees: Start with a slow jog or march, then lift a knee to waist level and bring the opposite arm up while marching forward. Maintain this for 15 yards, and do this twice.

Walking-Running B-Skips: Start from a walk, raise your knee to waist height, kick out your heel straight forward, and whip it downward. Speed up from a walk and do this for 15 yards. Repeat this exercise twice.

Leg Crossover: While standing upright, begin to shuffle to your left by crossing your right leg over your left, first in front, then behind. Pick up the pace while doing so. Maintain this for 25 yards then shuffle back to your right by crossing your left leg in front then behind your left leg. Repeat this twice.

Backwards Running: Run backwards, kicking your heels up toward your hips. Build up speed and run backwards for 25 yards then turn around and repeat once or twice.

Remember to sign up for The Medical Center 10K/5K or Fun Walk as part of the Corporate Challenge before the early bird deadline of 3 p.m. on September 19. By using the code **CHCE**, employees pay only \$15. Friends and family can get a discounted rate of \$25.00 if they use the code **CHCNE**.



Left to right: Ronnie Martin, Provider Contracting Manager; Thomas Bullen; and Derek Reeder, RN, Employee Health.

Witness to Wellness

Congratulations to **Thomas Bullen!** He is the *Witness to Wellness* Award recipient for this month. Thomas works at Center Care as a Decision Support Analyst. He has inspired many people in his department to live a healthy lifestyle. He wrote a great article about how he lost over 100 lbs., which ran in the August 13 edition of the *CHC Intercomm*.

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.

Train With Thomas

Follow Thomas as he trains for his first 10K at The Medical Center 10K Classic.

Facebook.com/

TheMedicalCenterBG.

See page 2 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