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## Lawn Party Raises Money for Free Clinic and Dental Clinic

The 2013 Charity Ball kicked off with the first ever "Charity Ball Lawn Party" held at the elegant home of Shannon and Michael Vitale on Saturday, September 7. More than 100 guests arrived dressed for the theme, "The Great Gatsby."

The evening was as delightful as any fabled party of the Roaring 1920s with the ladies wearing festive boas and luxurious pearls along with the dapper gentlemen dressed in hats, ties and shoes that reflected the dazzling era.

The very gracious host's home and gardens were the perfect venue. A life-size floral swan floated in the pool surrounded by a luxurious green lawn where croquet was set for play for the enjoyment of the guests. A fashion show included great pieces from Pappagallo, My Friend's Place and Chico's. Gorgeous furs enhanced the outfits and were generously provided by Regency Furs from Nashville, Tenn. The Brothers J, a local Bowling Green band, jazzed up the night, while the Brickyard Café created the tantalizing menu.

Ward Plato, served as Chairman of the Lawn Party. He infused warmth, personal style and

passion for the cause along with his team, Cara and Bob Pitchford and Rene Kilgore. Charity Ball Co-Chairs Darlene Johnson and Kim Jackson, along with the dedicated members of the Community Relations Committee, shared their time, talent and treasure to make all facets of this prestigious charity event a success with 100% of all proceeds going to support the Free Clinic and The Dental Clinic.

The Lawn Party raised more than \$3,900 in proceeds along with \$6,000 of in-kind donations. A luminous 80" strand of pearls was raffled at the Lawn Party. Another strand will be added the night of the Charity Ball.

For more information on how to donate to the Foundation or attend the Charity Ball on Saturday, November 16 at Sloan Convention Center, please visit [CommonwealthHealthFoundation.org](http://CommonwealthHealthFoundation.org) or contact Kathy Smith at [kasmith@chc.net](mailto:kasmith@chc.net).

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.

## Free HIV Testing

**September 13**

**2 to 4 p.m.**

A certified HIV tester from Barren River District Health Department will provide confidential HIV testing using the Ora-Quick oral swab test. You will know your HIV status within 20 minutes. For more information or questions regarding HIV, call Barren River District Health Department at 270-781-8039, ext. 160. *Preregistration optional.*

## Answers For Rheumatoid Arthritis

**September 26**

**5:30 to 6:30 p.m.**

Join rheumatologist Neha Pansuria, M.D. as he discusses the diagnosis and treatment for rheumatoid arthritis. The presentation will be followed by a question-and-answer session. A light meal will be provided.

## ECHO Kickoff Dates!

**Join the Barnyard Bash! All lunches are \$5.**

Have fun and learn about ECHO (Employees Contributing to Help Others)!

**Tuesday, September 24 • 11:30 a.m. – 1 p.m.**

**The Medical Center at Franklin – Potato Bar**

Compliments of Morrison Healthcare

**Wednesday, September 25 • 10:30 a.m. – 1 p.m.**

**The Medical Center at Scottsville – Potato Bar**

Compliments of Morrison Healthcare

**Thursday, September 26 • 10:30 a.m. – 2 p.m.**

**The Medical Center – Picnic in the Park and Talent Show**

(next to the Emergency Department)

Hamburgers, hot dogs, drink and dessert

Compliments of Atmos Energy

*Special Guests: The Chickeneers*

*The badge reader will be on site.*

**For more information about ECHO,  
visit [www.CommonwealthHealthFoundation.org](http://www.CommonwealthHealthFoundation.org).**



## Corporate Challenge

Commonwealth Health Corporation will once again participate in the 10K Corporate Challenge. **Employees only 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, *PLUS* CHC will contribute an additional \$10 to the discount. If you're an employee, use **CHCE** as the Challenge Discount Code to receive the total \$15 discount.

**Families and friends** of CHC employees 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. Use **CHC** as the Challenge Discount Code in order to receive the \$5 discount and be counted toward the CHC team. Register online at [www.TheMedicalCenter10KClassic.com](http://www.TheMedicalCenter10KClassic.com).

**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.

**Grover Dils, M.D.**

**The Medical Center at Scottsville  
Primary Care**

Wednesday, September 11, *AM Kentucky*

Tuesday, September 17, 5 p.m. News

Wednesday, September 18, *AM Kentucky*

**Brian Humble, M.D.**

**Congestive Heart Failure**

Tuesday, September 24, 6 p.m. News

Wednesday, September 25, *AM Kentucky*

Tuesday, October 1, 5 p.m. News

Wednesday, October 2, *AM Kentucky*

## Welcome to new CHC employees!



Standing, left to right: Brittany West, Nursing Administration; Ashley Cope, Surgery. Seated, left to right: Paula Cordova, VA; Dana Cooper, EMS.



Standing, left to right: Evelyn Libe, Senior Perspectives; Hannah Coyt, Senior Perspectives. Seated, left to right: Tanya Bush, Inpatient Behavioral Health; Holly White, MCS ER.

## Retirements



**Helois West, RN** with MCS Long Term Care (center), retired after 10 years of service. Congratulating her is Penni Worley, Director of Nursing for Cal Turner Rehab and Specialty Care (left), and Jacque Woodward, Administrator of Cal Turner Rehab and Specialty Care (right).

## Accomplishments

**Annette Runyon**, Director of Ancillary Services at The Medical Center at Franklin, has completed her MBA from Argosy University, Nashville and will graduate in December.

## The Medical Center at Scottsville Safety Fair



The Medical Center at Scottsville had its first Safety Fair on Wednesday, August 21. There were several areas covered, and this counted as hands-on competencies for those who attended.

Our very own Angela Marsh, RN served as our "Safety Bee," and Larry Little ("Chef Larry") and his food service crew provided nutrition for the day. After a brief sign-in and registration for door prizes, we started with a "Wheel of Safety" that required answering a variety of safety-related questions. Our awesome Rehab Department demonstrated and checked off employees on proper body mechanics and transferring. There was a

sink to demonstrate hand washing. Door training check offs were completed at Cal Turner Rehab and Specialty Care. We ended with the favorite station manned by our Engineering Department— Employees were able to pull a fire alarm and check cords and plugs for safety. The favorite and most talked about competency was getting to put a fire out with a fire extinguisher. We had 198 employees participate and complete their safety competencies while having a great time!

— Sally Tanaro, RN

The Medical Center at Scottsville  
Clinical Manager Acute Care

## NICU Reunion



The Medical Center NICU Reunion held Sunday, September 8 gave NICU staff the opportunity to reunite with parents and former patients who they cared for during their hospital stay. Staff enjoyed seeing how the children had grown and the developmental milestones they had reached.

## Employees with Service Excellence! September 2013

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.



**Sandy Cardwell**  
**Ambassador**

*Commonwealth Regional Specialty Hospital*

"Sandy is a great nurse. She is always willing to help everyone and never hesitates to assist in any way. She is an extraordinary co-worker. Sandy is kind, thoughtful, and provides excellent care to her patients. CRSH is fortunate to have her as part of our team!"



**Pam Hurst**  
**Ambassador**

*Hillcrest Credit Agency*

"Pam consistently delivers wonderful service to everyone with whom she comes in contact. Her vast knowledge and expertise is always helpful to customers in answering their questions as well as those of her co-workers. She is very dedicated to her work and is excellent in customer service."



**Alice Kirby**  
**Ambassador**

*The Medical Center - Internal Staffing Team*

"Alice demonstrates a positive attitude and a big smile every day she is at The Medical Center. She gives excellent care to all her patients. She is always willing to assist in any way, professional in her work, and she is inspiring to her co-workers. She is a wonderful person and an outstanding nurse."



**George Monte de Oca**  
**Golden Pineapple – 2013 3rd Quarter**

*The Medical Center Environmental Services*

"George is very professional and excellent in his work. Having a positive attitude and being enthusiastic are two of the many outstanding qualities he exudes. He helps others, quickly accomplishes requests, is gracious to all, and always with a smile!"

## Prepare for 10-Digit Dialing

With a new area code coming to our region in early 2014, 10-digit dialing (area code plus the seven-digit telephone number) will soon be required. The good news is you can start using 10-digit dialing now so that it becomes second nature to you when it is required.

Effective February 1, 2014, a new area code (364) will overlay the 270 area code in this region. This means 10-digit dialing 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.

Long distance dialing (1+ 10-digits) will not change. What is important to know is what is considered long distance and what is not. There are many local exchanges used in the Bowling Green, Franklin and Scottsville communities. You should become familiar with the local exchanges for your community. To avoid long distance charges, be careful not to dial 1 + 10-digits when using a local exchange. **For a list of local exchanges, [click here](#).**

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](http://att.com/areacode).

## 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.

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



# Get Fit Club Corner

A benefit that partners with me.

*Team Spirit Award Winner* by Derek Reeder RN



Health Information Management's "The Biggest Losers" are the big winners of the Team Spirit Award.

The CHC Get Fit Club is excited to announce Health Information Management (HIM) is the second quarter winner of the Team Spirit Award. They were nominated by HIM Director Georgena Brackett. She believed they were deserving of this honor due to a very successful "The Biggest Loser" contest and they have had a recent Witness to Wellness Award recipient. The contest has a different focus (weight/activity/body fat) each session and this keeps it interesting.

HIM's "The Biggest Loser" contest had 12 participants the first 12-week session and was won by Contessa Pitcock. The

second session had 9 participants and was won by Kelly Donahoo. They have concluded peer pressure and continued support helped everyone keep off the weight that they have worked so hard to lose. They are now getting geared up for the third session and are hoping for at least 15 participants.

If you believe that your department excels in good healthy lifestyles and works as a team to accomplish your wellness goals, nominate your department by printing a nomination form from the [CHC Get Fit Club's website](#) and faxing it to 270-796-2528. Call Employee Health at 745-1263 for more information.

## Stop flu before it stops YOU!

Over the last few years, the number of CHC employees who voluntarily get the flu vaccine has increased only at minimal rates and falls well below the expected 90% level, particularly for employees working in the CHC hospitals.

Providing for the safety and well-being of our patients and employees is what each of us does every day. The flu is caused by an influenza (flu) virus that can cause mild to severe respiratory illness. The influenza viruses are always changing, so annual vaccination is necessary.

The elderly, young children, and people with certain health conditions are at high risk for serious flu complication. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself, your family and our patients. As healthcare workers, it is our responsibility to protect ourselves and the patients we care for; it is the right thing to do.

Why would a healthcare worker think they don't need the flu vaccine? This question has many people puzzled. Why would we not get the flu shot? Given the nature of our work, it would appear that we'd be the first in line. However, this is not the case.

Therefore, this year CHC has joined many other healthcare employers in taking a stronger approach to prevent the spread of the flu. From November 14, 2013 through March 31, 2014, all CHC employees who have not received the flu shot will be required to wear a mask when carrying out their work in designated patient care areas.

The flu vaccine is now available in the Employee Health offices and is available to all employees at no charge. FluMist and egg-free vaccine is also available on an as needed basis at no cost.

Contact Employee Health at ext. 1263 for an appointment or [click here for the complete 2013-2014 Flu Shot Traveling Cart and Clinic schedule.](#)

## Upcoming Traveling Flu Cart & Clinic Schedule

### The Medical Center/CRSH

9/12	Thursday	3:00 p.m. – 7:00 p.m.	Cart	"D" Tower (starting w/ED)
9/16	Monday	7:00 a.m. – 8:00 a.m.	Cart	EMS - Headquarters
9/16	Monday	9:00 a.m. – 11:00 a.m.	Cart	ED
9/16	Monday	10:00 p.m. – Midnight	Clinic	Classroom 2
9/16	Monday	12:30 a.m. – 2:00 a.m.	Clinic	OR Classroom
9/19	Thursday	7:00 a.m. – 11:00 a.m.	Cart	3A, 3B, 3C & CRSH
9/23	Monday	7:00 a.m. – 11:00 a.m.	Cart	5A, 5B & 5C
9/23	Monday	12:00 p.m. – 4:00 p.m.	Clinic	Auditorium

### The Medical Center at Franklin

9/30	Monday	6:00 a.m. – 10:00 a.m.	Clinic	Crossroads
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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)