

INTERCOMM

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A Day Just For Women Brings Empowerment And Fun

The 2014 Women's Conference, A Day Just for Women, was a day filled with excitement and enthusiasm. With 375 women registered for the event held September 11, it was one of best ever. "We are blessed to have so many women loyal to this annual event," says Jenny Golden, Director of Community Wellness. "It's a great day for women to learn more about their health and network with other women." Participants connected with Motivational Speaker Tami West, Ph.D. and Cardiologist Alison Bailey, M.D., spent time with friends, enjoyed free chair massages and visited the many vendors' booths for shopping and information about living a healthier lifestyle. In addition, many women took the opportunity to "test drive" The Medical Center's da Vinci® Surgical System.

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



In Memoriam



Debra Belcher

CHC mourns the loss of Debra Belcher, who passed away on September 7. Deb worked as a monitor tech at Commonwealth Regional Specialty Hospital from 2006 until July 2014. Emily Martin, Administrator/Director of Patient Care Services, says, "Deb was such a hard worker and loved her co-workers as much as they loved her. She was always willing to work extra hours when needed. Her smile and positive attitude were contagious at CRSH. We will all miss her dearly." Our deepest condolences go to Deb's family, friends and co-workers.

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.

Mohammed Kazimuddin, MD
Remodeling of the Heart

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

Stan Amonette, MD
Mammography at WKDI

Tuesday, October 7, 6 p.m. News
Wednesday, October 8, *AM Kentucky*
Tuesday, October 14, 5 p.m. News
Wednesday, October 15, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

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.



Connecting • Asking • Recognizing • Engaging

Don't be left out! Check your email today and complete the survey.

Welcome new CHC employees!



Left to right front row: Rita Brewer, 3D; Bethany Devore, Urgentcare. *Back row:* Sherry Martelli, MCF Acute Care; Julie Griffin, Senior Perspectives.



Left to right front row: Byron Gillilan, Environmental Services; Laura Hanner, Quick Care Clinic. *Back row:* Margaret Griffin, Cal Turner Rehab & Specialty Care; Ashley Brooks, Cal Turner Rehab & Specialty Care.



Left to right front row: Scott Vandivier, Emergency Dept.; Brandy Anders, Food Services. *Back row:* Zackary Piper, Food Services; Kadira Sinanovic, Environmental Services.

Save the date

The Medical Center at Scottsville Community Health Fair

September 27

8 a.m. to noon

The Core, 309 West Cherry Street, Scottsville

The Medical Center at Scottsville will once again host its annual Community Health Fair to provide residents of Allen County with access to a variety of free screenings and activities. For more details, visit www.TheMedicalCenterScottsville.org.

Expectant Parent Fair

September 28

1 to 3 p.m.

The Medical Center-WKU Health Sciences Complex

If you're expecting or considering having a baby, don't miss the semiannual Expectant Parent Fair. Tours of The Medical Center Obstetrics (OB) unit will be offered with an opportunity to speak with OB staff. Local organizations and businesses that cater to expectant parents and babies will provide information about their services. For more information, call 270-745-1098.

Heroes Festival

October 26

2 to 4 p.m.

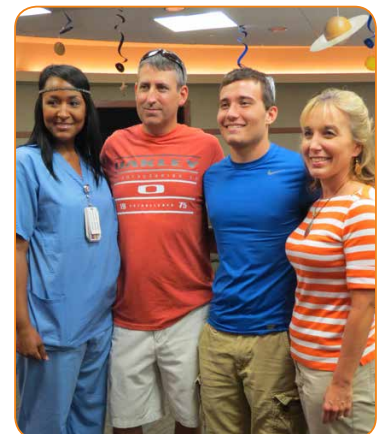
Medical Center EMS parking lot. No registration needed.

Put on your costume, gather the kids, and join Medical Center EMS and local emergency service departments for the Heroes Festival. Candy and treats will be provided by these groups, allowing children to trunk or treat in a safe and trusted environment. They will also have a chance to check out the equipment, vehicles and helicopters used by fire departments, law enforcement and emergency medical services. For details, call 270-745-1244.

NICU Reunion



The Medical Center NICU Reunion held Sunday, September 7 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. Among the many visitors was former NICU baby Brandon Lane Little (pictured at right, second from right), who is now 17 and plays football for Allen County High School. Pictured with Brandon are Kim White, RN, who cared for him when he was in NICU, and his parents, Wes and Myra Little.



Heart Walk Raises Awareness



Fun and fellowship drew hundreds on Saturday, September 13 for the Warren County Heart Walk to benefit the American Heart Association.



Community Benefit Report Now Available

In the fiscal year ending March 31, 2014, CHC provided \$63.3 million in total benefits to our communities. Please take a moment to read CHC's **Community Benefit Report** for fiscal year ending 2014 at this link: [Healthcare from the Heart](#). In this report you will read how:

- Commonwealth Financial Resources helped **Barbara**, a woman who dedicated her life to fostering "drug babies," when she was overwhelmed by her medical bills.
- **William** and **Tony** survived their heart attacks thanks to the skill of our employees and the resources available at The Medical Centers at Bowling Green and Franklin.
- **Michelle** went from being unable to walk or care for herself, to being completely independent after rehabilitation at Cal Turner Rehab and Specialty Care.

These are the stories of the patients who have experienced **Healthcare from the Heart**. Read these stories and others, and see how CHC earns a typical dollar, and what we do to give back to our community. Then give us your feedback by taking a survey [here](#) for a chance to win \$50 cash!

Welcome new CHC employees!



Left to right front row: Kacie Dingmann, Cath Lab; Heather Sparks, MCS Housekeeping. *Back row:* Morgan Nelson, Patient Registration; Suhail Vendrell, Environmental Services; Brittany Drake, CFR.



Left to right front row: Russ McMurtrey, MCS Administration; Abby Clinton, Center Care. *Back row:* Alaa Tlais, Pharmacy; Kacy Word, 2B; Sarah Rogers, 5C.



Left to right front row: Sara Lawrence, 5B; Karie Hutchinson, Acute Care. *Back row:* Jessica Crotts, 5A; Barrie Stewart, MCS Rehab; Jenny Larson, 5A.



Left to right front row: Nicole Gibson, 4B; Chelsea Foster, 4C. *Back row:* Corri Russell, 5C; Anastasiya Ruina, Surgery.



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness

By Derek Reeder APRN



Congratulations to **Garth Sparks!** He is this month's Witness to Wellness Award recipient. Garth works for The Medical Center at Bowling Green as a Registered Nurse in the Outpatient Department. He was nominated because he is a loyal Zumba class participant at The Medical Center Health & Wellness Center. He is also dedicated to living a healthy lifestyle and is working hard to achieve his wellness goals.

Garth decided to make a lifestyle change

because he wanted to slim his waist line and decrease his cholesterol level. He started with minor diet changes by cutting back his quantity of foods and sodas — before making his lifestyle change, he had always cleaned his plate. Now, he stops eating when he is full. He began going to the free Zumba classes that are offered at the Health & Wellness Center on Tuesdays. He currently does 3–4 Zumba classes per week.

Since he started his lifestyle change, his cholesterol is close to normal, his joints in his knees and hands have less pain, his clothes fit better, and he has noticed that he has more energy. He offers the following advice to anyone who is making a lifestyle change: "Start to cut out the bad food slowly. When you have a craving to eat chocolate, eat dark chocolate. Start exercising slowly and find an exercise you enjoy, so you will stay with it. Also learn how to do it the correct way to prevent any injury." Most Tuesdays, you will find him at the Health & Wellness Center doing Zumba. He says, "You should try Zumba. It's the most sweating fun you will ever have and the instructor at the Health & Wellness Center is a great teacher. Plus, you will have a lot of laughs."

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

CHC Get Fit Club Special Activities Class Schedule

If you are looking for a great way to kick start your workout program or supplement your existing workout program, Commonwealth Health Corporation offers the following classes free to employees:

The Medical Center Health & Wellness Center:

Yoga

Monday	4:30 p.m.–5:30 p.m. 5:30 p.m.–6:30 p.m.
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Zumba

Tuesday	5:30 p.m.–6:30 p.m.
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The Medical Center at Scottsville

Rehab Gym:

Ripped

Monday	4:30 p.m.–5:30 p.m.
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Zumba

Wednesday	4:30 p.m.–5:30 p.m.
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Yoga

Thursday	4:30 p.m.–5:30 p.m.
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The Medical Center at Franklin

Education Building:

Aerobics

Monday	5:00 p.m.–6:00 p.m.
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Yoga

Tuesday	6:30 p.m.–7:30 p.m.
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Thursday	4:30 p.m.–5:30 p.m.
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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