

INTERCOMM

January 16, 2013

UPCOMING EVENTS **2**
WOMEN IN CHARGE
LUNCHEON
PRIDE IDEAS

RETIREMENTS **3**
BRRCC CELEBRATES
10TH ANNIVERSARY
ACCOMPLISHMENTS

SAVE TIME WITH
PREREGISTRATION **4**
90 SECONDS TO
BETTER HEALTH
HEALTHY NEW YOU
CHALLENGE



Among the features of this year's Expo were free flu shots, health screenings and Medical Center EMS ambulance tours. Above left: Emily Martin, Director of Commonwealth Regional Specialty Hospital, administers a flu shot. Middle: LeeAnn Crawley, RN with Urgentcare, performs a blood pressure screening. Right: Steve Ramsey, Manager of EMS Field Operations, provides information about Medical Center EMS.

Health & Wellness Expo 2013 a huge success!

From the time the doors opened, people from all around Southcentral Kentucky poured into the Sloan Convention Center Saturday, January 12 for The Medical Center's 16th annual Health & Wellness Expo. The Expo did not disappoint the huge crowd, as it had something for everyone. It was all geared toward getting people of all ages off to a healthy start for the new year.

The flu is hitting Southcentral Kentucky early and hard, making many people sick and even closing several schools. To help the communities we serve, The Medical Center and the Barren River District Health Department provided 500 free flu vaccines at the Health & Wellness Expo on a first come, first serve basis.

"Know Your Numbers" was the theme this year, with free screenings allowing everyone to get their numbers for their blood pressure, body fat, bone density, BMI, blood sugar and lung health.

Other free screenings available to the huge crowds included oral, skin and colon cancer screenings, vision, hearing, dementia and depression screenings. For many, the Health & Wellness Expo screenings are the only time they receive health checks during the year, and therefore are potentially lifesaving screenings.

In addition to the screenings, the Expo had a fun atmosphere for the whole family, with demonstrations going on every hour. This year Hot Yoga is hot, and there was a

demonstration on that, as well as a healthy cooking demonstration that drew a huge crowd. At another demonstration, you could learn to dance your weight away with a Zumba class.

The crowds were also entertained with performances by BG Rockerz dancers and the Jumpin Jaguars competitive jump rope team. These performances are always a favorite with the kids. Another big draw for the 2013 Health & Wellness Expo is that no one left empty handed. Along with the many vendors' handouts and health information, there were also door prize drawings that always make for additional fun and excitement for everyone.

The 2013 Health & Wellness Expo is one for the record books, helping with free flu shots, important health screenings, and entertainment, all making for a great way to start the year off for residents in Southcentral Kentucky. The huge success and participation in this year's Expo has many already looking forward to Expo 2014. Hope to see everyone there next year, and have a happy and healthy 2013.

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.

Beginners Yoga Class

Thursdays, January 17 through February 21 **9 to 10 a.m.**
Limited to 15 participants; bring a mat.

Taught by Susan Polk, registered yoga teacher, this class is intended for those students with no prior yoga experience or for those who have been away from their yoga practice. This class will teach you the basic poses and breathing techniques of yoga to leave you feeling more flexible, relaxed and renewed. Cost is \$10 per class or \$50 for six classes, payable to instructor.

Healthy Weight/ Healthy Life

Thursdays, January 17 through February 7 **10:30 to 11:30 a.m.**

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

Carbon Monoxide Screening

January 21 **9 a.m. to noon**

Staff from Barren River District Health Department will provide this valuable screening to check the carbon monoxide (CO) level in your lungs. CO is a poisonous gas that you cannot smell, taste or see. Sources include smoking, vehicle exhaust fumes, malfunctioning heaters, stoves and secondhand smoke.

Watercolor Class

Mondays, January 21 through February 25 **10 a.m. to noon**

Limited to 15 participants; bring a 9- by 12-inch cold-press paper pad and #1 and #8 round brushes.

Did you know that using your creative side is healthy for you? It provides relaxation, may improve memory, helps blood pressure, and aids in stress reduction. Local artist Nell Peperis will lead this six-week class. The cost is \$45, payable to the instructor at the first class.

Stroke Screening

January 23 **8:30 to 11:30 a.m.**

Following completion of a brief stroke risk scorecard and blood pressure screening, a registered nurse will discuss areas of concern with you.

Back Screening

January 29 **8:30 to 11:30 a.m.**

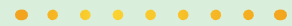
A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for prevention of back problems.

Women-in-Charge Luncheon

The Women-In-Charge Luncheon Series is designed to address the health concerns and professional interests of women. The cost for each luncheon program is \$8 per person, and preregistration is required. Register for the luncheons online at www.TheMedicalCenter.org. For more information, call 270-745-1010 or 800-624-2318.

Tuesday, January 22: Right Here, Right Now

Jan J. Funk, APRN, clinical director of Psychiatric Services for The Medical Center, will share how we are under the mistaken notion that we will accomplish more by multitasking. The centuries-old practice of mindfulness teaches us that one thing at a time can lead us to more efficient, effective and meaningful lives.



December 2012 PRIDE Ideas

Penny Davis.....CRSH
 Randy EastQuicksilver Messenger
 Wendy Higgs Nursing
 Alex Nagornay ICU
 Alicia Bachicha Respiratory Care
 Emmett Secrest Central Transport
 Jacque Woodward Barren River Adult
 Day Care Center
 Becca Newby Cath Lab
 Allie Barnett Ambulatory Surgery
 Connie Forrester..... 4C
 Angie Swift ICU

Retirements



Bonnie Sue Neal, Food Services (right), retired after 14 years of service. Congratulating her is Sarah Moore, Executive Vice President.

Accomplishments

Emily Davenport, Rehabilitation Manager with *Just For Women*, has successfully completed the American Physical Therapy Association Pelvic Pain series as well as passed the exam. She has received her Certificate of Achievement for Pelvic Pain (CAPP). *Just for Women* is the only all women rehabilitation clinic in the area, and the only clinic that performs this type of treatment.

Barren River Regional Cancer Center Celebrates 10 Year Anniversary

Craig Tyree, M.D. and the staff at the Barren River Regional Cancer Center in Glasgow are celebrating 10 years of delivering compassionate and technically advanced radiation therapy to cancer patients in Barren and surrounding counties. Since opening in 2002, Barren River Regional Cancer Center has provided radiation treatment services to more than 2,000 patients.



Craig Tyree, M.D. and staff of Barren River Regional Cancer Center

"For the past decade, my staff and I have had the opportunity to bring the most advanced treatments in cancer care to this area," said Craig Tyree, M.D., Radiation Oncologist and Medical Director for Barren River Regional Cancer Center. "We are proud to provide this region with advanced technology and compassionate care, and we are looking forward to many more years of working with the outstanding people in this community."

Barren River Regional Cancer Center originally was established by The Medical Center in late 2002. In early 2003, The Medical Center entered into a joint venture with TJ Samson Community Hospital to operate the Center. Dr. Tyree, a board certified radiation oncologist, has served as Medical Director since opening. In addition to Dr. Tyree, the Center is staffed by radiation therapists,

a medical physicist, dosimetrists, and oncology nurses. Barren River Regional Cancer Center is accredited by The Joint Commission and is recognized by the Commission on Cancer of the American College of Surgeons.

In 2009 Barren River Regional Cancer Center completed an approximate \$5 million expansion. Part of the 4,000 square feet that was added to the existing structure was a vault for a new Trilogy™ linear accelerator. The Trilogy combines image-guidance technology to focus on a tumor with a very precise radiation beam. With advanced technologies, the Center offers stereotactic radiosurgery, intensity modulated radiation therapy (IMRT), stereotactic body radiation therapy, image-guided radiation therapy (IGRT), 3-D conformal radiotherapy, and palliative radiation therapy.

Barren River Regional Cancer Center 10th Anniversary Open House

**Wednesday, January 23
2 to 4 p.m.**

103 Trista Lane in Glasgow

Save Time with Preregistration

At The Medical Center, registration clerks focus on customer service, accuracy, and low wait times. They enter the demographic and benefit information, get the necessary documents signed, and scan any relevant documents into a document archiving system. Currently, it takes between 10-15 minutes to register a patient.

There is something you can do to reduce registration time. Visit www.TheMedicalCenter.org to access preregistration information and fill out paperwork ahead of time to help make registration quick and simple when you arrive on the day of your procedure.

On the home page of the website, click on "Patients" and then "Preregistration." Choose Maternity or Other and then select your insurance. The next screen will provide all of the documents you would need to sign upon arrival for your procedure. You can print these documents, along with the instruction sheet, complete and sign. You can fax these documents to the Preregistration office (at least 24 hours prior to your arrival) along with a copy of your photo ID and insurance card. A fax coversheet is provided on this same screen.

If you do not have access to a fax machine, you can simply drop these documents off with our preregistration staff, or bring the completed documents with you the day of your procedure.

If you fax your paperwork at least 24 hours before your procedure date, a preregistration clerk will enter your information and scan your documents. You will then receive a confirmation by phone or email (if you allow) stating your preregistration is complete. Upon arrival the day of your procedure, you will check in at the receptionist desk, and a clerk will be with you shortly thereafter to put on your wristband. Because you have already signed your documents and sent us your photo ID and insurance card, this is all that you have to do. You are now registered and waiting for your procedure.

The Registration Department continues to look for methods to reduce registration times through technology and improved processes. You can look forward to these and more improvements in the coming months.

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.

Middle Ear Procedures Brad Morris, M.D.

Tuesday, January 15, 6 p.m. News
Wednesday, January 16, AM Kentucky
Tuesday, January 22, 5 p.m. News
Wednesday, January 23, AM Kentucky

Child & Adolescent Mental Health Issues Charu Raghuvanshi, M.D.

Tuesday, January 29, 6 p.m. News
Wednesday, January 30, AM Kentucky
Tuesday, February 5, 5 p.m. News
Wednesday, February 6, AM Kentucky



HAPPY
... new ...
YOU
CHALLENGE

If your New Year's resolution included losing weight, then join the Happy New You Challenge! Come to The Medical Center Surgical Weight Loss Program on January 17 or 18 from 8 a.m.-6 p.m. to pick up a goody bag that includes: an exercise band, water carafe for tracking your water intake, free snack samples, health and nutrition information PLUS get your metabolic rate calculated. Our machine quickly and painlessly calculates your exact calorie burn when you are at rest, and you can use this number to build your exercise and dieting goals and lose weight more effectively. Then, follow The Medical Center Healthier You on Facebook for tips, recipes, and the support you need to succeed!

For the best results, don't consume caffeine for 24 hours before the metabolic test and don't eat or drink for 4 hours before the test. The goody bag and metabolic rate together are valued at more than \$100! Don't miss this opportunity!

Congratulations to Crissy Willis, IT Director of Applications and Operations, the winner of The Medical Center Healthier You Facebook page employee drawing. Thanks to all the employees who have "liked" the page. Surgical Weight Loss Program appreciates your support!