

UPCOMING EVENTS **2**
HEALTH & WELLNESS
CENTER RIBBON
CUTTING
RETIREMENTS



NEW EMPLOYEES **3**
OLDHAM SCHOLARSHIP
HEART REUNION



Renovation Phase 1 complete, Phase 2 begins

Phase 1 of renovation to The Medical Center's first floor main corridor is complete. Employees can now see the cosmetic updates that are being made, including new flooring, rails and paint.

With completion of Phase 1, the Outpatient entrance and lobby have reopened, and patient registration has returned to its normal process.

Phase 2 has begun and will last until approximately February 20. This phase will not have the impact on patients as Phase 1 did with the temporary relocation of Outpatient registration to Diagnostic Imaging. This phase will primarily impact wayfinding through the hospital. Alternate routes using back hallways will continue to be utilized during this time to bypass renovation areas.

During Phase 2, the following areas will be closed:

- Section between Outpatient and the Diagnostic Imaging hallway.
 - The revolving door access to the main hallway in this section will be closed.
- Small section of secondary hallway leading from main hallway to Pathology and High Street exit.
 - Patients and visitors looking for the Emergency Department should be directed to use the Café/Engineering hallway to exit the main hospital and cross High Street.
 - Staff can access Pathology by using the back hallway of Diagnostic Imaging.

- Small section of secondary hallway by Lab leading to Café/Engineering hallway.
 - The Critical Care Waiting Room will continue to be used as a pass-through to the Café/Engineering hallway.
- Section between Subway and Nursing Administration hallway.
 - Elevators 1 & 2 and 4 & 5 will be operational; however, elevators 4 & 5 cannot be accessed from the front. Both sets of elevators can be used for all patient floors. In addition to normal access via Elevators 4 & 5, Commonwealth Regional Specialty Hospital will be open through 6B, using the front side of Elevators 1 & 2.
 - One entrance to Subway will remain open.

What you can do

Please continue to assist patients and visitors in finding their way as you encounter them in our hallways. A renovation of this magnitude and scope affects the patient and visitor experience in our hospital. We want to minimize any inconvenience and confusion for them.

To see a map of Phase 2, [click here.](#)

ECHO **4**
NEW EMPLOYEES
PRIDE IDEAS
ACCOMPLISHMENTS

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



Upcoming Events

Vascular Screening

January 20

9 a.m. to 4 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Appointments are required by calling 745-0942.

Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound, and ankle/ brachial index. These tests screen for disorders such as stroke, aortic aneurysm, and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute, and a report is sent to you and your physician. The cost is \$35 per screening or \$90 for all three. Members of Senior Health Network, Men's Health Alliance and The Women's Center can get all three for \$80.

Rheumatoid Arthritis Class

January 20

12:30 to 1:30 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Join rheumatologist Asad Fraser, M.D. as he discusses the diagnosis and treatment for rheumatoid arthritis. The presentation will be followed by a question-and-answer session. Lunch will be provided.

Women-In-Charge Luncheon:

New Year, New Beginnings for Your Health

January 24

Noon to 1 p.m.

The Medical Center Auditorium. Cost is \$8 per person; preregistration is required by calling 745-0942 or going online to TheMedicalCenter.org.

What better time than the beginning of a new year for making the decision to improve your health and be the best you can be. This presentation will focus on steps that can be taken each day in the areas of nutrition, physical activity, sleep patterns and stress management that can have a huge impact on one's physical and emotional health. The Women-In-Charge Luncheon series is designed to address the health concerns and professional interests of women.

Vestibular (Dizziness) Screening

January 26

1 to 4 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

This screening, provided by Bluegrass Outpatient Center, uses state-of-the-art video goggles to help locate where in the ear balance disorders occur. Vestibular screenings are often recommended for those who experience vertigo (dizziness) or have a history of falls.

Watercolor Class

Mondays, January 30 through February 27

10 a.m. to noon

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942. 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.

Did you know?

You can register online for many events by visiting TheMedicalCenter.org.

Save the date!

The Medical Center Health & Wellness Center Ribbon Cutting

**Wednesday, January 25
2 p.m.**

The Medical Center Health & Wellness Center will host a Bowling Green Area Chamber of Commerce Ribbon Cutting for its new location in Chandler Park. The Center is located at 1857 Tucker Way off Cave Mill Road and is housed in the building adjacent to Chandler Park Dental, the office of Eli Jackson, D.M.D.

The Center offers educational classes, exercise classes, blood pressure checks, health screenings, support group meetings and a lending health library. Specialized services offered by physician referral include the Diabetes Education Program, Medical Nutrition Therapy and the Healthy Weight Program for Kids.

Retirements



Sandra Webb, Executive Assistant (front row, center), retired after 41.5 years of service. Congratulating her are (left to right) Emily Jernigan, Medical Staff Coordinator; Sarah Moore, Executive Vice President; Wade Stone, Vice President; Jake Barrick, Medical Staff Coordinator; and Connie Smith, President and Chief Executive Officer.

New Employees



Standing, left to right: Nichole Jacobsin, MCS Acute Care; R. Suzie Abrams, 3D; Taylor Willoughby, MCS Long Term Care. *Seated, left to right:* Michelle Belt, MCF Acute Care; Shamekia Ferguson, Nursing; Patrick Durbin, 3B.



Standing, left to right: Amber Fisher, MCS Long Term Care; Summer Abston, Nursing; Keri Miller, MCS Long Term Care. *Seated, left to right:* Toya Livermore, 4A; Emily Sullivan, Long Term Care; Jessica Tuttle, Long Term Care.



Standing, left to right: Brittany White, 5A; Nichole Stanley, 5A; Emily Holderfield, CCU. *Seated, left to right:* Tom O'Brien, 5B; Katie Bauer, 5B.



Standing, left to right: Jessica Monroe, Respiratory Care; Jessica Grubb, Food Services; Brenda Johnson, MCS Respiratory Care. *Seated, left to right:* Miguel Marrero, Security; Daniel Dennison, MCF Respiratory Care; David Cook, Barren River Regional Cancer Center.

CHC is proud to announce establishment of Herbert A. Oldham Scholarship

In recognition of Herbert A. Oldham and the leadership he has provided through his dedicated service as a member of the CHC Board of Directors, Commonwealth Health Corporation is proud to announce the establishment of the Herbert A. Oldham Scholarship at Western Kentucky University.

Beginning with the 2012–2013 academic year, the Herbert A. Oldham Scholarship will be awarded to a minority graduate of one of five high schools located in Warren County. The recipient of this scholarship will be attending WKU as an incoming freshman. The scholarship will include in-state tuition and an allowance for books.

Scholarship applications now being accepted for 2012–2013 academic year

Applications for the following scholarships are now being accepted for the 2012–2013 academic year: Carrel K. Sumner Family Memorial Scholarship, Charles M. Stewart Scholarship, Floyd Ellis Scholarship, Helen Dinning Scholarship, Herbert A. Oldham Scholarship and The Medical Center at Scottsville Scholarship. Deadline for submitting application(s) is March 15. To request a list of guidelines and application for one or more scholarships, please contact Jennifer Pratt, Marketing and Development Coordinator, at extension 1543 or jp Pratt@chc.net.

Heart Reunion Celebration!

**Sunday, February 12
2:00 p.m.**

**Knights of Columbus Hall
911 Searcy Way
Bowling Green, KY**



All current and former patients of The Heart Institute at The Medical Center and their families are cordially invited to attend a special celebration to honor their success in fighting heart disease.

RSVP by February 10 by calling (270) 796–3330.

ROCKSTAR ECHO

COMMONWEALTH HEALTH FOUNDATION

On behalf of Commonwealth Health Foundation, thank you for your continued support through payroll deduction for Commonwealth Health Free Clinic, the Hospitality House and other services. We ended 2011 with 792 ECHO donors raising more than \$135,000! To date, more than \$955,000 has been raised through this initiative. This is an amazing statement to our community and to those we serve each day as we carry out our mission.

If you would like more information on how to become a part of this outstanding group of individuals, please contact Kathy Smith at ext. 6519 (kasmith@chc.net) or visit our website at CommonwealthHealthFoundation.org.



ECHO Rocks!

Be a part of this amazing initiative!

To sign up for ECHO, click the monkey.

Reminder: Year-end donation totals for the Foundation made through payroll deduction are listed on your payroll W2 form, box 14 labeled "CHF."

Accomplishments



Congratulations to **John Mark Fones**, Senior Vice President, for being awarded the 2011 Bowling Green Area Chamber of Commerce Board Volunteer of the Year. As a vice president of the Chamber Board of Directors Executive Committee, he has been an integral contributor to the Chamber's efforts to bring The Leader in Me™ program, based on Stephen Covey's *Seven Habits of Highly Effective People*, into the Bowling

Green Independent Schools and the Warren County Public Schools. He has been a member of the Chamber Board of Directors since 2007.

New Employees



Standing, left to right: Sarah Vincent, Pharmacy; Allie Logan, CSR; Selima Osmanovic, Environmental Services.
Seated, left to right: Adi Levy, Cardiology; Bethany Hardcastle, Urgentcare.



Left to right: Dee McNeily, Rehab; Kelli Huffman, Center Care; Shannon Blandford, Rehab.

December 2011

PRIDE Ideas

Melanie Wilson
Radiation Oncology

Kristy Reagan
Women's Health Specialists

L. Robin Marrero
Resource RN

Elizabeth Woodrum
3B

Tiffany Merten
EMS

Vickie Pape
5B

Rebecca Henderson
Lab