

INTERCOMM

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CHC earns Accreditation with Distinction from ANCC

Commonwealth Health Corporation (CHC) has achieved Accreditation with Distinction by the American Nurses Credentialing Center (ANCC), a subsidiary of the American Nurses Association. This highest recognition awarded by the ANCC Accreditation Program is granted to CHC for four years, February 2013 through March 2017.

ANCC Accreditation distinguishes organizations that demonstrate quality and excellence in the curriculum design and delivery of continuing nursing education (CNE). Accredited organizations, like CHC, meet comprehensive, evidence-based criteria to ensure CNE activities are effectively planned, implemented and evaluated.

Only organizations that demonstrate zero deficiencies requiring a progress report achieve Accreditation with Distinction. As of September 2012, less than 10% of all ANCC-accredited organizations achieve this honor.

CHC's Education and Development Department plans and implements continuing

education programs for CHC's own clinical staff as well as healthcare professionals throughout the region. Expanding and enhancing educational opportunities is a goal of the department.

"More and more of our nursing staff are becoming nationally certified in their practice specialty," said Vivian McClellan, Corporate Director of Education and Development. "Being able to provide continuing education that meets these national standards support our nursing staff who are certified to maintain their credentials." CHC is one of only six organizations in Kentucky that offer ANCC-accredited nursing continuing education.

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

Second Friday of each month

1 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, extension 160.

Men's Health Alliance, Senior Health Network and The Women's Center Screenings

Second Tuesday of every month

8 to 10 a.m.

Annual cholesterol and glucose screenings are an invaluable service offered to members of these programs. These screenings can also be done at The Medical Center Lab in Bowling Green, Franklin or Scottsville any day without an appointment. You must be fasting and present the health screening certificate at time of blood draw.

Become A Non-Smoker: Cooper-Clayton Class

• Introduction: January 7

5:30 to 6:30 p.m.

• 12-week session: Mondays, January 14 – April 1

5:30 to 6:30 p.m.

Use of a nicotine-replacement product is required.

The Cooper-Clayton class, offered through the collaboration of The Medical Center and Barren River District Health Department, will give you the guidance and support you need to kick the habit. Discount nicotine replacement products will be available for purchase.

Basic Yoga Class

Mondays, January 14 through February 18

5:30 to 6:30 p.m.

Taught by Susan Polk, registered yoga teacher, this class is intended for those students with some prior yoga experience. Cost is \$10 per class, payable to instructor.

AARP Driver Safety Program

January 16

9 a.m. to 1 p.m.

Space is limited.

This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for non-members. Payable to AARP at the first class.

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.

Health & Wellness
E X P O 2 0 1 3

Saturday, January 12 8 a.m. – noon Sloan Convention Center

If your New Year's resolution is to lose weight, eat healthy or get more exercise, a great place to start is the 2013 Health & Wellness Expo.

Hosted by The Medical Center and WBKO, the Expo is Southcentral Kentucky's largest health fair, and it has something for everyone in the family. No preregistration is required, and everything is FREE!

Learn about Life Improving Functional Exercise (LIFE) and Hot Yoga, learn how to cook healthier, dance with a Zumba class and enjoy a dance performance by BG Rockerz and more. Many door prizes will be awarded as well.

Free health screenings include:

- Blood pressure
- Glaucoma and vision
- Body fat analysis
- Hearing
- Blood sugar
- Dementia/Alzheimer's
- Skin cancer
- Depression
- Colorectal cancer screening kits

For a complete list of available screenings and demonstrations, visit TheMedicalCenter.org.



Don't miss your opportunity to be one of the first to like The Medical Center Surgical Weight Loss Program's Facebook page and enter to win the prizes below. The Facebook page is *The Medical Center Healthier You* and provides content on topics such as dieting, exercising, improving nutrition and overall health. From home or on a scheduled work break, go to www.Facebook.com/TheMedicalCenterHealthierYou or search "The Medical Center Healthier You" on Facebook.

CHC employees who "Like" *The Medical Center Healthier You* page can enter to win:

- Lunch for you and your department on day of your choosing (sandwich platter and sides)
- A shirt embroidered with your department's name and/or logo that you can wear to work
- A CHC logo fuzzy throw blanket
- The sincere thanks of Rebecca Lee in the CHC Marketing Department!

All you have to do is:

- "Like" *The Medical Center Healthier You* page.
- Follow the link on our Facebook page to the entry form.
- Fill out the entry form. The drawing will be held Friday, January 11, 2012.

Please follow CHC's social media guidelines.

Community health needs assessments address key healthcare needs

Community Health Needs Assessments for Commonwealth Health Corporation's four hospitals are now available. Hospitals are required to complete an assessment to comply with the Patient Protection and Affordable Care Act of 2010 and to maintain their tax exempt status. But there are many other objectives:

- To help meet the hospital's mission to care for people and improve the quality of life in the communities we serve;
- To establish community health needs for the hospital's service area, to determine areas of greatest need, and for the hospital to develop a strategic plan to address those needs;
- To involve internal and external resources to ensure needs of individuals are met and that efforts are not duplicated; and
- To create a sustainable process for conducting a community health needs assessment that can be continued for future assessments.

In September 2011, CHC's four hospitals joined with the Barren River District Health Department and numerous other healthcare providers, community organizations and leaders to form the Barren River Community Health Planning Council. The Council planned and implemented a community health needs survey and assessment process. Key healthcare needs for the community were identified. Strategic plans were developed to meet those needs — addressing the strengthening of partnerships with community health providers and organizations, preventive care and disease management, and access to care.

You can view each hospital's report as well as the full Council report at the links below:

- [The Medical Center at Bowling Green](#)
- [The Medical Center at Franklin](#)
- [The Medical Center at Scottsville](#)
- [Commonwealth Regional Specialty Hospital](#)
- [Barren River Community Health Planning Council](#)

Retirements



Larry Foster, The Medical Center Radiation Oncology (right), retired after 35 years of service. Congratulating him is Eddie Scott, Director of Radiological Services.



Shala Wilson, Employee Health Medical Clinic and Urgentcare/Corpcare (center), retired after 15 years of service. Congratulating her are Vicki Weaver, Director of Employee Health Services (left), and Lynn Williams, Vice President/Human Resources.

Chefs create dazzling cuisine at The Medical Center



Jason Lohmeier



Larry Little



Tim O'Nan

Whether you are a “foodie” or just like good food, you should know all three locations of The Medical Center have extraordinary chefs serving up exquisite concoctions of culinary creations.

In the past, “hospital food” was in the same category as “airplane food,” when airlines still served food. The Executive Chefs at all three Medical Center campuses are changing that perception. Working with Morrison Healthcare Foodservice, they are serving up some of the best food in the area. All three chefs bring years of cooking experience, and a love of food to the communities they serve.

With the recent addition of two of the chefs, one at The Medical Center at Scottsville, and the other at The Medical Center at Franklin, it is the perfect time to introduce them, and learn more about these talented men who have brought their love of cooking to the healthcare industry and our communities.

Jason Lohmeier is the Executive Chef at The Medical Center at Bowling Green. He has been with Morrison for ten years, serving as an Executive Chef for the past eight years. He has a spicy flare, and loves to cook and eat Cajun and Southwestern cuisine. He has been with Commonwealth Health Corporation for almost four years. Chef Lohmeier just recently celebrated the birth of his daughter. He lives in Pleasant View, Tennessee with his wife Callie, son

Jayden and new baby daughter McKendrie.

From serving two Presidents and a General, Executive Chef Larry Little is now serving up exquisite food at The Medical Center at Scottsville. During his military career, Chef Little had the

honor of serving Presidents Jimmy Carter and George Bush, as well as Vice President Dick Cheney and General Colin Powell. He has been a certified chef since 1980, and has received numerous honors and awards. Chef Little says, “It is my objective to take my management and culinary skills to the next level and beyond.” He is now working on those goals, and sharing his many years of culinary experience with his team at The Medical Center at Scottsville. Chef Little and his team are continuing to improve the food service and quality in the healthcare environment with delicious and nutritious meals cooked with fresh, local ingredients.

The Medical Center at Franklin has recently hired Executive Chef Tim O'Nan to lead its culinary team. Chef O'Nan has a love of food and wellness. He started cooking at the age of 15 in his hometown of Adaton, Mississippi. His first love of food and cooking came from watching Chef Justin Wilson on public television. He graduated from the Pennsylvania Institute of Culinary Arts. Chef O'Nan worked in a number of restaurants, including the Ritz-Carlton in Naples, Florida honing his culinary skills. Other than the joy of cooking, Chef O'Nan enjoys staying in good physical shape by playing a variety of sports and participating in races. He is married to Johanna, and has three children, Aidan 9, Lilly 3 and 6 month old Tristan. His words to all of us are, “go cook something !”

Welcome to new CHC employees!



Standing left to right: Iveth Arellano-Nunez, Food Services; Jessica Gies, Food Services. Seated, left to right: Shawn Thompson, Surgery; Meredith Walters, Endoscopy; Torey Renner, Food Services.



Left to right: Rachelle Tandy, Nursing; David Miller, Ultrasound; William Ashley, MCF Acute Care.

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.

New Year's Resolutions/Healthy Lifestyles

Brian Kyle Macy, M.D.

Tuesday, January 1, 6 p.m. News
Wednesday, January 2, AM Kentucky
Tuesday, January 8, 5 p.m. News
Wednesday, January 9, AM Kentucky

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

Employees with Service Excellence!

January 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.



Varnado Mitchell
Golden Pineapple 2013 1st Quarter

The Medical Center Environmental Services

"Varnado is a great person and a wonderful supervisor. He is knowledgeable about his work and dedicated to the department. Varnado is friendly to everyone and is always willing to help others. We are privileged to have Varnado as part of the ESD team!"



Jennifer Barton
Ambassador

*The Medical Center at Scottsville
Emergency Department*

"Jennifer is always nice, friendly, and helpful to everyone. She is a gifted and talented nurse with a perpetual smile to patients and co-workers. She consistently gives excellent care to her patients with kindness and compassion. We are fortunate to have Jennifer as a member of our team!"



Angela Marsh
Ambassador

The Medical Center at Scottsville Acute Care

"Angela, as a nurse and as a person, is so kind, considerate, and compassionate. She is always willing to help her co-workers whether in her department or other departments. She makes sure all the tasks are completed for each of her patients' needs. Angela is a champion in Service Excellence!"



Sarah Spinks
Ambassador

CHC Marketing

"Sarah is extremely polite when addressing her customer's needs and exhibits high quality work in all that she does. She responds quickly and always with professionalism and kindness to everyone. Sarah definitely exhibits Service Excellence to all!"

Call to all CHC employees

The Medical Center Chest Pain Committee is challenging all CHC employees to be prepared to care for their loved ones and their work team when it comes to chest pain. And it starts with keeping one simple thing on hand that can substantially improve your chance of survival from a heart attack — aspirin.

Heart attacks occur when the blood supply to your heart is blocked. Oftentimes this can result from plaque in an artery that causes a blood clot to form, thus blocking blood flow to the heart. Aspirin helps thin the blood and decreases clotting.

In 2012, Medical Center EMS estimated that less than 50 percent of households who called 911 with heart attack symptoms had aspirin on hand. EMS recommends that individuals keep 325 mg noncoated aspirin, which is either one adult or four children's aspirin (81 mg), on hand in an easily accessible location.

What you can do:

1. Make sure you have aspirin available in your home and workplace and that everyone knows where it is located in case you or one of your family members develops chest pain. ONLY give aspirin to chew on the advice of Emergency Medical Dispatch. There may be contraindications for aspirin such as allergies. Chewing the aspirin (even if it is enteric coated) will speed absorption to the blood stream.
2. Encourage your friends and family to have aspirin available in their households.
3. Encourage community places that you frequent such as your church to keep a bottle of aspirin on hand.
4. Make sure everyone (family AND employees) knows that if someone has chest pain to call 911 immediately.
5. Reminder, if you are on the campuses of our hospitals, activate your Rapid Response Team. You should have posters in your department reminding you how to get help in an Emergency.