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ECHO Campaign underway!

The 2011 Employees Contributing to Help Others (ECHO) Campaign kicked off on the campus of The Medical Center at Scottsville on Tuesday, September 27. Campus kick offs were also held in Bowling Green and Franklin.

The Bowling Green kick off, held on September 29, included an "ECHO's Got Talent" show featuring employees from several CHC facilities. The Grand Prize winner was the *Endoscopy Bottom Gang*, made up of Outpatient Employees Garth Sparks, Robert Gilbert, and Jenny Goad. Second place winner was Kim Lambert, Respiratory Therapy, and third place was Casey McCoy, Bowling Green Transport.

The campaign gives employees the opportunity to make a difference in their communities by enrolling in payroll deduction or making a one-time donation to help support Commonwealth Health Free Clinic and/or the Hospitality House. All proceeds raised from the kick off events benefit both facilities. The Campaign will run through November 30, with payroll deductions beginning January 6, 2012.

There is still time to enter the drawings for an Apple iPad2, Kindle, iPod docking station, and

use of a Hot Rods suite donated by Bowling Green Hot Rods. Current ECHO donors, new donors or one-time donations of over \$26 can enter to win a Kindle or iPod docking station or Hot Rods suite. In addition, current ECHO donors who increase their pledge can enter to win an Apple iPad2, along with the other giveaways. Current ECHO Hour Club or new Hour Club donors receive a Rock Star t-shirt plus double their chance to win the Apple iPad2.

It is only with your support we can make a difference in the lives of those we serve. Visit CommonwealthHealthFoundation.org for more information or email Kathy Smith, Development Coordinator, at kasmith@chc.net.

Special thanks to Atmos Energy, Basham's Wrecker Service, E-Z Rent-It, ECHO Committee members, ECHO's Got Talent contestants, CHC and The Medical Center Engineering staff who made the events such a huge success!

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

October 14

9 a.m. to 4 p.m.

The Medical Center Health & Wellness Center

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. Appointments are required by calling 745-0942.*

Sleep Screening for Children & Adults

October 17

9 a.m. to 1 p.m.

The Medical Center Health & Wellness Center

Following completion of a brief questionnaire about your or your child's sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results. *Preregistration required by calling 745-0942.*

AARP Driver Safety Program

October 19

9 a.m. to 1 p.m.

The Medical Center Health & Wellness Center

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 nonmembers, payable to AARP. Preregistration required by calling 745-0942; space is limited.*

Hearing Screening

October 20

9 a.m. to noon

The Medical Center Health & Wellness Center

Hearing loss can range from mild to severe. Technicians from Better Hearing Centers will be available to provide screening services. *Preregistration required by calling 745-0942.*

Women's Health Screening

October 25

8:30 to 11:30 a.m.

The Medical Center Health & Wellness Center

Women's health has broadened beyond gynecological care. Besides incontinence and pelvic pain, women's health deals with conditions such as osteoporosis, lymphedema, fibromyalgia and other disorders. Emily Davenport, P.T., D.P.T., women's health physical therapy specialist from Just For Women Physical Therapy & Wellness, will be on hand to offer free screenings for conditions listed above. *Preregistration required by calling 745-0942.*

Ask the Pharmacist

October 27

9 to 11 a.m.

The Medical Center Health & Wellness Center.

Do you have questions about your medications? Bring in all your current medications (prescription and over-the-counter) and discuss them one-on-one with pharmacist Beth Rhea, Pharm.D., from Riverside Pharmacy. *Preregistration required by calling 745-0942.*

Did you know?

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

FLU SHOTS

are now available for all employees of CHC. Check your email for dates and locations of flu clinics, or call Employee Health at ext. 1263 for an appointment.

Expectant Parent Fair

Sunday, October 30

1 – 3 p.m.

The Medical Center Auditorium

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 745-1543.

Scottsville – Allen County Community Health Fair

Saturday, October 22

8 – 11 a.m.

Scottsville-Allen Co. YMCA

In conjunction with the YMCA of Scottsville and Allen County's Healthy Kids Day, The Medical Center at Scottsville will host its annual health fair. Health screenings, demonstrations, mini massages, and presentations will be available as well as an opportunity to speak with a diabetes educator. For more information, call 622-2800.

Heroes Festival

A "trunk or treat" event

Saturday, October 29

2 – 6 p.m.

Parking lot near EMS

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 Kendra Messenger at 791-6952.

New Employees



Standing, left to right: Sandra Thomas, Endoscopy; Kaitlyn Sublett, 6B/C; Adriana Allison, PACU. *Seated, left to right:* Andi Hawkins, Open Heart Recovery; Sarah Hurley, ICU.



Standing, left to right: Evangele Feridonfar, Environmental Services; Kim Smith, Food Service; Birdie Brents, Food Service. *Seated, left to right:* Nancy Hinkle, Special Services; Shane Jones, Transport; Megan Coates, EMS.



Standing, left to right: Tracy Phillips, Laboratory; Tracy Holland, Laboratory; Alicia Butler, Laboratory. *Seated, left to right:* Heather Crawford, Laboratory; Philena Coleman, Laboratory; April Perry, Laboratory.



Standing, left to right: Jason Spear, Rehab Services; Nathan Peak, Surgery; Kyle Ford, Surgery. *Seated, left to right:* Matt Palmer, Food Services; Jason Reagan, Food Services.

BRADCC celebrates National Adult Day Care Week



Broadway the Clown entertains clients during Adult Day Care Week celebration.

Barren River Adult Day Care Center celebrated National Adult Day Care week September 19–23. The clients at Adult Day Care were treated to a fun-filled week of guest speakers, entertainment, and exciting games.

The staff of BRADCC arranged for numerous guests and individuals from the community to entertain the clients each day. The Madison Avenue General Baptist Singers and the Ernie Small Blues Band each performed a concert for the clients on Monday; local entrepreneur

Rapid Rick served his Jersey Hot Dogs on Tuesday; the Newman Family Band performed for the Center on Wednesday; the clients enjoyed a slideshow of this year's events and were treated to popcorn on Thursday; and Broadway the Clown entertained and brought smiles to everyone's faces on Friday.

Each year, Barren River Adult Day Care Center celebrates this week with special events to bring awareness of the availability of adult day care centers nationwide. The Barren River Adult Day Care Center was also chosen as Kentucky's Adult Day Care of the Year for 2011, so this week is especially significant to all clients and staff at the Center. Barren River Adult Day Care Center continually provides quality care, with a side of fun, every day to their engaged and excited clients!

Ride Out Loud benefits Kidney Foundation



Bicyclists from across the region gathered on September 24 to raise awareness about kidney disease by participating in the National Kidney Foundation's Ride Out Loud event. The Medical Center sponsored the event and support was provided by the Bowling Green League of Bicyclists.

Participants were offered the choice of four routes through Southcentral Kentucky's scenic back roads: 8 miles, 20 miles, 44 miles and 67 miles. All routes started and ended at Chaney's Dairy Barn in Bowling Green. Funds raised from Ride Out Loud help improve the lives of patients and their families, as well as provide prevention and education programs and screening opportunities for the early diagnosis of kidney disease.

Employees with Service Excellence! October 2011

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.



Sarah Widener
Golden Pineapple – 4th Quarter
Food & Nutrition Services

“Sarah is a very caring person and goes out of her way to help others. She is very skilled in her work and provides wonderful guidance. She is professional, knowledgeable, and always has a positive attitude. We are fortunate to have Sarah at The Medical Center.”



Amanda Cohron
Ambassador
Charge Audit

“Amanda always goes out of her way to assist on projects and help others. She is very knowledgeable and proficient in her work and consistently displays a positive attitude. We are fortunate Amanda is part of our CHC team.”



Renee Donaldson
Ambassador
The Medical Center Emergency Department

“Renee goes above and beyond with her patients and her co-workers at all times. She is always willing to help anyone with whom she comes in contact. Renee is kind, compassionate and caring with all of her patients. We are proud she is at The Medical Center.”



Pam Thompson
Ambassador
The Medical Center at Franklin Cardiac Rehab

“Pam always shows great customer service! She consistently helps her co-workers and is wonderful with patients. Professionalism, compassion, kindness, and a great attitude are all part of Pam’s persona. We are thrilled to have her at Franklin.”

New Employees, cont'd



Standing, left to right: Leigh Ann Pitcock, HIM; Ashley Minnicks, Center Care; Maegan Harrell, Radiology. Seated, left to right: Stephanie Calvin, Urgentcare; Missy Berry, Patient Registration.

Retirements



Jeraldine T. Bryant, Unit Clerk on 4A (second from left), retired after nine years of service. Congratulating her are Vickie Mullins, Clinical Manager (left), Betsy Kullman, Chief Nursing Officer (second from right), and Connie Smith, President and Chief Executive Officer (right).

PRIDE Ideas

- Pam Heal..... CCU
- Angie Swift ICU
- Gail Casada.....MCS - Acute Care
- Alaina Bronson.....Respiratory Care
- Brenda Herrington CFR
- Rita Tabor MCS - ER/OR
- Kelly Harper Pathology
- LaKeeshia Lawson..... 4A
- Lillian Barker CRSH
- Elizabeth Sanders..... Radiation Oncology
- Anne Miller Hospitality House

The Medical Center 10K Classic

Online registration for The Medical Center 10K Classic closes at midnight on October 13. [Click here to register now.](#) You can also register at The Medical Center Health & Fitness Expo and Southern Foods Pasta Party on Friday, October 14 from 4–8 p.m. at the Sloan Convention Center or on Saturday, October 15 from 6–8 a.m. at McNeil Elementary School.