

INTERCOMM

October 24, 2012

UPCOMING EVENTS

2

EXPECTANT PARENT FAIR

PUMPKIN DECORATING CONTEST

BRRCC TRUNK OR TREAT

HEROES FESTIVAL



Connie Smith, President and CEO (left), presents Cheri Natcher with the Tom Kelley Award in recognition of her many contributions as a volunteer for The Medical Center 10K Classic over the years.

NEW EMPLOYEES

3

PHYSICIAN RECRUITING

I.C.A.R.E. SURVEY

HEART WALK

4

90 SECONDS TO BETTER HEALTH

BRRCC RECOGNIZES PROSTATE CANCER AWARENESS MONTH

ANNUAL WELLNESS VISIT

HALLOWEEN COSTUMES

The Medical Center 10K Classic

In a time when more than 35 percent of Americans are estimated to be obese, healthy lifestyles have become a priority for many Bowling Green residents. Research shows that one of the best ways to reduce stress, lose weight, and maintain a healthy lifestyle is by being active.

"We are a hospital not only focused on taking care of you when you are sick, but also on helping you stay healthy," said Doris Thomas, Vice President of Marketing and Development for CHC and Race Director for The Medical Center 10K Classic. "Training and participating in the 10K activities will help you be active, and staying active will improve your quality of life — thus our mission, to care for people and improve the quality of life in the communities we serve. That is why we continue to organize and sponsor this event."

This year marked the 33rd running of The Medical Center 10K Classic. More than 2,000 participants took part in the 10K Classic, the 5K run/walk, the 1.5 mile fun walk, or the Children's Classic. "Running through campus and downtown this time of year is beautiful,"

said Shawn Dye, PC Tech for CHC. "This is my 10th year participating, and I look forward to it every year. It's a great day to spend with friends and family." This year, the committee was excited to introduce a few new changes, such as the new course route which ended in L.T. Smith Stadium. "The best part of the race was finishing on the 50-yard line at Smith Stadium," said first time runner Holly Akridge, Purchasing Buyer for CHC. "The energy and organization surrounding the event was above par. Absolutely, a race I will do again!"

The Medical Center encourages all employees to become involved, whether you're an experienced runner, a beginning runner, or a walker. At The Medical Center 10K, there is a fitness level event for everyone.

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.

Hearing Screening

October 30

9 a.m. to 1 p.m.

Hearing loss can affect virtually all aspects of life. Participate in a hearing screening and have your questions answered about hearing loss and amplification. Provided by Better Hearing Center.

Stroke Screening

October 31

9 to 11 a.m.

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

Diabetes Foot Screening

November 5

10 a.m. to noon

Diabetes can harm the blood vessels and nerves in your feet. If you have diabetes, you should have your feet checked at least once a year. Diabetes educator, Tammy Davis, will evaluate your feet and discuss prevention and early detection of potential foot problems.

Sleep Screening

November 7

9 a.m. to noon

Following completion of a brief questionnaire about your sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results.

Diabetes Risk Assessment

November 8

8 a.m. to noon

Symptoms of diabetes include excessive thirst or frequent urination. Finger-stick screenings will be offered by health professionals with WKU Rural Health Institute. Fasting is required two to four hours prior to screening.

Vestibular (Dizziness) Screening

November 8

1:30 to 4:30 p.m.

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.

Ask The Pharmacist

November 1

9 to 11 a.m.

Do you have questions about your medications? Bring in all your current medications and discuss them one-on-one with a pharmacist from The Medical Center.

Dealing With Grief Through The Holidays Class

November 12

10 to 11 a.m. and 5:30 to 6:30 p.m.

The holidays can be a very difficult time for families that have lost a loved one. Staff from Hosparus will discuss grief and how to deal with it during this time.

Save the date!

Expectant Parent Fair

Sunday, October 28 • 1 to 3 p.m.

The Medical Center Auditorium

Staff from The Medical Center OB unit will be on hand to answer questions about healthy pregnancies, baby care and safety.

For more information, call 745-1543.

Pumpkin Decorating Contest

The "Pumpkin Patch" will be in The Medical Center Café until Monday, October 29. Any department wishing to enter the **Pumpkin Decorating Contest** can pick up a free pumpkin and the rules at the Café.



OCTOBER 27
2 TO 4 P.M.

Medical Center EMS Parking Lot at 347 31W Bypass

For more information, call (270) 745-1244

HALLOWEEN TRUNK OR TREAT

Barren River Regional Cancer Center

October 31
5 – 7 p.m.
103 Trista Lane
Glasgow, KY

270-651-2478



Welcome to new CHC employees!



Standing, left to right: Kristina McCloud, Rehab Services; Traci Jackson, CRSH. Seated, left to right: Heather Wilson, Surgery; McKenzie Mattingly, 2B.



Left to right: Ruthann Meadors, 4C; Ashley Walsh, 3D; Ashley McGuire, Urgentcare.



Left to right: Jenna Thach, Food Services; Jerrod Wells, 3D; Alison Rollins, Food Services.



Left to right: Charles Hardin, Engineering; Michelle Dyer, Patient Registration; Daniel Joint, Security.

Physician Recruiting

One of the challenges of being a part of our medical healthcare community is having the right mix of physicians available to serve our patients' needs. Any time you have a shortage of on-call physicians of a particular specialty for your Emergency Department, there will be occasions when immediate care is difficult to obtain and may result in the patient being transferred to another facility for treatment. This is inconvenient for the individual and the family, and results in more time in transit without relief as well as greater expense for transport (ambulance or helicopter service). Once the patient has been treated, such a shortage also means having to return to the other town for follow-up. Even in non-emergency situations, there can be problems with quick access for appointments if our doctor-to-population ratio is unbalanced.

In the next decade, there is a predicted shortage of medical providers in nearly every specialty. While we view Southcentral Kentucky as a great place to live and raise our families, it is not always the easiest area for recruiting new doctors. One of our best resources is to

bring hometown medical school students back to our community to practice. We would like to encourage all employees and physicians of The Medical Center to call or e-mail Beverly Neves (796-5569 or baneves@chc.net) or Phyllis Prerost (745-1511 or prprerost@chc.net) with the name and contact information of any medical school student or graduate who is completing residency training. We would like to provide information about practice opportunities in this area. You can also encourage potential candidates to go to our website at www.mcbg.org and review the services our hospitals provide to our 10-county BRADD service area. There is a Physician Opportunities link under the Physicians heading which will allow interested candidates to e-mail their CV, send questions, check the hospital by-laws (Medical Staff Services), or follow links to the various attractions our area enjoys.

The greatest success in attracting and keeping physicians in our community is with those doctors who already have ties here. Please help us find these talented individuals and bring them home.



Watch your email on November 2
for a personal email invitation to
participate in the survey.



The Medical Center Respiratory Care

Walking for Healthy Hearts



Above, left: Runners from The Medical Center at Franklin had a strong showing at the annual South Central Kentucky Heart Walk & 5K on October 6 at Kereiakes Park in Bowling Green. *Above, right:* The Medical Center won the Top Fundraiser award with Emily Martin, Administrator/Director of Patient Care Services for Commonwealth Regional Specialty Hospital (left), and Doris Thomas, Vice President of Marketing/Development (right) on hand to accept the honor.

BRRCC Recognizes Prostate Cancer Awareness Month in September



For the month of September, Barren River Regional Cancer Center recognized Prostate Cancer Awareness Month by giving away a basket filled with goodies for men. Each male patient was registered, and the lucky winner was William Mains. Shown above is Mr. Mains (front, center) with BRRCC employees Stacey Branham, Robin Garmon, Starla McLean, Marla Netherton, Cindy Thomason, Ashley Massey, Sarah Rogers and Kim Sherrill. Absent from the photo was Dr. Tyree, Vince Mitzan and David Cook. Mr. Mains was thrilled to win and stated he had never won anything in his life!

CHC employees are permitted to wear Halloween Costumes on Wednesday, October 31. The costumes must be tasteful, customer friendly and suitable to a healthcare setting. Before wearing a Halloween costume to work, employees are encouraged to verify with their Department Director/Manager that their Halloween costume is appropriate to the work setting.



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.

Hysterectomy/daVinci Surgery Steven Beverly, M.D.

Tuesday, October 30, 6 p.m. News
Wednesday, October 31, AM Kentucky
Tuesday, November 6, 5 p.m. News
Wednesday, November 7, AM Kentucky

ENT Navigation System/Sinus Surgery Hugh Sims, M.D.

Tuesday, November 13, 6 p.m. News
Wednesday, November 14, AM Kentucky
Tuesday, November 20, 5 p.m. News
Wednesday, November 21, AM Kentucky

Have YOU completed your 2012 Annual Wellness Visit?

**Due no later than
December 31, 2012**

An Annual Wellness Visit with a Healthcare Provider of your choice is required during calendar year 2012. To demonstrate completion, you must fax your completed Annual Wellness Visit Form to 796-4517 before 12/31/12. If you do not do so, effective April 1, 2013, you will be defaulted to the PPO Plan AND you will pay a higher premium cost (computed to be \$1,058.00 annually).

The Annual Wellness Form is available in the CHC intranet HR Payroll folder (Human Resources / Benefit Programs / Wellness Pay\$ / Annual Wellness Form).

Reminder: Annual Wellness exams are also available in the Employee Health Clinic.

Make your appointment now, before appointments are filled. Call 745-1263, or extension 1263.

Applies to employees enrolled in the CHC Medical Plan before November 1, 2012.

Questions? Contact Human Resources at 745-1540.