

INTERCOMM

November 21, 2012

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CHC WINS
STATEWIDE AWARDS



The 8th Annual Charity Ball

This year marked the 8th Annual Charity Ball for Commonwealth Health Foundation, which raised more than \$178,000 at the event. The theme of the evening was *Once Upon a Time*. More than 470 seats were reserved for guests from all over Southcentral Kentucky, making this the largest event to date.

Those in attendance had a fun-filled evening, enjoying the musical sounds of The Heather Hayes Experience Band. All proceeds raised at the Charity Ball go directly to Commonwealth Health Free Clinic and The Dental Clinic. The Free Clinic provides free services to the working uninsured, while The Dental Clinic offers a low-cost alternative to those in need of basic dental care.

Doris Thomas, Vice President of Marketing and Development, recognized Kathy Smith, Development Coordinator, and the Foundation's Community Relations Committee for all the hard work they put into making this event such a success.

"The need is great in our community," said Smith. "The Foundation continues to raise funds through events such as the Charity Ball to

support direct patient care for the individuals served at the Free Clinic and The Dental Clinic."

The Charity Ball raises money through sponsorships and ticket sales, as well as the sale of live and silent auction packages; but the Foundation continues to raise money all throughout the year through major gift donations and other various programs. For more information on these programs, such as ECHO and Make the Season Bright, please contact Kathy Smith, Development Coordinator, at extension 6519 or kasmith@chc.net.

Plans are under way for the 2013 Charity Ball. Make sure you get your name on the list for this spectacular event. It takes all of us working together to make a difference now and for future generations.

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.

C-Section Class

November 27

The Medical Center Auditorium.

Preregistration required at www.TheMedicalCenter.org/OBclasses.

For those who are not already enrolled in the six-week childbirth class, this class offers a video and discussion on what to expect and how to prepare for returning home with your baby after cesarean surgery.

6 to 8 p.m.

Fatherhood 101

November 27

The Medical Center Classroom 2; dads only!

Preregistration required at www.TheMedicalCenter.org/OBclasses.

George Miller, R.N., a Nursery nurse at The Medical Center, will discuss concerns of new fathers with regards to responsibilities and relationship changes with a new baby and mom.

7 p.m.

Ready, Set, Go!

November 29

The Medical Center Auditorium.

Preregistration required at www.TheMedicalCenter.org/OBclasses.

This class will guide you through the paperwork that is required when you are admitted to The Medical Center for delivery. By attending this class, you will be more prepared for your admission and discharge from the hospital. A tour of the OB unit will also be provided.

6 to 8 p.m.

Healthy Eating During The Holidays Class

December 5

noon to 1 p.m.

The holiday season does not have to mean adding those unwanted pounds. Registered dietitian Linda Howsen will give you tips for making healthy choices during the holidays.

Balance Screening

December 6

8:30 to 11:30 a.m.

Do you have a fear or concern about falling? Being aware of your fall risk is an important step in preventing a fall. Gabe Smith, PT, DPT from Bluegrass Outpatient Center will provide fall risk assessments, including balance tests to help individuals target risk factors.

Retirements



Brenda Richmond, Ambulatory Surgery (center), retired after 35 years of service. Congratulating her are Nick Nauman, Director of Surgical Services, and Gayle Hooks, Ambulatory Surgery Clinical Manager I.

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.

Hand Surgery

Keith Morrison, M.D.

Tuesday, November 27, 6 p.m. News

Wednesday, November 28, AM Kentucky

Tuesday, December 4, 5 p.m. News

Wednesday, December 5, AM Kentucky

Peripheral Arterial Disease

Don Brown, D.O.

Tuesday, December 11, 6 pm News

Wednesday, December 12, AM Kentucky

Tuesday, December 18, 5 pm News

Wednesday, December 19, AM Kentucky



Quality Resource Management



Thank you for taking the survey!

IN MEMORIAM



Sharon Inglis

CHC mourns the loss of Sharon Inglis, who passed away Saturday, November 10. Sharon was employed at The Medical Center at Bowling Green Environmental Services Department since July 2007.

We express our deepest sympathy to her family, friends and colleagues.

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.

Witness to Wellness

October's Award Winner: Heather Hayes

The CHC *GetFit Club* is excited to announce the October Witness to Wellness recipient. This program is designed to recognize employees who have been dedicated to living a healthy lifestyle.

Heather Hayes is October's *Witness for Wellness* award winner. Nineteen people in her department at Hillcrest Credit Agency nominated her and stand behind her in her path to wellness. She decided to begin her lifestyle change when she started to become winded while doing simple every day tasks. Many in her department decided to join her on the journey!

To help her lose weight, Heather joined My Fitness Pal online and downloaded an app onto her phone. The app tells her how many calories she can eat each day to lose the weight that she needs to lose. She also walks three miles a day five days a week, and she changed her eating habits. She has cut out almost all fast food and soft drinks, and eats more lean meats, along with plenty of fruits and vegetables. She also drinks 10 to 12 glasses of water a day.

Heather has noticed that she has a lot more energy and has begun to sleep better. She states, "I sleep better and am in a much better mood. I just enjoy life more." People in her department said that Heather inspired them to strive for wellness. She has a blog page that



Derek Reeder, RN and Heather Hayes.

inspires others to lose weight. So far, she has lost 58 pounds, but her total weight loss goal is 125 pounds.

She has some suggestions to help someone trying to make a lifestyle change: "Be ready to do it. If your mind and willpower are not together in accomplishing a goal, it will never happen! Also, get your friends to do it with you. It makes it more fun!"

If you know someone you believe deserves to be recognized for following a healthy lifestyle, go to [S:\4LWU5R\NCare Documents\FORMS\Witness To Wellness Nomination Form.doc](#). The healthy reasons to nominate a fellow employee include but are not limited to: weight loss, quitting smoking, improving eating habits, and increasing one's activity level.

– Derek Reeder, RN, Employee Health

Accomplishments

The Kentucky Hospital Engagement Network (K-HEN) acknowledged The Medical Center at Franklin for its commitment and eagerness to improve the health and safety of Kentucky patients. Most recently, Barbara Wolfe of The Medical Center at Franklin participated in the "Readmissions Race: Conducting Risk Assessment During the Patient Stay" National Coaching Call with Health Research and Educational Trust (HRET). The Medical Center at Franklin chose to participate in the Pivot Bundle - Falls, Pressure Ulcers and VTE.

The Heart Institute qualified as a better-performing practice in the Medical Group Management Association's Performance and Practices of Successful Medical Groups: 2012 Report Based on 2011 Data. The Heart Institute was classified as a better-performer in the performance area of Profitability and Cost Management.

Commonwealth Health Corporation Wins Big In Statewide Competition



Representing CHC at the KSHPRM Fall Conference were (left to right): Doris Thomas, Vice President of Marketing; Glynda Chu, Marketing Specialist, Rebecca Lee, Marketing Specialist; and Sandi Feria, Director of Marketing.

At the annual Kentucky Society for Healthcare Public Relations & Marketing (KSHPRM) Fall Conference, Commonwealth Health Corporation (CHC) Marketing took home a Best In Show award, four Thoroughbred awards and five Certificates of Merit.

CHC received a Best of Show award for the Men's Health Tune-Up project. Entered in the Educational Projects category, the Men's Health Tune-Up project was a collaborative event of The Medical Center Community Wellness department and CHC Marketing department. The Men's Health Tune-Up held at the Bowling Green Ballpark, offered free health screenings and health information to men of all ages. The project received a perfect score from the judges.

Thoroughbred awards went to CHC in the following categories: External Newsletter, for *WellNews*; Exhibits,

for NICU "Inspiring Hope"; General Brochures, for The Medical Center Surgical Weight Loss Program Seminar; and in Educational Projects, for Men's Health Tune-Up.

Certificates of Merit were awarded in the following categories: Annual Report, Audiovisual/Video Presentation, Fundraising Campaign, Promotional Item and TV Advertising.

The Fall Conference was held Tuesday, November 13 at the Kentucky Derby Museum in Louisville. Healthcare organizations from across Kentucky entered the annual competition, and CHC is honored to have received awards in nine categories.

Congratulations to the Marketing team, Community Wellness staff and CHC Foundation staff for their excellent work and creativity.



**Join us for an evening
of carols, lights and
holiday joy**

**The Medical Center at Scottsville
Tuesday, December 4**

**The Medical Center
at Bowling Green**

Thursday, December 6

**The Medical Center at Franklin
Tuesday, December 11**

All ceremonies begin at 5:30 p.m.

Program to follow lighting of
the tree ceremony including:

- Refreshments
- Holiday music

- A special appearance by
Santa Claus for the little ones.

Your contribution will make a difference this holiday season. For your donation of \$10 or more, there will be a light placed on one of the Make the Season Bright trees. You can designate your light to appear on the *Make the Season Bright* tree at The Medical Center facilities in Bowling Green, Franklin or Scottsville.

[Click here to make a donation.](#)