

INTERCOMM

December 21, 2011

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HEALTH & WELLNESS
EXPO 2012

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CAL TURNER RESIDENTS
ENJOY CHRISTMAS
PARADE

IMPORTANT REMINDER
FOR CHC EMPLOYEES

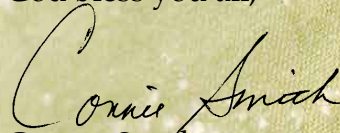
To Board Members, Friends and Employees of Commonwealth Health Corporation

As we look forward to the wonder of Christmas, may we be reminded of the blessings we enjoy within our nation, our corporation, and our families. The many holidays celebrated in this season unite us with comfort and joy, and as symbols of hope and peace.

Let us also remember the men and women of our military who are far from home, especially those in our corporate family, as well as their family and friends who miss them. We hope and pray for their safety, wherever they serve.

May the coming year bring you good health, happiness, and the gift of peace.

God bless you all,



Connie Smith
President and Chief Executive Officer

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



Upcoming Events

Ready, Set, Go!

January 5

6 to 8 p.m.

The Medical Center Auditorium. Register online at themedicalcenter.org/OBclasses. For more information, call 796-2495.

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.

Vascular Screening

January 6

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.

Basic Yoga Class

Mondays, January 9 through February 20
(No class on January 30.)

5:30 to 6:30 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.

Taught by Susan Polk, registered yoga teacher, this class is intended for those students with some prior yoga experience. Cost is \$60, payable to instructor at first class.

Beginner Yoga Class

Thursdays, January 12 through February 16

10 to 11 a.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.

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 \$60, payable to the instructor at the first class. Limited to 15 participants; bring a mat.

Health & Wellness E X P O 2 0 1 2

Saturday, January 14 • 8:00 a.m. – Noon
Sloan Convention Center, Bowling Green

If you are resolving to be healthier this new year, you don't want to miss Health & Wellness Expo 2012, presented by The Medical Center and WBKO-TV. Enjoy free health screenings and services, information on healthy living, programs and demonstrations, as well as great door prizes. There is no fee to attend, and you do not need to pre-register.

Visit TheMedicalCenter.org for a complete list of available screenings!

Retirements



Mary Fathbruckner, left, retired after 31 years of service. She is congratulated by Justin Srygler, Director of Respiratory Therapy.



Kathy D. Martin (center) Respiratory Therapist at CRSH, retired after 27 years of service. Congratulating her are Sherri Goldsmith, Director of Critical Care Services, and Emily Martin, Director/Administrator of CRSH.



Linda Chaney, Medical Technologist with the MCBG Laboratory (second from left), retired after 36 years of service. Congratulating Linda are Sarah Moore, Executive Vice President (left), Connie Smith, Chief Executive Officer (third from left), and Jean Craig, Director of MCBG Laboratory.



Larry Birge, Senior Security Supervisor (second from left), retired after 35 years of service. Congratulating Larry are Jean Cherry, Executive Vice President (left), Gary Sullivan, Director of Corporate Security (third from left), and Dennis Strom, Vice President Facilities Management.

New Employees



Standing, left to right: Amanda Mayes, Nursing; Valerie Wilson, SA. Seated, left to right: Richard Jurisich, Nursing; Jennifer Smith, ER; Derek Anthony, Nursing.



Standing, left to right: Jamie Dedman, MCF ESD; Edith Duke, Valet Parking. Seated, left to right: Ben Napper, ESD; Halil Asllari, ESD.



Left to right: Melanie Powell, Food Services; Ashley Austin, Corpcare; Jessica Babcock, Cath Lab.



Standing, left to right: Megan Murphy, MCF Acute Care; Amanda Mitchell, LTC. Seated, left to right: Laura Harmon, Quick Care Clinic; Kevin Ribby, Med/Surg Services; Maribeth Williams, 3B-Telemetry.

Make the Season Bright is a success, but the need continues for Free Clinic



Clockwise from top: Participants sing as the tree is lit during Make the Season Bright in Scottsville; Santa gets a hug from an admirer; and fifth graders from St. Joseph School entertain participants at Make the Season Bright in Bowling Green.

To all of those who donated to and participated in Make the Season Bright, the Foundation would like to say a resounding "thank you!" This year, the Make the Season Bright programs in Bowling Green, Scottsville and Franklin raised over \$10,000 from more than 400 donors who purchased Christmas tree lights to benefit the patients of Commonwealth Free Clinic.

The need at the Free Clinic is now greater than ever. Patients are our friends and neighbors who work, but cannot afford healthcare services. They are people like Bonnie Frames, a local hair stylist who depends on the Free Clinic for medical care. Without the Free Clinic, Bonnie

and others like her would have nowhere to go. To see a video about how the Free Clinic's medical and dental services touch real people in our community, visit CommonwealthHealthFreeClinic.com.

CHC employees can support the Free Clinic, as well as the Hospitality House, by enrolling in ECHO (Employees Contributing to Help Others) and contributing through payroll deduction or as a one-time donation. To download an application for ECHO, visit CommonwealthHealthFoundation.org. The process is quick and easy, and even the smallest donation can make a big difference in someone's life.

To learn more about Commonwealth Health Free Clinic, visit www.CommonwealthHealthFreeClinic.com

Barren River Regional Cancer Center wins Grand Marshal Award



For the second year in a row, Barren River Regional Cancer Center won Grand Marshall Award in the Glasgow Christmas Parade. They also placed first in the Small Business Division. The parade, whose theme was "The Gift of Giving," was held on December 3. It is one of the largest parades in the state. Their winning entry was titled "The Gift of Future Joys" and featured pictures and stories submitted

by patients. The submissions were displayed on a float that presented things that patients were able to do or events they were able to attend after their radiation treatments were completed. Congratulations, Barren River Regional Cancer Center, for the continued involvement and recognition within your community!

Cal Turner Extended Care residents participate in Christmas Parade



The residents at Cal Turner Extended Care Pavilion started the holiday season off right by watching and participating in the third annual Boyce Christmas Parade held December 4. The residents enjoyed viewing all the wonderful floats entered in the parade, waving to all the parade watchers, and seeing Santa.

New Employees, cont'd



Standing, left to right: Jill Schrader, Laboratory; Linda Talley, Hospitality House. Seated, left to right: Amanda Houchens, ESD; Tyler Hoff, Food Services; Shatara Cage, Social Services.

Important Reminder for CHC Medical Plan Members!

A wellness visit with the healthcare provider of your choice is required in 2011.

Your **Annual Wellness Visit Form**

must be faxed to 796-4517 **before 12/31/11.**

Non-compliance will result in default to the Medical PPO Plan, at a higher premium cost.