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WELLNESS EXPO
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NEW EMPLOYEES



Beverly Neves, Executive Secretary (left), and Natasha Winchester, RN, unload boxes of donated food during the "Stuff the Turkey" event.

"Stuff The Turkey" is a Huge Success!

As the economy struggles to recover, so do many families in Bowling Green and surrounding areas. In an effort to help feed the hungry in our communities, the Nursing Recruitment, Retention and Recognition Council and the Clinical Support Recruitment Retention Committee at The Medical Center headed up the third annual *Stuff the Turkey* food drive.

The food drive started on October 18 and ran through November 16. By the last day, the generosity of CHC employees in every department was evident. The goal of 3,000 food items had been far surpassed, with a total of 4,360 items collected.

A prize was awarded at The Medical Center for the most creative collection boxes. The first, second and third place winners were the Emergency Department, 4C and Infection Control.

The donated food helped fill several area food pantries; The Medical Center at Bowling Green and CRSH food went to the Salvation Army Thanksgiving Day Meal, The Medical Center at Franklin donations went to Good Samaritan, Inc. and The Medical Center at Scottsville's

donated food went to the Community Action of Southern Kentucky Agency in Allen County. A truck was loaded with all the *Stuff The Turkey* donated food on November 16 and delivered to the designated agencies.

The Salvation Army's Thanksgiving dinner increased from serving 400 people last year to more than 700 this year. The *Stuff The Turkey* food drive helped make that dinner possible, as well as many others on Thanksgiving Day.

Congratulations to the nurses and staff who made this meaningful event possible, and to everyone who donated food to make this year's food drive another huge success. Your willingness to help those in need, and your caring for others, is truly making a difference in the communities we serve.

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.

Balance Screening

December 6

8:30 to 11:30 a.m.

Do you know someone with 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.

Ready, Set, Go!

December 13

6 to 8 p.m.

The Medical Center Auditorium.

Preregistration required by visiting 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.

Hearing Screening

December 18

9 a.m. to 1 p.m.

Provided by Doctors Hearing Center.

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

Grandparents Class

December 18

6 to 8 p.m.

The Medical Center Auditorium.

Preregistration required by visiting TheMedicalCenter.org/OBclasses.

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB unit is included.

Babysitting Clinic

December 28

9 a.m. to 2 p.m.

Boys and girls ages 11 through 17 will learn about safety, how to handle emergencies and basic tips for caring for children of all ages. The fee is \$20 and includes lunch, course materials and a T-shirt. Prepayment and registration required; class size is limited.

Save the Date!



MAKE *the*
SEASON
BRIGHT

**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.

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.

**Peripheral Arterial Disease
Don Brown, D.O.**

Tuesday, December 11, 6 p.m. News

Wednesday, December 12, AM Kentucky

Tuesday, December 18, 5 p.m. News

Wednesday, December 19, AM Kentucky

Health & Wellness
E X P O 2 0 1 3

**Saturday, January 12 • 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



Delores Wisdom, Employee Health RN (second from left), retired after 42 years of service with The Medical Center. Congratulating her are (left to right): Connie Smith, President and Chief Executive Officer; Vickie Weaver, Director of Employee Health Services; and Lynn Williams, Vice President of Human Resources.

CHC Brings Home Markie Awards

At the Professional Marketing Association (PMA) awards luncheon, CHC took home top honors with two Markie awards. In addition, CHC received an Honorable Mention in the category of Specialty Item.

The Markie for Fundraising was awarded for the annual Charity Ball fundraising efforts by Commonwealth Health Foundation. This is the major fundraising event for Commonwealth Health Free Clinic and The Dental Clinic.

Another Markie went to Commonwealth Health Foundation's 2011 Annual Report. "Growing Stronger" was the theme of the report to demonstrate how the Foundation is improving lives, renewing strength, nurturing hope and increasing knowledge through its various initiatives.

Bags for moms to celebrate their new babies born at The Medical Center received the Specialty Item Honorable Mention. The bags are boy/girl themed and included an assortment of items including a gown, picture frame, and a first-year milestone calendar.

The Markie awards are judged by Marketing professionals from other parts of the country, and are awarded annually to recognize the best in the Marketing profession. Congratulations to the CHC Marketing and Foundation staffs!

Donation to the Screaming Eagles



From left to right: Tom Hara, Screaming Eagle Support Program Committee Member; Ester Colwell, Chair, Screaming Eagle Support Committee; Tom Ross, CHC Corporate Director of Facilities Development; Wayne St. Louis, Executive Director, Screaming Eagle Foundation; Harold J. Murdock, Screaming Eagle Support Program Committee Member.

On November 28, Commonwealth Health Corporation and The Medical Center presented a check to support the Screaming Eagles. This year's donation was especially meaningful because it was done in memory of former President and Chief Executive Officer John Desmarais. Expressing gratitude and support for our troops and their families, especially to the 101st Airborne Division Air Assault and Fort

Campbell, was important to Mr. Desmarais. He was a leader and mentor, and served CHC with energy and devotion for more than 35 years.

The donation to the Screaming Eagles is to assist in its mission of providing emergency funds to active duty troops and their families, financial support to the Junior Enlisted Family Center and other support organizations.

90-Minute Hot Stone Massage for only \$65!

Looking for a 'hot' stocking stuffer? Hartland Massage is offering the ninety-minute Hot Stone Massage, a \$100 value, for only \$65! Hot Stone Massage is a deeply soothing form of Swedish massage that uses heated stones to relax tense muscles. Even the pickiest person on your Christmas list will love this warm and relaxing escape. If you're looking for a gift you can give everyone on your Christmas list, purchase a Massage Wellness Package. With a Massage Wellness Package, you get either five or ten gift certificates at a deeply discounted price. This special holiday price will be offered for a limited time only, so **go to www.HartlandMassage.com or call (270) 796-6838 to order.** This discount cannot be combined with the CHC employee discount.

HARTLAND MASSAGE

Employees with Service Excellence! December 2012

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.



Jessica Fields
Ambassador

*The Medical Center at Franklin
Physical Therapy*

"Jessica is excellent in her work! Patients love her. She is always pleasant, and her kindness and smile radiate to everyone with whom she comes in contact. She is always willing to help others and with a positive attitude. We are proud to have her as part of our team."



Lesa Moody
Ambassador

The Medical Center Radiology

"Lesa brightens the day of her fellow employees, patients, and customers! Her nursing skills are superb, and she is a caring and passionate person in her work. She is always helpful to everyone and constantly beams a positive energy to others. She is truly an asset to our department!"



Della Simmons
Ambassador

The Medical Center 3B

"Della is an excellent team member! She is always courteous and respectful to all. Her tasks are completed in a timely manner, and she is always willing to help others. She treats all the patients with tender loving care and kindness. We are fortunate to have Della at The Medical Center."



Kim Mitchell
Golden Pineapple - 4th Quarter
Center Care

"Kim is always a ray of sunshine! She is extremely knowledgeable and is always available to her employees. She truly cares about her staff and takes tremendous pride in her job and in the corporation. She is truly an example of excellence!"

Welcome to new CHC employees!



Left to right: Tavis Gossett, Urgentcare; Jamie Lundy, CRSH; Shelia Kennedy, Endoscopy.



Left to right: Renita Nicholson, 4C; Laura Doughty, ICU; Miranda Conner, Cal Turner Rehab and Specialty Care.



Left to right: John-Eric Murray, Food Services; Renée Thompson, Respiratory Care; Robin Furlong, CFR.



Left to right: Amber Fultz, Respiratory Care; Amanda Harrington, Respiratory Care; Hayley Thorpe, Home Care.