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*Cutting the ribbon are representatives from CHC, Community Wellness and the Bowling Green Area Chamber of Commerce.*

## Health & Wellness Center celebrates new location

The Medical Center Health & Wellness Center hosted a Bowling Green Area Chamber of Commerce Ribbon Cutting on Wednesday, January 25 to recognize and celebrate the opening of their new facility.

The Center is located at 1857 Tucker Way off Cave Mill Road in Chandler Park. It is housed in the building adjacent to Chandler Park Dental, the office of Eli Jackson, DMD.

In 1998, The Medical Center opened the Health & Wellness Center in Greenwood Mall. The Center moved to its current location at Chandler Park in December of last year. No longer drawing mostly mall shoppers, the Center has grown tremendously, appealing to patrons with an interest in lifestyle improvement and health education. "The Health & Wellness Center has become a destination point for so many people," says Linda Rush, Director of Community Wellness. "More and more patrons are referred to us by their healthcare providers for our health screenings, counseling, and education."

Staffed by registered nurses, dietitians and health educators, the Health & Wellness Center

continues to offer a variety of services including numerous health screenings, educational and lifestyle improvement classes, a health library available for lending, support group meetings and exercise classes. The new hours of operation are 8 a.m. to 6:30 p.m. on Monday, Tuesday and Thursday; 8 a.m. to 4:30 p.m. on Wednesday and Friday.

Though patrons and staff are excited about the beautiful new location in Chandler Park, the Health & Wellness Center's mission has not shifted during the change. Classes, support groups, medical counseling and other every day operations have been in full swing for one month now. "There is a real focus on prevention and wellness, and that's what the Center is all about," says Linda Rush.

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

**February 3**

**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.

## Grocery Store Tour: Choosing Healthy Food

**February 8**

**8 to 9:30 a.m.**

*Kroger on Scottsville Road, Bowling Green. Preregistration is required by calling 745-0942; space is limited.*

Linda Howsen, registered dietitian with The Medical Center Medical Nutrition Therapy Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is \$10.

## Newborn Care and Safety Class

**February 9**

**6 to 8 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.*

This is a hands-on class where parents will learn important baby care skills. An infant CPR demonstration will show parents what to do in an emergency. Safety issues for newborns will be discussed. Each participant should bring a doll or stuffed animal to class. As a special incentive for attending a Newborn Care and Safety Class, you will receive a bag with several baby safety items. In addition, a drawing for a baby monitor will be held at each class. This Health & Safety program is made possible through a grant from Kohl's Cares®.

## Hand/Carpal Tunnel/Arthritis Screening

**February 15**

**8:30 to 11:30 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.*

Do you easily drop things? Have you experienced weakness in your grip strength? Do you have a tingling sensation or numbness in your hands? These symptoms may be a sign of a serious medical problem. This screening is provided by Bluegrass Outpatient Center.

## AARP Driver Safety Program

**February 15**

**9 a.m. to 1 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; space is limited.*

This course is designed to meet the specific needs of older drivers. Graduates of the program are entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for nonmembers, payable to AARP at the first class.

# Heart Reunion Celebration!

**Sunday, February 12 • 2:00 p.m.**

**Knights of Columbus Hall • 911 Searcy Way, Bowling Green, KY**

All current and former patients of The Heart Institute at The Medical Center and their families are cordially invited to attend a special celebration to honor their success in fighting heart disease. RSVP by February 10 by calling (270) 796-3330.

## Retirements



**Brenda Reid**, MCBG Laboratory (second from left), retired after 36 years of service. Congratulating her are Sarah Moore, Executive Vice President (left), Connie Smith, President and Chief Executive Officer (second from right), and Jean Craig, Director of MCBG Laboratory.

## New Employees



*Standing, left to right:* Shawna Barnes, MCS Rural Health Clinic; Sarah Rogers, Radiation Oncology. *Seated, left to right:* Eddith Cline, Food Services; Renée Morse, Ultrasonography; Trinity Kraupa, Food Services.



*Standing, left to right:* Bethany Wheat, 3B-Telemetry; Kelsey Fischer, ICCU; Kristin Hopkins, Ortho/Neuro; Latoya Whitney, Ortho/Neuro. *Seated, left to right:* Cassandra Emstes, CCU; Kevin Buntin, CCU; Jasmine Barber, Ortho/Neuro.



*Standing, left to right:* Tana Leek, Nursing; Sharon Jenkins, Telemetry. *Seated, left to right:* Rachel Carlisle, 2B; Justin Autry, Nursing; Anjanetta Garner, CCU.



## New Employees, cont'd



Standing, left to right: Cynthia Luttrell, 2B; Hannah Johnson, Emergency Dept. Seated, left to right: Jon Nance, Emergency Dept.; Amanda West, MCS Senior Perspectives; Kyrstn Small, Nursing.



Standing, left to right: Courtney Meacham, 5B; Amanda Harrington MCF Acute Care; Jennifer Saults, Emergency Dept. Seated, left to right: Sara Hoffman, CRSH; Angie Farrell, Emergency Dept.; Kyla Byard, Emergency Dept.



Standing, left to right: Mallory Whaley, 5C; Angela Wilkins, 5A; Victoria Miller, 4C. Seated, left to right: Tabitha Williams, 4A; Brittanie Thompson, 4A; Hayley Powell, 4A.



Standing, left to right: Elizabeth Hamer, 3B; Todd Gilliam, 3B. Seated, left to right: Melanie Pietrowski, 4C; Patricia Chaffin, 4C.

## Health & Wellness Expo bigger and better than ever



Judging by attendance at the Health & Wellness Expo, 2012 is going to be a healthy year for many Southcentral Kentuckians. Over 2,000 people attended the Expo, which was held on Saturday, January 14 at the Sloan Convention Center. The increasing turnout can be linked to the wealth of information and screenings that are offered. Thank you to all participating vendors who make the Health & Wellness Expo an annual success and a valuable source for health improvement and education.

## Survey to improve health issues in our region

The Barren River Community Health Planning Council is a group of individuals from a 10-county region who represent local employers, business leaders, education, health professionals and hospitals including The Medical Center at Bowling Green, Scottsville, Franklin and Commonwealth Regional Specialty Hospital. The Council members have used local data to identify the following key health issues as top priority for action: obesity, drug abuse and addiction, diabetes, heart disease and lung cancer. The Council believes that by working together we can make significant improvements with these health issues in our region.

The Council asks that as many as possible complete a short, confidential survey by February 15 regarding these health issues. Your input will help create a plan of action, which is a new requirement for tax-exempt hospitals. This is a great opportunity for all CHC employees and family members to get involved with this important initiative.

The survey is available in the current issue of *WellNews* or online by clicking the link below. **If you complete the survey through *WellNews* and mail it by February 15, you will be eligible to enter a drawing for a \$100 Wal-Mart gift card.** Thanks for your valuable help.

**Take this important survey online by clicking the link below:**  
[www.surveymonkey.com/s/brcommunitysurvey](http://www.surveymonkey.com/s/brcommunitysurvey)



## Accomplishments

Congratulations to **Eric Hagan**, Vice President, who has been named President of the Scottsville-Allen County Chamber of Commerce. This is his fourth year of service on the board of the Chamber.

## Kohl's Cares® Health & Safety Program presents grant to The Medical Center



Laura Holderfield, Executive Director of Commonwealth Health Foundation, accepts the check from Lorri Siewert, Area Supervisor for Kohl's who is over the Kohl's Cares® program locally.

Kohl's Cares® has once again awarded Commonwealth Health Foundation a grant to enable The Medical Center to reach expectant parents with vital obstetrics education classes. This year's grant totaling \$32,814 will be used for The Medical Center's Newborn Care and Safety Class which teaches expectant parents essential baby care skills.

"The Newborn Care and Safety Class is one of our most attended classes because expectant parents, as well as new parents, are very eager to learn how to care for their newborn," said Amber Herman,

OB Clinical Manager for The Medical Center. "Parents want to feel confident and comfortable in caring for their newborn, and this class teaches them the basic skills they need to know."

As a result of Kohl's support, The Medical Center expanded its class offerings by adding a second location for the class. Now the class is held at Fairview Community Health Center Annex in addition to The Medical Center Health & Wellness Center. Last year 31 classes were held with 632 total participants, and 34 classes are already scheduled for 2012.

The Kohl's grant also funds the purchase of safety tote bags for expectant parents who take part in the Newborn Care and Safety class. The tote bags, which include items such as a Lullaby CD, DNA identification kit, baby bath sponge, bath water temperature tester, infant CPR refrigerator magnet, and baby safety gift set, are provided to parents at no cost.

## More ECHO winners announced

The latest winners in the ECHO drawing received a selection of WKU items donated by Terry Reagan, Director of Development for WKU Public Media. Winners were Larry Jagers, Mary Jane Kelly, Jeff Siddens and David Powell. Pictured at right are Kathy Smith, Development Coordinator



of Commonwealth Health Foundation; Eddie Scott, Chair of the ECHO Committee; Mary Jane Kelly; Larry Jagers; and Carla Reagan, Director of Commonwealth Health Free Clinic. It's not too late to be a part of ECHO! For more information on how to become a member, visit [commonwealthhealthfoundation.org](http://commonwealthhealthfoundation.org). It only takes a little to do a lot.

## New Employees, cont'd



Standing, left to right: Heather Ahner, 5C; Krista Neal, 5B; Lauren Lee, 3D. Seated, left to right: Zach Hennion, 5C; Michael Hamilton, Emergency Dept.



Standing, left to right: Jeannette Dabit, 5A; Amanda Steffey, 4B; Amy Cline, 4A. Seated, left to right: Kristin Shirrell, 5A; Linda Freas, 5A; Jennifer Meador, 5A.



Standing, left to right: Hannah Mayfield, Surgery; Amanda Carroll, CRSH; Jessica Simpson, CRSH. Seated, left to right: Jon Gregory, Surgery; Beth Alagna, PACU.



Standing, left to right: Valerie Macey, ESD; Johnathan Overton, Lab. Seated, left to right: Beth Goodin, Center Care; Melinda Johnson, MCF Respiratory Care.