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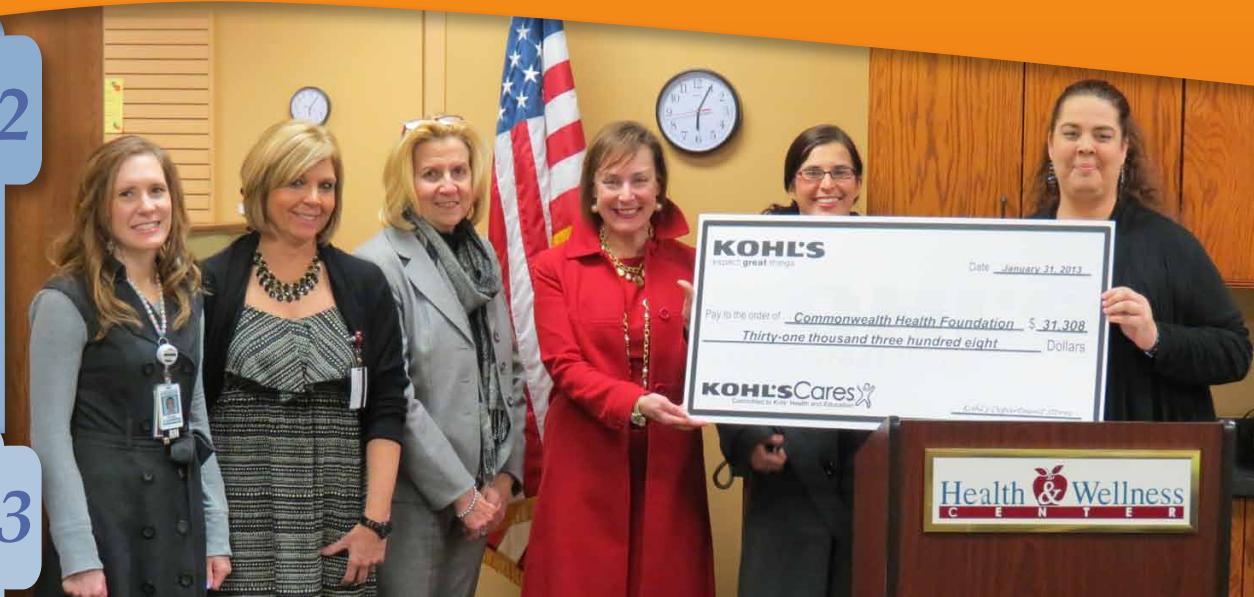
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NEW EMPLOYEES



Accepting the check from Kohl's representatives Lorri Siewert, Area Supervisor (right), and Kristal Barnes, Bowling Green Store Manager (second from right), are (left to right): Cindy Gilliam, OB Educator for The Medical Center; Kathy Smith, Foundation Development Coordinator; Betsy Kullman, Executive Vice President and Chief Nursing Officer; and Mitzi Dooley, Executive Director of Commonwealth Health Foundation.

Kohl's Teams With The Medical Center to Make a Difference

Kohl's is partnering with The Medical Center to help educate expectant parents in Southcentral Kentucky. This year, Kohl's is donating \$31,308 through a grant to Commonwealth Health Foundation for The Medical Center and Kohl's Health and Safety program.

The grant money comes directly from local shoppers, and goes right back into the community. To date, more than \$164,000 has been donated to the Foundation from Kohl's.

To fund the grant, the Kohl's Cares merchandising program features \$5 books and plush toys. When you shop at Kohl's and buy one of these books or toys, all the money is used to benefit health and educational opportunities for children in our area. The grant money received this year will help fund The Medical Center's Newborn Care and Safety Class which teaches expectant parents essential baby care skills.

During the past year, the Newborn Care and Safety Class reached 665 participants in 34 classes, and 34 classes are already scheduled for 2013. With the continued support of Kohl's,

and to meet community needs, the classes are offered at two locations: the Fairview Community Health Center Annex and The Medical Center Health & Wellness Center.

In addition to providing the educational classes, the grant also pays for the purchase of tote bags filled with many safety items for new parents including a DNA identification kit, a bath water temperature tester, infant CPR refrigerator magnet, and a "Joy of Parenthood" publication. A baby monitor is also given out in a drawing at every class.

This important relationship with Kohl's is another example of The Medical Center's goal to fulfill its mission to care for people and improve the quality of life in the communities it serves.

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.

Pre-Diabetes Class

February 19

2 to 3:30 p.m.

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of it. The goal of this class is to help at-risk individuals reverse habits that lead to a diagnosis of type 2 diabetes. The class is intended for people with a fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet and diabetes prevention. The cost is \$20.

Nutrition During Pregnancy

February 19

5:30 to 6:30 p.m.

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be.

AARP Driver Safety Program

February 20

9 a.m. to 1 p.m.

This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for non-members. Payable to AARP at the first class.

Women in Charge Luncheon

Before, During & After Menopause: What's a Woman to Do?

February 26

Noon to 1 p.m.

The Medical Center Auditorium. Cost is \$8 per person; preregistration and prepayment required. Click [here](#) to register online. For more information, call 745-1010.

Gynecologist Manmeet Sandhu, M.D. with Women's Health Specialists will discuss the signs and symptoms of perimenopause and treatment options. She will also provide information on the new Pap test guidelines and what the benefits of an annual gynecology visit are for women of all ages.

Save the Date! 5th Annual Health Fair

sponsored by Franklin-Simpson Chamber of Commerce and The Medical Center at Franklin

Saturday, March 2 - 7:30 a.m. to noon

The Franklin-Simpson Chamber of Commerce and The Medical Center at Franklin invite you to attend their 5th annual Health Fair which will be held in the Franklin-Simpson Middle School gymnasium.

There will be many free health screenings including blood pressure and cholesterol checks, bone density scans, BMI body fat checks and PSA testing for men over 50. Education on recognizing the signs of a heart attack, along with free aspirin will also be available at the health fair. Many door prizes will be handed out throughout the morning, making for a fun-filled and healthy way to start the day for the whole family.

Couples Massage only \$70 at Hartland Massage

Treat your favorite valentine, friend or family member to a couples massage for just \$70 (regularly \$100)! It makes a perfect Valentine's Day gift, or you can purchase a gift certificate to use up to 12 months from now. **This deal expires February 28 and cannot be combined with the 20% off CHC employee discount.**

Call 796-6838

or order online at

HartlandMassage.com

HARTLAND MASSAGE

1225 Fairway Street, Suite 201
Bowling Green, KY 42103

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.

Pain Blocks

Paul Maglinger, M.D.

Tuesday, February 12, 6 p.m. News
Wednesday, February 13, AM Kentucky
Tuesday, February 19, 5 p.m. News
Wednesday, February 20, AM Kentucky

Accredited Cancer Program

Tagge Haase, M.D.

Tuesday, February 26, 6 p.m. News
Wednesday, February 27, AM Kentucky
Tuesday, March 5, 5 p.m. News
Wednesday, March 6, AM Kentucky



Come Meet iStan

On Wednesday, February 20 Commonwealth Health Foundation will host a demonstration of the most powerful wireless patient simulator in the world, iStan.

The Medical Center-WKU Health Sciences Complex will be the new home of iStan, an electronic, interactive patient with pupils that dilate, vital signs that respond to anesthesia, and other life-like responses. The training of clinical staff with sophisticated equipment such as iStan assures a high standard of skills and knowledge necessary to continue The Medical Center's legacy of excellence into the future.

Don't miss this opportunity to see iStan in action and see what the future holds for training of our clinical staff.

iStan Demonstration

Wednesday, February 20

The Medical Center Auditorium

10 - 11 a.m.

Noon - 1 p.m.

3 - 4 p.m.

5 - 6 p.m.

January PRIDE Ideas

Rick Osborne - IT

Melissa Slagle - 4C

Christopher Tucker - Central Transport

Tasha Love - CRSH

Chest Pain Committee Celebrates 2012 Success

For the past four years, The Medical Center's Chest Pain Committee has been focused on improving care for a particular type of heart attack: a STEMI or ST elevation myocardial infarction. A STEMI is caused by a blocked coronary artery that results in a sudden loss of blood flow to the heart. This loss of blood flow leads to destruction of heart tissue if flow is not restored quickly.

The optimal treatment for STEMI is getting the blocked artery open and blood flowing again to the heart muscle by performing percutaneous coronary intervention (PCI), more commonly known as balloon angioplasty, which is done in the Cardiac Cath Lab. But to be most effective, patients need to get to the Cath Lab as soon as possible from the time of onset of symptoms.

STEMI patients arriving at The Medical Center receive PCI in times well below the national average. The Society of Cardiovascular Patient Care has set a goal of 90 minutes for Door to Balloon (D2B), the time from when a patient arrives at the hospital door to the time the patient's PCI is completed. In 2012, The Medical Center's median D2B time was 50 minutes.

Links in the chain of survival

The Chest Pain Team is also celebrating the role of the vital links in the chain of survival of STEMI care. Recognition is planned for Medical Center EMS, EMS providers in surrounding counties, Emergency Department and Cath Lab. The Medical Center at Franklin and The Medical Center

at Scottsville Emergency Departments are also being recognized for their active role in expediting transfers of STEMI patients from their communities to Bowling Green and minimizing heart damage.

The Chest Pain Committee will have a booth set up on the following days and times below. Pick up a warning signs magnet and an aspirin packet to learn what to do at the first signs of a heart attack. Sign the Early Heart Attack Care (EHAC) Oath and pledge to take action. The first and most important link in the chain of survival is you committing to take action with the first signs of a heart attack. With your help, we can save more lives.

February 14

Bowling Green Cafeteria:

11:30 a.m. to 1:30 p.m.

Franklin Canteen:

11 a.m. to 2 p.m.

Franklin Front Lobby:

6 to 8 p.m.

February 15

Scottsville Café 456:

10:30 a.m. to 1 p.m. and 4 to 5 p.m.

Franklin Front Lobby:

11 a.m. to 2 p.m.

February 21

Bowling Green Cafeteria:

5 to 7 p.m. and 10 p.m. to 12 a.m.

Happy New You Facebook Page

The Happy New You Challenge on January 17 and 18 was a great success, with 102 people coming to The Medical Center Surgical Weight Loss department to get their metabolic rate. Surgical Weight Loss Program reminds everyone to "Like" and check out The Medical Center Healthier You Facebook page for health and weight loss tips and weekly "challenges" to help you stay on track with your weight loss goals. Don't forget about the *Pound-4 Pound Food Donation* going on now

to benefit the American Red Cross and Salvation Army. Check out www.Facebook.com/TheMedicalCenterHealthierYou for more details.

Thanks to all CHC employees who "Like" the Facebook page and participated in the CHC Employee Sweepstakes. We drew Crissy Willis, Director of Applications and Operations, from all the entries. She received free lunch for herself and the I.T. staff, a fuzzy CHC blanket and a polo shirt.

Congratulations, The Medical Center at Franklin Environmental Services staff!



Left to right: Kathy Humphres, Karen Schaffhouser, Lloyd Dunn, Lisa Simms, Carolyn Carter, and Valerie Macey.

Six ESD staff at The Medical Center at Franklin were recently awarded with a certification from the International Executive Housekeeping Association as "Certified Frontline Associates." The Frontline program is a self study program and examination which covers chemical controls, cleanliness standards,

cleaning equipment, general and restorative cleaning, OSHA compliance, waste management, security and safety, and general administration. Once staff members have completed their study material, they are required to take the exam and then the exams are sent to IEHA for grading.

Outpatient Behavioral Health Services Relocates and Expands

The Medical Center Outpatient Behavioral Health Services has a new home and with that move, an expansion of services for a new patient population. The outpatient clinic opened its doors on February 1 in the Fairview Building, 730 Fairview Ave., Suite A8, located at the corner of Fairview Avenue and High Street. And with the new space, the clinic began offering Children and Youth Behavioral Health Services.

The expansion into Children and Youth Services was driven by local need.

The clinic will also be able to accept Medicaid managed care patients, thus expanding access for Medicaid recipients.

In addition to Children and Youth Services, the outpatient clinic will continue to provide adult services including individual therapy, marriage and family counseling, veterans' services and an Intensive Outpatient Program. To learn more, call Outpatient Behavioral Health Services at 796-2550.

Retirements



Dorothy Allen, Ambulatory Surgery (center), retired after 38 years of service. Congratulating her are Gayle Hooks, Clinical Manager (left), and Michelle Baucum, Charge Nurse (right).



Carolyn Kinser, Behavioral Health Services (second row, fourth from left), retired after 25 years of service. Celebrating with her are: (front row left to right) Janice Miller, Mo Carver with daughter Laneesan, Gary Spradlin; (second row left to right) Andrea Petty, Sid Mansfield, Jessica Gabbard, Carolyn Kinser, Belinda Staten with Olivia Slayton, Pat Hamlin, Margaret Embry. Back row left to right: Karen Priddy, Georgia House.

Welcome to new CHC employees!



Standing left to right: Jerillynn Simmons, 3B; Christy Moore, 4B; Kelsey Rhea, 3D. Seated, left to right: Rennae Kutcher, 5B; Catherine Wilson, Labor & Delivery.

Welcome to new CHC employees!



Standing left to right: Melissa Hawks, Cal Turner; Meladie Purvis, MCF Lab; Cynthia Hochstetler, Nursing. Seated, left to right: Alex Minton, Surgery; Chris Neely, ED; Cassandra Howell, 4B.



Standing left to right: Holly Belcher, ED; Jasmine Sheppard, EDS; Angela Curran, Patient Registration. Seated, left to right: Harrison Kilgore, ED; Daniel Wright, ED; Kelsey Walters, Food Services.



Standing left to right: Mandy Clark, Food Services; Amanda Wilson, Urgentcare. Seated, left to right: Joe Shouse, Nursing; Amanda Ballard, Surgery.



Standing left to right: Tiffany Finley, Radiology; Bryan Lillard, Food Services. Seated, left to right: Maria Magana, ESD; LaNae Easley, ESD.

Employees with Service Excellence! February 2013

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.



Teresa Anderson Ambassador

The Medical Center – Food Services

"Teresa always has a smile on her face. She is helpful and goes above and beyond what is expected of her. To patients, visitors, and staff she is kind and thoughtful. 'Have a nice day!' is what she says to everyone. Teresa is an example of what Service Excellence is."



Michael Matthews Ambassador

Information Technology

"Mike takes care of a lot of systems and always gets things done. He is professional and makes sure that all of our programs run so smoothly. He works around the clock to make sure we have everything we need. His kindness to all and his dedication to his work is exemplary!"



Natasha Winchester Ambassador

The Medical Center – 4D

"Natasha is such a happy and positive nurse! She is very passionate about her nursing career at The Medical Center and volunteers to help out in any way possible. Her work and care for patients is outstanding. Her optimistic energy is transmitted to all patients, visitors, and staff. She is a model for Service Excellence."



Varnado Mitchell Golden Pineapple 2013 1st Quarter

The Medical Center Environmental Services

"Varnado is a great person and a wonderful supervisor. He is knowledgeable about his work and dedicated to the department. Varnado is friendly to everyone and is always willing to help others. We are privileged to have Varnado as part of the ESD team!"