

## UPCOMING EVENTS 2

WEAR BLUE MARCH 1

FRANKLIN HEALTH FAIR

2013 OPEN ENROLLMENT

## THE CAMPAIGN FOR EXCELLENCE 3

ISTAN VISITS THE MEDICAL CENTER

## WARREN COUNTY IS HEARTSAFE COMMUNITY 4

SCHOLARSHIP APPLICATIONS BEING ACCEPTED

90 SECONDS TO BETTER HEALTH

WOMEN-IN-THE-ARTS CALL FOR ENTRIES



*Above left:* Connie Smith, President and CEO (right), accepts the Chamber Innovation Award. Also pictured are Gaines Penn, Chamber Chairman 2012 (left), and Gordon Emslie, Provost and Vice President for Academic Affairs at Western Kentucky University. *Above, right:* On behalf of the Chamber, Connie Smith presents the Lifetime Achievement Award in honor of the late John C. Desmarais to Chris Desmarais (left), Erin Desmarais (second from right), and John Desmarais (right).

## The Medical Center Receives Chamber Innovation Award and John C. Desmarais Honored With Lifetime Achievement Award

The Medical Center along with Western Kentucky University were honored at the Chamber of Commerce Annual Dinner with the Advancing South Central Kentucky Award.

The award was given in recognition of the innovation of The Medical Center and Western Kentucky University working together to build The Medical Center-WKU Health Sciences Complex. The new building will be home to WKU's nursing and physical therapy doctorate programs, as well as provide space for innovative training for employees of The Medical Center. Groundbreaking took place last year, and the educational complex is expected to open its doors for the first nursing students by the fall 2013 semester.

The Chamber also honored the late John C. Desmarais with the Herb Smith Lifetime

Achievement Award. The award honors community members for their dedication to furthering economic prosperity in Southcentral Kentucky. Mr. Desmarais served as President and Chief Executive Officer of Commonwealth Health Corporation for more than 35 years. During that time, he helped build and guide CHC and The Medical Center. He made many significant contributions to the economy and quality of life for the residents of Southcentral Kentucky including establishing the Commonwealth Health Free Clinic. Mr. Desmarais was a well-respected member of the community and was a visionary leader.

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.

## Hearing Screening

**March 7**

**9 a.m. to 1 p.m.**

Hearing loss can affect virtually all aspects of life. Staff from Better Hearing Center will be available to provide hearing screening services and answer questions about hearing loss and amplification.

## Ready, Set, Go!

**March 11**

**6 to 8 p.m.**

*The Medical Center Auditorium.*

*Preregistration required by visiting [TheMedicalCenter.org/OBclasses](http://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.

## Grocery Store Tour: Choosing Healthy Food

**March 13**

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

*Kroger on Scottsville Road, Bowling Green. Preregistration is required; space is limited.*

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

## Lung Health Screening

**March 19 and 26**

**9 a.m. to noon**

This 15-minute screening by a respiratory therapist will assess your lung function.

## AARP Driver Safety Program

**March 20**

**9 a.m. to 1 p.m.**

*Preregistration required; space is limited.*

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.

## It's That Time Again! 2013 Open Enrollment February 26 – March 10, 2013

Open Enrollment is the time to learn about important changes to the CHC benefit plans and make elections for the upcoming plan year. CHC offers a comprehensive benefits package that gives you a choice in selecting the benefit plans that best meet the needs of you and your family. The best way for you to learn the benefit offerings for this plan year is to:

- Attend an Open Enrollment Meeting
- Review the Open Enrollment Materials online by [clicking here](#).
- Review the Open Enrollment Guide located in your department.

If you need assistance in completing the on-line enrollment or would like to receive a paper copy of the Open Enrollment materials, contact the Human Resources Department at ext. 1540.

## Wear Blue March 1

March is National Colorectal Cancer Awareness Month. Wear blue on Friday, March 1 to raise awareness about this potentially deadly disease.

Early colon cancer usually has no symptoms—that's why it is so important to be screened. Age is the most common risk factor. It is recommended that everyone age 50 and older be screened. However, you may need to be tested earlier if you have symptoms or risk factors such as a personal or family history of colon cancer or polyps (growths), inflammatory bowel disease, or certain hereditary colorectal cancer syndromes. Talk with your doctor about when to be screened and how often.

## *Save the Date!*

## The Medical Center at Franklin Health Fair

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

Mark your calendar, and get a healthy jump on spring by attending the Franklin-Simpson County Health Fair. Sponsored by The Medical Center at Franklin, the health fair 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.

## Be part of the premier project that kicks off The Campaign for Excellence

— **The Medical Center-WKU Health Sciences Complex.** Your support of the Health Sciences Complex will help equip clinical staff at The Medical Center with the nation's most sophisticated simulation technology, including iStan virtual patients.

Training 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. **The Campaign for Excellence** depends on your generosity and reflects your dedication to healthcare in our communities. Become a *Champion of Excellence* by contributing \$1,000 or more to one of our initiatives, including our newest focus, The Medical Center-WKU Health Sciences Complex.

If you would like more information about **The Campaign for Excellence**, contact Commonwealth Health Foundation at 796-5543 or visit [CommonwealthHealthFoundation.org](http://CommonwealthHealthFoundation.org).

## The Medical Center Visited by iStan

On February 20, the iStan virtual patient simulator visited The Medical Center for the first time. Employees and other interested guests enjoyed a presentation about the patient simulator's remarkable features, and then were allowed an opportunity to experience iStan hands-on.

The lifelike patient simulator will be used to train healthcare professionals. iStan looks and responds like a human with realistic skin, blinking eyes with pupils that react to light and trauma. It has high quality patient audio allowing trainees the ability to hear clearly voice, lung and heart sounds. The simulator also bleeds, cries, talks and simulates a real patient in almost any setting.

To help train response to heart attack victims, this simulator also goes into full cardiac arrest, stopping the heart and breathing, allowing those training on iStan intervention recovery attempts.

The patient simulator also responds directly to emergency treatments involving oxygen, intravenous drugs and defibrillation. Since iStan's introduction, it has simulated auto accident injuries on roadways, logging injuries in forests, heat stroke at the beach, burns from chemical plant explosions and football



*Vivian McClellan, Corporate Director of Education and Development (standing, second from right), explains iStan's features as a variety of EMS personnel and clinical staff experience intubating the virtual patient.*

injuries on the field. iStan has been transported from point-of-injury to simulated emergency and operating rooms, all the while maintaining the clinical signs and symptoms of the simulated condition. To manipulate and control the patient simulator, the iStan operator uses a touch-screen wireless computer making control as simple as a tap of a finger.

iStan is smart, evolved and unplugged. 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.





## Warren County Selected as HeartSafe Community

On February 14, the Cabinet for Health and Family Services and the Kentucky Department for Public Health announced Warren County has been selected as a HeartSafe Community. Designation as a HeartSafe Community recognizes the quality of heart attack related services available to all individuals in our community.

The HeartSafe Community program was launched in Summer 2011 by the Kentucky Public Health Heart Disease and Stroke Prevention Program as a way to help communities improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival. Public Health is collaborating with the Kentucky Board of Emergency Medical Services and the American Heart Association on the project.

HeartSafe communities meet a combination of factors viewed as preferable in a community's ability to recognize and respond to cardiac arrest. These factors include:

- Early access to emergency care in which bystanders recognize the

symptoms of cardiac arrest and immediately call 911.

- Early CPR, a simple, easily learned emergency procedure used when someone's breathing and heart-beat suddenly stop.
- Early defibrillation, the delivery of electric shock to restore the heart's normal rhythm.
- Early advanced care delivered by a response vehicle staffed by advanced life support personnel.

The Medical Center is an Advanced Life Support Provider. Medical Center EMS is the only nationally-accredited ambulance service in Kentucky. In addition, as an accredited Chest Pain Center, The Medical Center provides immediate, life-saving response for patients experiencing a heart attack. An extensive network of cardiologists are on staff to provide diagnosis and treatment services including cardiac catheterization and pacemaker placement.

## Scholarship applications now being accepted for 2013–2014 academic year

Applications for the following scholarships are now being accepted for the 2013–2014 academic year: the Carrel K. Sumner Family Memorial Scholarship, the Charles M. Stewart Scholarship, the Floyd Ellis Scholarship, the Helen Dinning Scholarship, the Herbert A. Oldham Scholarship and The Medical Center at Scottsville Scholarship.

**The deadline for submitting application(s) is March 15.** To request a list of guidelines and an application for one or more scholarships, please contact Jennifer Pratt, Marketing and Development Coordinator, at extension 1543 or [jpratt@chc.net](mailto:jpratt@chc.net).

**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.

### Accredited Cancer Program Tage 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

### Thoracic Surgery for Lung Cancer Paul Moore, M.D.

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

## WOMEN-IN-THE-ARTS CALL FOR ENTRIES

The 23rd Women-In-The-Arts call for entries has been announced. This year the deadline to enter is March 22. Two pieces of artwork are allowed per artist, and a \$20 fee covers all art entered. The Women-In-The-Arts Exhibit will feature artwork in the following categories: painting, sculpture, ceramics, works on paper, fiber works, and photography.

The public Exhibit will take place in The Medical Center Auditorium Friday, April 12 through Sunday, April 14. Winning artwork will receive awards and be displayed in the classroom at The Medical Center Health & Wellness Center April 15 through May 3.

Entries are open to all women 18 years of age or older residing in Kentucky. All artists have the option of selling their artwork. For more information, contact The Women's Center at 745-1010, or visit the website at [TheMedicalCenter.org](http://TheMedicalCenter.org).

