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EXPECTANT PARENT FAIR

MARCH FOR BABIES

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POUND 4 POUND

HAPPY NEW YOU
SWEEPSTAKES WINNER

WOMEN-IN-THE-ARTS

90 SECONDS TO
BETTER HEALTH

NEW EMPLOYEES

AMBASSADORS & 4 GOLDEN PINEAPPLE



Thomas H. Dennison, Ph.D. addresses participants at the Bowling Green Area Chamber Breakfast on February 22 to discuss the positive impact of Healthy Mondays.

Healthy Mondays Initiative Launched at Chamber Breakfast

Did you know that the majority of people who begin a new health initiative do so on Monday? According to research by Johns Hopkins Bloomberg School of Public Health, more people choose Monday to quit smoking, start exercising, or begin a healthy lifestyle.

In recognition of the power of Mondays, the Monday Campaigns were developed to encourage Americans to adopt healthier choices in their lives. Healthy Mondays recently became a focus in Southcentral Kentucky as a result of the Community Health Needs Assessment (CHNA) conducted by the Barren River Community Health Planning Council in conjunction with The Medical Center. The CHNA revealed problem areas of cardiovascular disease, diabetes, obesity, lung cancer, and drug and alcohol abuse and addiction among residents in our area.

The Medical Center co-sponsored the Bowling Green Area Chamber of Commerce Breakfast on February 22 to launch the Healthy

Monday Initiative. Guest speaker Thomas H. Dennison, Ph.D., Professor of Practice at the Maxwell School of Citizenship and Public Affairs at Syracuse University, emphasized Healthy Mondays as a call to action for those in the workplace and the community to commit to healthy behaviors that help end chronic preventable diseases.

Read more about the Community Health Needs Assessment on The Medical Center's website, www.TheMedicalCenter.org, or visit www.barrenriverhealth.org to learn about the Barren River Community Health Planning Council. If you would like to know more about the Healthy Mondays Initiative, visit www.mondaycampaigns.org.

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.

Lung Health Screening

March 19 or 26

9 a.m. to noon

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

Fatherhood 101

March 19

7 to 8 p.m.

The Medical Center Auditorium.

Register online at www.TheMedicalCenter.org/OBclasses. For more information, call 270-796-2495. Dads only!

George Miller, R.N., a Nursery nurse at The Medical Center, will discuss concerns of new fathers with regards to responsibilities and relationship changes with a new baby and mom.

AARP Driver Safety Program

March 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. *Space is limited.*

Hand Screening

March 21

8:30 to 11:30 a.m.

Do you easily drop things? Have you experienced weakness in your grip strength? Do you have a tingling sensation or numbness on your hands? These symptoms may be a sign of a serious medical problem. A certified hand therapist from Bluegrass Outpatient Center can help determine whether treatment could help.

A New Baby's Coming Class

March 21

6 to 8 p.m.

The Medical Center Auditorium. Participants should bring a doll or stuffed animal.

Register online at www.TheMedicalCenter.org/OBclasses. For more information, call 270-796-2495.

This is a siblings class for kids ages three and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) unit and a view of the Nursery are included as well as refreshments and a video.

Dementia Screening

March 28

9 a.m. to noon

Emily Harlen from Home Instead Senior Care will be conducting one-on-one dementia screenings for anyone concerned about their memory or a loved one's memory.

Scholarship applications deadline is March 15

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.



Baby on the way? Don't miss the Expectant Parent Fair

Sunday, April 28 1–3 p.m.
The Medical Center Auditorium

The fair is designed to provide expectant parents and those considering having a baby with helpful information on healthy pregnancies, baby care and safety. Tours of the Obstetrics (OB) Unit will be provided, and staff from the OB Department will be available to answer questions. Local organizations and businesses will be on exhibit to share information about their services. Door prizes will be awarded. The event is free and open to the public. For more information, call Jennifer Pratt at ext. 1543.

march of dimes® March for Babies – April 20

Phil Moore Park, Bowling Green

Registration begins at 9 a.m. • Walk begins at 10 a.m.

To get involved, email Liz Wooldridge, The Medical Center Team Captain, at WoolEA@chc.net.

Retirements



Gerri Glenn, Director of Quality Resource Management (left), retired after 16 years of service. Congratulating her is Melinda Joyce, Vice President of Corporate Support Services.



Linda Rush, Director of Community Wellness (left), retired after 16 years of service. Congratulating her is Doris Thomas, Vice President of Marketing and Development.

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.

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

Western Kentucky Diagnostic Imaging Stan Amonette, M.D.

Tuesday, March 26, 6 p.m. News
Wednesday, March 27, AM Kentucky
Tuesday, April 2, 5 p.m. News
Wednesday, April 3, AM Kentucky

Join the Pound 4 Pound food drive



Whenever you lose a pound, post "I did it" on *The Medical Center Healthier You* Facebook page or email it to Keri Clark at Surgical Weight Loss Program at ClarKD01@chc.net. In May, we'll add up all the pounds lost and donate the same amount, up to 2,000 pounds, of non-perishable food to

The Salvation Army and American Red Cross food banks. There's no weigh-in and no catch! ANYONE can post or email their "loss" so get your friends, family and co-workers to help. Visit www.facebook.com/TheMedicalCenterHealthierYou.

Happy New You Sweepstakes Winner



The Medical Center Healthier You Facebook fan, Nathan Thompson, was drawn as the winner of the Happy New You Sweepstakes. Nathan chose the iPad mini as his prize.

February PRIDE Ideas

Jacqueline Woodward ... Cal Turner Rehab & Specialty Care
Angela Hayse Central Monitoring
Diana Proffitt Ambulatory Surgery
Sarah Graves ICU

WOMEN-IN-THE-ARTS CALL FOR ENTRIES

The 23rd Women-In-The-Arts call for entries deadline 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.

Welcome to new CHC employees!



Standing left to right: Vonda Leer, Surgery; Debra Hampton, Surgery. Seated, left to right: Chasity Wiefek, ED; Quinn Buell, 4D; Yvonne Stinnett, 5C.



Standing left to right: Joanna Lauer, Human Resources; Amanda Kimbrough, Cal Turner Rehab & Specialty Care. Seated, left to right: Ashley Spearman, MCS Food Services; Chelsea Wheeler, 5A; Lennax Wright, 4B.



Standing left to right: Liljana Fortumanova, Environmental Services; Romana Bratcher, Registration. Seated, left to right: William Simmons, Central Transport; Katie Hartley, Food Services; Joseph Combs, Central Transport.



Standing left to right: Rebekah Button, Bluegrass Outpatient Center; Mary Colvin, Food Services; Megan Miller, Food Services. Seated, left to right: Lindsey Green, Central Transport; Marilyn Hockersmith, Patient Registration; Trycia Barnes, Environmental Services.

Employees with Service Excellence!

March 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.



Candy Brown Ambassador

The Medical Center - Radiology

"Candy is an excellent staff member. She follows the correct procedures and is always professional in her work. She is kind and friendly to the patients and to all with whom she comes in contact. The quality of her work is outstanding, and we are proud to have her as part of our team!"



Jacob Kittinger Ambassador

The Medical Center - House Administrator

"Jacob is positive, hardworking, energetic, and professional. He is always willing to help others regardless of circumstances and with an immediate response. Jacob is an invaluable resource to the staff at The Medical Center and the patients for whom we care."



Regina Rich Ambassador

The Medical Center at Scottsville - Rehab Services

"Regina is a fantastic co-worker and employee. She has excellent organizational skills and is professional in her responsibilities. She is friendly, helpful, and compassionate to everyone. She always has a smile for every person. We are fortunate to have her on our team!"



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!"