

UPCOMING EVENTS 2

RELAY FOR LIFE

MOTHER-DAUGHTER
TEA & FASHION SHOW

MARCH FOR BABIES 3

GOLDEN PINEAPPLE
AND AMBASSADORS

PRIDE IDEAS

EXPECTANT PARENT FAIR 4

WOMEN-IN-THE-ARTS



Representatives from the March of Dimes present a check to help support NICU P.E.A.S. Pictured left to right are: Mandy Kucela, Division Director of March of Dimes; Susan Brown, Chair of the Chapter Program Services Committee of March of Dimes; Katrina Thompson, State Director of Program Services of March of Dimes; Fida Spraque, NICU Support Parent; Laura Holderfield, Executive Director of Commonwealth Health Foundation; Debbie Smith, Clinical Charge Nurse of The Medical Center NICU; Kathy Smith, Development Coordinator of Commonwealth Health Foundation; and Amber Herman, OB Clinical Manager of The Medical Center.

March of Dimes grant supports parents of premature infants born at The Medical Center

On March 31, the March of Dimes Greater Kentucky Chapter presented a \$7,500 grant to The Medical Center at Bowling Green to support the hospital's neonatal intensive care unit (NICU) parent peer support group.

The group, named NICU P.E.A.S. (Parent Encouragement And Support), enables parents of NICU babies to talk to and share their feelings with a "support parent" who has been in a similar situation. The Medical Center's project is one of only four projects funded in the state by the March of Dimes grant.

"The March of Dimes Greater Kentucky Chapter is very excited to have this opportunity to support this project, which has the potential to have a significant impact on the health of mothers and babies in Southcentral Kentucky," said Katrina Thompson, Director of Program Services for March of Dimes.

At the request of the parents of the newborn, the support parent arranges to spend time with the new parents to provide emotional support. NICU Support Parent Fida Spraque said, "We have cried together, laughed together, shared

stories, and mostly brought comfort and education to families struggling with their newfound situation."

"Over the past year, we have seen first hand the success of the NICU P.E.A.S. group in providing parents with needed support during such an emotional time," said Amber Herman, OB Clinical Manager for The Medical Center. "The personal experience that a support parent brings to the table can make a world of difference for the parents of a premature or ill newborn. The March of Dimes grant will allow us to grow this program and provide this opportunity for support to even more parents."

The grant will also help fund a "Wall of Support" display that will consist of posters featuring current photos of former NICU children side-by-side with their NICU photos, as well as their parents' stories.

Upcoming Events

Vascular Screening

April 15

9 a.m. to 4 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

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. *Appointments are required by calling 745-0942.*

AARP Driver Safety Program

April 20

9 a.m. to 1 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

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. *Preregistration required; space is limited. Call 745-0942 or 877-800-3824 to register.*

A New Baby's Coming Class

April 21

6 to 8 p.m.

The Medical Center Auditorium

This is a siblings class for kids ages 3 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. *Preregistration required by calling 796-2495. Participants should bring a doll or stuffed animal.*

Pre-Diabetes Class

April 26

1 to 2:30 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

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 class will be taught by Marissa Hesson, certified diabetes educator, and Andrea Norris, registered dietitian. The cost is \$20. *Preregistration required by calling 745-0942.*

Hearing Screening

April 28

9 a.m. to noon

The Medical Center Health & Wellness Center at Greenwood Mall

Hearing loss can range from mild to severe. Technicians from Better Hearing Center will be available to provide screening services. *Preregistration required by calling 745-0942.*

Hand/Carpal Tunnel/ Arthritis Screening

April 28

1 to 4 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

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. Bev Parrish, a certified hand therapist from Bluegrass Outpatient Center, will provide free hand screenings. *Preregistration required by calling 745-0942.*



Get involved with Relay for Life

Join The Medical Center in the fight against cancer by supporting the American Cancer Society (ACS) Relay for Life.

The Medical Center is proud to once again sponsor the following Relay for Life events:

Allen County

May 6 through 7

Simpson County

June 3 through 4

Warren County

June 3 through 4

For details, call the American Cancer Society at 800-ACS-2345 or visit their website at relayforlife.org.

Save the date

Mother-Daughter Tea & Fashion Show

Saturday, May 7 – 3 p.m.

The Medical Center Auditorium

The Women's Center invites you to an afternoon Tea and Spring Fashion Show by *Apricot Lane & Polka Dot Door*. This is a wonderful opportunity for you to spend time with your mother, daughter, grandmother, aunt or special friend. It will be a Mother's Day to treasure. Cost is \$8 per person. For more information, call 745-0942.

march  of dimes®
Save the date!

March of Dimes March for Babies

will be held

Saturday, April 30
Phil Moore Park
Bowling Green

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

To get involved, call the March
of Dimes at 746-5411 or visit
www.marchforbabies.org

PRIDE Ideas for March

Tammy C. GreathouseCentral Transport
Heather TuttleCal Turner Extended Care Pavilion
Jennifer BallardLab
Rebecca HendersonLab
Tobi DukesLab
Bonnie LewisCare Coordination
Loryn Boyd 4D ISC
Denise DismukeCFR
Tammy WillisER
Millie Caffey 4A
Terri WebbCorporate Audit & Appeals
Peggy HunterRehab Services-MCF
Alaina BronsonRespiratory Care
Anita Thomas-TurnerER
Anneliese CrawfordOB/Nursery

Dear editor,
I would like to see
more stories about....

CHC Intercomm is published every other
week by Commonwealth Health Corporation.
If you have suggestions or story ideas, contact
Sandi Feria, editor: SKFeria@chc.net.

Employees with Service Excellence!

April 2011

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 iCareCentral.



Golden Pineapple – 2nd Quarter Teresa Wilson

Human Resources

"Teresa is an outstanding example of customer service because she is a genuinely caring, giving person. She consistently goes out of her way to assist employees, retirees and their families. She thinks of employees as her own family. We are privileged to have Teresa."



Mary Bridges Ambassador

Ambulatory Surgery

"Mary provides great customer service to everyone she encounters. She is extremely knowledgeable and always willing to help out in any way she can. She goes above and beyond to assist her co-workers. Mary is a great team player and we are thrilled to have her at The Medical Center!"



Dottie Skotak Ambassador

Respiratory Care

"Dottie is the best! She is a wonderful, compassionate person who knows how to do her job. Her concern for her patients is awesome and she does what it takes to get the job done. She is a fine person, a great co-worker, and an excellent leader."



Heather Woodard Ambassador

Nuclear Medicine

"Heather is truly a genuine nurse who cares about her patients. She gives comfort and reassurance to her patients. She is a great person with whom to work and a wonderful team member. We are very fortunate to have Heather at The Medical Center."

Expectant Parent Fair provides information and tours



Almost 300 people attended the Expectant Parent Fair to learn about healthy pregnancies, as well as baby care and safety from representatives of The Medical Center and vendors from the community.

The Expectant Parent Fair proved once again to be an event of much interest for expectant parents and those considering a future pregnancy. Nearly 300 people filled the Auditorium, Classroom 2 and adjacent hallway on Sunday, March 27 to learn more about healthy pregnancies, baby care and safety. In addition to OB Education and other hospital departments, vendors from the community provided information about their services and products designed for expectant parents and babies.

Staff from the OB Department welcomed participants with tours of 2B Postpartum, Nursery and Labor & Delivery. The tours gave participants an opportunity to ask questions



Pediatrician Rick Voakes, M.D. answers questions about child nutrition and lifestyle during the Expectant Parent Fair.

and see where they will be cared for when the big day arrives.

The Medical Center hosts the Expectant Parent Fair each spring and fall. If you or someone you know are expecting, consider attending the next fair. Watch the *CHC Intercomm* for details.

Women In The Arts

**April 15 – 16
10 a.m. to 4 p.m.**

**April 17
1 to 4 p.m.**

**The Medical Center
Auditorium**

**Exhibit is free and open to the public.
A majority of the works will be
available for purchase.**

**For more information,
call (270) 745-1010.**

