

UPCOMING EVENTS 2

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TO GENERAL PUBLIC

GARDEN SPOT RUN

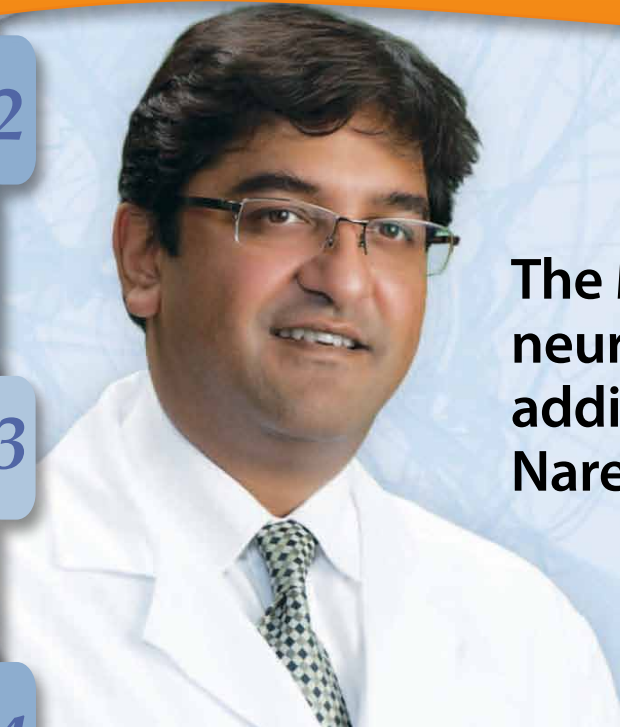
NEW EMPLOYEES 3

BRRCC PICNIC

EMPLOYEES GET FIT IN
SCOTTSVILLE

HELEN DINNING SCHOLARSHIP RECIPIENT 4

NEW EMPLOYEES



The Medical Center expands neurosurgery program with addition of Neurosurgeon Narendra Nathoo, M.D.

Narendra Nathoo, M.D., PhD, FRCS(C), FACS joined The Medical Center Neuroscience Services on July 5 to expand its neurosurgery program. Dr. Nathoo is a board certified neurosurgeon with fellowship training in Radiosurgery, Neuro-oncologic Surgery, Complex Spine and Spinal Oncologic Surgery. He brings his expertise and passion in treating complex brain and spine tumors to Southcentral Kentucky.

Dr. Nathoo has trained at the Center for Image Guided Surgery, University of Pittsburgh; Taussig Cancer Center, Cleveland Clinic Foundation; and James Cancer Center, Ohio State University. Dr. Nathoo comes to The Medical Center Neuroscience Services from Ohio State University Medical Center where he served as a clinical instructor in Complex Spine Surgery/Spinal Oncology for the Department of Neurological Surgery. Prior to this, Dr. Nathoo was Director of Neurosurgery at Alegen Health Clinics in Omaha, Nebraska where he established a neuro-oncology/radiosurgery unit. He was instrumental in creating the first brain tumor support group in Nebraska.

While Dr. Nathoo's fellowship training and expertise lies in spinal and brain oncology, he also brings his experience in general neurosurgery and neurotrauma to Southcentral Kentucky. Originally from South Africa, he completed his medical degree and PhD at the University of Natal in Durban, South Africa. His doctorate thesis focused on neurotrauma. He has made significant academic contributions in the field of surgical intracranial infections and neurotrauma and has published 70 Pubmed papers.

Dr. Nathoo's office is located in the Riverside Professional Center, Suite B2. Dr. Nathoo is accepting new patients. He can be reached at (270) 780-2660.

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

July 22

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.*

9 a.m. to 4 p.m.

Instructional Yoga Class

Mondays, July 25 through August 29

The Medical Center Health & Wellness Center at Greenwood Mall

Taught by trained instructor Michelle Darnall, this class is meant to help overall fitness and leave participants feeling refreshed and renewed. The six-week session costs \$60, payable to the instructor at the first class. *Preregistration required by calling 745-0942. Limited to 15 participants; bring a mat.*

5:30 to 6:30 p.m.

DermaScan Screening

July 26

The Medical Center Health & Wellness Center at Greenwood Mall

Representatives of the Kentucky Cancer Program can identify potential trouble spots on the face with a painless and simple screening device. Please remove all makeup and sunscreen before screening. *Preregistration required by calling 745-0942.*

9 a.m. to 1 p.m.

Women-In-Charge Luncheon: Women & Lung Health

July 26

The Medical Center Auditorium

Pulmonologist Gul K. Sahetya, M.D. will discuss lung health in relation to women. The cost is \$8 per person. *Preregistration required. Register online at TheMedicalCenter.org or call 745-1010.*

noon to 1 p.m.

Babysitting Clinic

July 27

The Medical Center Health & Wellness Center at Greenwood Mall

Boys and girls ages 11 to 17 will learn about safety, how to handle emergencies and basic tips for caring for children of all ages. The fee is \$20 and includes lunch, course materials and a T-shirt. *Register online at TheMedicalCenter.org or call 745-0942; class size is limited.*

9 a.m. to 2 p.m.

Vestibular (Dizziness) Screening

July 28

The Medical Center Health & Wellness Center at Greenwood Mall

This screening, provided by Bluegrass Outpatient Center, uses state-of-the-art video goggles to help locate where in the ear balance disorders occur. Vestibular screenings are often recommended for those who experience vertigo (dizziness) or have a history of falls. *Preregistration required by calling 745-0942.*

1 to 4 p.m.

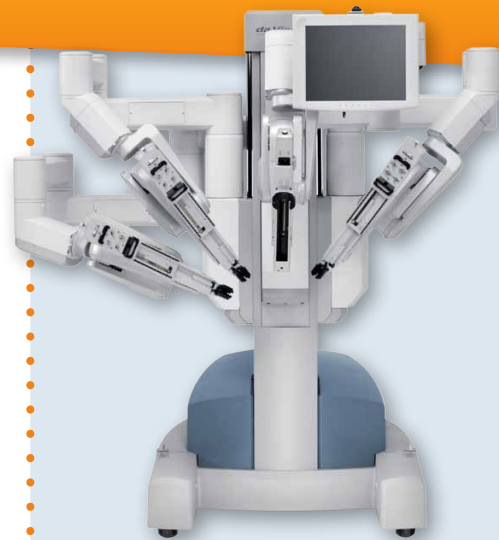
Hearing Screening

August 4

The Medical Center Health & Wellness Center at Greenwood Mall

Provided by Better Hearing Centers. *Preregistration required by calling 745-0942.*

9 a.m. to noon



Get behind the controls of the da Vinci® Surgical System

A da Vinci Surgical System similar to the one used in Surgery at The Medical Center will be on display for employees and the general public. Take a seat at the controls and test drive the da Vinci for yourself. Experience the precision, vision and control the da Vinci System offers a surgeon.

Tuesday, July 26

7 a.m. to 12 p.m.

Surgery Classroom

1 to 5 p.m.

**First floor between
Outpatient Lobby and
Cancer Treatment Center**

Save the date!

The Medical Center at Franklin Rehabilitation Services is again sponsoring the **Franklin-Simpson Chamber of Commerce 29th Annual Garden Spot 5K Run/Walk** on August 13. Registration is \$12 for registrations submitted before August 5, and \$15 from August 6 to race day. You can download race information and the registration form by clicking [here](#).

Did you know?

You can register online for many events by visiting TheMedicalCenter.org.

New Employees



Standing, left to right: Wendy Pedigo, OB; Miki Mahan, OR; Stephanie Ramsey, 5B. Seated, left to right: Christopher Mosher, ICU; Jacob Moran, 5B; B.J. West, ER.



Standing, left to right: Emily Little, 4D; Mary Bartlett, ER; Jane Higgins, OR. Seated, left to right: Erin Day, Labor & Delivery; Robbi Payne, 3A; Vickie House, CRSH.



Standing, left to right: Krista Dulay, ER; Kristina Blissett, 4B; Tonya Collins, ER. Seated, left to right: Cynthia Garrett, 5A; Shawna Miller, Cath Lab.



Standing, left to right: Elaine Adams, 3B; Kara Combs, 4D; Michelle Nichols, 5A. Seated, left to right: Janis Frame, 4B; Kathy Cummings, Cal Turner Extended Care Pavilion.

Barren River Regional Cancer Center picnic draws over 100 guests



Summer is a great time to enjoy an outdoor cookout. On Friday, July 1, Dr. Craig Tyree and the staff of Barren River Regional Cancer Center held a picnic for all present and previously treated patients on their campus in Glasgow. A local band played music while guests and their family members socialized with staff and fellow patients. Guests enjoyed a feast of grilled hamburgers and hotdogs under the shade of large tents. "Here at BRRCC, our patients truly become part of our family," said Dr. Tyree. "We work together through some very difficult times, and that journey creates a unique bond." Over 100 patients attended the picnic, including some who traveled from as far as away as Byrdstown, Tenn.

Employees get fit at The Medical Center at Scottsville

The employees of The Medical Center at Scottsville are taking the initiative of personal health improvement. A questionnaire was offered to employees, asking about their personal goals and particular wellness activities they might be interested in pursuing.

Weight management was one of the most popular goals that the employees chose from the questionnaire. They will monitor their weight loss weekly by writing it down. They can also participate in a walking group each Tuesday and Thursday. The employees chose *First Place Weight Loss Program*, a faith-based diet program similar to Weight Watchers. It is based on a healthy food

exchange plan and requires attendance at weekly meetings. Other potential activities include a weight loss competition and a healthy recipe potluck. Lori Hagan, Registered Dietitian, offers healthy cooking tips and provides recipes and healthy ingredient substitutes.

Someone from every department is being represented by participating in the program. Rita Tabor, Clinical Manager of ER and Surgery, Employee Health Representative, said, "I'm excited that many people are participating. Everyone has a different experience, which they combine to form a wellness group." Employees in Scottsville are taking work life to a new level by getting fit.

Recipient of Helen Dinning Scholarship announced

Kayla Johnson of Franklin will receive the Helen Dinning Scholarship for the 2011–2012 school year. Kayla will begin the nursing program at Western Kentucky University this fall.

The Helen Dinning Scholarship was established by Commonwealth Health Corporation, the parent company of The Medical Center at Franklin, to honor Helen Dinning for her generous support of the Franklin hospital.

To receive this scholarship, the recipient must be a graduate of Franklin-Simpson High School and a full-time student at Western Kentucky University enrolled in a health-related field.



Kayla Johnson (left) is congratulated by Clara Sumner, Chief Executive Officer of The Medical Center at Franklin.

New Employees



Standing, left to right: Ann Clark, Food Service; Amanda Russell, Rehab Services; Kaitlyn Harper, Lab. Seated, left to right: Kyle Basham, Urgentcare; Lisa Carson, Rehab Services.



Standing, left to right: Ashton Fields, Urgentcare; Brittany Singleton, Catering. Seated, left to right: Brandy Dockery, Lab; Leslee Harris, Lab.



Standing, left to right: Hannah Rogers, Rehab Services; Erika Rich, Cal Turner Extended Care Pavilion. Seated, left to right: Karen Druen, Patient Registration; Gina Hines, Patient Registration.



The Medical Center Sleep Center is giving away **\$500 cash** and gift certificates to Hartland Massage and Ohana's Salon.

All you have to do is go to the link below and send an e-card with sleep tips to yourself, friends or family. Each email you send gives you one entry in the drawing.

www.themedicalcenter.org/sleepcentergiveaway