

In Memoriam



John Desmarais

Commonwealth Health Corporation and The Medical Center are deeply saddened by the loss of our former leader, mentor and good friend. During his 35-year tenure as President and CEO of our organization, Mr. Desmarais led the transformation of healthcare in Southcentral Kentucky. His vision to broaden the availability of medical services, including the latest in medical technology and facilities, led to the construction of one of the most modern and complete healthcare campuses found anywhere. Not satisfied with just creating those opportunities in Bowling Green, Mr. Desmarais was the architect behind the creation of Commonwealth Health Corporation and the expansion of healthcare facilities and services in Franklin and Scottsville.

Our thoughts and prayers are with his wife, Chris Desmarais, and the entire Desmarais family during these difficult hours and days to come.



Visitation will be at St. Joseph Catholic Church in Bowling Green
Friday, August 17, from 3 to 8 p.m. and Saturday, August 18, from 8:30 to 10 a.m.
A Mass will be held on Saturday, August 18 at 10 a.m. at St. Joseph Catholic Church.



INTERCOMM

August 15, 2012

UPCOMING EVENTS 2
RETIREMENTS

SYNTHETIC DRUG
TOWN MEETING

90 SECONDS TO
BETTER HEALTH

NEW EMPLOYEES 3
BRITE NURSING
SCHOLARSHIP
NICU REUNION
CHARITY BALL

LET'S GET PHYSICAL 4
NEW EMPLOYEES
PRIDE IDEAS
WELLNESS VISIT
REMINDER



Hundreds of area women attended the 2011 A Day Just for Women to learn more about taking charge of their own health and well being. This year's conference will be held September 13 at the Knicely Conference Center.

Chief Correspondent for Discovery Health TV to Headline Women's Conference

The Medical Center will host the 15th annual women's conference, A Day Just for Women, on Thursday, September 13 from 8:00 a.m. – 2:30 p.m. at the Knicely Conference Center. This year's event features Pamela Peeke, M.D., M.P.H., F.A.C.P., Chief Correspondent for Discovery Health TV.



Dr. Peeke is known as the "doc who walks the talk" and is from Rockfield, Md. She is an author, spokesperson for American College of Sports Medicine, and professor at University of Maryland. Dr. Peeke will identify the impact of physical activity on mind and body with her presentation *Medicate with Movement*. She will also present *Stressed for Success*, which focuses on the five essential elements necessary to optimize an individual's ability to minimize or eliminate toxic stress.



The second speaker is Grace Lichtenstein, M.S., a professional trainer and life coach from Round Lake, Ill. She will present *Turn Down the HEAT*, which focuses on conflict management and ways to effectively communicate with others in a professional and productive manner.

"We want to educate women and empower them to make healthy lifestyle changes," said Linda Rush, Director of Community Wellness for The Medical Center. "Women need to take charge of their health and well-being, and A Day Just for Women will arm them with the tools they need."

Registration is \$50 per person and includes presentations, health screenings, continental breakfast, lunch, and conference materials. Corporate tables for 10 are available for \$450. There will also be booth exhibits, shopping opportunities, and great door prizes!

Through participation in A Day Just for Women, the following continuing education units may be obtained: 3.6 nursing CEUs and 3 dietitian CEUs. Early registration is encouraged due to limited seating. Register online www.TheMedicalCenter.org or call ext. 1010 for more information.

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 for events at the Health & Wellness Center are required by calling 745-0942.

The Medical Center Kickoff for the Southcentral Kentucky Heart Walk & 5k Run

August 15

2:30 p.m. and 7:30 p.m.

The Medical Center Auditorium

Join the fight against heart disease and stroke by becoming a team captain, a runner in the 5k, or a participant in the Heart Walk. A drawing will be held at both sessions to win a \$50 Montana Grille gift card. For more information, contact Emily Martin at ext. 6291 or MartEH@chc.net.

Women-in-Charge Luncheon

Creating a Healthy Relationship with Food

August 28

Noon to 1 p.m.

The Medical Center Auditorium. Cost is \$8 per person and preregistration is required.

Register online at TheMedicalCenter.org or call 745-1010.

Start making peace with food today. Join Linda Howsen, R.D., L.D., to learn why dieting does not work for long-term weight loss, and how you can become the expert on what and when you eat.

Nutrition During Pregnancy

August 28

6 to 7 p.m.

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

Dermascan Screening

August 29

9 a.m. to 1 p.m.

Sun damage can be a forecast for future skin cancer. With a painless and simple screening device, representatives of the Kentucky Cancer Program can identify potential trouble spots on your face. Please remove all make-up/sunscreen.

Save the date!

The Face of Synthetic Drugs Town Meeting

Thursday, August 23 • 6:30 p.m.

**Greenwood Park Church of Christ
1818 Campbell Lane, Bowling Green**

Do you have questions about synthetic drugs? Learn more about these very dangerous drugs by attending this *free* town meeting presented by the Save Our Kids Coalition. Speakers include: Tommy Loving, Director of BG/Warren County Drug Task Force, Executive Director of the Kentucky Narcotics Officers Association, and East Central Director for The National Narcotics Officers Association Coalition; Dr. George Bosse, Medical Director of Kentucky Regional Poison Control Centers; Dr. Bart Spurlin, Medical Director of The Medical Center Emergency Department; David Duncan, Program Manager of Park Place Recovery; and Eric Gregory, Executive Director of the Save Our Kids Coalition.

For more information, call 784-3727 or 202-5131.

Retirements



Mary Bridges, MCBG Scheduler (center), retired after 43 years of service. Congratulating her are Gayle Hooks, Ambulatory Services Clinical Manager I (left), and Betsy Kullman, Executive Vice President and Chief Nursing Officer (right).



Jasper Riley, MCBG Engineering (center), retired after 27 years of service. Congratulating him are Dennis Strom, Vice President Facilities Management (left), and Jean Cherry, Executive Vice President (right).

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.

Sleep Studies/Sleep Center **Nisar Kazimuddin, M.D.**

Tuesday, August 21, 6 p.m. News
Wednesday, August 22, AM Kentucky
Tuesday, August 28, 5 p.m. News
Wednesday, August 29, AM Kentucky

Prostate Cancer/da Vinci **Matthew Rutter, M.D.**

Tuesday, September 4, 6 p.m. News
Wednesday, September 5, AM Kentucky
Tuesday, September 11, 5 p.m. News
Wednesday, September 12, AM Kentucky

Welcome to new CHC employees!



Standing, left to right: Anne Rollins, 4B; Heather Paschal, MCS Acute Care; Carolyn Johns, Urgentcare. Seated, left to right: Jennifer Jones, Environmental Services; Bethany House, MCF Acute Care.



Standing, left to right: Jennifer Finegan, Pharmacy; Megan Riffey, Rehab Services; Karen Gibson, Pharmacy. Seated, left to right: Clint Perkinson, Nursing; Wade Harvey, Pharmacy.



Standing, left to right: Chelcie Atkinson, 5A; Amanda Carter, MCS LTC; Amanda Gross, 4A. Seated, left to right: Amanda Inghram, 3D; Haley Corder, 5C; Kristy Brooks, 4A.



Standing, left to right: Amanda Villarreal, Lab; Katie Bowers, MCS Senior Perspectives; Felicia Fine, MCS LTC. Seated, left to right: Ally Keltner, Patient Registration; Jake Marr, Central Transport; Elizabeth Cross, MCS LTC.

The James W. and Mary Carolyn Wolfe Brite Nursing Scholarship

Commonwealth Health Corporation in conjunction with the Commonwealth Health Foundation is offering a Nursing Scholarship for a student actively enrolled in an accredited Nursing Program at Western Kentucky University. This nursing scholarship is available to nursing students actively enrolled in either an Associate Degree Nursing Program or a Bachelors Degree Nursing Program.

The Scholarship is for the 2013 calendar year (Spring 2013/Fall 2013). It includes \$6,000 per year to be applied to tuition, required textbooks and fees.

The scholarship will be awarded to a CHC employee meeting the following established criteria:

- Current CHC employee
- Three (3) years of service with commendable or above performance review ratings
- Acceptance into WKU's nursing program (with an established completion date)
- Establish financial need (will use most recent 1040 form)
- Maintain minimum 2.75 GPA requirement for continuation of scholarship
- Agree to work for CHC as a full time RN one year for each year of the scholarship award upon graduation

If you are interested in applying for the James W. and Mary Carolyn Wolfe Brite Scholarship, please contact Jennifer Pratt, Marketing/Development Coordinator, at ext. 1543 or jpratt@chc.net to obtain an application. The completed application and accompanying documentation must be returned to Human Resources by September 28, 2012.

The Medical Center to Host 5th Annual NICU Reunion

On Sunday, September 9, former Neonatal Intensive Care Unit (NICU) patients and their families will have the opportunity to reunite with physicians, nurses and staff members as The Medical Center hosts its 5th annual NICU Reunion. The NICU Reunion is an opportunity for children and parents to visit with those individuals who were closely involved with their child's hospital stay. The reunion will be from 1 to 3 p.m. in The Medical Center Auditorium and will feature food, games and fun.

Registration is preferred but not required. If parents of former NICU patients would like to submit photos to be used in a slideshow for the event, the deadline for submission is Wednesday, August 22. For more information or to register, call the NICU at ext. 2144.



“Let’s Get Physical”

By Mary Kovar, APRN, Employee Health Medical Clinic

Last year, over 2,300 CHC employees took advantage of the opportunity to practice prevention by having a wellness exam. But, many of those employees waited until the last minute to schedule those annual exams, creating stress for themselves AND the medical office working to accommodate the needed appointment. Don’t delay! Let’s “Get Physical” right now!

Why have a wellness physical?

1. So that you can choose between the PPO and the CDH medical plan options and avoid paying a premium surcharge for medical coverage.

2. It gives you a chance to talk with your healthcare provider about YOU, not just the illness that brought you to the office that day. Developing an honest relationship with a primary care provider is one of your best steps towards better health.

3. An annual wellness exam helps to establish your normal baseline. This can help identify small changes that indicate potentially serious illnesses. The Center for Disease Control finds that treating and curing health problems is easier and more likely to be successful the earlier that they are found.

4. Because knowledge is power. A wellness physical gives you knowledge about your health and well-being, so that you can ask questions, and work with your healthcare provider to address potential health risks associated with lifestyle.

5. Because healthcare employees are notorious about taking care of everyone but themselves. You are important; you are worth the time and effort to have an annual wellness exam.

Are you ready to make your appointment? Good. Before you pick up the phone, here is some additional information:

- You can expect that you will have some fasting lab work done. It’s really convenient to have that lab work completed a few days before your office visit so that you can discuss the results at the time of your physical exam. For fasting lab work, you can have ONLY water and black coffee after midnight of the day the labs are drawn.

- Bring all your medication with you to your appointment. Yes, this includes vitamins, herbals, and prescribed medication.

- For medical coverage purposes, it is NOT required that your wellness physical be done at the Employee Medical Clinic. You are welcome to have your physical done by your primary care provider or at Quick Care Clinic. However, we are happy to serve employees by providing your physical. It’s your choice.

It may seem like there is plenty of time between now and December 31 to get your wellness physical done, but time is passing quickly. Don’t wait. Don’t delay. Call and schedule NOW! The Employee Health Medical Clinic can be reached at 745-1263.

Welcome to new CHC employees!



Standing, left to right: Haley Myers, 5A; Holly Hurt-Shockley, Cal Turner Rehab & Specialty Care; Cherry Pedigo, Food Services; Liz Stakes, MCF Surgery. Seated, left to right: Daniel Ashley, EMS; Jon Pardue, EMS; Sammi Rainey, CRSH.



Standing, left to right: Loretta Susnock, 3B; Jasmine Satterfield, 4B; Candice Studle, MCS LTC. Seated, left to right: Hannah Slaughter, ICU; Chris Johnson, 3B; Shelby Mitchell, MCS LTC.

July 2012 PRIDE Ideas

- Sharon Dillingham.....Switchboard
- Angie Swift.....ICU
- Betty Crabtree.....ER
- Laura Hymer..... Cath Lab/Radiology
- Earnest BeecherICU
- Jessica Fryman.....ICU
- Jonathan PhelpsRadiology
- Anita Thomas-Turner..... Ambulatory Surgery
- Robin Coots Ambulatory Surgery
- Lora Slaughter Ambulatory Surgery
- Tobi DukesLab

Pick up the Pace!



Have YOU completed your 2012 Annual Wellness Visit?

Due no later than December 31, 2012

An Annual Wellness Visit with a Healthcare Provider of your choice is required during calendar year 2012. To demonstrate completion, you must fax your completed Annual Wellness Visit Form to 796-4517 before 12/31/12. If you do not do so, effective April 1, 2013, you will be defaulted to the PPO Plan AND you will pay a higher premium cost (computed to be \$1,058.00 annually).

The Annual Wellness Form is available in the CHC intranet HR Payroll folder (Human Resources / Benefit Programs / Wellness Pay\$ / Annual Wellness Form).

Reminder: Annual Wellness exams are also available in the Employee Health Clinic. Make your appointment now, before appointments are filled. Call 745-1263, or extension 1263.

Applies to employees enrolled in the CHC Medical Plan before November 1, 2012.

Questions? Contact Human Resources at 745-1540.