

## UPCOMING EVENTS 2

HEART WALK  
SAVE THE DATE

WOMEN'S CONFERENCE

## NEW EMPLOYEES

SEASONAL INFLUENZA—  
LET'S GIVE IT OUR BEST  
SHOT 3

## VOLUNTEER LUNCHEON 4

THE MEDICAL CENTER  
10K CLASSIC

KIDNEY FOUNDATION  
RIDE OUT LOUD EVENT



## Franklin surgery expansion ribbon cutting

On Monday afternoon, August 22, The Medical Center at Franklin unveiled the new surgery expansion to the public.

A ribbon cutting and open house was hosted for the \$4 million project that added 9,700 square feet to the hospital. The main additions to the surgery expansion include two operating suites, an endoscopy suite, and a six-bed recovery unit.

Amy Ellis, representing the Franklin-Simpson Chamber of Commerce, welcomed the large group that had gathered in the hallways surrounding the new surgical area. Franklin Mayor Ronnie Clark thanked the hospital for its improvements to the community, and Clara Sumner, Senior Vice President & Chief Executive Officer of The Medical Center at Franklin, discussed the details of the expansion project. Following the remarks the hospital's surgical team and board members cut the ribbon, allowing guests to walk through the

surgery expansion. Guests were excited to tour an area of a hospital that is rarely seen by the public.

The new expansion provides a more spacious and centralized area dedicated to surgical services and endoscopy. More complicated surgeries can be performed due to expanded space in the surgery suites for large, specialized equipment. General surgeons William Daniel, M.D. and John Korba, M.D. practice in Franklin at the Franklin Medical Pavilion and The Medical Center at Franklin's Physician Specialty Clinics, respectively. Beyond general surgery, other specialties that comprise the Physician Specialty Clinics will be able to utilize the new surgical area. These specialties include orthopaedic surgery, urology, and podiatry.

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

**September 9, 16 and 30**

**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.*

## Osteoporosis & Bone Density Screening

**September 8**

**8 a.m. to noon**

*The Medical Center Health & Wellness Center at Greenwood Mall*

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel. *Preregistration required by calling 745-0942.*

## NICU Reunion

**September 11**

**2 to 4 p.m.**

*The Medical Center Auditorium*

The Medical Center hosts the NICU Reunion each September to reunite former Neonatal Intensive Care Unit (NICU) patients and their families with hospital staff who were such an important part of their child's care while at The Medical Center. The afternoon will be filled with food, games, fun and fellowship. *For more information or to register, call The Medical Center NICU at 796-2144.*

## Foot Screening

**September 12**

**9 a.m. to noon**

*The Medical Center Health & Wellness Center at Greenwood Mall*

Diabetes can harm the blood vessels and nerves in your feet. If you have diabetes, you should have your feet checked at least once a year. Podiatrist Christopher Holland, D.P.M. will evaluate your feet and discuss prevention and early detection of potential foot problems. *Preregistration required by calling 745-0942.*

## Heart Risk Screening

**September 14**

**9 a.m. to noon**

*The Medical Center Health & Wellness Center at Greenwood Mall*

Following completion of a brief heart risk assessment, staff from The Medical Center Cardiac Rehabilitation will discuss areas of concern with you and perform a blood pressure screening. *Preregistration required by calling 745-0942.*

## Ready, Set, Go!

**September 15**

**6 to 8 p.m.**

*The Medical Center Auditorium*

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. *Preregistration required by calling 796-2495.*

*Did you know?*

You can register online for many events by visiting [TheMedicalCenter.org](http://TheMedicalCenter.org).

*Save the date!*

## JOIN THE HEART WALK

**Saturday, September 10**

**Registration begins at 8 a.m.**

**Walk begins at 9 a.m. on**

**The Medical Center campus.**

Help fight heart disease and stroke by participating in the annual Warren County Heart Walk, sponsored by The Medical Center. This signature fund-raising event for the American Heart Association promotes physical activity and heart-healthy living in a fun, family environment. To sign-up a team and obtain a team packet, contact Traci Duff at 796-5566 or email [tsduff@chc.net](mailto:tsduff@chc.net).

*A Day Just  
For Women*  
14th Annual Women's Conference

**Thursday, Sept. 22**

**8 a.m. – 2:30 p.m.**

**Knically Conference Center**

Now in its 14th year, the Women's Conference is sure to be a day filled with fun, fellowship and empowerment. Register online by [clicking here](#). Cost is \$50 per person and includes presentations, health screenings, continental breakfast, lunch and conference materials. **Registration deadline is September 2.** For more information, call Community Wellness at 745-1010.

## New Employees



Standing, left to right: Laura Davis, 3C; Ayla Hargis, CRSH; Teresa Lawson, Long Term Care. Seated, left to right: Stephanie Whitaker, Cath Lab; Emily Howard, CRSH.



Standing, left to right: Jessi McKee, 4B; Kaitlyn Sanborn, 5C. Seated, left to right: Kelly Miller, 4D; Crystal Wells, 4D.



Standing, left to right: Brittany Whitaker, Food Service; Jolene Schmucker, Food Service. Seated, left to right: George Monte de Oca, Environmental Services; Kenny Davidson, Environmental Services; David Melear, Behavioral Health Services.



Standing, left to right: Brenda Smith, HIM; Kayla Pinet, Patient Registration; Paula McKinney, HIM. Seated, left to right: Richard Taing, Pharmacy; Scotty Scott, Radiation Therapy.

# Seasonal Influenza Protection

*Let's Roll Up Our Sleeves and Give It Our Best Shot!*

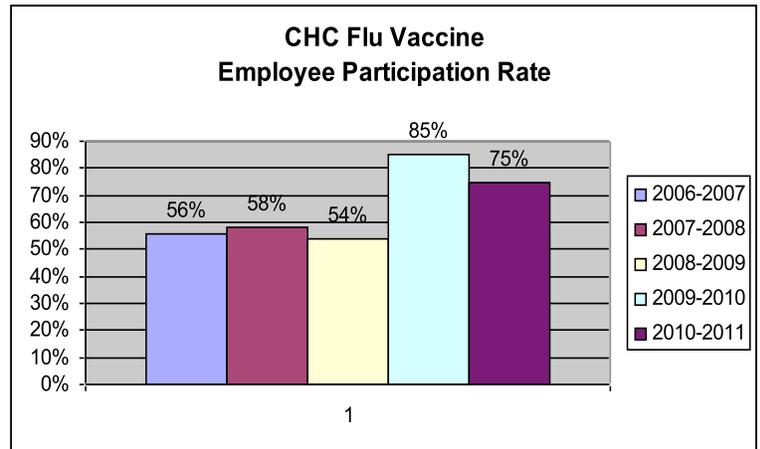
It's that time of year again! It's time to talk about influenza protection. Why do we do this every year, you may ask? Influenza viruses are always changing, so annual vaccination is highly recommended. Each year the United States Food and Drug Administration (FDA) chooses three flu viruses based upon recommendations from the World Health Organization (WHO) and U.S. Centers for Disease Control and Prevention (CDC). The goal is to match the viruses in the flu vaccine to those most likely to cause the illnesses during the upcoming flu season. The 2011–2012 flu vaccine will protect against the following three influenza viruses: an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

*What is the flu?*

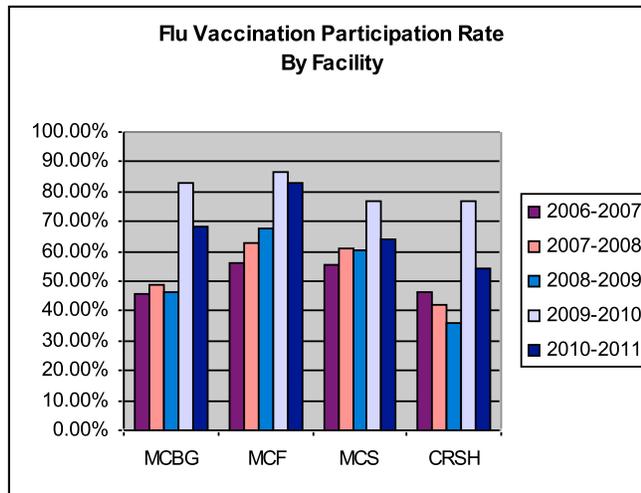
The flu is caused by an influenza virus. The influenza (flu) virus can cause mild to severe respiratory illness that is contagious and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions,

are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

At CHC there was a significant increase in the employee vaccination rate in 2009/2010 and 2010/2011. This was primarily due to a change in the requirements



for employees in which they had to either accept or decline the vaccine. If the employee elected to decline, they were required to complete a computer-based learning (CBL) module on the dangers of influenza and the benefits of the vaccine. The increase in 2009/2010 was also influenced by a fear of a flu outbreak and a shortage in



the flu vaccine. In 2010–2011 the employee vaccination rate decreased by 10% from that achieved in 2009–2010. In both years, employee incentives were provided. There were off-site clinics, rolling flu clinics during the day and night shifts and the vaccine was available during Employee Health office hours. As healthcare professionals, we fully understand the importance of eating right, getting enough rest and exercise and of course, washing our hands.

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## Seasonal Influenza Protection *Continued*

However, the single most important action that we can do to prevent influenza is to get the flu shot.

The 2011–2012 influenza vaccine season is fast approaching. Employee Health has calculated each department's flu vaccine participation rates over the past several years which will be sent to each

department manager. Each department can review their results and set goals for the 2011/2012 campaign. We know that together we can increase our vaccine participation rate for the safety and well being of each other, our patients and our community. So Let's Roll Up Our Sleeves and Give It Our Best Shot!

## The Medical Center salutes its volunteers

Luncheons celebrating our dedicated volunteers were held July 29 at The Medical Center at Bowling Green, and on June 27 for volunteers in Scottsville. Pictured below (left to right) is Melinda Joyce, Vice President of Corporate Support Services, Betsy Kullman, Chief

Nursing Officer, Carolyn Main, recipient of the Volunteer of the Year award, and Connie Smith, President and Chief Executive Officer. Pictured at the bottom-left is Emily Hall, Director of Volunteers Services (center), with Scottsville volunteers Marion Forshee (far left, 10 years of service) and Janet Randall (far right, 1,500 Hours Milestone). Emily Hall and three volunteers with 10 years of service — Virginia Cole, Joyce Wallace and Bruce Wallace — are pictured bottom-right.



## The Medical Center 10K Classic

Sign up for the 32nd running of The Medical Center 10K Classic on October 15. Events include the 1.5 Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and the 10K Classic. As part of the Corporate Challenge, employees, families and friends who sign up as part of the CHC team before the early bird deadline on September 16 receive \$5 off the individual or family plan fee. Use **chc** for the Challenge Discount Code. Visit [themedicalcenter10kclassic.com](http://themedicalcenter10kclassic.com) to register, for training tips, and for more information.



*Andrea Norris, The Medical Center 10K Event Coordinator, speaks to the crowd gathered for The Medical Center 10K Classic press conference on August 26.*

## National Kidney Foundation Hosts Bowling Green Ride Out Loud Bike Event

The 5th annual bike event, sponsored by The Medical Center, will be held Saturday, September 24 at Chaney's Dairy Barn (9191 Nashville Rd., Bowling Green). The event offers four routes to choose from: 8, 20, 44, or 67 mile rides. Registration is \$25 for single and \$35 for family before September 2 and \$35 for single and \$45 for family after September 2. Registration forms are available online at [TheMedicalCenter.org](http://TheMedicalCenter.org) or call 1-800-737-5433 x100.

## Important Reminder for CHC Medical Plan Members!

A wellness visit with the healthcare provider of your choice is required in 2011.

### Your **Annual Wellness Visit Form**

must be faxed to 796-4517 before 12/31/11.

Non-compliance will result in default to the Medical PPO Plan, at a higher premium cost.