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90 SECONDS TO BETTER HEALTH

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THE MEDICAL CENTER 10K CLASSIC

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NICU Reunion Reunites Families and Staff

The 5th Annual NICU Reunion was held at The Medical Center on Sunday, September 9. The NICU Reunion is an annual event organized by the NICU nurses to give families a chance to reconnect with doctors and nurses who had cared for their precious babies during their time in the NICU.

Over 200 people, including 67 families, came out to visit with staff and enjoy various activities for the children. A slideshow of photos submitted by parents presented the progress made by each former NICU baby since his or her time away from the hospital.

Autumn Coulter, a nurse in the NICU and head of the NICU Reunion Organizing Committee, feels it's important to make time to organize this event every year for the families. She says this is an event that families look forward to and is also an important day for the NICU staff.

Aspasia Fissikoudi, M.D., a neonatologist in The Medical Center's NICU, also expressed how happy this day was for the staff to be able

to see how well the former NICU babies were doing. Some of the children in attendance were once so ill that doctors did not know if they would survive. Thanks to the care they received in the NICU, these same babies are now happy, healthy toddlers with a lifetime of possibilities.

Families also expressed how much it meant to them to be able to visit with the NICU staff and be able to share stories of their child's progress. Some babies spent several weeks in the NICU, during which time their families developed strong bonds and relationships with the NICU staff. Reuniting these families with the NICU staff was a joyous occasion for everyone involved.

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.

AARP Driver Safety Program

September 19

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.

Osteoporosis & Bone Density Screening

September 20

9 a.m. to 1 p.m.

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.

Breast Is Best

September 20

6 to 8 p.m.

The Medical Center Auditorium. Register online at www.themedicalcenter.org/OBclasses. For more information, call 270-796-2495. Bring Dad to class, as well as a doll or stuffed animal.

Breast milk is the perfect nutrition for your baby. For those who are not already enrolled in the six-week childbirth class, this class discusses how to breastfeed successfully, preventing nipple confusion, and the important role of dads.

Vascular Screening

September 28

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.

Southcentral Kentucky Heart Walk & 5k Fun Run

October 6

8 a.m.

Kereikes Park in Bowling Green

Join The Medical Center in the fight against heart disease as it presents the Southcentral Kentucky Heart Walk & 5K Fun Run. All proceeds from the event go toward the fight against the number one cause of death in both men and women, heart disease, as well as the third leading cause of death in all Americans, stroke. Become a team captain or join a team. Contact Emily Martin at ext. 6291 or MartEH@chc.net.

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.

Colon Cancer/ Colonoscopy

Donald Rauh, M.D.

Tuesday, September 18, 6 p.m. News

Wednesday, September 19, AM Kentucky

Tuesday, September 25, 5 p.m. News

Wednesday, September 26, AM Kentucky

Breast Cancer/Mammography

L. Sharon Smith, M.D.

Tuesday, October 2, 6 p.m. News

Wednesday, October 3, AM Kentucky

Tuesday, October 9, 5 p.m. News

Wednesday, October 10, AM Kentucky

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James W. and Mary Carolyn Wolfe Brite Scholarship

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

Important Reminder for CHC Medical Plan Members!

A wellness visit with the healthcare provider of your choice is required in 2012.

Your **Annual Wellness Visit Form**

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

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

Welcome
to new CHC employees!



Standing, left to right: Abby Gass, MCF Acute Care; Carole Billingsley, Behavioral Health. *Seated, left to right:* Joey Pippin, MCF Acute Care; Shannon Ocker, Labor & Delivery.



Standing, left to right: Sonja Griffith, CRSH; Tiffany Saling, 4B. *Seated, left to right:* Julie Wilson, OB-GYN/Nursery; Deborah Cowles, 4B.



Standing, left to right: Jacqueline Swelborn, ESD; Amber Anderson, Rehab Services. *Seated, left to right:* Joseph Edoe, EMS; Stephen Shuler, Food Services.



Standing, left to right: Kimberly Allen, Urgentcare; Maria C. Jent, Labor & Delivery; Talease Crowe, ER. *Seated, left to right:* Adam Cline, EMS; Terri Smith, ESD.

ROCKSTAR

ECHO's Got Talent

COMMONWEALTH HEALTH FOUNDATION

ECHO Kick Off Dates

LUNCH – \$5

(All proceeds benefit Commonwealth Health Free Clinic, The Dental Clinic and the Hospitality House)

The Medical Center at Bowling Green

Thursday, September 20 • 10:30 a.m. – 1:30 p.m.

High Street Park

Compliments of ATMOS Energy

(Rain date September 27)

The Medical Center at Bowling Green Night Shift

Tuesday, September 25 • 10:00 p.m. – 12:00 a.m.

The Medical Center Cafeteria

Compliments of Morrison Healthcare

The Medical Center at Scottsville

Wednesday, September 26 • 10:30 a.m. – 1:00 p.m.

Employee Courtyard

Compliments of Morrison Healthcare

The Medical Center at Franklin

Friday, September 28 • 11:30 a.m. – 1:30 p.m.

Education Building

Compliments of Morrison Healthcare

The Medical Center at Bowling Green

Tuesday, November 1 • 10:30 a.m. – 1:30 p.m.

Auditorium

Compliments of Morrison Healthcare

DRAWINGS

New or current ECHO donors who attend kick off event: Name placed in a drawing for a Kindle—one given away at each kick-off event.

Current ECHO Donors, New Donors or One-time donations (\$26 or greater) receive a complimentary gift, PLUS enter to win a GPS, and iPod docking station.

Current ECHO Donors who increase your pledge receive a complimentary gift, PLUS enter to win an Apple iPad, GPS and iPod docking station.

Current ECHO Hour Club or new Hour Club Donors receive a complimentary gift, PLUS double your chance to win an Apple iPad. Name will also be in a drawing for a GPS, iPod docking station and receive a Rockstar t-shirt!

These events are endorsed by Commonwealth Health Corporation.

Employees with Service Excellence! August 2012

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.



Heather Sikes Ambassador

The Medical Center - Ultrasound

"Heather works on process improvements. She makes sure patients' needs are met in ultrasound, and follows up on them at home after their procedure. She always brings a smile to all patients making everyone's day brighter. She is excellent at all she does! We all love Heather!"



Katie Sublett Ambassador

The Medical Center - Patient Registration

"Katie is very kind and professional in every area of her work. She truly cares for the patients she registers and goes out of her way to help them. She always has a smile on her face and is polite to everyone. We are fortunate to have Katie as part of our family at The Medical Center."



Stacie Young Ambassador

The Medical Center - 3B

"Stacie is an excellent unit clerk and monitor tech. She is always so pleasant to be around and to her patients! Her sweet and kind personality comes out through her work ethics. She is a wonderful example of Service Excellence to all. We are very fortunate to have Stacie as a team member!"



Jamie Wilkerson Golden Pineapple 3rd Quarter

The Medical Center - 4D

"Jamie strives to be the best for not only the patients he serves, but for those who serve the patients. He is a great mentor and always has the positive outlook for both patients and staff. Jamie is a dedicated professional manager with outstanding Service Excellence!"

August 2012 Pride Ideas

Lori Raulston	Lab
Karan Johnson	MCS LTC
Kristen Parks	MCS Lab
Julia Rasdall	4A
Angie Swift	ICU
Judith Torres	3D
Marta Duffer	CRSH

Retirees



Diana Loving, Food Services (center), retired after 30 years of service. Congratulating her are Jason Lohmeier, Chef (left), and Sarah Moore, Executive Vice President.

Save the date!



Sign up now for one of the many events at The Medical Center 10K Classic on **October 13**, including the 1.5 Mile Fun Walk, the 5K Run/Walk, the 10K Wheelchair Race and the 10K Classic. Children will have an opportunity to sign up for the Children's Classic through their school.

Register to win \$1,000 cash in a random drawing for all entries received by the early bird deadline of September 14. All participants who complete their event are eligible for the \$10,000 cash giveaway that is broken out into \$2,000, \$3,000, and \$5,000 cash prizes.

Don't forget the Corporate Challenge!

Commonwealth Health Corporation will once again participate in the 10K Corporate Challenge. Employees, families and friends who sign up as part of the CHC team before the **early bird deadline of September 14** will receive a \$5 discount off the individual or family plan fee. Register online at www.TheMedicalCenter10KClassic.com. Use **CHC** as the Challenge Discount Code in order to receive the discount and be counted toward the CHC team.