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To: Board Members, Friends and Employees of
Commonwealth Health Corporation

This will be my last Christmas letter to all of you as President and Chief Executive Officer of Commonwealth Health Corporation and its subsidiaries. My wife, Chris, and I will be retiring effective Christmas Eve.

When I think back over my thirty-five years with CHC, I am very proud of all the organization has accomplished, and all the people who have been a part of its on-going success. I have been extremely blessed and supported by very bright, competent, and forward-thinking individuals. It has truly been an honor and privilege to have been of service to the community alongside such dedicated and caring people as you.

I have faith in our administration and staff, and feel confident about the future of CHC. This organization will continue to be a beacon for our community; offering stability, progress, and the highest level of care.

It is my sincere wish that you and your family experience the peace and joy of this Holy Season, and may the years to come bring you much happiness.

God bless you all,



John Desmarais
President and
Chief Executive Officer

PRIDE Ideas

October

Marta Duffer	CRSH
Mary Jo Baker.....	2A
Tammy Voyles	Home Care
Helen Monroe.....	5A
Mary Ford	4A
Jim Williams.....	EMS
Joe Hall	3B
Carla Maynard.....	ESD MCS
Amy Ausbrooks	L&D
Sheila Still	Patient Registration

November

Anita East.....	CFR
Sharon Dillingham	Switchboard
Juanita Mosley.....	ESD
Paula Mann	ICU
Barbie Kiasatpour.....	ICU
Cheryl Best.....	Respiratory Care MCS
Mary Lou Edwards.....	OB/Nursery
Anita Thomas-Turner.....	Surgery-Scheduling
Carrie Wimsatt	Lab
Sharon Shouse.....	2A
Angel Temple.....	Lab
Dana Burnam.....	2B
Mary Ford	4A



Comforting Bowling Green Quilt/Blanket Drive

Sponsored by The Medical Center Nursing Department

To celebrate the development of the new Nursing Professional Practice Model, the Nursing Department is collecting quilts, blankets, and afghans, which will be delivered to the Salvation Army.

Please bring new or gently used clean quilts, blankets or afghans to your department before January 20.

Immunity for our Community Flu Vaccine Campaign

It's winter and flu season is here! Employee Health thought now would be a good time to update you on this year's flu vaccine campaign.

How the Immunity for our Community Campaign works

- When you received the influenza vaccine, whether at the Employee Health Office or during earlier special EH flu shot clinics, you were automatically entered in the random drawing.
- Each month—October 2010 through April 2011—there will be a random drawing of five employees.
- If your name is drawn, **You Win!** Your name is then removed from the random pool. If your name is not drawn, then you remain in the random pool through April 2011.
- Your chance to win begins as soon as you get your flu vaccine and you are then entered in the random pool.

What Will You Win?

You can choose from such CHC logo prizes as a picture frame, a shirt, umbrellas, work out kits, MP3 players, tote bags, etc.

Who has won?

October Winners

- Juanita Mosley
- Vickie Taylor
- Addie Carter
- Cody Amos
- Randy Fathbruckner

November Winners (call Employee Health at ext. 1263 to select your prize)

- Carla Reagan
- Wendy Brown
- Debra Hazel
- Anna Redwine
- Kennesha Alexander

Is it too late to get the flu vaccine?

No, it is not! Please come to Employee Health (you do not need an appointment), between the hours of 7:00 a.m. – 3:30 p.m., Monday through Friday. Call 745-1263 with any questions.

Remember:

- The single most important thing YOU can do to prevent influenza is to get the flu shot.
- You can't win if you don't get your flu vaccine!

Upcoming Events

NEWBORN CARE AND SAFETY CLASS

January 6

6 – 8 p.m.

The Medical Center Health & Wellness Center

As a special incentive for attending a Newborn Care and Safety Class, you will receive a bag with several baby safety items. In addition, a drawing for a baby monitor will be held at each class. This Health & Safety program is made possible through a grant from Kohl's Cares for Kids®. *Preregistration required by calling 745-0942. Each participant should bring a doll or stuffed animal to class.*

VASCULAR SCREENING

January 7

9 a.m. – 4 p.m.

The Medical Center Health & Wellness Center

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.*

LOOK GOOD, FEEL BETTER

January 10

10 a.m. – noon.

The Medical Center Health & Wellness Center

Look Good, Feel Better is a first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and make-up techniques and more. *Preregistration required by calling the American Cancer Society at 800-227-2345 or 782-9036.*

Important Notice for CHC Employees

A wellness visit with the healthcare provider of your choice is required in 2010.

Your Annual Wellness Visit Form

must be faxed to 796-4517 before 12/31/10.

Non-compliance will result in default to Plan 70C, at a higher premium cost.

Save the date



Saturday, January 8

8:00 a.m. – Noon

**Sloan Convention Center
Bowling Green**

If you are resolving to be healthier this new year, you don't want to miss Health & Wellness Expo 2011, presented by The Medical Center and WBKO-TV. Enjoy free health screenings and services, information on healthy living, programs and demonstrations, as well as great door prizes. There is no fee to attend, and you do not need to pre-register.

**Visit www.TheMedicalCenter.org
for more information and a
complete list of free available
screenings at the event.**

Barbara Stewart Interiors hosts sales event for the Hospitality House

Supporters of the Hospitality House and patrons of Barbara Stewart Interiors and Invitations on Main gathered on the evening of Thursday, December 2 to benefit the Hospitality House. Both stores, which are located on Bowling Green's downtown square, raised \$1,000 by kindly donating a portion of that day's sales and funds from a silent auction. Guests enjoyed live music and refreshments. Jewelry and purse trunk shows were featured during the evening as well. We extend a big "thank you" to the staff of Barbara Stewart Interiors!

New Employees



Standing left to right: Heather Lemons, MCS LTC; Ashley Bouler, MCS LTC. Sitting left to right: Greg Mann, OR; Melissa Christison, MCS LTC.



Standing: Elias Hawa, Audiology. Sitting: Monica Miller, Food Services; Yvonne Faulkner, Patient Registration.

It's coming!

The 2011 Gallup Employee Engagement Survey begins in January. We're seeking your opinions in order to create a stronger workplace. Be engaged and make your opinion count!

Watch for more information in the next issue of *CHC Intercomm*.

BRRCC wins Grand Marshal Award



Above: Retired Chief Petty Officer Vince Mitzan, therapist at BRRCC, honored the veterans by rendering a salute to them. Right: Stephanie and Stacie, children of Julie Tolliver, Dr. Tyree's billing manager, are holding the parade banner.



Dr. Craig Tyree and the staff at Barren River Regional Cancer Center (BRRCC) in Glasgow entered the Glasgow Christmas Parade December 4 with an entry of "A Salute to the Armed Forces Through the Decades." The theme of the Glasgow parade was "An All American Christmas." Veterans represented in the slide presentation on the float consisted of patients and families of Barren River Regional Cancer Center. They asked that everyone take a moment to think about those currently serving in the military and the sacrifices that they and their families make so that we can continue to have an All American Christmas. BRRCC received First Place in the Small Business Category and won The Grand Marshal Award.

Santa visits Adult Day Care

Excitement was in the air at Barren River Adult Day Care Center this holiday season. The preparation began early as Santa enlisted the staff to become his "PRN" Elves. They eagerly assisted Santa by donating gifts to ensure all 74 clients enjoyed a special Christmas.

With everything in place, Santa (aka Kevin Hetzer from Performance Excellence) arrived as scheduled. The clients beamed with joy as he visited with them and passed out their gifts. Of course, the event would not be complete without a delicious meal prepared by the wonderful staff in Food Services at The Medical Center.



Last, but not least, was Christmas musical entertainment provided by former ECHO's Got Talent contestants Pam Lindsey of CFR and Adult Day Care's own Clarence Gilbert, who was accompanied by Leah Coleman, also from the Center. As always, it was another fun filled day at Barren River Adult Day Care Center...the Happening Place on the Hill!