

UPCOMING EVENTS 2
DRESS IN BLUE DAY
ACCOMPLISHMENTS

NEW EMPLOYEES 3
DONATION TO
HOSPITALITY HOUSE
I C.A.R.E. SURVEY
THANK YOU

ADULT DAY 4
CARE EMPLOYEE
ENGAGEMENT
RETIREMENTS
PRIDE IDEAS
HARTLAND MASSAGE
FEBRUARY SPECIAL



Air Evac moves to The Medical Center

The Bowling Green Air Evac Lifeteam base has relocated its operations to The Medical Center. "We're very excited to be located at The Medical Center, and it should be beneficial for not only Air Evac, but for our patients as well," said Program Director Tim Booher, who is in charge of all operations at the base.

"With this move, we now have closer access to the medical professionals at The Medical Center, who we hold in great regard. This move allows us to provide even quicker access to definitive healthcare for residents in the Bowling Green area and the surrounding communities." Booher added that the relocation was a logical one for the air ambulance company, which strives to serve as the critical link to improved response time and immediate access to medical care facilities.

"Air Evac's move," said Randy Fathbruckner, Director of Medical Center Emergency Medical Services, "will make a difference when seconds matter. Their presence at The Medical Center will help us continue to provide the most advanced emergency medical care in our area."

The Bowling Green base has been helping patients since March 2006. Air Evac Lifeteam,

headquartered in West Plains, Mo., is the largest independently owned air ambulance service in the country.

Air Evac Lifeteam crews, which include a registered nurse, paramedic and pilot are on call at each base 24 hours a day, 7 days a week. They provide on-the-scene medical care, rapid transport to medical facilities and critical care inter-facility transfers. Each helicopter is equipped with state-of-the-art medical equipment and crewmembers are trained in advanced pre-hospital care so medical care can begin at the scene and continue en route to the hospital.

Air Evac Lifeteam has 95 bases in 14 states throughout the central United States, including nine bases in Kentucky. For more information about Air Evac Lifeteam services, call 1-800-793-0010 or visit www.lifeteam.net.

Upcoming Events

Pre-Diabetes Class

February 22

1 to 2:30 p.m.

The Medical Center Health & Wellness Center

The goal of this class is to help at-risk individuals reverse habits that lead to a diagnosis of type 2 diabetes. The class is intended for people with a fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet and diabetes prevention. The class will be taught by Marissa Hesson, certified diabetes educator, and Andrea Norris, registered dietitian. The cost is \$20. *Preregistration required by calling 745-0942.*

Fibromyalgia Class

February 22

4:30 to 5:30 p.m. and 6 to 7 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

Join Rheumatologist Asad Fraser, M.D. as he discusses the diagnosis and treatment for fibromyalgia. The presentation will be followed by a question-and-answer session. Refreshments will be provided. *Preregistration required by calling 745-0942.*

Hand/Carpal Tunnel/ Arthritis Screening

February 23

8:30 to 11:30 a.m.

The Medical Center Health & Wellness Center at Greenwood Mall

Do you easily drop things? Have you experienced weakness in your grip strength? Do you have a tingling sensation or numbness in your hands? These symptoms may be a sign of a serious medical problem. Occupational Therapist Steffen Stambaugh from Bluegrass Outpatient Center will provide free hand screenings. *Preregistration required by calling 745-0942.*

Hearing Screening

February 24

9 a.m. to noon

The Medical Center Health & Wellness Center at Greenwood Mall

Hearing loss can range from mild to severe. Technicians from Better Hearing Centers will provide screening services. *Preregistration required by calling 745-0942.*

Lung Health Screening

February 24

1 to 4 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

This 15-minute screening will assess your lung function. *Preregistration required by calling 745-0942.*

Vascular Screening

February 25

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.*

Make plans to attend

The Franklin-Simpson Chamber of Commerce and The Medical Center at Franklin will present the **Fourth Annual Franklin-Simpson Community Health Fair** on Saturday, March 5 from 7:30 a.m. until noon at the Franklin-Simpson Middle School Gym. The event will feature a variety of free health screenings, health education materials, presentations, physical fitness demonstrations and many wonderful door prizes.

Dress in Blue Day is March 4

March is National Colorectal Cancer Awareness Month... Save lives, promote colon cancer screening and dress in blue on March 4!

Colon cancer is the second leading cause of cancer deaths in the nation and the state. The mortality rate in Kentucky is among the highest, with approximately 900 deaths each year. Nine out of ten colon cancers may be prevented or cured if detected early. Encourage your friends and family age 50 and over to get screened and help prevent this devastating disease.

Accomplishments

Eddie Mills, Sr. Strategist, obtained the Professional in Human Resources (PHR) and **Teresa Cottrell**, HR Business Partner, obtained the Senior Professional in Human Resources (SPHR) certification. The Society of Human Resources Management (SHRM) offers these two levels of certification in the Human Resources field.

Steve Creekmore, Recreation Therapist with Barren River Adult Day Care Center, recently received his Certificate of Achievement certifying him as a LEAN Sigma Belt.

Teresa Faulkner, Manager of Ultrasound, recently received her Bachelors in Business Administration.

Save the date!

Expectant Parent Fair

March 27

2 to 4 p.m.

The Medical Center Auditorium

New Employees



Sitting, left to right: Allie Nehw, 5A; Cassie Eden, CCU; Raven Meeks, 4B. Standing, left to right: Melinda Carver, 6B/6C, Ronitra Salazar, 3D; Annette Robertson, 4D.



Sitting, left to right: Heather Tuttle, MCS-LTC; Jessica Gabbard, 6B/6C. Standing, left to right: Leslie Williams, MCS Acute Care; Debbie Wilson, MCS-LTC; Kevin Tabor, MCS Acute Care.



Sitting, left to right: Jeanie Bower, MCS-LTC; Jack Wofford, MCS-LTC. Standing, left to right: Janice Smith, MCS-LTC; Aline Hall, MCS-LTC; Chelsea McDuffee, MCS-LTC.



Sitting, left to right: Lauren Graham, Urgentcare; Brian Eppolito, Rehab Services; Kelsey Storey, Rehab Services. Standing, left to right: Dana Swain, Hospitality House; Kim Burdick, Environmental Services; Andrew Shouse, Food Services.

Barbara Stewart Interiors presents check to the Hospitality House



Barbara Stewart Interiors and Invitations on Main hosted a Holiday Celebration that included a special trunk showing of fine jewelry and handbags, a silent auction and live music. Held on December 2, 2010, the combination of 20 percent of all purchases that day and 100 percent of proceeds from the silent auction resulted in a \$1,000 donation to the Hospitality House. Pictured above are Barbara Stewart and Susan Hoechner (third and fourth from left) as they present a check to Laura Holderfield, Executive Director of Commonwealth Health Foundation. Also pictured are Carla Reagan, Executive Director of the Hospitality House (far left), and Doris Thomas, Vice President of Marketing/Development for Commonwealth Health Corporation (far right).



*Engagement means...
"...we support each other at work, but also outside of work. We are all 'best friends.'"*



The Medical Center at Franklin Food Services

Thank you to all employees who completed the I C.A.R.E. survey. We appreciate your feedback and look forward to sharing the results with you as we work together to build a better workplace.

Barren River Adult Day Care Center employee engagement activities

Once the Gallup Survey results were received, staff at Barren River Adult Day Care was eager to get started. They gathered for a brainstorming session to develop an Impact Plan for the year. After several great ideas were discussed, they selected Quarterly Secret Pals with a unique twist. A drawing was held for each staff person to select their Quarterly Secret Pal. Staff decided to elect Engagement Leaders to be their coach and encourager.

The Engagement Leaders for the Impact Plans were Johnette Roemer and Joan Walton. The leaders developed a Secret Pal stationery so each person could write about positive actions they observed their Secret Pal performing throughout the month. At the end of each month, the writings were submitted to Jacque Woodward, Director of Barren River Adult Day Care Center. During the departmental meeting, she shared all the positive reviews that had been written throughout the month by co-workers. Staff members were amazed at the good deeds that were noted each month.

At the end of each quarter, the Secret Pal was revealed and a new Secret Pal was selected. Also at the end of each quarter, they had a celebration luncheon.



Their theme was "Blooming in Progress." Quotes were placed in the break room that stated "If you were a flower, I would pick you," and "Planting a garden is to believe in the future." All types of flowers were displayed in the break room and represented each staff person.

This one plan had an impact on:

- In the last six months, someone at work has talked to me about my progress.
- I have a best friend at work.
- Someone encourages my development.
- Someone cares about me.
- Recognition and praise for doing good work.
- Committed to quality work.

And last, but not least...the staff had fun doing it.

Retirements



Sherry Goldsmith, Director of CRSH (left), and Trey Roberson, Director of Food Services (right), congratulate **Sue Taylor**, Clinical Dietitian, on her retirement after 12 years of service.



Betsy Kullman, Chief Nursing Officer (left), and Effie Forte, Director of Environmental Services (right), congratulate **Shelia Brown**, Housekeeping Attendant, on her retirement after 37 years of service.



Barbara Wolfe, RN, BSN, Clinical Manager of ICU (left), congratulates **Linda Vensel, RN** on her retirement after 15 years of service.

PRIDE Ideas for January

Joe Hall	3B
Lisa Elmore	Pt Registration
Tracy Lee	MedEquip
Dee Rheame	2B
Joe Neighbors.....	Lab
Tim Hatton	Pt Reg/Amb Surg
Sheila Still.....	Pre-Registration
Amy Curran.....	5A
Bill Singletary.....	Care Coordination
Nancy Willis.....	ICU
Lora Slaughter.....	ASC
Melissa Slagle.....	4B
Vickie Pape.....	5B
James Monroe.....	Security
Melissa Lindsey.....	4A

Pamper yourself and someone you love at the same time!

February's featured massage: **Couples Massage**

\$58⁰⁰

HARTLAND MASSAGE

796-6838 • www.hartlandmassage.com