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*Pictured above are representatives of The Medical Center, Kohl's and the Chamber of Commerce.*

## Kohl's Grant Supports Newborn Care & Safety Program

The Medical Center will reach more expectant parents with vital obstetrics education classes thanks to a grant from Kohl's Cares®. Kohl's has awarded Commonwealth Health Foundation a \$26,005 grant to be used for The Medical Center's Newborn Care and Safety Class which teaches expectant parents essential baby care skills.

"The Newborn Care and Safety Class is one of the most important classes that expectant parents can take as they prepare for the birth of their child," said Amber Herman, OB Clinical Manager for The Medical Center. "The class allows expectant parents to feel more confident and comfortable caring for their newborn."

The Newborn Care and Safety Class is a free, hands-on class where participants use baby dolls to practice swaddling and holding a newborn, diapering and giving the baby a bath. A variety of safety issues are addressed, and a CPR demonstration shows parents what to do in an emergency.

The Kohl's grant will enable The Medical Center to offer more classes throughout the year. Currently, 23 Newborn Care and Safety Classes

are scheduled at The Medical Center Health & Wellness Center in 2011. Other locations are currently being researched to expand the classes to other areas of the community. The Kohl's grant also funds the purchase of safety tote bags for expectant parents who take part in the Newborn Care and Safety Class. The tote bags, which include items such as a DNA identification kit, bath water temperature tester, infant CPR memo board, and baby safety gift set, are provided to parents at no cost.

The Medical Center is the local Kohl's Cares® beneficiary. Since 2005, Kohl's has donated more than \$100,000 to The Medical Center to support its health and wellness programs including construction of two community walking trails at local elementary schools.

# Upcoming Events

## Fall Risk Screening

**February 3**

**8:30 to 11:30 a.m.**

*The Medical Center Health & Wellness Center*

Do you have a fear or concern about falling? Being aware of your fall risk is an important step to preventing a fall. Physical Therapist Gabe Smith from Bluegrass Outpatient Center will provide fall risk assessments including balance tests to help individuals target risk factors. *Preregistration required by calling 745-0942.*

## Lung Health Screening

**February 3**

**1 to 4 p.m.**

*The Medical Center Health & Wellness Center*

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

## Heart Risk Screening

**February 9**

**9 a.m. to noon**

*The Medical Center Health & Wellness Center*

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.*

## Newborn Care And Safety Class

**February 10**

**6 to 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®. *Preregistration required by calling 745-0942. Each participant should bring a doll or stuffed animal to class.*

## Heart Reunion

**February 13**

**2 p.m.**

*Knights of Columbus Hall, 911 Searcy Way*

All current and former patients of The Heart Institute at The Medical Center and their families are cordially invited to attend a special celebration to honor their success in fighting heart disease. *RSVP by calling 796-3330.*

## Ready, Set, Go!

**February 17**

**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.*

## Pre-Diabetes Class

**February 22**

**1 to 2:30 p.m.**

*The Medical Center Health & Wellness Center*

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of it. 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.*

## American Heart Association

### Fashion Show and Luncheon Fundraiser

**February 10 • Noon**

### The Medical Center Auditorium

Over the last decade, The Medical Center has opened its doors to allow Alpha Theta to host a fundraiser for the American Heart Association. This year, Chico's is providing the fashion show with special music by Jeana Pentz. All ticket sales and proceeds benefit the American Heart Association, and door prizes will be drawn for those who have given donations throughout the luncheon. Alpha Theta and the American Heart Association would like to thank The Medical Center for its support and efforts to make this such a successful and exciting event for the community. If you have any questions or would like to purchase a ticket or donate money, please contact Andy Sturm at ext. 6523 or by email at [sturar@chc.net](mailto:sturar@chc.net).

## Scholarship Applications Deadline approaching

Applications are now being accepted for the **Charles M. Stewart Scholarship**, the **Carrel K. Sumner Family Memorial Scholarship**, the **Floyd Ellis Scholarship**, the **Helen Dinning Scholarship**, and **The Medical Center at Scottsville Scholarship** for the 2011-2012 academic year. Deadline for submitting application(s) is March 15. If you are interested in applying for any of these scholarships, please contact Jennifer Pratt, Marketing & Development Coordinator, at ext. 1543 or [jpratt@chc.net](mailto:jpratt@chc.net) for a list of guidelines and an application.



## New Employees



Left to Right: Sharon Williams, MCS Senior Perspectives; Angie McDaniel, Cardiac Cath Lab.



Standing: Amy Schallert, Our 365. Sitting Left to Right: Brandon Chidester, OR; Caine Gossett, OR.



Standing Left to Right: Amy Lawrence, Medical Records; Shreyas Upadhyay, Hospitality House. Sitting Left to Right: Bobby Coomer, ESD; Almedin Gobeljic, Food Services.



Standing: Katie St. Charles, CRSH. Sitting left to right: Margann Patterson, Hospitality House; Gerda Davis, Food Services.

## The Health Information Management Team approach to employee engagement

At the beginning of each week, the Health Information Management team might not know how we are going to achieve our goals to meet productivity; however, this is a miraculous team that pulls together every week to make it happen.

In order to maintain morale, work groups within the department chose to examine how we relate to CHC's mission statement. Sometimes, it is difficult for non-clinical areas to connect to the "caring for people" statement within our mission; but it is crucial that all staff feel they contribute to that process. So, the Technician area worked on a bulletin board that highlights what we do everyday in the areas of Release of Information, Cancer Registry, Coding, Transcription, and Record Control.

When you look at the number of medical records we touch and then you relate that back to people — we really care a lot! It has been very helpful for



staff to see the quantity of responsibility we share as a team.

But we don't stop there — myself and our managers, Laura Williams and Angie Sledge, make an attempt to connect with our staff everyday. This connection has not only improved our employee engagement scores, it has continued to grow relationships that make our work place more pleasant and meaningful. And, most importantly, there is something to laugh about at work everyday. Laughing is a great motivator, and it just feels good.

*Georgena Brackett, RHIA, LCSW, FACHE, MBA  
Health Information Management Director*



**Engagement means...**  
 "...we are like family. You don't have to ask — we just do. We laugh every day."



The Medical Center Cath Lab

**The survey is underway! To complete the survey, log on to <https://gx.gallup.com/chcq12.gx> or call 1-800-987-8270.**

*All answers are held completely confidential by the Gallup Organization.*



## New Employees, continued



Standing left to right: Jeanette Granese, 5B; Lindsey Green, 5B. Sitting left to right: Kristie Roche, Nursing Resource Team; Jennifer Furlow, 5A; Rose Van Meter, 5A.



Standing left to right: Regina Salai, CRSH; Monika Roszko, CRSH. Sitting left to right: Mark Flener, PACU; Jeff Leftin, 4D; Zach Steward, CRSH.



Standing left to right: Jasmine Vincent, 4B; Natasha Leftin, CCU. Sitting left to right: Thuy Nguyen, Amb. Surg; Jenifer Woody, 4B; Rena' Stegmeier, 3D.



Standing left to right: Sydney Scillian, 3B; Shelby Scillian, 5C. Sitting left to right: Mollie Carter, 3A; Angie Gibson, ICU; Heather Rasmusson, 3D.

## Employees with Service Excellence! February 2011

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 iCareCentral.



**Tammy Calvert**  
**Golden Pineapple – 1st Quarter 2011**  
*Laboratory*

"Tammy genuinely cares about the patients and the staff. She works hard not only to provide great service to our customers, but great support to the staff as well. She jumps in and is always willing to help anyone. She is awesome."



**Brittney Childers**  
**Ambassador**  
*Cal Turner Extended Care Pavilion*

"Brittney is willing to help and do whatever is needed. She is always smiling, pleasant, efficient, and willing to go the extra mile to plan, provide, and participate in activities for MCS and Cal Turner residents. We are thrilled she is a member of the MCS team."



**Randy East**  
**Ambassador**  
*Messenger Service*

"Randy has a positive attitude and excellent customer service skills that he portrays toward not only outside visitors, but co-workers. He is always smiling and always friendly. He is great and very much appreciated!"



**Leigh Taylor**  
**Ambassador**  
*MCF - Rehab*

"Leigh goes above and beyond to provide customer service. She always has the same gentle and patient voice no matter how hectic things are, both with her patients and her co-workers. She is always there to help the patients, co-workers, and supervisors."

February's  
Featured Massage  
**\$58<sup>00</sup>**

Pamper yourself and someone  
you love at the same time!

**HARTLAND MASSAGE**  
796-6838 • [www.hartlandmassage.com](http://www.hartlandmassage.com)

## Brite Scholarship Recipients



*Doris Thomas, Vice President of Marketing/Development (center), congratulates Brite Scholarship recipients Bobbie Cherry (left), and Brookie Ross (right).*

Commonwealth Health Foundation announced that Bobbie Cherry and Brookie Ross will receive the James W. and Mary Carolyn Wolfe Brite Scholarship for the academic year beginning spring 2011.

The Brite Scholarship is open to employees of Commonwealth Health

Corporation. After completing a series of interviews and meeting numerous requirements, Ms. Cherry and Ms. Ross were selected to receive the scholarship which helps cover tuition, books and nursing fees for the nursing program at Western Kentucky University. Ms. Cherry is employed by The Medical Center at Bowling Green and Mrs. Ross is employed by The Medical Center at Scottsville.

James W. and Mary Carolyn Wolfe Brite established the scholarship in 2003 in response to the national nursing shortage. The Brites are members of the Foundation's Warren Society and Heritage Circle.

## Quilt/Blanket drive a heart-warming success

On January 20, The Medical Center Nursing Department announced the development of the Nursing Professional Practice Model with a quilt and blanket drive. The quilt and blanket drive netted over 153 quilts and blankets that were donated to the Salvation Army. Refreshments were served as nurses were invited to view a video explaining the Professional Practice Model.

A team of nurses representing all of the nursing units was involved and developed the Professional Practice Model. The quilt pattern was selected to communicate the cultural heritage of the Commonwealth of Kentucky and because it is emblematic of the interwoven fabric of nursing across the lifespan. Central to the quilt pattern is the care of patients, families and communities. It rests upon the enduring values of healing, comfort, compassion, and care. The Medical Center's logo and



*Pictured with some of the quilts and blankets collected are (front row, left to right): Pennie Ritchie, RN (5B) and Mary Ford, RN (4A). Back row, left to right: Ruth Gott, RN (NICU); Sarah Harrison, RN (Labor & Delivery); Anne Afton, RN (Emergency Department); Carie Cosby, RN (NICU); and Kevin Taylor, RN (PACU).*

colors of burgundy and teal reflect our commitment to The Medical Center's mission and vision. The radiating triangles highlight the foundational concepts of nursing and their related roles: Quality of Practice, Education, Collaboration, Innovation.

To learn more about the Nursing Professional Practice Model, [click here](#).

## In Memoriam

### Alex Roberts



Alex Roberts, Transporter at The Medical Center, passed away January 20. He came to Transport in November 2010 from Rivendell where he worked as a Mental Healthcare Associate. He wanted to join the Transport team to get his start in medicine. Recently, Alex was accepted into the WKU Nursing Program and was very excited regarding this. He was a blackbelt in Kung Fu, active in missionary work, bodybuilding and recently started training in mixed martial arts. He was excellent at customer service and took time to converse and make his patient feel comfortable. He will be sadly missed by the Transport team and all who knew him.