

Franklin Volunteers
Retirements
Ambassadors and
Golden Pineapple

Upcoming Events
Accomplishments
and Graduates

New Employees
Maintaining a
healthy blood
pressure

PRIDE Ideas for May

- Rechelle Wood.....2A
- Karen WilsonQRM
- Jeanna PhelpsOutpatient
- Pam HealCCU
- Melissa Drury.....5C
- Mary Fathbruckner.....Respiratory Care
- Robert BoivinLab



Eddie Scott,
Cancer Treatment Center

Mary Basham,
Surgery

Warren County Relay for Life

Muggy June weather couldn't keep hundreds of people from showing their support in the fight against cancer at this year's Relay for Life in Warren County.

The track and field at Bowling Green High School was filled with cancer survivors, their families and friends as the community came together for the 2010 Relay for Life on Friday, June 4. Teams from businesses, organizations and schools throughout Warren County spent their evening, and for some their entire night, camped out at the school for a fun-filled yet serious occasion.

After the opening ceremony, cancer survivors identified by their purple survivor shirts led the first lap around the track. People cheered as the survivors walked past, celebrating their successful fight against cancer. Activities and fundraising continued through-

out the night as people enjoyed a variety of food for sale, kids played games and team members continually walked the track. Even haircuts were provided to those people willing to donate their long hair to be used to make wigs.

In addition to The Medical Center's sponsorship of the event, teams from the hospital and Commonwealth Health Corporation participated in the evening's activities and showed their support for such a worthy cause. According to the American Cancer Society, the event raised \$295,000 with additional funds still being collected.



Sitting, left to right: Marie Kennedy, Sophia Lawson and Darlene Harris. Standing, left to right: Gay Starks, Rose Bates, Mary Mooneyhan and Virginia Hollars.

The Medical Center at Franklin Volunteers

The Medical Center at Franklin volunteers celebrated 1,023 combined hours of service from March 2009 to March 2010 with a special lunch & learn on May 21. Service pins were awarded, and Rehab Services Manager Annette Runyon spoke about the importance of exercise in a healthy lifestyle. Marie Kennedy was recognized for having worked the most hours overall with 3,284, and Virginia Hollars was recognized for having worked the most hours in one year with 314. Congratulations to all the wonderful volunteers!

June is Men's Health Month

With Father's Day just around the corner, it's time for men everywhere to create a game plan for good health. So, guys, get in a huddle with your healthcare provider and take stock of where you are and where you want to be. Here are some basic guidelines to keep you in top condition:

- ▶ **Exercise** – At least 30 minutes a day, 5 days a week. Walking is a great way to start.
- ▶ **Follow a healthy diet** – You don't have to give up all the foods you love, just eat in moderation and increase your intake of fresh fruits, vegetables, and whole grains.
- ▶ **Relieve stress** – Find a stress-relief program that works for you and stick with it.
- ▶ **Don't smoke** – While the numbers of men smoking continues to decline, cigarette smoking still remains a major health risk.

Statistics are great when it comes to ball games, but *you* don't want to be a health statistic. Talk with your healthcare provider today about getting on the right track for a healthy lifestyle, and take advantage of the many screenings offered by The Medical Center Health & Wellness Center in Greenwood Mall.

Employees with Service Excellence!

June 2010



Nathan Johnson
Golden Pineapple

Bluegrass Outpatient Center

"Nathan gives excellent customer service to each individual. He treats them with such respect and provides professional services. He does the same with our staff. We are blessed as a company to have Nathan."



Maria Bryan
Ambassador

MCF - Acute Care

"Maria is a very caring and dedicated employee. She is very compassionate about her job, fellow workers, and patients. She does anything you ask of her and is always in good spirits. She is a joy with whom to work and an asset to The Medical Center at Franklin."



Patty Driskill
Ambassador

*Commonwealth Health
Free Clinic*

"Patty willingly takes on whatever is needed. When we opened the Dental Clinic, Patty became our point person for all the daily activities of running the practice. She has also kept up her former duties of managing the Free Clinic's volunteers. She is pleasant, efficient and always smiling."



Carroll Lightfoot
Ambassador

ICCU

"Carroll never stops; she is continuously moving to care for her patients. It's certain that her work is always complete and right. We enjoy working with her very much, and we are thrilled to have her with us on ICCU."

Upcoming Events

June 14

noon – 12:30 p.m.

Gluten-Free Diet Lunch & Learn

Location: The Medical Center Auditorium

Bring your lunch and join Andrea Norris, dietitian with Community Wellness, as she discusses gluten intolerance and some ideas on choosing and enjoying gluten-free foods. *Preregister by calling 796-5554 or email hallll@chc.net.*

June 14

1 – 3 p.m.

Look Good, Feel Better

Location: Health & Wellness Center at Greenwood Mall

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

June 16

9 a.m. – noon

Sleep Screening for Children and Adults

Location: Health & Wellness Center at Greenwood Mall

Following completion of a brief questionnaire about your or your child's sleep patterns, staff from The Medical Center Sleep Center will meet with you to discuss the results. Free of charge. *Preregistration required by calling 745-0942.*

June 16

9 a.m. – 1 p.m.

AARP Driver Safety Program

Location: Health & Wellness Center at Greenwood Mall

This course is designed to meet the specific needs of older drivers. Discounts on automobile insurance premiums are available to those who attend the class. Cost of the program is \$12 for AARP members and \$14 for nonmembers, payable to AARP at the first class. *Preregistration required by calling 745-0942.*

June 16

6 to 8 p.m.

Twins or More!

Location: The Medical Center Conference Room

This class explores how to prepare for twins, triplets, or quads and covers issues that can create challenges for new moms and dads. *Preregistration required by calling 796-2495.*

June 17

6 – 8 p.m.

Ready, Set, Go!

Location: The Medical Center Auditorium

This class guides you through the paperwork that is required when you are admitted to The Medical Center for delivery, and prepares you for admission and discharge from the hospital. A tour of the OB unit is also provided. *Preregistration required by calling 796-2495.*

June 24

8 a.m. – noon

Back Screening for Men

Location: Health & Wellness Center at Greenwood Mall

A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for prevention of back problems. Free of charge. *Preregistration required by calling 745-0942.*

Accomplishments



The Fall 2009 issue of *WellNews*, a health and wellness publication of The Medical Center, has recently won the Silver Award (Newsletter External category) in the prestigious Aster Awards program. The Aster Awards is a

medical marketing awards program that recognizes outstanding excellence in healthcare advertising and other materials in the health-care field.

Graduates

Holly Akridge, Corpcare, has received a BS in Interdisciplinary Studies with an emphasis on Health from WKU.

Georgena Brackett, HIM, has received an MBA from WKU.

David Ciochetty, M.D., has received an MBA from WKU and was awarded top student in the 2010 MBA program.

Bethany Kinslow, Accounting, has received a BA in Business Administration from Ashford University.

Amy LaBron, Commonwealth Regional Specialty Hospital, has received a BS in Nursing from WKU.

Elizabeth Moran, Care Coordination, has received a Master's degree in Social Work from WKU.

Steven Sablan, IT, has received an MBA from Ashford University.

Bill Singletary, Care Coordination, has received a BS in Nursing from WKU.

Crissy Willis, IT, has received an MBA from Ashford University.

Watch for more graduates in the next issue of Intercomm.

Dear editor,
I would like to see
more stories about....

CHC Intercomm is published every other week by Commonwealth Health Corporation. If you have suggestions or story ideas, contact Sandi Feria, editor: SKFeria@chc.net.

New Employees

May 25, 2010



Sitting, left to right: Rachel Sither, 2B; Sara Baxter, MCF – Acute Care; Amy Gillespie, 5A. Standing, left to right: Lindsey Gott, 5A; Jessica Phillips, MCF – Acute Care; Rebekah Smith, 4C.



Sitting, left to right: Charlotte Tyree, MCF – ED; Donna Reyes, 5A; Angela Wright, 4A. Standing, left to right: Heather Yates, MCF – Acute Care; Heidi Forler, 4A; Marci Carter, 4C.



Sitting, left to right: Jessica Crotts, MCS – LTC; Lynne Scott, MCS – LTC. Standing, left to right: Cheryl Chrzanowski, Open Heart Recovery; Heather Wilson, 4B.



Sitting, left to right: Paula Conners, MCS – Patient Registration; Brenton Hippler, Patient Registration; David Brown, Environmental Services. Standing, left to right: Jennifer Norton, Bluegrass Outpatient Center; Lindsey Heath, Urgentcare; Helen Contreras-Pionorio, Barren River Regional Cancer Center. Not pictured: Tamara Davis, MCF – Laboratory.

Maintaining a healthy blood pressure

Did you know it is estimated that 30 percent of Americans are unaware they have high blood pressure? "Blood pressure" is the force of blood pushing against artery walls as the heart pumps blood — systolic blood pressure (SBP) is pressure as the heart beats; diastolic blood pressure (DBP) is when the heart is at rest between beats. Presently, the goal for levels of blood pressure is to maintain the SBP below 130 and DBP below 80 — a goal that will be lowered with new guidelines by the National Institute of Health (NIH) due in early 2011. The NIH is also expected to suggest more aggressive treatment plans for at-risk, or prehypertension, levels (120–139 SBP and 80–89 DBP)

So what does all this mean for you? Most of us know that uncontrolled high blood pressure can cause stroke, heart attack, heart failure and kidney disease. Are you aware that a reduction in blood pressure to normal limits can reduce the incidence of stroke by 35–40 percent, heart attack by 20–25 percent, and heart failure by a whopping 50 percent?

How to determine if your blood pressure is too high

Your healthcare provider will help determine if your blood pressure is too high. NIH guidelines recommend at least two abnormal readings of an elevated blood pressure prior to initiating treatment. However, if the blood pressure reading is at Stage 2 or above (SBP greater than 160 and/or DBP above 100), your healthcare provider may suggest immediate treatment.

Reducing high blood pressure

While we may wish for a quick fix, making lifestyle changes is the most important part of a treatment plan. Switching to a healthier lifestyle may include one or more of the following:

- Weight loss for individuals who are overweight — including the DASH eating plan, which is high in fruits, vegetables, and grains, and low in fat and sodium.
- Reducing sodium — a 1,600 mg sodium diet plan can be effective in lowering blood pressure. The average American consumes more than 4,000 mg daily.
- Becoming more active — exercising a minimum of 30 minutes at least 5 days a week, including a cardio component such as walking or bicycling.
- Limiting alcohol consumption.
- Stop smoking.

If lifestyle changes alone do not result in a reduction of blood pressure, a healthcare provider will work with the patient to find the right medication based on over-all health status, age, ethnicity and gender.

As CHC employees, we have a ready resource at the Employee Health Medical Clinic. Our nurses and staff are available to monitor your blood pressure Monday through Friday from 7 a.m. – 3:30 p.m., and the Employee Health Medical Clinic is available five mornings a week for evaluation, including laboratory testing, and treatment.

High blood pressure is called the "silent killer." Don't become a statistic; have your blood pressure checked. The life you save may be your own!

– Shala Wilson, Employee Health Medical Clinic

**Blood pressure screenings are also available at
The Medical Center Health & Wellness Center at Greenwood Mall
Monday–Thursday 8 a.m.–7p.m. and Friday 8 a.m.–4:30 p.m.**