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CHARITY BALL
SAVE THE DATE



Grateful Patient Program touches the heart

A simple hug during a stressful time. The extra time to listen. A loved one's life saved. These are some of the many reasons why patients and families want to thank their caregivers for the profound ways in which their lives are touched.

Commonwealth Health Foundation has developed a program for patients, their families and loved ones to honor the caregivers who make our hospitals so special. The Grateful Patient Program is a way for patients and their families to say "thank you" by making a donation in recognition of those who have touched their lives.

When someone gives a gift through the Grateful Patient Program, they become part of our core mission — to improve the quality of life in the communities we serve. The program provides a way for donors to contribute to the area of their choice in any of our four hospitals — The Medical Centers at Bowling Green, Scottsville and Franklin, and Commonwealth Regional Specialty Hospital — expanding and enhancing healthcare services, helping provide the latest technological advances, and promoting health and wellness through outreach and education.

When a patient or family member asks how to express their gratitude for someone who has helped them through a difficult time, let them know about the Grateful Patient Program. This is the perfect opportunity for thankfulness to be shared with others in a way that can make a difference in our community. Donations can be made in honor of a nurse, physician, therapist, or another member of the medical team — or in gratitude to a specific department or entire healthcare team.

For more information about the Grateful Patient Program, contact Commonwealth Health Foundation at 796-5543 or visit www.commonwealthhealthfoundation.org. Also, watch for brochures to be distributed throughout our four hospitals. If you hear someone say, "I wish I knew how to thank them," let them know about this heartwarming way to help make our community a better place to live.

Upcoming Events

July 26 through August 30 10 a.m. – noon

Watercolor Class

Location: The Medical Center Health & Wellness Center in Greenwood Mall

Local artist Nell Peperis will lead this six-week class. The cost is \$45, payable to the instructor at the first class. *Preregistration is required by calling 745-0942. Limited to 15 participants; bring a 9-by-12 inch cold-press paper pad and #1 and #8 round brushes.*

July 26 through August 30 5:30 – 6:30 p.m.

Instructional Yoga Class

Location: The Medical Center Health & Wellness Center in Greenwood Mall

Taught by trained instructor Michelle Darnall, this class will help overall fitness and leave participants feeling refreshed and renewed. The six-week session costs \$60, payable to the instructor at the first class. *Preregistration is required by calling 745-0942. Limited to 15 participants; bring a mat.*

July 27 6 – 8 p.m.

C-Section Class

Location: The Medical Center Auditorium

For those who are not already enrolled in the six-week childbirth class, this class offers a video and discussion on what to expect and how to prepare for returning home with your baby after cesarean section surgery. *Preregistration required by calling 796-2495.*

July 27 7 p.m.

Fatherhood 101

Location: The Medical Center Conference Room

George Miller, RN, a nursery nurse at The Medical Center, will discuss concerns of new fathers with regard to responsibilities and relationship changes with a new baby and mom. *Preregistration required by calling 796-2495; dads only!*

July 29 9 a.m. – noon

Sleep Screening for Children and Adults

Location: The Medical Center Health & Wellness Center in Greenwood Mall

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

July 29 6 – 8 p.m.

A New Baby's Coming Class

Location: The Medical Center Auditorium

This is a siblings class for kids ages three and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) Unit and a view of the nursery are included as well as refreshments and a video. *Preregistration required by calling 796-2495. Participants should bring a doll or stuffed animal.*

Run, walk, ride and swim in these great summer events

There is something for everyone in the following events taking place in our area this summer.

The **28th Annual Garden Spot Run**, presented by The Medical Center at Franklin Rehabilitation Services, will take place in Franklin on Saturday, August 14. The Run has been a community event since 1982, and includes a 5K Run and 5K Walk that start and finish at the Simpson County Courthouse on Franklin's historic downtown square. Cash prizes and trophies will be awarded. Preregister before July 27 to be guaranteed a t-shirt. Call (270) 586-7609 for details.

The **Fourth Annual National Kidney Foundation Ride Out Loud Bike Event** sponsored by The Medical Center will be Saturday, August 14 at Chaney's Dairy Barn (9191 Nashville Road). Registration begins at 7:00 a.m. and the first ride begins at 7:30 a.m. The event is perfect for all levels of riders and offers four routes to choose from: 8.4 miles, 20.6 miles, 44 miles and 67.7 miles. For more information, call 1-800-737-5433 or visit www.nkfk.org.

Bluegrass Outpatient Center is a major sponsor of the **5th Annual Bowling Green Sprint Triathlon** to be held this year on Sunday, August 22 at the Russell Sims Aquatic Center in Bowling Green. A sprint triathlon is a shorter distance race which is well suited to beginning triathletes. The race consists of a 400 meter pool swim, a 23 kilometer bike race and a 5 kilometer run. For more information, visit the Bowling Green Triathlon web site at <http://triathlon.ggclinic.com>.

Retirement



Rayburn Basham, Maintenance Technician (center), retired on July 9 after 10 years with The Medical Center. Celebrating Rayburn's retirement with him are Gary Sullivan, Director – Facility Operations (left), and Dennis Strom, Vice President – Facilities Management (right).

The Medical Center welcomes new Hospitalist

The Medical Center's Hospitalist program has a new face. Randall Slimak, M.D. has joined Internal Medicine Associates, the physician practice that provides Hospitalist services at The Medical Center.

A Hospitalist is an Internal Medicine physician who is solely dedicated to caring for patients in the hospital. The Medical Center's program is a voluntary program whereby physicians may elect to have Hospitalists care for their patients during a hospital stay. Hospitalists are available 24 hours a day, 7 days a week to quickly respond to patient needs and effectively manage all aspects of care. Because they are onsite, they can help provide a smooth and speedy recovery process by following up on tests and adjusting a patient's treatment regimen throughout the day. They are readily available to answer questions and address concerns from patients and families.



Randall Slimak, M.D.

Dr. Slimak earned his medical degree at Jefferson Medical College of Thomas Jefferson University in Philadelphia, Penn. in 1984. He is board certified by the American Board of Internal Medicine. Before locating to Bowling Green, he had a private practice and was a staff physician at Saint Joseph's Hospital and Arnot Odgen Hospital in Elmira, New York.

Dr. Slimak joins Samuel Hardcastle, M.D., Suneel Boyareddygari, M.D., Indraneel Mogarala, M.D., Vamsi Rokkam, M.D. and Andy Turner, M.D.

Accomplishments

A special thank you to everyone who participated in this year's **Relay For Life** events. The following Warren County teams have been recognized by the American Cancer Society for their hard work and dedication to this very important cause:

The Medical Center Green Lifesavers (Surgery) — Gold Team Fundraising Club (\$7,500–\$9,999); Best Campsite; and Overall Fundraising.

The Medical Center Administration — Silver Team Fundraising Club (\$5,000–\$7,499).

Congratulations to the following employees who have achieved the Masters in Nursing Science degree: **Debbi Gravi, RN, MSN** and **Dawn Slaughter, RN, MSN**. Congratulations to **Rechelle Wood, RN, BSN** who has achieved the Bachelor of Science in Nursing degree.

Dear editor,
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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.



CHARITYBALL2010

Save the Date

Saturday, November 13, Sloan Convention Center
Benefiting Commonwealth Health Free Clinic
Call 796-6519 for details