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Left: Carla Reagan, Executive Director of Commonwealth Health Free Clinic, and Rick Wilson, Area Executive of BB&T. Above: BB&T employees Kelly Orr (left) and Ben Kadric (right) replace ceiling tiles.

Lighthouse Project gives Free Clinic a facelift

Last week, Commonwealth Health Free Clinic received a much needed facelift. Local employees of BB&T Bank spent the entire week donating their time and effort to refurbish the inside and outside of the Clinic.

This was made possible by their annual Lighthouse Project, which sends BB&T employees into their communities to assist deserving organizations with a variety of needs by providing supplies and many volunteer hours. The project is in addition to their annual financial contributions to the Clinic.

This charitable project was timed nicely; this year marks the 15th anniversary of the Commonwealth Health Free Clinic. BB&T has always had close ties to the Clinic. Since its inception, they have provided financial assistance and many volunteer hours; and each year, they have been the lead sponsor of the Charity Ball, the proceeds of which benefit the Clinic. Their efforts on behalf of the Clinic come from their own belief in philanthropic outreach. "During these tough economic times, people tend to cut back their donations, but that's when the need is the greatest," says Rick Wilson, Area Executive of BB&T. "So we wanted to offer man hours to an organization that can make a positive impact."

Throughout the week, BB&T employees were hard at work to complete their project on time. For

the Bowling Green branches of BB&T, this year's Lighthouse Project produced the largest turnout of volunteers.

Wallpaper was removed, revealing walls beneath that had to be completely washed before being painted. In areas that were previously painted, the dark colors were replaced with lighter colors that should brighten the spirits of the patients who come through the doors. A total of 13 rooms and hallways were painted. In addition, nearly 600 ceiling tiles were replaced, and most had to be cut by hand in order to fit. The ceiling grids were even washed, proving that the most unlikely and unobserved changes make an enormous difference. Four benches were installed for the comfort of patients who wait in line outside. In all, BB&T spent nearly \$5,000 on materials, including the bulk discount offered by The Home Depot, but the value of the man hours is immeasurable.

A very, very special "thanks" goes out to all of the employees of BB&T. Your willing hands and hearts will impact the Clinic and its patients for many years to come.

Upcoming Events

August 24

9 – 11 a.m.

Ask the Pharmacist

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

Beth Rhea, a pharmacist with Riverside Pharmacy, will be available to answer questions you may have concerning your current medications. Bring in all your current medications, including prescription and over-the-counter items, during this free session. *Preregistration is required by calling 745-0942.*

August 24

5:30 – 6:30 p.m.

When to Call 911

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

Whether to call 911 is a question many people have been faced with or may face in the future. Brett Macomber, communication specialist for Medical Center EMS, will address this question and provide education on when calling 911 means the difference between life and death. *Preregistration required by calling 745-0942.*

August 26

6 – 8 p.m.

Newborn Care & Safety Class

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

This is a hands-on class where parents will learn important baby care skills. As a special incentive for attending a Newborn Care and Safety Class, you will receive a safety 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. Participants should each bring a doll or stuffed animal to class.*

August 31

5:30 – 6:30 p.m.

SIDS Prevention and Safe Sleep for Infants

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

Nurses from The Medical Center Nursery and Neonatal Intensive Care Unit (NICU) will provide valuable information on sudden infant death syndrome (SIDS) prevention, safe sleep, and a CPR review. This is a vital class for parents, babysitters, church nursery workers, and child-care providers. *Preregistration required by calling 745-0942.*

September 2

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.*

Wellness Classes

Belly Dancing Class

August 23 – October 4 (Mondays)

5:30–6:30 p.m. in The Medical Center Auditorium
This class is designed for participants of all levels, including those who have no dance experience. One of the goals of the class is to allow participants to take time out of their busy schedules and concentrate on themselves and have fun! *This class is for female participants only.*

Smoking Cessation Program

August 26 – November 18 (Thursdays)

2:30 – 3:00 p.m. in The Medical Center Medical Conference Room

The Cooper Clayton Method to Stop Smoking Program is a 12-week smoking cessation program that combines a support group with Nicotine Replacement Therapy. All CHC employees will receive nicotine replacement products (patches, gum or lozenge) at no charge when they attend the class.

Preregistration is required for these programs and can be completed through Laura Hall via email at HallLL@chc.net or by calling 796-5554.

Wellness Bulletin Boards

A panel of your peers will judge the departments' bulletin boards on September 3.

All departments are encouraged and invited to participate in this fun decorating blitz to promote wellness. The best dressed **BULLETIN BOARD** will be awarded the **GRAND PRIZE WINNER** and will receive prizes that will help their department implement Wellness Activities in their area. So don't miss out! A panel of your peers will review participating departments' boards and will judge by the following categories: Creativity, Originality, Wellness Spirit, and Overall Appearance.

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

August 2, 2010



Seated: Amanda Parsons-Cole, 4B; Steve Gravette, Cath Lab; Rayli Howard, 4A. *Standing:* Natasha Norman, Emergency Department; Brittany Thomas, 5A; Ashley Craig, Open Heart.



Seated: Kimberly Meredith, 4A; Megan Wisdom, Open Heart Recovery. *Standing:* Sarah Ashby, Labor & Delivery; Katelyn Hale, Cal Turner Extended Care Pavilion.



Seated: Diane Payne, ESD; Sheila Colter, ESD; April Breakfield, Behavioral Health Services. *Standing:* Lisa Miller, ESD; Heather King, ESD; Rose Harlan, Adult Day Care.



Seated: Caleb Benningfield, Pharmacy; Matt Carr, Pharmacy. *Standing:* Emalee Parker, Rural Health Care Clinic; Chandra Roberts, CSS.

Charity bike event supports Kidney Foundation



Despite the excessive summer heat, cyclists came out on Saturday, August 14 to ride in the 4th annual Ride Out Loud Bike Event. The event, sponsored by The Medical Center and Kentucky Organ Donor Affiliates, benefits the National Kidney Foundation Serving Kentucky and is a fun way to help support individuals living with kidney disease and to build awareness in Southcentral Kentucky.

Participants had the opportunity to choose between four routes ranging from 8 miles to 67 miles. The event started and ended at Chaney's Dairy Barn in Bowling Green.

Since its creation, Ride Out Loud has raised thousands of dollars to help improve the lives of patients and their families, as well as provide prevention and education programs and screening opportunities for the early diagnosis of kidney disease.

Twenty-six million Americans have kidney disease and 20 million more are at risk. Kentucky ranks close to the top in numbers of people at risk and living with kidney disease. Over 102,000 people are on the waiting list for organ transplants and 18 of them die each day. Over 800 in Kentucky are on the waiting list for an organ.

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.

Adult immunizations important for healthcare workers

"I thought I was finished with immunization shots when I finished school," is a common reaction of adults when told an immunization is recommended. The fact is that immunizations are important regardless of age since they help protect from disease — and for healthcare workers, it is especially important that your immunizations be up-to-date since the potential for exposure is greater than for the general population.

Common adult immunizations and the benefits are as follows:

- **MMR** – Provides protection against Measles, Mumps and Rubella, which may lead to ear infection, deafness, seizures, testicular or ovarian swelling, sterilization or arthritis. Exposure to Rubella can also cause birth defects if women are exposed to the disease during early pregnancy.
- **Tetanus or Tdap** — In the past, CDC recommended a tetanus shot every ten years for adults, plus diphtheria and whooping cough during early childhood. In 2005, a new lifetime vaccine was developed which offers protection against tetanus, diphtheria and whooping cough. Although the incidence of these diseases has been reduced, if infected with any of them, complications can lead to breathing problems, heart failure, pneumonia and death.
- **Chickenpox (Varicella)** — Once thought to be a harmless childhood disease, varicella can be especially serious for young children,

pregnant women and adults who are immuno-compromised. Exposure during the first trimester of pregnancy has been associated with birth defects.

- **Hepatitis:** *Hepatitis A* is a serious disease spread from person to person or from contaminated food and can cause liver damage. It is usually initially manifested by nausea, vomiting, diarrhea and jaundice (changes of skin color and whites of the eye to various shades of yellow, depending on severity). It is especially important to be immunized if you are planning to travel to countries with a high prevalence of disease. For more travel information go to www.cdc.gov/travel.

Hepatitis B is a blood-borne pathogen spread by contact with blood or body fluids of an infected person. Immunization for all healthcare workers is strongly recommended since potential for exposure is high. Hepatitis B can lead to severe liver disease and death, and at present there is not a cure for this disease.

Other immunizations that are recommended for adults are: Pneumococcal for adults who smoke, have a chronic condition or are over 65 years old; and Herpes Zoster (shingles) for those over 60 years of age.

*Shala Wilson, Adult Nurse Practitioner
Employee Health Clinic*

New Employees

August 2, continued



Seated: Catherine White, Senior Perspectives; Denver Miller, Respiratory Care. *Standing:* Darla Douglas, Cal Turner Extended Care Pavilion; Heather Gillilan, Rural Health Clinic.



Save the Date: Heart Walk

Make plans now to attend the American Heart Walk on **Saturday, September 11**. The Medical Center will once again sponsor the annual event that brings attention to the importance of heart health in the prevention of heart disease. As an Accredited Chest Pain Center with PCI and the only provider of comprehensive cardiac care in the region, The Medical Center is dedicated to supporting efforts such as the Heart Walk in the fight against heart disease.

The walk starts and ends on The Medical Center campus. Participants can choose from two routes: 1 mile and 2.5 miles. Registration begins at 8 a.m. The walk begins at 9 a.m. For more information, call Traci Duff, Recruitment Chair for The Medical Center, at ext. 5566.

July 2010 PRIDE Ideas

Pamela Parker	3B
Beverly Phelps.....	NICU
Ingrid Volk.....	Lab
Autumn Jenkins	NICU
Melissa Slagle	4A