

# INTERCOMM

September 15, 2010



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FOR EMPLOYEES

TO: All CHC Employees  
FROM: John Desmarais  
President and Chief Executive Officer  
DATE: September 15, 2010

I would like to express my appreciation for your valued service to Commonwealth Health Corporation. Because of your dedication and support, we can confirm our commitment to care for people and improve the quality of life in the communities we serve.

One of those commitments is through our annual E.C.H.O. (Employees Contributing to Help Others) campaign. The campaign will kick off with festivities on September 23 and end on November 30. Donations may be made through payroll deduction for the support of the Free Clinic and The Hospitality House.

This year the Free Clinic celebrates its 15th Anniversary. It is with great pleasure I share these numbers with you. Individual patients served since inception total 9,879, over 303,211 prescriptions have been filled, and the value of services provided reached \$35,876,235. The Clinic's mission is to offer free services to the working uninsured while The Dental Clinic offers a low cost alternative to those in need of basic dental care.

The Hospitality House will fulfill its mission as a "home away from home" for families who have loved ones receiving treatment at The Medical Center and Commonwealth Regional Specialty Hospital. Its impact will be tremendous to the community.

**It is only with your support we confirm our commitment.**  
*Please join us as we kick off the E.C.H.O. Campaign!*

### E.C.H.O. KICKOFF!

**BOWLING GREEN**  
Thursday, Sept. 23

**SCOTTSVILLE**  
Tuesday, Sept. 28

**FRANKLIN**  
Friday, Oct. 1

**BOWLING GREEN**  
NIGHT SHIFT  
Thursday, Oct. 14

**Please join us for lunch, games, and activities at the E.C.H.O. Kick Off!**  
**For more information [CLICK HERE!](#)**

## Retirements



**Diana Wells**, Environmental Services Supervisor, retired on August 27 after 19 years of service with The Medical Center. Celebrating with her are Effie Forte, Director of Environmental Services (left), and Sarah Moore, Executive Vice President (right).



**Loretta West**, Manager of Medical Records with The Medical Center at Franklin, retired on September 3 after 36 years of service with Franklin-Simpson Memorial Hospital and The Medical Center at Franklin.

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](mailto:SKFeria@chc.net).

## CHC celebrates the opening of D Tower



*John Desmarais, President & CEO of Commonwealth Health Corporation, cuts the ribbon with Connie Smith, CEO of The Medical Center, and Executive Vice Presidents Sarah Moore, Ron Sowell, Betsy Kullman, and Jean Cherry, with CHC Board Chair Joe Natcher, at the Chamber of Commerce ribbon cutting. CHC employees, government leaders, and Chamber partners join with them.*

On September 8, the community joined CHC employees at a Chamber of Commerce ribbon cutting and Open House to celebrate the opening of The Medical Center's new addition—D Tower. The D Tower is the product of a two year, \$30 million expansion project that began in fall 2008. The addition provides two new floors, 48 private patient rooms, and enhances The Medical Center's capability to meet the demands of a growing population who turn to The Medical Center for their healthcare needs.

Joe Natcher, Chamber Chairman, Mayor Elaine Walker, and County Judge Executive, Mike Buchanon each spoke at the ribbon cutting. They congratulated CHC and John Desmarais, President & CEO of Commonwealth Health Corporation, for continued commitment to providing advanced healthcare in Warren County. Following the ribbon cutting, attendees took a tour of the third and fourth floors, which are dedicated to Orthopaedics and Neuroscience, and Cardiothoracic and Vascular services respectively.

Each floor has many features which will enhance both nursing and patient experiences:

- Three rooms on each floor feature lifts, allowing for patients to be weighed and safely transferred to and from a wheelchair or the bathroom.
- A satellite kitchen on the 3rd floor allows Food Services staff to prepare and deliver meals to patients in the new tower.
- Remote telemetry is available on both floors with a central monitoring station.
- Both floors offer family members spacious, comfortable waiting rooms with an abundance of natural light.
- The fourth floor has recliners in each patient room, and the third floor has couches that transform into a bed for a family member.

With the addition of the D Tower, The Medical Center will have the capacity to provide all 337 beds for which it is licensed.

# Upcoming Events

**September 16**

**8 - 9 a.m.**

## Tai Chi Class

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

If you are looking for improved strength, better balance, and a healthier body and mind, this class is for you. Taught by Sifu Sam Smith, this class is for adult men and women of all ages. *To register call 745-0942; space is limited.*

**September 16**

**5:30 - 7 p.m.**

## Gastric Bypass Support Group

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

This class offers education and support to patients who have undergone or will undergo gastric bypass surgery.

**September 21**

**6 - 7 p.m.**

## FEAST (Food Education and Allergy Support Team)

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

FEAST provides education, information and support to food allergic individuals and their families. Each meeting has a specific topic or program of discussion.

**September 22**

**9 a.m. - noon**

## Free Heart Risk Screening

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

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.*

**September 23**

**9 a.m. - noon**

## Free Osteoporosis and Bone Density Screening

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

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk of breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel. *Preregistration required by calling 745-0942.*

**September 24**

**9 a.m. - 4 p.m.**

## Vascular Screening

*Location: The Medical Center Health & Wellness Center in 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. The cost is \$35 per screening. 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.*

## Warren County Start! Heart Walk draws crowd

The Medical Center front lawn was full of eager fundraisers last Saturday, September 11 as the community came together for the Warren County Start! Heart Walk. The event, arranged by the American Heart Association, began and ended at The Medical Center front lawn, and encouraged teams to raise money for the fight against heart disease and stroke. All funds raised by the event will stay within Warren County for research, public education and advocacy.



*Participants in the Warren County Start! Heart Walk made their way up College Street. Teams and individuals had the option of walking either a mile course or a two-and-a-half mile course that stretched through downtown Bowling Green.*



*A young supporter of the Warren County Start! Heart Walk received help cutting the ribbon at the beginning of the event. Red Cap Survivors were invited to walk at the front of the large group to show their triumph over heart disease or stroke.*

## New Employees



Seated left to right: Sylvia Poor, Rehabilitation Services; Haley McPeak, Food Services. Standing left to right: Patty Anslow, MCF Laboratory; Susan Redick, MCS Food Services

## NICU Reunion Down on the farm



Kim White, RN and Autumn Jenkins, RN visit with Trace Cunningham and his brother Tripp (in the background) at the NICU Reunion.

The 3rd Annual NICU Reunion was held on Sunday, September 12 in The Medical Center Auditorium. More than 50 families were registered to attend the event and even more came out to reconnect with the NICU staff, who played an important role in the beginning of their children's lives. The event had a down-on-the-farm theme and included food, games, door prizes, and a slide show displaying past and present photos of the former



"Little helpers" set up for the NICU reunion by placing a baby doll in the incubator.

NICU babies. The reunion was a welcomed opportunity for the NICU staff to reconnect with families of premature babies and to catch up on the progress of the children after they left the NICU.

## 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.