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extra

news for Owensboro Medical Health System employees

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"It is our duty to use the new hospital as a backdrop...to provide leadership in improving the health of our community."

QUOTE OF THE WEEK

Dr. Jeff Barber

on the employee wellness survey

OMHS announces employee wellness survey

The survey will be administered in January in conjunction with the Health Improvement Plan.



Dr. Jeff Barber

There is the old proverb, *charity begins at home, but shouldn't end there*. The same can be said of how OMHS has approached wellness.

Eleven years ago, our organization had the foresight to construct one of the nation's premier medical wellness centers on the former location of Mercy Hospital. Since that time, the HeathPark has become a pacesetter in advancing the OMHS mission, particularly that of improving the health of our community. Now, as we look toward our future and the new hospital, it is our duty to use the new hospital as a backdrop to advance not just our mission to heal the sick but also to provide leadership in improving the health of our community.

It was with this in mind that we staged the Get Movin' Challenge and Walk/Run during our June 2010 groundbreaking. The Get Movin' Community Challenge that will soon be underway with OMHS, Messenger-Inquirer, Greater Owensboro Chamber of Commerce and Cromwell Radio Group is another example of this strategy. Our decision to construct walking trails around the new campus is but another initiative designed to focus on wellness promotion in our community. With this same vigor that OMHS has approached health and wellness efforts in our community, we will now turn to expanding our wellness efforts here at home, within the OMHS family.

Earlier this year, the OMHS Get Movin' Wellness Committee was formed to develop strategies and programs designed to improve the health of our

workforce over the next few years. As a starting point, all employees will have the opportunity to take part in a new wellness survey in January in conjunction with our Health Improvement Program (HIP). Even if you decide not to participate in HIP, you can still take the wellness survey. As a member of our workforce, I hope you will enroll in HIP and encourage others to do so as well. We owe it to ourselves, our loved ones and each other to work together to improve our health and longevity. In advance, thank you for stepping up to the challenge.

Employees needed to teach smoking cessation classes

Drs. Thomas Cooper and Richard Clayton, founders of the successful Cooper-Clayton Start to Stop Smoking program, will provide training for employees who want to lead smoking cessation classes in 2011. Employees are needed to provide Cooper Clayton classes at all OMHS sites (Parrish Campus, HealthPark, MultiCare Madisonville, MultiCare Ohio County, etc.).

Tuesday, November 23
9:00 am – 3:00 p.m.
Conference Room
Mitchell Memorial Cancer Center.

- Training is open to any staff member or physician.
- Hourly workers who attend the training will be paid for their time and lunch will be provided. Talk with your manager before registering.
- Case managers and nurses can earn continuing education units for attending the training.

To register, call Nancy Velotta at 688-4881 or email nancy.velotta@omhs.org.



Owensboro
Medical Health System

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Upcoming Events at OMHS

Now – December 12th

Registration for the Get Movin' 2011 community challenge

Get your team together and register for the 'Get Movin' 2011' challenge! The challenge begins in January and prizes will be awarded to the first and second places in each category.

December 1st

Lights for Life – Tree Lighting

Lights for Life will be holding its annual Christmas tree lighting in the Parrish Lobby of the hospital on Wednesday December 1st starting at 11:00 a.m. Come out and hear popular holiday tunes, stories from Santa and see the tree lighting. You can also make a donation to Lights for Life and dedicate an ornament for the tree. For more information contact the Foundation For Health at 688-2350.

December 2nd

Lights for Life – Pet Pictures with Santa

Lights for Life will be hosting pet pictures with Santa from 6:00 to 8:00 p.m. at the Business Center. Come by and have your pet's picture taken with Santa. For more information contact the Foundation For Health at 688-2350.

Do you have an OMHS related event you'd like to share in Extra? Send it to speck@omhs.org and we'll include it in the 'Upcoming Events' section!

Get Movin' 2011

A Community Challenge to Improve Our Health

Registration opens for the Get Movin' 2011 challenge

OMHS wants employees to hit the new year running (or walking or biking) for your health and to support fitness in our region. Start assembling your team for Get Movin' 2011, a free event that will challenge you and your teammates to be active this winter. The contest is sponsored by Greater Owensboro Chamber of Commerce, the Owensboro Messenger-Inquirer, the Cromwell Group and OMHS.

Q: What is the Get Movin' 2011 community challenge?

A: The challenge is an opportunity for employees and their families to get into shape and compete against others for a chance to win prizes.

Q: How does the Get Movin' 2011 community challenge work?

A: For 12 weeks, your team will record its daily minutes of cardiovascular activity and log its totals weekly online. The team with the highest number of minutes per participant at the end of the contest wins! The competition is free and open to anyone who wishes to participate.

Q: Why do I have to have a pre-assessment before starting the challenge?

A: Adult team members must participate in a pre-contest health assessment that will include blood pressure, heart rate and body mass

index (waist circumference, height and weight). A comparison report will be available after post-testing the week after the contest. Student participants in the school category are exempt from this requirement.

Q: What is the purpose of having a team captain and the different categories?

A: Each team must have a team captain. Responsibilities of the captain include registering teams online, logging minutes each week, and collecting waivers. Challenge prizes for 1st and 2nd places will be awarded in five categories: schools, non-profit, business, family and friends, and OMHS employees. There will also be prizes for individuals who show the greatest improvements in pre-testing measures.

Q: How can I register for the challenge?

A: Registration opened November 15 and continues through December 12. Register at www.getmovin2011.com and we'll send you an email right away to make an appointment for pre-testing at the OMHS HealthPark.

Q: When does the challenge start?

A: Pre-testing will be December 9th, 10th, 11th, 27th, 28th and 29th. The contest kicks off January 1st and runs through March 25th. Post-testing will be from March 26th through April 2nd.

Salvation Army food drive



OMHS' annual Salvation Army food drive will kick off Friday, November 19th and run through December 17th.

If you would like to donate, food boxes are located at the Parrish Avenue campus, Business Center and all of the MultiCare locations.

Items needed:

- Green Beans
- Tuna
- Carrots
- Macaroni & Cheese
- Ramen Noodles
- Peanut Butter
- Canned Potatoes
- Corn
- Soup
- Pasta/Spaghetti
- Canned Fruit
- Pork-n-Beans
- Beef Stew

OMHS receives award for improving organ transplants



Kimberly Wardlow with the Kentucky Organ Donor Affiliates presents OMHS with a bronze metal for the hospital's efforts in organ transplants. OMHS was one of only four hospitals in Kentucky to receive this honor from the Department of Health and Human Services.

The hospital is one of only four in Kentucky to receive the recognition.

OMHS was recently recognized by the Department for Health and Human Services for its efforts in improving organ transplants. The hospital was a bronze medal winner and one of only four in Kentucky to receive the recognition during a ceremony November 5th in Grapevine, Texas.

According to organdonor.gov, which is operated by the Health Resources and Services Administration, there are over 108,000 individuals on the waiting list for organ donations in the United States.

"This is a tremendous accomplishment," said Kimberly Wardlow with Kentucky Donor Affiliates. "What OMHS has is love and compassion."



HIP 4th quarter is underway

4th quarter: Oct. 1st – Dec.17th

HIP incentive money for the third quarter has been loaded on your Healthy Merits card and can now be used. If you have questions regarding your Healthy Merits account you may call 1-877-348-4533 or visit www.mybenny.com

Below is a list of classes available during the fourth quarter. You'll need to know your employee ID number when attending. For a complete list of classes, log onto the intranet and go to the Health Improvement Plan section at the bottom of the right hand column.

November 16th – 5:30 p.m. – 6:30 p.m.
Differences in the Heart of Men & Women
HealthPark Classroom A

November 17th – 5:00 p.m. – 6:00 p.m.
Holiday Eating
HealthPark Classroom A

November 18th – 7:30 a.m. – 8:30 a.m.
Exercise 101
Conference Room D

November 23rd – 11:00 a.m. – 12:00 p.m.
Pre-Diabetes
Conference Room D

November 30th – 2:00 p.m. – 3:00 p.m.
Staying in Range
HealthPark Classroom B

Cancelled: December 7th – Keeping your heart healthy

Location change: Classes will no longer be held in the New Life Education Center. All classes scheduled to be held in that room have been moved to an alternate location.

Smoking is the #1 preventable cause of death.

If you need assistance to help stop smoking, contact Nancy Velotta (688-4881) or Jean Julius (688-4856).

Mike Mills named KSHP Fellow



Mills has served as President and on the Board of Directors for the Kentucky Society of Health-System Pharmacists.

OMHS' Vice President of Ancillary Services, Mike

Mills recently was named a Fellow of the Kentucky Society of Health-System Pharmacists. The KSHP Fellows program started in 2001 and has named only 21 fellows since its inception. The program recognizes excellence in pharmacy practice, grants recognition to, and promotes public awareness of Kentucky pharmacists who have distinguished themselves in pharmacy practice, according to the KSHP newsletter.

Mills has served as a delegate to the American Society of Health System Pharmacists and is a member of the Kentucky Hospital Association and the American College of Healthcare Executives. He served on the KSHP Board of Directors from 1999 through 2006 and was KSHP President in 2008.



Lori Cook - LPN, Susan Daniels - RNP and Louise Rogers - Receptionist raised money and awareness for Owensboro's first Breast Cancer Awareness Walk. The walk was organized by the American Cancer Society.



Brison Young, Margie Ralph, Dianne Mattingly, Cyni Rea and Charlotte Conder pose with Pat Beckhart (center) during her retirement party recently. Beckhart worked at OMHS for 45 years before retiring this year from the Information Systems department.

Welcome new employees! – October 25th



Deidna Boyken- Behavioral Health; Sarah Glasgow- Labor & Delivery; Thomas Ron Turner- Golden Partners; Julie Hobson- Emergency Department; LaDonna Stroud- Emergency Department; Amanda Brown- Call Center; Linda Holder- Wound Care; Vicki Rearden- Transitional Care; Jessica Troutman- Neuro; Penny Mullins- Surgery; Jason Collins- Pharmacy; Kayla McDole- Health Information Management; Lauren Tunstall- HealthPark Fitness; Sarah Bickett- Materials Management; April Jennings- Central Scheduling; Sandy Cox- Professional Billing

Do you have a story for Extra?
Send an email to stuart.peck@omhs.org.