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# extra

news for Owensboro Medical Health System employees

**1 of 16**  
IN THE NATION

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## WHAT'S INSIDE

Hospital week in pictures  
p.2

Nursing Excellence Award  
winners  
p.3

Welcome new employees!  
p.4

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and watch  
'The Extra Edition!'



**May 23, 2011**  
Volume 2, Edition 15

**"If we lead by example then hopefully a lot of people will follow."**

### QUOTE OF THE WEEK

**Dr. Jeff Barber, President & CEO**  
on the wellness initiative

## OMHS president & employees take a walk



*About 50 employees made the one mile trek around the Parrish Avenue campus as part of the Wellness Walk. The walk was led by President and CEO, Dr. Jeff Barber.*

### Walk around the hospital is the first in a series of wellness walks at OMHS.

On a hot afternoon in May about 50 employees rolled up their sleeves and prepared to take a walk around OMHS' Parrish Avenue campus. Donning a khaki colored OMHS ball cap, the walk was led by hospital President and CEO, Dr. Jeff Barber.

"If we lead by example then hopefully a lot of people will follow, according to Barber. "That is our goal."

Part of an on going initiative to improve the health of our community is a mission Barber is passionate about. He knows that mission has to start with the hospital's employees. Ginny Ward, manager of materials management for OMHS, is one of those employees. Despite wearing heels she was determined to make the one mile walk around the campus.

"It was a little warm but we did well," Ward said. "It probably took us about 10 minutes and wasn't bad at all."

Earlier this year staff from the landscaping department measured the distance around OMHS' hospital, HealthPark and Business Center campuses. Large blue squares in the parking lots and on the sidewalks mark out the route around the campus for employees to follow as they walk or run. Barber is also planning to lead additional wellness walks with employees later this month. On May 24th he will be walking around the Business Center and on May 25th he'll make the trek around the HealthPark. Both of those walks kick off at noon.

"We hope it builds here and continues to build throughout the community, because part of our mission is to improve the health of our community," said Barber. "Just by walking everyday you can improve your health." (Continued on page 3)



## Upcoming Events at OMHS

Now – June 11th

### GRADD Senior Games

OMHS is a sponsor of the senior games. There are dozens of activities available during the competition. For more information on the games visit [www.gradd.com](http://www.gradd.com) or call Melinda Cornell at 688-4857. Anyone 50 years and older is eligible to participate. Some of the games included are: bowling, track & field, golf, swimming and much more!

May 24th

### Free Women's Wellness Seminar

Dr. Joseph Hudgens, an OB/GYN with the OMHS Center for Women's Health will be speaking at a free seminar. The seminar will discuss how making healthy lifestyle choices and being proactive can help overcome common problems and improve your overall health. Dr. Hudgens will also highlight the latest advances in minimally invasive surgery and daVinci® robotic technology. The event will be at the HealthPark from 5:30 to 7:00 p.m. There will be door prizes, hors d'oeuvres, cooking tips and more!

May 25th

### Healthy YOU!

Attend a free info session about a new medically supervised way to lose weight. The presentation will be held in the HealthPark classroom at 12:30 p.m. For more information contact Beth Cecil at 688-4852.

June 23rd – 25th

### Camp Wheeze Away

This three day camp is open for children who suffer from asthma. The camp is held at the HealthPark each year. Volunteers are needed to help facilitate this year's camp. If you're interested in volunteering for Camp Wheeze Away, you can contact Leah Moore at 688-5204 or Janie Walther at 688-4878.

## Hospital Week 2011 in pictures!

All over OMHS employees celebrated hospital week check out some of the festivities.



*Daniel Blandford, an employment specialist at OMHS hands out Nurse Day gifts in the Conference Center.*



*OMHS employees Joe Bachmeier, Dr. Randall Thomas and Patrick Rykwalder judge a dessert contest at the Business Center.*



*Leesa Edge, Joe Overby and Kelly Armour sport their stylish aprons while serving up breakfast to employees.*

## Nursing Excellence Award dinner



*Nursing Excellence Award winners and their families dine during the awards dinner held in the Conference Center. This year's winners are: Patricia Kinney-Ayer, RN - Behavioral Health Access; Nancy Burnette, RN - Wound Healing Center; Imelda Cecil, RN - Endoscopy; Phylisha Culbertson, RN - Medical 4th; Helen Ford, RN - Labor & Delivery; Sharon Hoffer, RN - Out-Patient Surgery; Kim Lindquist, RN - Quality Support; Kim Marshall, APRN - Hospitalist Program; Jamie Morris, RN - Education & Clinical Support; Cathy Sheffield, RN - Manager, Medical 6-5 and Deborah Tapp, RN - Rehab. Congratulations to all our Nursing Excellence Award winners!*



*OMHS employee Bret Maynard, who works in IS, recently completed the grand-daddy of all races- the Boston Marathon. Maynard, who is 45, said this is definitely one of the highlights of his life. "I have always strived to live a healthy lifestyle and running has always been a part of that for me," he said. Maynard says he ran with nearly 27,000 other runners from 93 different countries and finished in the top 20 percent!*

## Healthy lifestyles

Upcoming Wellness Walks:

May 24th – OMHS Business Center

May 25th – HealthPark

Join Dr. Jeff Barber as he takes a walk around OMHS to promote healthy living through exercise!



### Change of location!

All HIP coaching sessions scheduled now through June 30 have been relocated to the Ford Avenue medical office building, suite 201.

If you registered for a session on the Parrish Campus you can still attend on the day and time of your registration, but at Ford Avenue. Employees may park in the lot on the corner of Ford and Mayfair.

If you need to change the date of your coaching session, you may cancel and reschedule in Lawson. If you have questions call Nancy Velotta at 688-4881 or email [nancy.velotta@omhs.org](mailto:nancy.velotta@omhs.org).

HIP participants can now go into Lawson and sign-up for a 2nd quarter coaching session.

## From front: Walk

The walks also coincide with the MileStone Club which is going on right now. Employees have the opportunity to track the number of miles they walk or run for a chance to receive a t-shirt and pedometer.

Want to see employees take a walk? Watch this week's The Extra Edition at [omhs.org](http://omhs.org)!



## Joint Commission makes a visit

Recently Joint Commission Surveyors made a visit to OMHS and according to their report the results of their survey are very good.

The surveyors were complimentary of our staff, recognizing employees for their willingness to talk with surveyors, their transparency and their expertise. They also mentioned that all the patients they interviewed made positive comments about the staff and the care they receive in our organization.

OMHS received a total of four Direct Impact Requirements for Improvement, three for the hospital and one for Home Care. Twelve Indirect Impact Requirements for Improvement were mentioned.

“Thank you for excellence in your work and dedication to quality and safe patient care,” said Dr. Barber in an email to staff after the visit. “I am honored to be a member of this organization!”

## OMHS Employee receives national certification



Carla Terrell RN, BA, now OCN passed her national certification in Oncology Nursing. All RNs in Outpatient Oncology now have their National Oncology

Carla Terrell Certification. Congratulations to Outpatient Oncology for everyone receiving their certifications!

## Welcome new employees!



*Andrea Igleheart – CCU; Melissa Bartlett – CCU; Emily Presley – CCU; Stephanie Smith – ICU; Gloria Whitehead – ICU; Ashlee Hall – Cardiac Stepdown; Travis White – Patient Transport; Sederick Mucker – Patient Transport; Katy Anderson – Human Resource; Janet Bristow – Accounting; Barbara Matson – Clinic General & Admin; Jessica Scott – MultiCare Madisonville.*



*Joseph Riney – Laboratory; Michael Wagner – Laboratory; Brittany Reynolds – CSU; Kimberly Trunnell – CCU; Sarah McKenzie Zogg – Cardiac Stepdown; Elizabeth Mickus – Cardiac Stepdown; Rhonda Strobel – Cardiac Stepdown; Katlan Harris – General Surgery; Kristina Phelps – Orthopedics; Kimberly Muffett – Family Care Unit; Amber Barnes – Family Care Unit; Faith Grant – Emergency Department; Robert Merritt – Therapies; Dana Nall – Rehab; William Roger Tapp – Pharmacy; William Bingham – Materials Management.*

## Partnership of Caring Businesses

Employees looking to start or renew a Sam's Club membership can either pick up a form in the Human Resource Department or take their employee badge to the customer service desk at Sam's Club. Memberships are \$40.00 annually and include a \$10.00 gift card.