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extra

news for Owensboro Medical Health System employees

“The importance of regular physical activity cannot be over-estimated.”

QUOTE OF THE WEEK

Collette Carter
on Get Movin' 2011

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Chamber, OMHS and Messenger-Inquirer announce community health challenge



Challenge will begin in January and run through the end of March

Owensboro Medical Health System and the Greater Owensboro Chamber of Commerce announced Get Movin' 2011 last Thursday, a community challenge to improve health, at the Chamber's monthly Rooster Booster Breakfast. The Messenger-Inquirer will provide support as a media partner.

The challenge, scheduled to begin January 1, will be open to anyone. Individuals will be invited to form teams of two to ten to increase their levels of activity over a 12-week period. Participants will have the opportunity to win more than \$5,000 in grants and prizes, provided by OMHS and Chamber members.

“The importance of regular physical activity cannot be over-estimated,” says Collette Carter, director of the OMHS HealthPark. “The benefits are available to anyone. Helping people increase their levels of activity will pay big dividends in health and wellness.”

Regular physical activity can help lower blood pressure while increasing energy and is a key component to maintaining a healthy weight that can lower risk for heart disease, stroke, diabetes and

arthritis. Health experts recommend incorporating 30 minutes of physical activity at least five days a week.

To provide measurable results, OMHS will offer pre and post assessments at no cost to all participants. Team members can have their blood pressure and body mass index (height, weight and waist circumference) measured in December and again when the challenge ends in March. Participants must enter the amount of time they exercise online each week at www.getmovin2011.com and complete both pre and post assessments to maintain prize eligibility. More details will be posted online by November 15, when registration begins.

Jody Wassmer, president of the Chamber of Commerce, says a recent survey of Chamber members showed strong interest in a wellness program to help employees gain better control of their health and lower costs.

“Wellness is a big issue for everyone and we need to emphasize it community-wide,” Wassmer says. “We'll be working with Chamber members to provide discounts on health-related product and services during the program.”



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

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Upcoming Events at OMHS

October 28th

Facilities Tours

Have you always wanted to find out what happens in the facilities department at OMHS? Now's your chance! From 9:00 a.m. to 3:00 p.m. join the facilities team on tours through the various departments. There will be a questionnaire for employees and you can enter to win fabulous prizes!

October 28th

OMHS Nursing Forum

This is a quarterly gathering of nurses from all areas working together to solve system-wide issues to improve the quality of patient care.

November 6th

The Foundation For Health's Gala

Employees are welcome to attend the annual Foundation For Health Gala event. Tickets are 50% off for employees or \$75.00 and can be payroll deducted over four pay periods. The event will be from six p.m. to midnight at the Hines Center. Please call 688-2113 to make reservations. This year's theme is 'Saturday Night Fever.'

Prenatal classes being offered for free

Classes are moving from the New Life Education Center to the HealthPark

On October 4, OMHS started offering its prenatal courses at no cost to participants. The classes have also relocated to suite 408 in the medical office building at the corner of Ford and Mayfair avenues, connected to the HealthPark.

Currently, 20-25 percent of mothers and fathers expecting a baby attend prenatal courses, which have been offered at a cost of \$10-\$40 and held on the OMHS Parrish campus.

"We hope that by removing the fees and offering the classes in a location easier to access more couples will attend," said Cathy Wimsatt, a registered nurse and prenatal educator. "Knowing what to expect when your baby is born can reduce anxiety for the couple and lower the woman's perception of pain."

"When couples attend prenatal education it allows us to better support preferences they have when their child is born," Wimsatt said.

Prenatal education topics include fetal development, the process of labor and delivery, cesarean birth and anesthesia and car seat safety. Couples also participate in relaxation exercises, breathing and comfort techniques and view films on childbirth.

For more information, call the hospital's prenatal education department at 270-688-5098.

Success Sharing 2011 goals available online



Employees can take a survey about the goals and be entered to win prizes!

OMHS Employees can now go online and watch videos related to each of the 11 Success Sharing goals set for 2011. It's an effort to help employees understand how vital a role they play in each of the goals.

"Without the employees we wouldn't have the quality of care we do at OMHS," said Marcie Henderson, manager of quality for the hospital. "We want employees to know how they can help all of us be successful in the coming year."

For the fastest download speed, employees can log onto the OMHS intranet at work and www.omhs.org/success2011 at home to watch a video interview about each of the quality, people, service and finance goals. You can also print out a copy of the goals on those sites. While you're on omhs.org be sure and fill out the survey about the success sharing goals. Employees who complete the survey will be entered to win prizes.

"We want employees to be able to use these videos as a tool or a reference so they can keep our goals for 2011 at the forefront of everything they do," according to Marilou Murphy, the director of strategic planning and LEAN for OMHS.



Grants raise money for breast cancer awareness

Community Benefit grants given for ‘Race for the Cure’ and Owensboro ‘Bowl for the Cure’.

Even though October is Breast Cancer Awareness month, the Susan G. Komen foundation works, every month of the year, to make people more aware of the impact breast cancer has on the lives of thousands. The foundation’s ‘Bowl for the Cure’ and ‘Race for the Cure’ events are two of the groups most popular and visible.

“It’s [Bowl for the Cure] an extremely successful event,” said Sheila Seiler, executive director of the Greater Evansville Chapter of the Susan G. Komen foundation.

Seiler says since the start of the ‘Bowl for the Cure’ event in Owensboro it’s grown by leaps and bounds. The event is so popular in fact that the foundation has added an additional night of bowling because of the high demand. This year’s bowl broke \$20,000 in Owensboro over the two nights it went on.

“It’s a chance to spend time with friends and family and fight breast cancer,” said Seiler.

This year OMHS’ Community Benefit grant program gave the foundation’s Greater Evansville chapter two grants totaling \$15,000; one for ‘Bowl for the Cure’ and

another for the ‘Race for the Cure’. Seiler says OMHS has been a big part of the success of the events which help raise money for breast cancer research and education.

“If we didn’t have that support for the ‘Bowl for the Cure’ [in Owensboro] we just couldn’t do it,” according to Seiler.

Breast cancer awareness and research is the mission of The Susan G. Komen foundation as the group is the largest private donor to breast cancer research in the United States. Locally, 75 percent of the money raised in the tri-state stays in the community.

The foundation also works closely with the Kentucky Cancer Program to help educate Latino women in the region and the Foundation For Health’s ‘Mammograms for Life’ program. From April 1st through the end of June this year the ‘Mammograms for Life’ program has helped pay for over 80 screenings and more than 50 diagnostic procedures which helped detect breast cancer in one of the patients. Through OMHS and the Susan G. Komen foundation lives are being changed and more awareness is being brought to the fight against breast cancer.

“Breast cancer is a disease that impacts whole families,” said Seiler.



HIP 4th quarter is underway

4th quarter: Oct. 1st – Dec.17th

The 3rd quarter of HIP has ended. 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.

October 19th- 12:00 – 1:00 p.m.
Nutrition 101
Conference Room D

October 21st – 5:00 – 6:00 p.m.
What is a Brain Attack?
HealthPark Classroom B

October 26th – 2:00 – 3:00 p.m.
Staying in Range
HealthPark Classroom B

October 28th – 7:30 – 8:30 a.m.
High Cholesterol
Conference Room D

November 1st – 5:30 – 6:30 p.m.
Exercise 101
HealthPark Classroom A

November 3rd – 11:00 – 12:00 p.m.
Smoking Cessation
Conference Room D

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.

- Cardiac Surgery Excellence Award™ for the second year in row
- Pulmonary Care Excellence Award™ for the sixth year in a row
- Gastrointestinal Care Excellence Award™ for the sixth year in a row
- Gastrointestinal Surgery Award™ for the third year in a row

'Taste of OMHS' winner announced!

Congratulations to Karen Young, a nurse on Labor and Delivery, for her winning recipe.

The recipes were narrowed down to the final six and taste tested by OMHS administration and Chef Adam from the All Spice' Café. The winning recipe, Peach Delight, was featured at the cafeteria Wednesday October 13th. Here's the recipe, submitted by Karen Young of the Labor and Delivery unit:

Peach Delight

Ingredients-

- 1 can peach pie filling
- 2 8oz packages of cream cheese
- 1 cup of sugar
- 2 cans of crescent rolls
- 1 stick of butter (may use less if desired)
- 1 cup of powdered sugar
- 2 Tablespoons of milk

Steps-

1. Line 1 can of crescent rolls in the bottom of a greased 13x9 pan. Bake at 350 for 10 minutes, or until brown.
2. Cream both packages of cream cheese and sugar together.
3. Stir in pie filling.
4. Pour mixture over baked crescent roll layer.
5. Unroll second can of crescent rolls and stretch over the top of mixture.
6. Drizzle melted butter over the top of the crescent layer.
7. Bake at 350 for 25 minutes or until brown.
8. Mix powdered sugar and milk, drizzle on top.
9. Enjoy!



From left to right, CFO John Hackbarth, Jody Swentner, COO Greg Strahan and Executive Chef Adam Edwards pose for a picture with Karen Young, the winner of the Taste of OMHS contest.

Construction update



These two pictures show the first beam of steel being installed at the new hospital site between Pleasant Valley Rd. and Daniels Ln. The first piece weighed in at 20,000 pounds and was erected just after 9:00 Wednesday morning. If you'd like to watch the first piece of steel being set, become a fan of Owensboro Medical Health System on facebook.