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extra

news for Owensboro Medical Health System employees

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**"I think the Get Movin' Challenge
is just one way to jump start
some folks."**

QUOTE OF THE WEEK

Collette Carter
on Get Movin' Challenge

Over 1,200 register for Get Movin' 2011



All team members must have a pre-assessment to be eligible for prizes

With the kickoff of Get Movin' 2011 just a few weeks away thousands of people have stepped up to the challenge. Get Movin' 2011 starts January 1st and runs 12 weeks through March 27th. The idea behind the community wide competition was to encourage people to live healthy lives through exercise.

"I think the Get Movin' Challenge is just one way to jump start some folks," said Collette Carter, director of the HealthPark.

Over 200 teams are signed up including over 30 teams made up of OMHS employees. According to the Kentucky Institute of Medicine 35% of adults in Daviess County lack physical activity in their lives; that percentage compares to 24% nationally.

"It starts with awareness and this program I think is a simple, easy way for people to get invigorated to think about healthy lifestyles and get their heart pumping," said Jody Wassmer, president of the Greater Owensboro Chamber of Commerce.

Along with the challenge, participants have an opportunity to get a pre and post assessment to show

them how much progress they made in their healthy lifestyle. The assessment includes a check of your blood pressure and body mass index and is required to be eligible for prizes.

"One of the ways to be successful with any program that you do is being able to celebrate your successes along the way," said Carter. "We're actually going to take measurements in the beginning and be able to show people in the 12 weeks the progress they have made."

Assessments will be conducted:
December 27th - 12:00 to 3:00 p.m. and 4:00 p.m. to 7:00 p.m.
December 28th - 8:00 a.m. to 10:00 a.m. and 11:00 a.m. to 2:00 p.m.
December 29th - 12:00 to 3:00 p.m. and 4:00 p.m. to 7:00 p.m.

Each team needs to designate a team captain who will be responsible for logging their team's minutes each week and collecting waivers for the challenge. Captains will be able to go onto www.getmovin2011.com and record their team's progress.



**Owensboro
Medical Health System**

December 16, 2010

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Upcoming Events at OMHS

January 13th

New Hospital Employee Campaign Kickoff

Get your team together. The kickoff will be held in the Conference Center from 10:00 a.m. to 2:00 p.m. A relay race will be held. Details coming soon.

January 27th

Nursing Forum

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

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

Report to the Community shows growth at OMHS



Billy Shain from 'Two Rivers Buddy Ball' speaks about the importance of the Community Benefit Program.

About 100 people came out to hear the presentation

Filling the gymnasium at the HealthPark, residents and OMHS employees came out to hear OMHS' annual update on the state of the hospital. Attendees were treated to singing by the Sutton Elementary School chorus and stretching by two of the HealthPark's trainers.

When it was time to get down to business Dr. Jeff Barber, president and CEO of OMHS talked about the growth the hospital has seen in terms of employment and services being offered. Barber also talked about the support OMHS gives back to the community each year in the form of grants and charity care for patients who can't pay their bills. The crowd heard from two of the organizations supported by the Community Benefit grant program. Billy Shain from 'Two Rivers Buddy Ball' spoke about the importance of having OMHS' support for the program and Dr. Mike Johnson with the Community Dental Clinic talked about the number of kids who have never seen a dentist and the need there is in the community for this

service.

Merrill Bowers, project manager with Turner Construction also gave an update on the new hospital construction project. According to Bowers the project is on schedule and approximately 46 million dollars in contracts have been awarded for the project. He also said a lot of local labor is being used to build the hospital and at its peak there will be 600 to 1,000 workers on site.



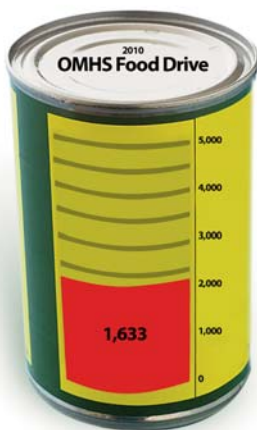
If you weren't able to make it to the Report to the Community you can watch it online at www.omhs.org.

Items still needed in food drive

The Salvation Army says the items already donated have created 220 food boxes for families in need.

We're only a couple days away from the end of the OMHS food drive and according to the Salvation Army, the response has been appreciated. Lieutenant Carl Melton with the Owensboro Salvation Army says the items still needed include canned vegetables such as corn, green beans and peas. Melton says any item that is canned will keep longer.

Thursday December 16th is the distribution day. Food is packed into boxes and distributed to families in need. According to the Salvation Army 220 food boxes have already been made.



“We feel everybody needs to have a Christmas dinner,” said Melton. “This food will offer an opportunity for families to have a meal around the holidays.”

Anything donated after Thursday December 16th will be used to stock the Salvation Army's pantry which helps provide food year round.

“These donations, this help will go way beyond Christmas,” Melton said.

You can still drop off your donations through Friday December 17th. Look for boxes around the hospital and OMHS' other offices and clinics.

New hospital construction update



Workers with Baker Concrete pour the floor of one of the levels of the new bed tower. Steel erection will continue through the winter months and will be finished in the spring of next year.



4th quarter ends Friday!

4th quarter: Oct. 1st – Dec.17th

If you have questions regarding your Healthy Merits account you may call 1-877-348-4533 or visit www.mybenny.com

Log onto the intranet and go to the Health Improvement Plan section at the bottom of the right hand column to find a copy of the HIP form. All forms need to be faxed (688-4843) to Nancy Velotta in the Health Resource Center by Friday.

HIP 2011

If you complete your screening during January, your name will go into a drawing for a great prize. One prize will be drawn each day of the screening. Go to Lawson and register for your screening date and time to reserve your spot. Please reserve only one date and time so everyone has a chance to enter. If you have questions you can contact Nancy Velotta at 688-4881.

HIP screenings will be held at the Breckenridge Medical Office Building on the 2nd floor across from the Women's Pavilion in January and February. All screenings will be held in the Ford Medical Office Building suite 201 during March.

All HIP participants will need to fast 10 to 12 hours before their screening.

New Flex Spending Cards



The 2011 Flexible Spending Cards have been mailed to all participants. Employees enrolled in flex should have received their card in the mail from Right Choice, our new benefit administrator. These cards will not be activated until January 1, 2011 and can only be used for 2011 transactions.

Employees with 2010 Flex Cards who have a balance will only be able to use that card for expenses through December 31, 2010.

If anyone has any questions you can contact Human Resources at 685-7700.

Ham and turkey pick up

Owensboro Area

Parrish Campus

December 20th -21st

6:30 a.m. to 8:30 a.m.

2:30 p.m. to 8:30 p.m.

Pick up located near Materials Mgmt

Offsite Location Delivery

MultiCare Madisonville

December 21st

4:00 p.m. to 6:00 p.m.

MultiCare Ohio County – December 22nd

MultiCare Tell City – December 22nd

Afternoon Dropoff

*Bring the voucher you received after completing the Employee Opinion Survey. If someone else picks it up for you they will need your voucher.

Welcome new employees!



Brian Melton- HealthPark; Jessica Berry- TCC; Stacy Burden- TCC; Melissa Hartley- Medical Telemetry; Laura Hall- Medical 6-5; Brenda Burchett- Orthopedics; Regina Siddons- Emergency Department; Deborah Gilmore- Environmental Services; Brescia Porter- Pharmacy; Wesley Phy- Respiratory Care; Kristi Martin- Call Center; Lane Williamson- Admitting; Donald 'Chad' Wilkerson- OCRP; Kathy Hays- WKRC; Heather Frizzell- Neuro; Rebecca Maddox- Community Education



Jonathan Hendricks- Business Office; Shannon Lane- Information Systems; Bobbi Baird- Nursing Support; Kelly Ward- TCC; Joshua Morgan- TCC; Connie Hocker- TCC; Cris Hastings- ICU; Anna Kruta- Medical 6-5; Jill Withrow- Medical 4-4; Amy Rudd- Nursery; Adriane Kluck- Orthopedics; Bernice McKay-Higgins- Pastoral Care; Shannon Allcron- Pharmacy; Mary Hall- Quality; Dinah Dohoney- MultiCare Tell City