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news for Owensboro Medical Health System employees

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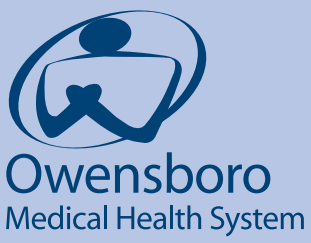
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Log onto www.omhs.org and watch 'The Extra Edition'!



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"We are confident that bringing specialty care for children will better serve families in our region"

QUOTE OF THE WEEK

Jeff Barber, DrPH
on forming affiliation with Kosair Children's Hospital



Capital Campaign Chairman Dean Jones, a member of the Foundation For Health board of directors, smiles as Carrie Holland, president of the OMHS Volunteer Auxiliary, looks on during the construction milestone celebration Saturday morning. The Auxiliary presented Jones with a \$250,000 installment of its \$750,000 pledge for an expanded chapel and water feature in an outdoor garden at the new hospital.

OMHS celebrates construction milestone

Last pieces of steel hoisted into place

Many stood by on a cold Saturday morning as a giant tower crane lifted the final pieces of steel onto the new hospital. Signatures of hundreds of employees covered the beams, painted in bright white and stamped with the OMHS logo.

"This is really a big day for the hospital and for the community," said Dr. Jeff Barber, president and CEO of OMHS. "The new hospital is moving forward and milestones like this are evidence of the progress."

The morning was filled with a number of events before the steel went up. A fun golf challenge pitted employees and members of administration against one another and several community leaders spoke

about the project. In addition to all the festivities, winners of the Get Movin' 2011 Community Challenge were recognized for the hard work they put in during the competition.

"When this hospital opens in 2013 it will truly be a new home for quality healthcare in our region," Barber said.

With steel work completed, Merrill Bowers, senior project manager for Turner Construction, said crews will be working to begin putting the exterior walls on the building. Work has already started on the inside of the structure.

On April 1, three generators were installed in the new facility and electrical and plumbing is underway.

(Continued on page 2)

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Upcoming Events at OMHS

April 21st

MyChoice group meeting

MyChoice, a weight loss support group for people who have had—or who are in the process of having any type of weight-loss surgery—meets the third Thursday of every month at 6:30 pm at the HealthPark Chapel.

April 28th

Spring Nursing Forum

Open to all nurses, held in the first-floor conference center from noon until 2:00 p.m.

May 6th

Health Career Exploration Day

Want to enter the healthcare field? Attend this event to learn about available career opportunities and employment at OMHS. Exhibits will be staged in the first-floor conference center from 8:30 a.m. to 1:30 p.m.

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!

Kosair Children's Outpatient Center Owensboro



OMHS, Kosair Children's Hospital form affiliation

Outpatient center will have pediatric specialists from Kosair, U of L

Owensboro Medical Health System and Kosair Children's Hospital have formed an affiliation, and opened Kosair Children's Outpatient Center. Pediatric specialists from University of Louisville Pediatrics and Norton Healthcare are staffing the center, located in a suite adjacent to the lobby at the Parrish Avenue hospital entrance.

The announcement comes a little more than a year after OMHS partnered with UofL's Neonatal Associates and Kosair Children's Hospital to expand and help support its neonatal intensive care unit, which provides care for premature babies and those with short-term illnesses. More than 200 babies have received care in the NICU since it opened in January 2010.

"We are thrilled to have Kosair Children's Hospital as a partner," said Jeff Barber, president & CEO of OMHS. "We are confident that bringing specialty care for children will better serve families in our region."

"Medical problems treated by pediatric specialists are often quite different from those commonly seen by doctors who care for adults," said Courtney Crews, MD, chief of pediatrics at OMHS. "Education in pediatric conditions as they relate to growth and development in children is important."

"The creation of this new outpatient center builds on our great partnership with Owensboro

Medical Health System that began many months ago with the support of the NICU as well as training nurses and additional medical staff," said Thomas D. Kmetz, president of Kosair Children's Hospital. "The opening of this special space within OMHS allows us to treat children in their own community, help keep families together and closer to home and, at the same time, it ensures that we can provide the special kind of care that's Just for Kids."

Approximately two dozen physicians from University of Louisville Pediatrics and Norton Healthcare will come to Owensboro to see patients. The outpatient center will offer the expertise of pediatricians specializing in endocrinology, gastroenterology and cardiology – as well as maternal fetal medicine physician specialists.

"This is an example of a true collaboration with the shared goal of increasing children's access to specialty medical care," said Josh Honaker, M.D., FAAP, chief, University of Louisville Division of General Pediatrics. "Our physician practices are excited by the opportunity to see patients in this new location."

To learn more about pediatric specialty services available in Owensboro, call 270-688-KIDS (5437).

Volunteer Auxiliary to award up to \$5,000 in college scholarships

The OMHS Volunteer Auxiliary is accepting applications for scholarships for students in pursuit of careers in healthcare. Applicants must have served as a hospital volunteer or currently be an employee.

Up to five scholarships of \$1,000 each will be awarded to eligible applicants. Applications can be obtained in the Volunteer Services office on the first floor of the hospital, or by emailing Kelly.Armour@omhs.org. Deadline to apply is May 5.

Scholarship recipients will be notified by the end of May and checks will be issued in \$500 increments, paid directly to schools in August and January.

Questions? Call Volunteer Services at 688-2134.

Blood drive to be held at hospital entrance

Pork burgers, t-shirts to be given to all donors

Next week's hospital blood drive will be held in a high traffic location to help increase donations and make giving blood more convenient.

The Western Kentucky Regional Blood Center will park its mobile collection vehicle, commonly called the bloodmobile, at the Parrish Avenue entrance on Tuesday, April 26 from 10 am – 6 pm. In celebration of National Lab Week, contributors can dine on pork burgers before or after they give, in addition to the free t-shirts the blood center routinely gives to all donors.

The blood center will also contribute \$5 to the HOPE fund for each donation it receives.

Donating blood is a safe and effective way to make a big difference in the lives of patients at OMHS and throughout the western part of the state, says Nancy Augenstein, a veteran employee of the hospital lab and manager of the blood bank.

Healthcare professionals should be the first to donate blood, she says, calling it "a simple act of volunteerism."

"There are very few instances where we can save three lives by giving 30 minutes of our time," Augenstein says.

Even with advancements in medical treatments the need for blood is far spreading: for patients during surgeries, for those who have cancer or may need a transfusion for a number of other medical reasons.

If you're in good health, age 17 or older and weigh more than 110 pounds, more than likely you're eligible to give. And it takes only a few minutes. The drive is open to employees, physicians, volunteers and everyone in the community.

Questions about giving? Call Kelly Armour, blood drive coordinator, at 688-2134.

From front: Steel

"This is a large project and it's always impressive to see a structure of this size come together," said Bowers. "The construction project's impact on Owensboro is major."

Many of construction workers live in the surrounding area. A number of local companies have also supplied materials for the project.

"Seeing where we've come from conception to design to seeing this structure is really quite impressive," Barber said. "I'm excited to see what the next phase will bring."

Add walking to your day

Walking can help you look and feel better. It's a low-impact exercise that won't hurt your joints. And you don't need special gear. Or long hours of practice.

Just 30 minutes of walking every day can help you lose weight and have more energy. It can also lower your blood pressure and cholesterol. Here are five ways to add walking to your day:

- Walk or bike a short distance that you might have driven in the car.
- Park farther away from where you're headed. Walk the rest of the way.
- Choose to take the stairs or steps when you can.
- Take a family stroll after dinner. And bring the dog too.
- Start a walking group for friends or neighbors. Set up regular times to meet and walk.



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 now at the Ford Avenue building. Parking is available on the lot at the corner of Ford and Mayfair.

To schedule—or change the date—of your coaching session, use the Lawson self-service manager on the Intranet. Questions? Call Nancy Velotta 688-4881 or email nancy.velotta@omhs.org.

Barber encourages employee participation in MILEstone



Dear Employees,

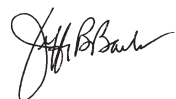
Improving the health of our community is a significant part of our organization's mission. As we reach out in an effort to make our region healthier, we want to "begin at home" by offering resources to you—our own employees and physicians—to help you live healthy, enjoyable lives.

In conjunction with our MILEstone wellness effort that kicked off April 18, I invite you to join me in walking the perimeter of the hospital on Wednesday, April 27 at noon. It will take only a few minutes to walk one mile, which you can count toward your MILEstone goal. By taking a short, daily trek you'll easily reach your 100-mile goal by the end of the contest.

Before we walk together next Wednesday, the sidewalks surrounding the hospital will be marked off in quarter-mile increments to help you count your steps. In the near future, I'll walk with employees at other locations.

If you haven't already signed up to participate in the MILEstone program, it isn't too late. Use the Lawson self service portal on the Intranet to register. Tracking cards are available in Employee Health, Volunteer Services and at the HealthPark, or you may pick one up during your HIP coaching session.

Let's work together to take charge of our own health and encourage others to join us.



Jeff Barber, DrPH
President & CEO



"The Pace Setters" captured first place in the OMHS employee category for the Get Movin' Community Challenge, walking an average of 106 minutes per team member daily over the 12-week period. Collette Carter, director of the HealthPark, stands with team members Jimmy Dennison, Cathie Medley, Denise Pace and Cindy Riggsby. Team members each received a one-year membership (not pictured: Angie Proffitt, Lauren Young, Angela Young, Patty Smith, Kathy Dennison). Officials from OMHS, the Greater Owensboro Chamber of Commerce and Cromwell Radio Group stand behind.



"The Mojo Mamas" placed second in the Get Movin' Community Challenge, walking an average of 54 minutes per team member each day over the 12-week period. Team members Kamet Smith and Brescia Porter accept prizes on behalf of their team, a one-month membership for each member (not pictured Tammy Marksberry, Holly Igleheart, Virginia Marx and Teresa Tiffany). Officials from OMHS, the Greater Owensboro Chamber of Commerce and Cromwell Radio Group stand behind.

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