Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.

**Adult Day Care Center named 2011 Kentucky Adult Day Care Center of the Year**

Each year, the Cabinet for Health and Family Services Department for Aging and Independent Living honors individuals and agencies that contribute to the betterment of those who are aged and disabled within the 120 counties of Kentucky.

Nominations from across the state for the Kentucky Aging Network Awards were submitted to the Department of Aging and Independent Living. A panel of judges reviewed the nominations to determine the winner in each category.

In June, Barren River Adult Day Care Center was notified they were selected as the 2011 Kentucky Adult Day Care Center of the Year. A reception honoring the award winners from each category was held June 14 at the Berry Hill Mansion in Frankfort. Commissioner Deborah Anderson and Deputy Commissioner Bill Cooper made the presentation to Jacque Woodward, Director of Barren River Adult Day Care Center.

The staff at the Center was extremely excited to receive this prestigious award. The Center’s nomination for the award came from the family of an individual that is served by the Center. That family’s gratitude made this award a reality for Barren River Adult Day Care Center. Each day staff at Barren River Adult Day Care Center are committed to providing superior care and service to individuals with disabilities and the aging population so they can achieve the best possible quality of life.
Upcoming Events

Look Good, Feel Better
August 8 10 a.m. to noon
The Medical Center Health & Wellness Center at Greenwood Mall
Look Good, Feel Better is a first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and makeup techniques and more. Preregistration required by calling the American Cancer Society at 800–227–2345 or 270-782–9036.

Grocery Store Tour: Choosing Healthy Food
August 10 8 to 9:30 a.m.
Kroger on Scottsville Road, Bowling Green
Andrea Norris, registered dietitian with The Medical Center Medical Nutrition Therapy Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is $10. Preregistration is required by calling 745-0942; space is limited.

Sleep Screening For Children & Adults
August 10 9 a.m. to noon.
The Medical Center Health & Wellness Center at Greenwood Mall
Following completion of a brief questionnaire about your or your child’s sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results. Preregistration required by calling 745-0942.

Vascular Screening
August 12 and 26 9 a.m. to 4 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound, and ankle/brachial index. These tests screen for disorders such as stroke, aortic aneurysm and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute, and a report is sent to you and your physician. The cost is $35 per screening or $90 for all three. Members of Senior Health Network, Men’s Health Alliance, and The Women’s Center can get all three for $80. Appointments are required by calling 745-0942.

AARP Driver Safety Program
August 17 9 a.m. to 1 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is $12 for AARP members and $14 for nonmembers, payable to AARP. Preregistration required by calling 745-0942; space is limited.

Garden Spot 5K Run/Walk
August 13
The Medical Center at Franklin Rehabilitation Services is again sponsoring the Franklin-Simpson Chamber of Commerce 29th Annual Garden Spot 5K Run/Walk on August 13. Fee is $12 for registrations submitted before August 5, and $15 from August 6 to race day. You can download race information and the registration form by clicking here.

Did you know?
You can register online for many events by visiting TheMedicalCenter.org.
CHC is proud of all our employees, physicians and clinical staff who serve their country as members of the armed forces. One such individual is James F. Beattie Jr., M.D., who recently returned from deployment to Kuwait. A pathologist at The Medical Center, Dr. Beattie holds the rank of colonel in the Tennessee Army National Guard and serves as the State Surgeon, as well as a flight surgeon — an occupational medicine physician for aviators. He has served in the military for 28 years, with 9 years in the US Army Reserve and 19 with the National Guard.

The work of Dr. Beattie and others like him is an integral part of what makes our military great. When called up for Operation Desert Storm during the first Gulf War (1990–1991), Dr. Beattie was instrumental in pulling together a blood donor center at Fort Campbell — the first active Army donor center since the Vietnam War. It was ready in eight weeks, an unprecedented accomplishment.

“I enjoy what I do,” Dr. Beattie said. “It keeps my hand in clinical practice, and I have been to some cool places.” Thank you, Dr. Beattie, and all our current military personnel and veterans, for your service.

A blast from the past at Cal Turner

Cal Turner Extended Care Pavilion had a “blast from the past” when the Southern Kentucky Street Rods visited again this year on July 19. It was a great time for the residents to look, reminisce, and socialize. Clients from Barren River Adult Day Center even made the trip to Scottsville to enjoy the fun. Many thanks to members of the Southern Kentucky Street Rods who made this special day possible.
Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The monthly Ambassador award recognizes hourly and salaried employees; the quarterly Golden Pineapple is for supervisors and managers. If you would like to nominate someone for Ambassador or Golden Pineapple, nomination forms are available in your unit or department, and by logging on to Service Excellence through Citrix.

**Judy Kenner**  
*Ambassador*  
*The Medical Center 6B/C*  
"Judy is loved by her patients and peers. She does her work quickly and completely, then jumps in and helps her co-workers, too! Judy is wonderful, kind and compassionate with our patients. We are so lucky to have Judy on our team!"

**Jim McGrane**  
*Ambassador*  
*The Medical Center Food Services*  
"Jim constantly exceeds expectations. He is compassionate, attentive to detail, and is respectful to the patients, staff, and visitors. Jim makes a difference in everyone’s day with his generous smile and excellent customer service."

**Lisa Smith**  
*Ambassador*  
*The Medical Center CCU*  
"Lisa goes above and beyond in her work. She is always smiling and willing to help everyone. She is kind, considerate and conscientious in all that she does. We are proud to work with Lisa and fortunate to have her on CCU!"

**Vivian McClellan**  
*Golden Pineapple – 3rd Quarter*  
*Education & Development*  
"Vivian is always willing to pitch in and help in all types of situations. She is so caring and appreciative of other staff. She is an awesome example for other members of management, as well as other employees. We are fortunate to have her at The Medical Center."

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**Does your child need a school or sports physical?**

For a limited time, Quick Care Clinic is providing school and sports physicals for only $40 each when you pay with cash. Your child can get both physicals for only $50. No appointment is needed. Quick Care Clinic is open Monday-Friday from 7:30 a.m. to 7 p.m. and on Saturdays from 8 a.m. to 5 p.m. For more information visit [www.QuickCareClinic.org](http://www.QuickCareClinic.org).

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**Save the date!**

**Bowling Green Sprint Triathlon**

Join official sponsor Bluegrass Outpatient Center for the Bowling Green Sprint Triathlon on Sunday, August 21. The triathlon includes a 400 meter pool swim, 23K loop bike course, and 5K run. A children’s triathlon event will be held on Saturday, August 20. Massage therapists from Hartland Massage will be giving free mini-sports massages the day of the event. For fee and registration information, visit [triathlon.ggclinic.com](http://triathlon.ggclinic.com) or email BG.Sprint.Triathlon@gmail.com.