

# KCH Helps Support Disability Awareness

Bruce White helped serve up omelets to the community at the 4th annual Celebrity Omelet & Pancake Dinner on March 9.

Thirty-three local community leaders volunteered their time to learn to cook omelets or pancakes and to serve them to the over three hundred and fifty community members.

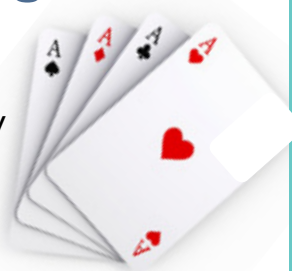


The event took place at the New Hope Early Education Center gymnasium as part of Developmental Disability Awareness Month. The proceeds of this donation-only event benefit Aktion Club of Knox County, a local community service group for individuals with developmental disabilities, and Citizens for Individuals with Developmental Disabilities.



## KCH Casino Night

**Date:** Friday, April 29, 2011  
**Time:** 6:00 pm – 10:00 pm  
**Place:** Ohio Eastern Star Home/  
 Gallagher Center  
 1451 Gambier Road  
 Mt. Vernon



**Flyers to be distributed soon!**

## Gardner and White

**Gardner and White will be here Tuesday, March 22nd from 7:30 am – 4:00 pm.**

**Please call Maurine Perry at ext. 9092 to schedule an appointment.**

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(Titles book-marked in pdf file.)

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## Healthy Basics Employee Wellness Program

Knox Community Hospital believes that an employee needs to be healthy in mind, body, and spirit, and to lead a well balanced life in order to contribute fully in the workplace. The Healthy Basics program is designed to assist employees with health issues through education. Participation in the Healthy Basics program is rewarded with Healthy Bucks, which can be spent at the Team Store.

### Basic Bucks Team Store Schedule

- Mon. May. 16th thru Fri. May. 27th
- Mon. August 15th thru Fri. August 26th
- Mon. Nov. 14th thru Fri. Nov. 25th

(All bucks expire after the November store.)

All stores are held online.

### How to Earn \$5<sup>00</sup> Healthy Bucks

Healthy Bucks will be given for participation in each of the following:

- Quarterly membership in any organized fitness or weight loss program upon proof of membership during current year
- Walking with hospital floats in parades
- Yearly mammogram, pap or prostate screenings upon presentation of Explanation of Benefits (EOB)
- Documented participation in a smoking cessation program during current year
- Participation in Living with Diabetes program offered quarterly

### How to Earn \$2<sup>00</sup> Healthy Bucks

\$2 in Healthy Bucks will be given for each of the following done during current year, upon presentation of your insurance Explanation of Benefits sheet:

- Yearly Lipid Profile
- Yearly Vision Exam
- Dental Exam (twice a year)

### How to Earn \$1<sup>00</sup> Healthy Bucks

\$1 in Healthy Bucks will be given when you participate in each of the following:

- Obtain a flu shot
- Attend quarterly Wellness to Go lectures sponsored by the Center for Rehabilitation and Wellness
- Participation in the Pathway to Change weight management program offered at the Center for Rehabilitation and Wellness (\$1 for each week attended)
- Blood pressure checks done monthly on the 2nd Wednesday of each month at the Pavilion, or done by a designated person for employees working in remote locations limited to once a month
- Glucose screenings, done quarterly
- Donate blood at KCH sponsored bloodmobiles

### How to Earn Community Cash

Community Cash is given to employees for representing Knox Community Hospital at community events such as fairs and festivals, health fairs and presenting health information to area groups. Community Cash can be used with Healthy Bucks to buy merchandise at the Healthy Basics Team Store.

Submit EOB's or proof of participation to Maurine Perry, Wellness Committee Member, for your Healthy Bucks.

## TEAM MEETING WITH BRUCE WHITE, CEO

### Agenda Items:

- Celebrate ▶ *2011 1st Quarter in Review*
- Anticipate ▶ *Project Updates*
- Participate ▶ *Incentive Award Program Q2 2011  
Employee Opinion and AHRQ Survey*

DATES	START TIMES	LOCATION
Monday, April 4	7:00 am	Childbirth Education Room
Tuesday, April 5	Noon	Childbirth Education Room
Monday, April 11	3:30 pm	Childbirth Education Room
Thursday, April 14	6:00 pm	Childbirth Education Room



**Want a chance to win  
movie tickets?**

A drawing will be done at the end of each meeting.

Knox Community  
HOSPITAL 



# Knox Community Hospital's Easter Egg Hunt

*Employees' children or grandchildren are invited!*



**When:** Saturday, April 9, 2011

**Where:** Pavilion Parking Lot

**Time:** 3:00 pm

**Cost:** \$1.00 per child

Age limit up to 9 years old.  
This will be held inside if it rains.

*Fun for the  
whole family!*

Please complete this form and return to Jessica Beeman in Human Resources before Friday, April 4, 2011

## *Knox Community Hospital's Easter Egg Hunt*

Employee Name \_\_\_\_\_ Dept. \_\_\_\_\_

Child(ren) Names \_\_\_\_\_ Age (s) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## FITNESS CHALLENGE



We all have schedules that seem like they are full to the absolute max. We run around taking care of everything else but ourselves. There is only so much time in the day, and exercise seems to be the one thing that gets left out. Building on the tips from the FITT principle in the last four articles, here is an exercise tracking sheet. Use this to help you achieve the amount of time you want to spend exercising a week.

### **1 point for any resistance training exercises you perform.**

1. Example: if you do the bench press, shoulder press, and bicep curl, you receive 3 points.
2. These are all types of exercises that use additional weight added to your body, either by pushing or pulling a dumbbell, a straight bar, or using an exercise machine.

### **1 point for every 5 minutes of cardio training exercise.**

1. Example: if you do 20 minutes on a treadmill that gives you 4 points

### **1 point for any exercise that uses your own body weight**

1. Example: if you do push ups, sit ups, and planks in a session you receive 3 points
2. If you do 10 different stretching exercises holding each stretch for 12 to 15 seconds that is 10 points.

At the end of the day record your points, and then add them up for the week.

**Beginners should strive to have 25-35 points a week, intermediates 45-55, advanced 65 or more.**

Print off the exercise tracking sheet on the following page, and good luck with the challenge.

### **Fitness Challenge Questions:**

1. Do you have trouble adding exercise to your daily routine?
2. What point range would you try to achieve in a week's time?
3. Would you use this tracking sheet?

Email your answers to: [Fitness.challenge@knoxcommhosp.org](mailto:Fitness.challenge@knoxcommhosp.org)



## FITNESS CHALLENGE

### Employee exercise tracking sheet



One Team United In Caring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total
							Weekly total
							Weekly total
							Weekly total
							Weekly total
							Weekly total
							Weekly total

- 1 – Point for any exercise using you own body weight (example- push ups and stretches)
- 1 – Point for any resistance training exercise (example- squats, bench press)
- 1- Point for every 5 minutes of cardiovascular exercise (example – running, biking)

**Beginners should strive to have 25-35 points a week, intermediates 45-55, advanced 65 or more.**



## March Auxiliary Event

*Don't Miss it!*

### Pursenably Yours Too!

**7 am - 3 pm**

**Wednesday, March 23rd**

**Private Dining Room**





## Classic Color Photographics and Knox Community Hospital present...

### *Employee Appreciation Weekend March 26 and 27*

Sign up for a studio quality family portrait from Classic Color Photographics!

1. Limit ONE certificate per household, which entitles you to a beautiful, professionally rendered 10x13 Full Color Family Portrait of all members of your household.
2. An appointment to have your family portrait taken at our location will be scheduled. Please remember to arrive 15 minutes prior to your appointment.
3. Receive your portrait the following week at a pre-scheduled appointment. A Classic Color Portrait Consultant will also have complete Portrait Packages available with no obligation to purchase whatsoever, at prices to fit any budget.
4. For more information please contact Jessica Beeman at: [Jessica.Beeman@KnoxCommHosp.org](mailto:Jessica.Beeman@KnoxCommHosp.org) or 740.393.9822.



## 2011 Schedule of Auxiliary Events

<i>Date</i>	<i>Event</i>	<i>Place</i>
Wednesday, March 23rd	Pursenably Yours Too	Private Dining Room
Friday, April 15th	Books Are Fun	3rd Floor Meeting Room
Thursday, June 16th, 4p-7p	Robert's Medical Uniforms	3rd Floor Meeting Room
Friday, June 17th, 7a-3p	Robert's Medical Uniforms	3rd Floor Meeting Room
Friday, August 26th	Books Are Fun	3rd Floor Meeting Room
Tuesday, October 18th	\$5 Masquerade Jewelry	3rd Floor Meeting Room
Monday, October 31st, 4p-7p	Robert's Medical Uniforms	3rd Floor Meeting Room
Tuesday, November 1st, 7a-3p	Robert's Medical Uniforms	3rd Floor Meeting Room
Friday, December 9th	Books Are Fun	3rd Floor Meeting Room



## The Birthing Center

All classes are FREE but registration is required. Please call 740.393.9731 to register.

### Childbirth Education Class

Apr. 16, Sat.: Childbirth Education Class  
 Time: 8 am - 4 pm  
 Location: Childbirth Training Center

### Breathing & Relaxation Class

Apr. 18, Mon.: Breathing & Relaxation Class  
 Time: 6 pm - 8:30 pm  
 Location: Childbirth Training Center

### Breast Feeding Class

May 12, Thurs.: Breast Feeding Class  
 Time: 6 pm - 8 pm  
 Location: Childbirth Training Center

### Grandparent and Sibling Tours

Private Tours: Grandparent and Sibling Tours  
 Time: Private Tour | Varies  
 Location: Childbirth Training Center



## The Education Corner



### Upcoming Classes

Pre-registration required for all classes.

Please call Kathy Gray at ext 9791.

Mar. 23, Wed. **BLS (Basic Life Support) - Renewal**  
 Time: 8 am | 11 am | 2 pm | 5 pm  
 Location: Education Resource Center  
 Cost: \$35.00 non-employees | FREE to KCH employees

Mar. 24, Thurs. **BLS (Basic Life Support) - Initial**  
 Time: 8 am | 1 pm  
 Location: Education Resource Center  
 Cost: \$50.00 non-employees | FREE to KCH employees

Mar. 25, Fri. **Heartsaver AED - 8 am** | \$35.00 non-employees  
**Heartsaver First Aid - 1 pm** | \$30.00 non-employees  
 Location: Education Resource Center  
 Cost: FREE to KCH employees

April 2 & 3, Sat. & Sun. **ACLS (Advanced Cardiac Life Support)**  
 Time: Day 1: 8 am - 4:30 pm | Day 2: 8 am - 1 pm  
 Location: Education Resource Center  
 Cost: \$150.00 non-employees | \$45.00 to KCH employees

April 9, Sat. **ACLS (Advanced Cardiac Life Support) - Renewal**  
 Time: 8 am - 4:30 pm  
 Location: Education Resource Center  
 Cost: \$150.00 non-employees | \$45.00 to KCH employees

May 13 & 14, Fri. & Sat. **PALS (Pediatric Life Support)**  
 Time: 9 am - 4 pm  
 Location: Education Resource Center  
 Cost: \$150.00 non-employees | \$45.00 to KCH employees

Please call Trisha Harding at ext 9921 to register.

March 28, Mon. "Limb Salvage: Understanding the Impact of Peripheral Arterial Disease."  
 Presented by: Dr. Thomas McKinley, Medical Director, The Center for Wound Healing  
 Time: 12 pm - 1 pm  
 Location: Education Resource Center  
 Lunch will be provided!  
 Cost: FREE

1.0 Contact Hour Provided By National Healing

March 29 & 30, Tues. & Wed. **Safe Sitter**  
 Presented by: Knox Community Hospital  
 Time: Day 1: 9 am - 4 pm  
 Day 2: 9 am - 2:30 pm  
 Location: Education Resource Center | Lunch is Provided!  
 Must attend both days  
 Cost: \$25.00 non-employees | FREE to KCH employees

April 21 & 27, Thurs. & Wed. **Life Transitions: Palliative Care**  
**A Two Day Continuing Education Program**  
 Presented by: Ann Hudson, RN, CHPN  
 Time: 8:00 am - 5:00 pm  
 (Attendance is required both days)  
 Location: Education Resource Center  
 Cost: \$150.00 non-employees | FREE to KCH employees  
 Special Rate: \$100.00 each if 3 or more people from the same facility register together.

13.5 Contact Hours Available for Nurses and Social Workers.



Do you know where this photo is within the facility? Send your guess to: [CatchTheBug@KnoxCommHosp.org](mailto:CatchTheBug@KnoxCommHosp.org) to enter your name into the prize drawing!