



# Celebrations

Trover Foundation News & Events

Volume 1 Issue 5



CCU provides  
“more healing atmosphere”  
for hospital’s patients

*Construction of the Regional Medical Center Critical Care Unit is complete and was made available for public view Friday at ribbon cutting and open house festivities. The new 15,500 square-foot wing has been added to the first floor on the southeast side of the hospital, replacing the existing 24-year-old unit. (continued on next page)*

Above: CCU open house attendees enjoy the courtyard.



A large crowd attended the CCU ribbon cutting on Aug. 27.

RMC President Ron Peterson said the new 20-bed unit offers larger rooms, plenty of windows, and location much closer to surgery and diagnostics.

The construction nearly doubles the size of the CCU, making almost all patient rooms 320 square feet, as opposed to the current average size of 170 square feet.

Bonnie Brasher, CCU Clinical Director, called the facility a “dream come true.”

In making decisions about the new space, a core committee composed of doctors, nurses, plant operators and administration consulted with other hospital employees and patrons on what the unit needed to run efficiently.

“We wanted to get the staff involved from inception,” Brasher said. “They’ve got to feel like they were designing their own unit.”

Brasher said mock rooms were constructed so nurses could walk in and determine how much room they needed to work.

One of the most unique aspects of the unit is its shape, Peterson said. The aerial view has been described as an eye with a pupil or a football.

The oblong facility has rooms along the outer edge, with windows opening to a view of the outside. A storage area is in the middle of the unit, low enough for staff members to see the entire area from anywhere, Brasher said.

The unit also features 10 decentralized nursing stations,



Staff attended an open house held on Thursday, August 26. CCU staff were on hand to give tours of the facility.

one between every two rooms. The stations allow nurses to see their patients through a glass panel, while giving them the space to do paperwork or data entry, Brasher said.

The families of patients were also considered in the design, having been given a larger waiting area, more comfortable chairs, and access to a courtyard, Brasher said.

“The families are under a great deal of stress,” Brasher said. “We gave them access to the outside as a way to relieve that stress.”

The new building has only one story, but the foundation will allow up to three additional floors to be added in the future, Peterson said.

Some of the inspiration behind the design of the unit came from a desire to build a facility that will work for today’s CCU, and be versatile enough to accommodate other units in the future if the need arises, Peterson said.

Patient transition to the new unit began Wednesday, September 1.

## JOINING THE TROVER FOUNDATION TEAM

### Dr. Stacy Harbin

Please welcome Dr. Stacy Harbin, a board certified general surgeon, who has become a permanent member of the Trover Clinic Medical Staff. Since March, Dr. Harbin has been providing us with interim coverage in the Surgery Department.

Dr. Harbin received his medical degree from the Medical College of Georgia in Augusta in 1980 and completed his general surgery residency at the Medical Center of Central Georgia in Macon in 1985. He comes to us following several years as an independent practitioner in Georgia and most recently in Winchester, Ky.

He and his wife, Kay, a registered nurse, are the parents of four grown children.



### Dr. Allison Puckett

Dr. Allison Puckett will be joining Trover Clinic in Hopkinsville providing outpatient family practice services. Dr. Puckett received her board certification in family practice following her family practice residency at St. Joseph Medical Center in South Bend, Ind. in 2000. Since that time, she has been fulfilling her military commitment by working as Staff Physician at the David Grant Medical Center located at the Travis AFB in California.

Dr. Puckett’s first day with the Clinic will be Monday, Oct. 11, and she will begin seeing patients Thursday, Oct. 14. She has a special interest in geriatric medicine, chronic illness as well as preventative medicine. She joins Dr. Shannon Lopez whose special interests are women’s health and sports medicine. Together, they will be able to provide a broad range of medical treatment to patients seen in the Hopkinsville Clinic.



# Card Winners and Employees of the Month

## Platinum Card Winners

Platinum cards provide an opportunity for patients to express appreciation for excellent care. Platinum Card Winners receive \$500.

**Terri Moore**, SDS was the Platinum Card Winner for July.

**Linda Wilson**, LPN II, 3 West, was the Platinum Card Winner for August.



Terri Moore (July)



Linda Wilson (Aug.)

## Gold Card Winners

Gold Cards are awarded to employees as a way of saying thanks for outstanding performance. Gold Card Winners receive \$500.

**Lori Stanley**, CNA, 3 West, was the Gold Card Winner for July.

**Linda Braden**, MLT, Laboratory, was the Gold Card Winner for August.



Lori Stanley (July)



Linda Braden (Aug.)

## Employees of the Month

Employees of the Month receive a free parking space for the month, an 8x10 personal photo, a plaque and \$500.

**Scott Qualls**, Laboratory, was the Employee of the Month for July. "Scott works hard in a variety of roles," said a co-worker. "He is always willing to work extra shifts and do whatever tasks are needed."

**Linda Looney**, LPN II, ARU was the Employee of the Month for August.



Scott Qualls (July)



Linda Looney (Aug.)

## Delta Project improves community health

The Education Division heads the Delta Project for 18 counties in the state of Kentucky. These counties comprise the Lower Mississippi River Delta in Kentucky. The goal of the Delta Project is to improve the health status and health care system in each of these counties.

During the first three-year project, a health council and a community encourager from each county addressed health issues in that area. The county was given up to \$15,000 to complete a community health project. Projects ranged from building walking trails to replacing school Coke machines with milk machines.

The Education Division has received a second grant in the amount of \$467,267 to continue the Delta Project. This amount is guaranteed each year for the next three years.

For this project, the health councils listed the top five health

issues in their particular county. The top two issues across all 18 counties were obesity in children and adults and lack of health literacy. These issues will become the focus of the Delta Project for the next three years.

Four full-time positions have been created to assist the health councils in creating programs to address one of these health issues. The positions were filled from the pool of community encouragers who worked in the initial three years of the project. The people in the positions will be employed at the county level.

According to Bob Brooks, VP of Education, seven other states in the Mississippi River Delta participate in this grant project, tailored to their specific needs.

Grant monies received by the Education Division for the Delta Project will amount to approximately \$2.8 million over the six year period.

## Hopkins County Medical Alliance stays active in the community



Pictured above are Sandy DeBandi and Aroona Dave with artwork donated by the Hopkins County Medical Alliance. The artwork hangs across from the courtyard at the entrance to the CCU.

The Hopkins County Medical Alliance consists of Hopkins County physicians and their spouses. The Alliance takes an active role in the community by sponsoring Docs In Schools, a health awareness program for youth. They also contribute to various events and causes in the community.

The Medical Alliance also awards a scholarship to a medical student every year. Darrel Barnett, a third year student at the University of Louisville Medical School, was the recipient of the \$500 scholarship this spring.



Judy Donley, President Sandy DeBandi, Board Member Sue Cumbee Badgett, Aroona Dave, Susan McClure, and Tracy Littlehale attended the ribbon cutting ceremony at the opening of the Hopkins County Community Clinic. The Medical Alliance was recognized as founding members for their \$1000 donation to the clinic.

## RMC Blood Bank passes annual inspection

The Kentucky Cabinet for Human Services conducted an unannounced inspection at the RMC Blood Bank on Sept. 8. The primary focus of the annual survey is to insure that all units drawn at RMC are properly tested and stored prior to transfusion. The inspector found no deficiencies and was very complimentary of the processes that are in place to insure patient safety.

## Administration celebrates David Lang's birthday



On August 8, David Lang, VP of Human Resources, celebrated his birthday. Dressed up as "Marilyn" and "Monroe", Janet Page (left) and Debbie Keelin (right) jumped out of a cake and sang Happy Birthday.

## Quilt guild donates to NICU





Joyce Crenshaw has made over 100 quilts for patients in the NICU. She is a member of the Piecemakers Quilt Club who has made over 350 baby quilts. Pictured above is Crenshaw with Logan, a NICU patient.

The Piecemakers Quilt Club will display quilts at the Glema Mahr Center for the Arts through the end of November.

# Don't be a Carbophobic!

By: Alice Kelley, Food and Nutrition Director

Carbohydrates provide fuel for energy and are the only form of energy used by your brain. However, all carbs are not created equal. Desirable carbs are complex carbohydrates that are digested slowly and have more nutrients and fiber. Less desirable carbs are refined/processed foods (simple carbohydrates) that are digested quickly and contain less fiber and more sugar.

CHOOSE MORE OFTEN:	CHOOSE LESS OFTEN:
 <p><b>Complex Carbohydrates</b></p> <ul style="list-style-type: none"> <li>Oatmeal</li> <li>Whole grain bread</li> <li>Whole wheat pasta</li> <li>Potatoes with skin</li> <li>Dried beans</li> <li>Fresh fruits such as pears/strawberries</li> <li>Vegetables such as broccoli/spinach</li> </ul>	 <p><b>Simple Carbohydrates</b></p> <ul style="list-style-type: none"> <li>Doughnuts</li> <li>White bread/croissants</li> <li>Plain pasta</li> <li>Potato chips</li> <li>Cakes</li> <li>Cookies</li> <li>Soft drinks</li> </ul>

Fad diets are often dangerous and counterproductive. Do yourself a big favor and never “diet” again! Instead, concentrate on making permanent changes in the areas of nutrition and activity that will allow you to reach and maintain a healthy weight and improve your health for life.

## Leaf placed in memory of C.R. Lamb, II



On Thursday evening, August 26, family and friends of C.R. Lamb, II gathered in the RMC chapel for a memorial service. C.R.'s brother, Jeff Lamb opened the service by sharing a letter he had written to his brother for a school assignment. Jeff credited C.R. with giving him the drive to return to school. Jeremy and Brent, brothers of C.R., also spoke.

Pat McConnell, friend of C.R.'s and a Home Health nurse, and Diane Schreiber, social worker at the Dialysis Center, both shared their special memories of C.R.

The service was closed with comments from C.R.'s parents. His mother read the Lord's Prayer and the 23rd Psalm, passages that were special to the both of them.

The group then placed a leaf in honor of C.R. on the Tree of Life in the RMC Lobby.

C.R. is survived by his father and stepmother, Carlos and Deb Lamb; his mother and stepfather, Jim and Sharon Legere; his grandmother, Lois Driver; his brothers, Jeff, Jeremy, and Brent Lamb; two uncles, Steve and Bill Driver; and three nephews and a niece.

## Home Health employees selected to speak at teleconference

Health Care Excel has selected RMC Home Health staff to speak at a teleconference because of the progress they have made in bathing scores. Home Health's most recent score was 71.5%, with 69.1% being the national score.

The conference, to be held September 23, will feature one agency from Tennessee and RMC Home Health from Kentucky. Home Health will present information on their bathing continuum. Congratulations to Cindy Barnes, Peggy Harris, Emily Hamilton, OT, and all CNAs for your hard work in the development and implementation of the continuum.

## Trick or Treat event scheduled

It's that time of year again! Time for your little ones to dress in costumes and consume large quantities of candy. It's Trick or Treat time.

Trover's annual Trick or Treat event will be held from 5:30 p.m. to 7 p.m. on Thursday, Oct. 28 in the lobby at Regional Medical Center. All children of Trover employees are invited to enjoy candy and refreshments in a safe and fun environment. The trick or treaters will also have the opportunity to pose for a photo. Copies will be available to parents at a later date.

For more information, or if your department would like to pass out candy, call Emily Ray at ext. 3438.



Pictured above are Trick or Treaters from last year's event.

## Volunteer Association schedules annual Christmas Bazaar

The Volunteer Association Christmas Bazaar will be held on Nov. 18 and 19 from 7 a.m. to 3:30 p.m. in the RMC Auditorium. Any employee or volunteer of Trover Foundation is eligible to participate. Exhibitors may enter any type craft, excluding food. The Volunteer Association will be donating all baked goods.

Proceeds from the Christmas Bazaar will benefit the RMC chapel renovation. Contact Mary Frances Hartford at ext. 5154 for more information or to fill out a reservation form.

## Crider receives CCRN certification

Michael Crider, BSN, RN has successfully completed the Critical Care Registered Nurse exam. Crider is a CCU staff nurse, and he is the son of Lynn Crider, respiratory care secretary.

## Cindy Oakley receives CMRP certification

Cindy Oakley recently passed the certification exam for Certified Materials and Resource Professionals (CMRP). The CMRP exam provides a national standard for knowledge in the materials and resource management discipline. The exam is administered by the American Hospital Association Certification Center. It tests knowledge in the areas of purchasing/product value analysis, inventory distribution management, support services, information systems, finance, and strategic planning and leadership.

Oakley is one of four certified materials managers in Kentucky.

## Letter of Thanks

To my fellow co-workers at RMC,

I would like to take this opportunity to thank each and every one of you from the bottom of my heart and soul for all that you have done and said to comfort me during the loss of my husband. I would like to thank everyone for their heartfelt prayers, lovely cards and sympathy shown toward me and my family. In addition, I would also like to express gratitude to Trover Foundation for the wonderful plant I received.

Although it is impossible to thank each individual, I would especially like to acknowledge the TCU staff along with Physical Therapy and Environmental Services for their generosity and kindness. There were many donations made as well as the thoughtfulness of PTO hours contributed in my time of need.

My prayer would be that someday I can repay you all in some way. The people that I used to call co-workers have become true friends.

Sincerely Yours,  
Marie Foster