

MARCH 2017

Lift



➤ **INAUGURAL ISSUE!**
A free publication to uplift
your health and well-being

➤ **EXPERT TIPS**
to help you get better
and stay well
Page 4

➤ **Our DOCTORS**
Your NEIGHBORS

* **Fitness
and fun!**

**Healthpark
gets you on
the move**

Page 3

Dr. John Falcone with
his daughter, Rosemary





Greg Strahan, President & CEO

Message from the President & CEO

Better health is our mission

Everywhere you look, people are taking steps to be healthier. They're walking trails, hitting the gym and making great choices at the dinner table.

By paying attention to nutrition, exercise and preventive care, you're part of the momentum. You are helping to build a fulfilling life for yourself—and a healthier region for all of us.

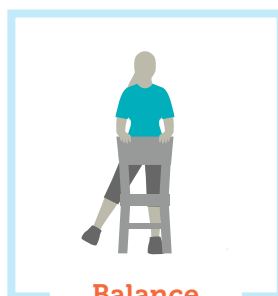
Owensboro Health is on a mission to improve the health of the communities we serve. Every day, our team of more than 4,000 rolls up our sleeves to make healthcare work for you, from Dixon to Tell City—and everywhere in between. We are excited about this mission, and we want to help you live your best life yet.

Lift is designed to educate and inspire you along your health journey. The publication is packed with tips, features and the latest health information, and we hope it will be a welcome arrival in your mailbox each season.



4 TYPES OF EXERCISE

You need to get 150 minutes of endurance exercise each week. Add one or two sessions of other types of exercise too.



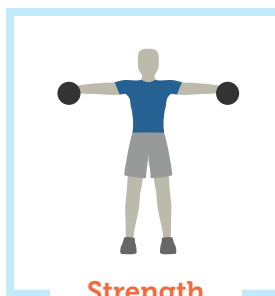
Balance

Improves posture and stability and helps prevent falls.



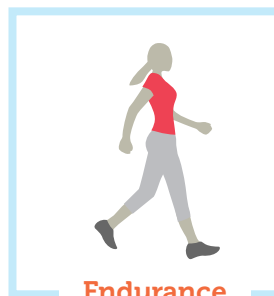
Flexibility

Stretches muscles to help the body stay limber.



Strength

Builds stronger muscles to support body movement.



Endurance

Keeps heart, lungs and circulatory system healthy—improving overall fitness.

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Get set to *Move forward.*

Kentucky's only medical-based fitness facility accredited by the Medical Fitness Association.



Whether you're training to run a marathon or recovering from a surgery, the Healthpark provides all the facilities and staff you need to help you reach your goals. Included with your membership are degreed fitness coaches and certified professional trainers to help guide your fitness plan and to help you **MOVE** forward.

Personal Training

Need a little one-on-one encouragement? Sessions and packages are available.

» For the month of March, take 15% off any two-person personal training package (new clients only).

Functional Movement Screenings

Let us help you identify weaknesses, imbalances and mobility issues. We can develop a training program to correct these imbalances, which will result in better performance and injury prevention.

Golden Partners

Health education, social activities and travel opportunities designed to help individuals age 55 and older maintain sound bodies, minds and spirits.



Rogue Room Boot Camp Classes

13 classes offered through the week, from 5:15 a.m. up to 6 p.m. Saturday mornings available too! All included in your membership.

Focus on Fitness 10-Week Turnaround

Work with your fitness coach to develop a personalized exercise plan to help you lose 10 pounds in 10 weeks.

Pretesting February 27–March 11.

Healthpark members' fees: \$50; nonmembers: \$125.

All participants receive a T-shirt!



Walking Tall Running Wild

Walking and running club is held on Thursdays at 5:30 p.m. Open to anyone. No cost! Beginners welcome.

Starts March 9.

Ballroom Dance Classes

7:45 p.m. Thursdays

April 13 through May 11: West Coast Swing
\$80 couples/\$50 singles.

Full-scale fitness

The Healthpark offers memberships and programs appropriate for any age and fitness level.

Membership includes:

- » Fitness assessment and exercise prescription
- » Access to more than 100 free weekly land and water group exercise classes
- » Locker room with amenities
- » Indoor walking and running track
- » Fitness floor with cardiovascular and strength training equipment
- » Warm water therapy pool and lap swim pool
- » Gymnasium

» **For more information, call 270-681-1115.**

Stay on top of Healthpark news, events and class schedules by downloading our free mobile app, or follow us on Facebook.

Learn to Swim

- » We start them young with our **tot time** classes on Saturday mornings.
- » **Group lessons** and **private lessons** are available for all ages.
- » We even offer **masters swimming** to help perfect or teach a new stroke. These are led by a certified masters-level swim coach.
- » American Red Cross **lifeguard certification classes** are also available.




Celebrate with a birthday pool party!

Call 270-681-1115 to book!

COLD

or

FLU?



Colds and the flu share some symptoms, but they are two unique conditions.

COLD

SYMPTOMS

FLU

	ACHES/PAINS	
	COUGH	
	CHEST DISCOMFORT	
	EXHAUSTION	
	FATIGUE	
	FEVER	
	HEADACHE	
	SNEEZING	
	SORE THROAT	
	STUFFY/RUNNY NOSE	
	VOMITING/DIARRHEA	

Sources: Centers for Disease Control and Prevention; National Institute of Allergy and Infectious Diseases

Stay well

By Blake Vincent, DO



Sharing isn't caring during cold and flu season. To keep someone else from sharing their unwanted microscopic invaders with you, there are some precautions and actions that you can take.

If you want to easily remember how to keep germs away, remember the three P's:

1. Prepare: Vaccines can be literal lifesavers. The flu can be deadly on its own, but it also opens the door for other infections. Even partial immunity from a vaccine can reduce the duration and severity of illness. Getting vaccinated can also prevent you from spreading an illness to someone you love. Ask your medical provider about vaccination for influenza and pneumonia.

2. Prevent: Keep germs at bay. Wash your hands with soap or water whenever possible, or use alcohol-based hand sanitizer. Washing your hands should take enough time to sing "Happy Birthday" twice. Be sure to pay special attention between fingers and around fingernails. Also avoid touching your face, especially around your eyes, nose and mouth.

3. Prohibit: Don't help germs with their travel plans by disinfecting surfaces where they commonly live. This includes countertops, desks, keyboards, phones, doorknobs, faucets and light switches, just to name a few. Also, if you have to cough or sneeze, do it into the crook of your elbow. This keeps droplets out of the air and off your hands.



Knuckle up!

The American Journal of Infection Control found that fist-bumping transfers fewer germs than shaking hands or high-fives.

Get better

By Brian Alexis, DO



Feeling under the weather? Take action to help yourself beat the bug that's got you down!

Act quickly: If you suspect you have influenza, don't wait to see a medical provider. Antiviral medications to treat the flu usually can be administered only within the first 48 hours after developing a fever. Even if it's not the flu, getting expert advice can help you act quickly so you can feel better sooner rather than later.

Use the right approach: Antibiotics have no effect on viral illnesses like the common cold or influenza. In fact, inappropriate antibiotic use helps bacteria develop antibiotic resistance. Resistant bacteria must be treated using drugs that are very expensive and can have serious side effects. The long-term danger is bacteria that develop resistance to all antibiotics, meaning there will be no way to treat these germs.

Medicate appropriately: Ask a pharmacist or your medical provider about what over-the-counter remedies can help treat your symptoms. Getting expert advice can help you find the right solution for your needs. It can also help you avoid dangerous drug interactions, taking too much of a medication and unwanted side effects.

Need more tips on how to stop germs cold or recover quickly? Visit the website of the Centers for Disease Control and Prevention at www.cdc.gov.

Find Dr. Right. Blake Vincent, DO, and Brian Alexis, DO, are family medicine physicians with Owensboro Health's One Health McAuley Primary Care. For more information or to schedule an appointment with a One Health provider, call **844-44-MY-ONE (844-446-9663)**.

The heart of Muhlenberg County

Heart health is a major concern in Kentucky, and Dr. Scott Reader wants Muhlenberg County residents to know what they can do to improve the quality and length of their life and the health of their hearts.



G. Scott Reader, MD, FACC

While patients in Muhlenberg County have similar medical problems to those in other areas, the severity of their problems may be worse due to higher rates of smoking and obesity and numbers of diabetes cases prevalent here.

Lifestyle factors

The biggest problem to tackle is the use of tobacco products. In 2015, 26 percent of adults in Muhlenberg County were tobacco users, according to the Centers for Disease Control and Prevention. Smoking causes damage to the heart and blood vessels of the body, contributing to cardiovascular disease and several different respiratory illnesses.

Other lifestyle factors play a role as well. Dr. Reader said his goal is always to help patients help themselves.

"We try working on risk factors with people as best we can," he said. "Weight loss is a chronic issue people need to deal with. I think people need to realize that it's a lifelong process of changing their health habits. It's something you have to work at. There's not a pill you can give that will make everything better."

"We're trying to offer as much as we can right here," Dr. Reader said. "Patients in Muhlenberg County have benefited from a lot of dedicated people who go out there every day to try and improve their health."

See the sidebar at top right to find out how we can help you improve your health.



Take action today

Patients who want help to stop smoking, improve their diet and increase their physical activity can find a wide variety of resources at Owensboro Health Muhlenberg Community Hospital, such as:

- » Primary care (turn the page for primary care providers in Muhlenberg County)
- » Specialty cardiology care three days a week
- » Heart and lung rehabilitation
- » Heart monitoring take-home tests (24- and 72-hour)
- » Heart diagnostics, including electrocardiogram, echocardiogram imaging, cardiac nuclear stress imaging, transesophageal echocardiogram, Holter monitor, implantable cardiac recording device and electrical cardioversion

Community health, by the numbers

	Heart disease death rate per 100,000; all genders, all races; 35 and older—2012 to 2014		
	Muhlenberg County	Kentucky	National
	445.5	394.7	328.3
	Heart disease hospitalization per 1,000 Medicare beneficiaries; all genders, all races; 65 and older—2011 to 2013		
	Muhlenberg County	Kentucky	National
	69.8%	63.3%	48.8%
	Percentage of adults diagnosed with diabetes—2013		
	Muhlenberg County	Kentucky	National
	12.4%	9.7%	9.0%
	Percentage of adults with obesity—2013		
	Muhlenberg County	Kentucky	National
	37.8%	33.2%	28.3%
	Percentage of adults who smoke—2015		
	Muhlenberg County	Kentucky	National
	28%	25.9%	16.8%

All information courtesy of the Centers for Disease Control and Prevention.

➤ **Heart care close to home.** G. Scott Reader, MD, FACC, is a cardiologist with One Health Cardiology. He sees patients at Owensboro Health Muhlenberg Community Hospital three days per week. To make an appointment with Dr. Reader, call **844-44-MY-ONE (844-446-9663)**. For information about heart and lung rehabilitation at Owensboro Health Muhlenberg Community Hospital, call **270-338-8361**.



PHYSICIAN
SPOTLIGHT

Bracken Lewis, MD

Bracken Lewis, MD, began his career as a doctor early. He was a doctor in his preschool play and always knew it was what he wanted to do when he grew up.

Dr. Lewis also knew that he wanted to come back to Greenville after medical school to practice medicine.

"If you're going to take care of people, it's most rewarding to take care of the people that you know," Dr. Lewis said.

Reflecting on the years he's been practicing, he said it's a career that holds a lot of meaning for him.

"Taking care of people is the best part of my job," Dr. Lewis continued. "It means a lot to be

trusted to help people. People come to me when they are sick. What more intimate relationship could you possibly have with a total stranger? They're bringing their daughter or their mother or their father or themselves, saying: 'I'm sick. Help me.' I really value their trust in me to be able to take care of them."

While "Dr. Lewis" takes care of patients, "Bracken" is a die-hard football fan in his spare time. He went to nearly every football game during his time at the University of Kentucky.

"When you have a basketball team with a tradition like Kentucky, it's hard not to make basketball my second-favorite sport to watch," he said.

His collection of sports memorabilia offers plenty of bonding opportunities with his patients, many of whom also bleed University of Kentucky blue.

Bracken Lewis, MD, is an internal medicine physician, caring for adult patients 18 and older. He and his wife, Lynette, live in Greenville. He practices at Owensboro Health's One Health Internal Medicine Greenville.

➤➤ **Appointments available.** For more information or to schedule an appointment with Dr. Lewis, call 270-377-1950.



Need a primary care provider in Muhlenberg County?

GREENVILLE

One Health Family Medicine Muhlenberg

420 Hopkinsville St.
Greenville, KY 42345

Phone: 270-377-2405

Fax: 270-377-2406



**Michael
Gabbard, DO**

One Health Greenville

601 Greene Drive
Greenville, KY 42345

Phone: 270-338-0600

Fax: 270-338-0605



**Marshall
Prunty, MD**



**Mitzi
Gardner, APRN**



**Tabitha
Taylor, APRN**

One Health

Internal Medicine Greenville

211 S. Cherry St.
Greenville, KY 42345

Phone: 270-377-1950

Fax: 270-377-1953



**Ashley
Gabbard, DO**



**Bracken
Lewis, MD**

CENTRAL CITY

Owensboro Health

Muhlenberg Community Hospital Family Medicine

101 Legion Drive
Central City, KY 42330

Phone: 270-754-4325

Fax: 270-754-4326



**Kristy
Fleming,
APRN**



**Lisa
Newman,
APRN**

Our convenient walk-in clinic

One Health Rapid Care

420 Hopkinsville St.
Greenville, KY 42345

Phone: 270-377-2405

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Hours of operation:

- » Monday through Saturday,
7 a.m. to 7 p.m.
- » Sunday, 1 to 5 p.m.



**Lacey
Johnson,
APRN**



**Jamie
Nance,
APRN**



Follow Owensboro Health Muhlenberg Community Hospital on Facebook.

Coal Miners' Clinic

Unearthing better respiratory health

Owensboro Health Muhlenberg Community Hospital is working with coal miners with respiratory diseases to improve their quality of life.

For many current and retired coal miners, traveling long distances to get medical tests or care isn't an option. The Coal Miners' Respiratory Clinic offers diagnostic testing and care right in the heart of the Western Kentucky Coal Field.

Through its outreach program, the clinic offers on-site respiratory screening and education and helps miners apply for federal black lung benefits. The staff also provides smoking cessation resources and other options that can improve overall health.

Help close to home

Howard McDonald, of South Carrollton, is a patient in the Coal Miners' Respiratory Clinic and the pulmonary rehabilitation unit. McDonald was diagnosed with black lung in 2010 and stage III lung cancer in 2013. His cancer is now in remission, but he continues to come to the clinic and rehab unit.

"One of my cancer doctors recommended me coming to the coal miners' clinic. He thought it might help keep me from building up scar tissue on my lungs," McDonald said. "I think it may have helped some, because the lung cancer is in remission. I just decided to keep on coming. I think it does help me. It makes you use parts of your body you don't normally use every day."

McDonald also says he is glad to have both the respiratory clinic and heart and lung rehab right here in Muhlenberg County.

"It's close to home," McDonald said. "That makes a big difference. It's better than having to drive to Owensboro three days a week or somewhere else, like Hopkinsville or Madisonville. They're a great bunch of people here. They help you out any way they can."

High-quality care

The clinic is staffed with a team of highly trained and certified medical professionals. Outreach clinics are held monthly in Muhlenberg County and 11 surrounding counties near existing or former coal mines.



▶ We can help: For more information or to schedule an appointment, please call 270-338-8300.

Care for coal miners

The Coal Miners' Respiratory Clinic is ready and equipped to care for our patients' needs with the following staff: Nursing Supervisor Kim Brumfield, RN; Pulmonologist Sanjay Chavda, MD; Federal Black Lung Benefits Counselor Laura Creager; and Outreach Educator Martha Roberts, RN. Our team of experts provides FREE respiratory screenings at regional outreach events and can assist with filing a federal black lung claim for benefits. They can also perform complete pulmonary studies with examination by Dr. Chavda.



FREE:

- Pulmonary Function Tests
- Blood Pressure Screening
- Pulse Oximetry

WE OFFER ASSISTANCE IN APPLYING FOR THE FEDERAL BLACK LUNG PROGRAM

QUESTIONS? CALL 270-338-8300

 Owensboro Health
Muhlenberg Community Hospital

Better respiratory health: Howard McDonald participates in rehab right here in Muhlenberg County.





PHYSICIAN
SPOTLIGHT

Meet the Gabbards!

Her: Ashley Gabbard, DO



One Health
Internal Medicine Greenville
From Greenville, Kentucky

Him: Michael Gabbard, DO



One Health
Muhlenberg Family Practice Greenville
From Flatwoods, Kentucky

Q: How did you meet?

ASHLEY: We were lab partners in medical school at the University of Pikeville Kentucky College of Osteopathic Medicine. We were friends for a year before we started dating and then we were married three years ago, before we started our residency.

Q: What was it like to be married while training to become doctors?

ASHLEY: It was challenging to be married through our residency, but it was easier to come home to someone who knew completely what you were going through. Your work hours and expectations are intense. You may not want to do the laundry after a long shift. We both understood that.

Q: What do you love about your job?

ASHLEY: My favorite part of my job is meeting a patient with a new diagnosis. These patients are often the most compliant and take the treatment seriously. These patients make my day.

MICHAEL: I love getting to know people and their families. I enjoy seeing the same patients over and over again.

Q: What's your favorite thing about your spouse?

ASHLEY: Definitely his sense of humor and compassion. I love his tender heart.

MICHAEL: She is such a strong woman. She's always been successful at anything she takes on. She's a loving person and gets along well with everyone.

Q: OK, if you could change one thing about your spouse, what would it be?

ASHLEY: He is very good at working under a deadline, but I would change the anxiety and stress that come with his procrastination and have him do things a little ahead of the deadline.

MICHAEL: Nothing! Is that what the right answer is? If I have to answer, she wouldn't get onto me for all of the dorky things I like

to buy. I like Legos. I know that they are a child's toy, but I still think they're cool.

Q: What do you do for date night?

MICHAEL: Pizza and a movie. Anything involving sports.

ASHLEY: Dinner and a movie. We go to Owensboro for Italian food, and we love the Briarpatch restaurant.

Q: What's next for the Gabbards?

MICHAEL: We love being in Greenville. It has a warm community feel. It's a great place to start our family and grow our practices. We're excited for what the future will bring.

➤ Need a doctor? To schedule an appointment with Dr. Ashley Gabbard, call **270-377-1950**; with Dr. Michael Gabbard, call **270-377-2405**.



EXCITED FOR THE FUTURE: Ashley Gabbard, DO, and Michael Gabbard, DO, are committed to the health of their patients and their community.



For extended interviews with all of the providers featured, go to www.owensborohealth.org/lift.

Meet the Dulabhs!



Her: **Candace Dulabh, PA-C**
One Health
Family Medicine Breckenridge
From Breckinridge County,
Kentucky

Him: **Amit Dulabh, MD**
One Health Pediatrics
From Louisville, Kentucky

Children: Remin, age 1



Q: How did you meet?

CANDACE: We were both accepted to the Governor's Scholars Program, and we ended up at Northern Kentucky University campus the summer after our junior year of high school. I went to Breckinridge County High School.

AMIT: And I went to Fern Creek in Louisville. We stayed friends throughout high school and then we both ended up at the University of Kentucky for undergraduate. That's when we started dating.

Q: What's the best part about being married to another medical provider?

CANDACE: The nice part is that his office is just downstairs from mine. He sometimes ends up in my office doing his work. It's nice to be able to see him in the middle of the day. The other part that worked out really well is the fact that he's a pediatrician. So when I have a question about a rash or how to cut a baby's fingernails, he's right there.

AMIT: Candace understands a lot of the things that I would talk about at work. She can relate. It's nice to be able to know that you're not speaking a foreign language to your wife when you come home.

Q: What's your favorite thing about your spouse?

AMIT: My favorite thing about Candace is her smile. No matter what, she's always smiling.

CANDACE: My favorite thing about my husband is his sense of humor. But I hope he doesn't see this! He really is funny and he makes me and so many other people belly laugh. I love that about him.

Q: If you could change one thing about your spouse, what would it be?

CANDACE: He sings this obnoxious song every time I don't rinse the dishes before I put them in the dishwasher. And he'll stand there as he's "teaching me a lesson," washing his dish. "Rinse, rinse, rinse before you wash, wash, wash." And he needs to stop.

AMIT: I will say "Nothing," because I'm sure she said the same thing.

She feels as if the dishwasher does a good job and the dishes don't need to be rinsed, so we had problems with the dishes coming out of the dishwasher that weren't clean. So I had to come up with a little song to subtly suggest that she rinse the dishes. A husband should never tell his wife anything. I subtly suggest things.

Q: What's next for the Dulabhs?

AMIT: Hopefully growing as parents and growing in our careers. We have learned so much in the past year since Remin was born. We're going to take that and apply it to all aspects of our lives. There's a lot to come. Tune in next year!



A FAMILY THAT CARES: Candace Dulabh, PA-C, and Amit Dulabh, MD, care for patients with humor and skill.



For extended interviews with all of the providers featured, go to www.owensborohealth.org/lift.

Call today! For more information or to schedule an appointment with a One Health provider, call 844-44-MY-ONE (844-446-9663).



➤ Make the call! For more information or to schedule an appointment with a One Health provider, call **844-44-MY-ONE (844-446-9663)**.

their cancer or improve their quality of life. The patient-doctor relationship is the most rewarding thing for me.

TRASEY: Patients in the rehabilitation unit are often there longer. You get to know people at a vulnerable time in their life. You get to see them overcoming their own barriers. That's when you get to see the spirit of the person.

Q: What's it like to work together as physicians?

JOHN: We do share some similar patients. I am very thankful that Trasey is available to help with my postoperative and trauma patients.

TRASEY: When I have a complex case, I can rely on John's expertise because he knows what to watch for in some of my patients. It's like a free consult. We make a good team. I often say John is the lifesaver, and I am the quality-of-life saver.

Q: How do you manage your busy schedules and raise three children?

TRASEY: It's all about getting external help and admitting that you need it.

JOHN: Our nanny helps to bridge the gaps and helps pick up and drop off the kids. She is a godsend.

Q: Favorite thing about your spouse?

JOHN: I love her commitment to our family.

TRASEY: His degree of unknowing dorkiness! You ask him and he was the coolest guy in school. It's totally cute!

Q: What's next for the Falcones?

TRASEY: The Falcones are very comfortable in Owensboro. It's a great place to raise our kids, and it's an interesting community.

JOHN: Our future is right here in Owensboro. We are close to our family, and Owensboro Health is a great health system.

PHYSICIAN SPOTLIGHT **Falcones!**

Her: **Trasey Falcone, DO**
One Health
Physical Medicine & Rehabilitation
From Logan County, Kentucky

Him: **John Falcone, MD**
One Health Surgical Specialists
From Silver Creek, New York

Children: Gianna May, age 5
Joseph Donald (J.D.), age 3
Rosemary June, age 2

Q: How did you meet?
JOHN: We met during our residency in Pittsburgh. I always vowed not to marry a physician, but I broke my rule.
TRASEY: My roommate had worked with John, and she introduced us.

Q: Why did you choose to move to Owensboro?
TRASEY: Owensboro is a great place to raise kids; it's a great community. Entrepreneurs and business owners are really invested in making the community better. We're excited for the dog park! There's a lot of personal investment in our town from everybody.

Q: What does your family enjoy doing together?
JOHN: Our kids love to go to the park—we take our dog, Pearl, for walks—and in the summer, they love to swim.

Q: What do you love about your job?
JOHN: The most challenging thing I do is deciding whether or not someone needs surgery and what that operation is. It is very satisfying to walk a patient through a very stressful time in their life and to help cure



For extended interviews with all of the providers featured, go to www.owensborohealth.org/lift.

Choose Freedom from Smoking



FREEDOM FROM SMOKING®

Why should I quit smoking? "It's bad for your health" is the typical response to this question. Your friends and family, convenience, and money may be other reasons to quit.

Both you and those around you will breathe easier when you quit smoking. You'll also sleep better, and your senses of taste and smell will improve. If you smoke a pack a day, you could save as much as \$1,825 a year by quitting—money you could use for that trip you've been planning! And not only is smoking expensive, it is also becoming a hassle. More and more cities and states are making clean indoor air laws that require public places to be smoke-free.

What health benefits can you see from quitting smoking? Here are a few:

- » **20 minutes after your last tobacco use:** Your heart rate drops to a normal level
- » **12 hours after your last tobacco use:** The carbon monoxide level in your blood drops to normal
- » **1 year after your last tobacco use:** Your added risk of coronary heart disease is half that of a smoker



MAKE QUITTING EASIER

In January 2016, Owensboro Health implemented an evidence-based smoking cessation program from the American Lung Association: **Freedom from Smoking**. This is a seven-week, eight-session program focused on how to quit, not why to quit. It is offered in a group setting, which encourages support among the individuals who participate.

➤ **Take care of yourself.** For more information about smoking cessation resources and the Freedom From Smoking program, please call 270-688-3225.

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Owensboro Health, Inc.:

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 - » Qualified sign language interpreters
 - » Written information in other formats, based on an individual's needs
2. Provides free language services to people whose primary language is not English, such as:
 - » Qualified interpreters
 - » Information written in other languages

If you need these services, contact a staff member or supervisor.

If you believe that Owensboro Health, Inc., has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with the Office of Risk Management:

Office of Risk Management

Owensboro Health
1201 Pleasant Valley Road
Owensboro, KY 42303

Phone: 270-691-7887
TTY: 270-688-3719
Fax: 270-417-4809

Email: RiskManagement@owensborohealth.org

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, a Patient Relations specialist is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at www.ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Ave. SW
Room 509F, HHH Building
Washington, DC 20201

Phone: 800-368-1019
TDD: 800-537-7697

Complaint forms are available at:
www.hhs.gov/ocr/office/file/index.html.

Recipes for Healthy Living: Slow Cooker Jambalaya

Makes 12 servings

Ingredients

Cooking spray

- 1 pound uncooked boneless, skinless chicken breast, cubed
- 3½ cups low-sodium chicken broth
- ¾ cups water
- 2 cups uncooked brown rice
- 14 oz. smoked turkey sausage*
- 1 cup celery, diced
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 3 cloves garlic, minced
- 2 tsp. Cajun or creole seasoning†
- 1 bay leaf
- 1 14½-oz. can diced tomatoes, undrained

Directions

1. Spray a large nonstick skillet and sauté chicken 5 to 10 minutes, or until just starting to brown.
2. Add remaining ingredients to slow cooker and combine.
3. Add sautéed chicken. Cover and cook on high for 3½ hours, or low for 6 to 8 hours.

Toss in red, orange or yellow peppers for more color. Try adding shrimp, fish or ham for variety.

*By using turkey sausage in place of regular kielbasa, you save 50 calories, 6 grams of total fat and 3.6 grams of saturated fat per serving.

†Save 127mg of sodium per serving by substituting homemade lower sodium creole seasoning for packaged seasoning.

Nutrition information

Amount per serving: 249 calories, 6g total fat (1.6g saturated fat), 50mg cholesterol, 30g carbohydrates, 20g protein, 2.3g fiber, 650mg sodium.





**Our doctors.
Your neighbors.**

Meet the Falcones!

Read more on page 6.

➤➤ **Make the call!** To schedule an appointment with a One Health provider, call **844-44-MY-ONE** (844-446-9663).

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1201 Pleasant Valley Road
Owensboro, KY 42303

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Caring for our community



Owensboro Health Foundation funds programs that are making a difference in the lives of kids in our communities. Here are a few of the programs just for kids:

Baby Boxes for Infants in Need

- » Provides baby essentials for new mothers to get them through their first few days at home

Care Bears for Kids ➡

- » Provides stuffed animals to comfort children admitted to the Owensboro Health emergency department, surgery or pediatrics

Car Seat Assistance Program

- » Provides car seats, safety checks and educational information to families in need

Camp Wheeze Away

- » An educational day camp provided for children with asthma

Power Up Kidz

- » A fitness and nutrition program designed to teach children (8 to 12) who are underactive or overweight to develop healthy habits

Your generosity doesn't just benefit the people supported by these programs. It also benefits YOU, through knowing that you have had a positive effect on the lives of others.

To GIVE...is to **Receive.**



➤➤ **For more information about the programs available or to make a donation, visit www.owensborohealth.org/togiveistoreceive or call 270-688-2113.**