

NEWSBRIEF

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St. Claire HealthCare Partners with MSU for Wellness Talks

St. Claire HealthCare, as part of our educational outreach, continues to partner with Morehead State University (MSU) to offer a series of wellness talks to MSU faculty and staff. The goal of these talks is to improve health and wellness by providing health education and encouraging healthy choices in day-to-day life.

This semester's series kicked off with a session on clinical nutrition and weight management led by Dr. James Lynch, MD, general surgeon, and Jean Jones, RD, clinical nutrition manager. They discussed contributing factors and health conditions associated with obesity and gave suggestions for lifestyle changes individuals can make on their own to improve their overall health in relation to their weight. They also discussed clinical options for weight loss available through St. Claire including medications and surgical options.

The first twenty attendees received portion control plates to assist them in eating healthy portions. All attendees had the chance to win a \$50 raffle prize provided by St. Claire.

The feedback received from MSU faculty and staff, was extremely positive. According to Peggy Breeze, administrative assistant to the dean in MSU's College of Business & Technology, "The session was very informative and provided healthy eating tips we can easily incorporate into our daily lives."

The next wellness talk will be hosted in November. We look forward to more successful wellness talks at MSU!



Pictured above, Dr. James Lynch, MD, answers questions from MSU faculty and staff about obesity and weight loss solutions during the wellness talk.





CHILD DEVELOPMENT CLASSES

Join St. Claire Licensed Occupational Therapists Beth Reynolds, MS, OTR/L, & Morgan King, MS, OTR/L, CLT, for a series of **FREE** classes for parents and caregivers! *(Class age group focus is newborn to 5 years. Everyone welcome.)*

Classes will be held at the St. Claire Outpatient Center from 6:30 -7:30 PM on the following dates:



SEPTEMBER 26
MAKING MEALTIME FUN & FEEDING PICKY EATERS

DECEMBER 12
SLEEP HYGIENE & MENTAL HEALTH



St. Claire OUTPATIENT CENTER
1028 East Main Street • Morehead, Ky
On U.S. 60 East next to Aaron's Best One

For more information, call **606.783.7780** or email Elizabeth.Reynolds@st-claire.org.

CONGRATULATIONS!

St. Claire Family Medicine - Sandy Hook had their unannounced state survey for their primary care licensure. All went extremely well with no deficiencies!

St. Claire Regional's blood bank had a thorough assessment by the AABB surveyor. They had zero nonconformances-no facility action required!

Fall in Love with your SKIN again

Now thru Oct. 20



Purchase 40 Units Get 10 FREE

Plus receive 200 pts
Noticeable results within 24-48 hours!



Juvéderm® • Juvéderm® Ultra
Volbella® • Vollure

\$50 Off

Plus receive 200 pts
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Plus receive up to 600 pts
Immediate results that last up to 1-2 years!

Chemical Peels

50% Off
limit one

Plus receive 50 pts
Improvement after 1 peel, compelling results after 5-6 peels!

Purchase a **Complete Skin Rejuvenation pkg.**

Get a **FREE Laser Hair Removal** small pkg. of your choice

Stop by to take advantage of our fall sale, or call **606.783.6760** to schedule a **FREE skin consultation.**

No additional discounts, promotions or offers apply. 9/17



#1 medically dispensed, prescription-strength skin care system that can actually transform your skin.



TNS Essential Serum | \$199
Plus receive 100 pts

All-in-one skin rejuvenating treatment improves appearance of fine lines, wrinkles, skin tone and texture.



TNS Recovery Complex | \$129
Plus receive 50 pts

Clinically shown to reduce the appearance of skin discoloration and improve appearance of fine lines and wrinkles.



TNS Eye Repair | \$69
Plus receive 25 pts

Reduces the appearance of fine lines, wrinkles and dark circles while improving smoothness and hydration around the eyes.



HAS Rejuvenating Hydrator | \$125
Plus receive 100 pts

Rejuvenating hydrator that provides immediate smoothing in the appearance of fine lines and wrinkles and supports the skin's natural ability to replenish its own hyaluronic acid.



Lytera 2.0 | \$125
Plus receive 75 pts

Diminishes even the most stubborn discoloration, regardless of skin type or genetic makeup.

Like us on @SCRAesthetics

WOMEN'S IMAGING & AESTHETICS

St. Claire HealthCare

HAPPY BIRTHDAY

OCTOBER 2017

<p>10/1 Aaron P Banks Laurie A Bobyack Stefanie S Markwell Violet D Vago Mark A Fraley Tammy P Stamper</p> <p>10/2 Durinda A Logan Randa M Hall Karl Lee A Straughter Melissa C Yates</p> <p>10/3 William H Gilliam Wendill J White III Lora M Sturtevant Anna W Armstrong Sheila J Logan Judine Lambert</p> <p>10/4 Kimberly N Lewis Pauline Maddix</p> <p>10/5 Dessie Trent Emmala J Stamm Kelley J Moblet Bonnie L Cooper Cheryl A McClain</p> <p>10/6 Kahne B Blake Brenda G Pendleton Samantha J Skaggs</p> <p>10/7 Rhonda S Thomas Mary C Bishop</p> <p>10/8 Kayla O'Neal Marsha L Perry</p> <p>10/9 Samuel A Gross Charles A Ratliff</p> <p>10/10 Candra N Bailey Rocky L Stacy Naomi I Williams Billie J Hanshaw</p> <p>10/11 Natalie L Back Wilma J Markwell</p> <p>10/12 Sheila A Brown Sheila L Wooley</p>	<p>FM Sandy Hook Home Health Home Health Home Health Security Services Environmental Services</p> <p>Nursing Administration Nursing Professional Deve. Infusion Services Surgery</p> <p>ICU Physical Therapy Family Medical Supply Hospice Central Billing Office Administration</p> <p>3rd Floor Central Environmental Services</p> <p>Rehab Unit Nursing Administration Laboratory Outpatient Center Medical Group Admin</p> <p>Infusion Services Home Health Home Health</p> <p>Ultrasound Family Medical Supply</p> <p>Health Info. Management Environmental Services</p> <p>Emergency Department Informatics</p> <p>Home Health Medical Group Admin. Quality Management Environmental Services</p> <p>Family Medicine Express Food Services</p> <p>Behavioral Health Unit Facilities Management</p>	<p>10/13 Valerie K Cotten Sarah A Bradley Michael D Ratliff Donna Y Kilgore</p> <p>10/14 Rebecca J Hitchcock</p> <p>10/15 Felicia D Stacy Stephanie A Jolly Rebecca J Montgomery</p> <p>10/16 Rita M Sammons Margaret I Downey Matthew W Caudill</p> <p>10/17 Courtney D Seales Natalie K Thompson Courtney T Marlow</p> <p>10/18 Lanetta D Winkleman Karen L Stone Nicole R Gifford Donna E Conkright</p> <p>10/19 Kaylee L Davis Hannah M Howard Kayla L Harrison Linda C Haddix Jessica D Hunt Kendall L Bloomfield</p> <p>10/20 Jessica R Litton Autumn B Shipley Joshua A Weikle Nancy J Henly Kristen B Morant Wendell C McClurg Judy M Roaden</p> <p>10/21 Shawnte L Nichols Julia A Shannon Jo F Chapman Christopher A Greene Jessical L Kilgore</p> <p>10/22 Brittany L Francis Bryan A Cardebas Jo A Griffith Terra L Hull John W Thompson</p>	<p>3rd Floor North ICU Pharmacy Environmental Services</p> <p>Quality Management</p> <p>Same Day Surgery Home Health Family Medical Supply</p> <p>Rehab Unit Emergency Department Laboratory</p> <p>Behavioral Health Unit Nursing Administration Float Dept.- Unit Secretary</p> <p>3rd Floor North Surgery Cardiology FM- Sandy Hook</p> <p>3rd Floor Central 3rd Floor Central Nursing Professional Dev. Home Health General Surgery Information Technology</p> <p>Infusion Solutions Infusion Solutions Materials Management Pediatrics Family Medical Supply Administration Health Information Mngt.</p> <p>Pharmacy FM Morehead-Downtown Specialty Practices Admin. Information Technology Environmental Services</p> <p>ICU Physical Therapy Cardiac Rehab Specialty Practices Admin. Environmental Services</p>	<p>10/23 Lisa C Wall Jeffrey H George Thadis C Cox Norma J Ginter</p> <p>10/24 Tamara L Brandenburg</p> <p>10/25 Melissa F Haber Joshua C Bailey</p> <p>10/26 Misti A Fannin Charles S Remy Vergie E Phipps Ryane M Davis Chelsea M Berry Cathy L Richardson Leashia D Duncan</p> <p>10/27 Charles L Mers</p> <p>10/28 William T Toler Wenda D Hawkes Brenda E Logan Crystal R Smith</p> <p>10/29 Julie B McKinney Whitney E Joseph Regina S Pettit John M Brown Ray M Evans Jr. Jordan M Howard Heather L Phelps Larry W Hutchinson Stephen T Loomis Carolyn S Barnes John C Gibson</p> <p>10/30 Jennifer L Garner Lori L Crouch Jennifer L Hardin Christopher Dean Scottie L Fultz Meagan B Price</p> <p>10/31 Thomas D Murphy Amanda S Rudd Tessa P Bradley</p>	<p>Behavioral Health Unit Infusion Solutions Gastroenterology- MG Medical Group Admin.</p> <p>Quality Management</p> <p>Surgery Pain Management</p> <p>3rd Floor Central ICU TCU Cardiology Orthopedics- MG Patient Access Food Services</p> <p>Environmental Services</p> <p>Infusion Solutions Surgery Cardiac Rehab Food Services</p> <p>ICU Emergency Department Outpatient Infusion Svcs. Infusion Solutions Infusion Solutions Laboratory Laboratory Home Health Family Medical Supply Orthopedics- MG Information Technology</p> <p>3rd Floor Central FM Owingsville Palliative Care Facilities Management Security Services Environmental Services</p> <p>Infusion Solutions Home Health Financial Services</p>
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ANNIVERSARY SALE

25% OFF YOUR ENTIRE PURCHASE!

NOW THRU SEPTEMBER 30

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MOBILITY
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- Great for arthritis, neck and back pain, sore muscles and more.
- Apply Biofreeze right where it's needed and without any mess.

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Choose from more than 20 colors!



- Tea Tree Oil
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WellnessMats®



- No-trip, ¾ beveled edge will never curl
- Anti-microbial, by design
- Puncture & heat resistant
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All with the Touch of a Button!

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More than 20 models available (many models in stock)

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Model PR119



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Aetrex • Apex • Brooks • C&C Sweden
Reebok • Sanita • Softwalk



CUSTOMER APPRECIATION DAY

Join us for **FREE** grilled gourmet hot dogs and register to win more than \$2,500 in door prizes!

Friday, Sept. 22 • Noon - 5 PM

Including a power scooter, Brooks, C&C Sweden and Softwalk shoes, a screened canopy, zero gravity loungers, and much more!



www.st-claire.org | 606.784.2414

Located in the Morehead Kroger Shopping Center across from LOWE'S
Monday - Friday 8AM - 6PM | Saturday 10AM - 2 PM

No additional discounts, promotions or offers apply.

Like us on  SCRfamilymedicalsupply



CAMP FOR CHILDREN Who have Lost a Loved One

Camp SMILE (Sharing Memories in a Loving Environment) is a collaborative effort between St. Claire Regional Hospice and the Morehead State University Department of Nursing.

Camp Smile is offered to Children 7-17 years old who have suffered the loss of a loved one. The camp will be hosted from October 20-22, 2017 at Camp Lyons in Bath County. The campers will spend the weekend with bereavement counselors and they will be offering a variety of participatory activities to guide the children through understanding feelings of grief and loss. Campers will have access to archery, hiking, crafts and a free T-shirt.

Space is limited; applications will be screened to ensure target level of provided intervention. Camp Smile is available at no cost and is offered as a free community service! We receive no reimbursement; therefore, we depend on cash and in-kind donations.

To register visit www.st-claire.org/campSMILE or for more information contact Melanie Hurst, MSW, 606.783.6808 or mahurst@st-claire.org

Sharing Memories In a Loving Environment



UPCOMING EVENTS

C.E. Programs

Sept. 22 | Lung Cancer and Smoking Cessation Symposium

9 AM – 2:40 PM
CHER 102
Credit: Category 1 AMA, Nursing
Pending Credit: CHES, RT, PT

Sept. 23 | Fall Pharmacy Forum

8 AM – 2:10 PM
SCR Library - Education Room
Credit: ACPE, Category 1 AMA

Nursing Professional Development Educational Offerings

To register, go to CareLearning: <http://intranet:9000/>

Sept. 27 | Basic Dysrhythmia Two-Day Course

1 – 4 PM
Café D

Sept. 28 & 29 | ACLS Full Two-Day Course

Registration: 8 AM, Class 8:30 AM – 4:30 PM
Sim Lab

Sept. 28 | Secure Recertification Training

8 AM – Noon
Café Rooms BCD

Do you have new department or service line news to share?



Did anything happen in your area this week that you would like to highlight?

Do you have any events or notifications you would like to relay to SCR staff?

If you have something to communicate, please do so by 10 a.m. each Friday, by using the SCR Communications form located on the Intranet.

You can reach the SCR Communications form by visiting SCR's Intranet at <http://intranet/> and clicking on the SCR Communications tab (the last listing above the "St. Claire Regional Medical Center" page title). The form will auto-populate your name, email and phone number. (If one of these doesn't fill in automatically, you can enter it manually.) If you have an attachment to include, click "Choose File" and locate the attachment on your computer. Once you have located the file, click "Open." Your file will now be successfully uploaded to your submission. Type the message you would like to communicate in the "What would you like to be communicated?" text field. After you have finished, click submit.

St. Claire HealthCare is a proud sponsor of...

CAVE RUN STORYTELLING festival

September 29-30, 2017

Twin Knobs Recreation Area
Morehead, Kentucky

www.caverunstoryfest.org



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Anniversary Sale!
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Have an article or event
to submit for the Newsbrief?

Please send articles/information to be placed in the SCH
Newsbrief to SCRcommunications@st-claire.org.

View current and past Newsbriefs online!
www.st-claire.org/Newsbrief

Need a camera for a St. Claire event?

The Marketing/PR Dept. has several
cameras available for loan.
Call ext. 6927 for more information.



Connect With Us!
SCRmedical



St. Claire HealthCare is a
sponsored ministry of the
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Covington Province