

# St. Claire Regional NEWSBRIEF

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## SCR Retail Pharmacy is Now Open!

Our new retail pharmacy proudly offers:

- **LOW PRICE GUARANTEE** — SCR Pharmacy will gladly match any competitor's price in Morehead for both prescription and OTC medicines!
- **PAYROLL DEDUCTION** — Will be available to all SCR staff in the coming weeks. More information to follow soon.
- **STAFF DISCOUNT** (Pending Humana Approval) — As an added bonus, SCR hopes to provide all SCR staff and their immediate families a staff discount on prescriptions!
- **MEDS-TO-BEDS** — Our patients and their families will greatly benefit from the new Meds-to-Beds program, a concierge bedside service that delivers discharge prescriptions to patients at no additional cost.

**Note: The pharmacy is currently accepting all forms of commercial insurance, but is still awaiting Medicaid approval at this time.**

We hope you will take advantage of this convenient new service! Be sure to stop by and greet our all-star pharmacy staff at our new retail location on the first floor of the Medical Center near cardiac rehab.





Submitted by: Mindy Morris-Sexton

During National Nurses Week, St. Claire Regional would like to extend a special thanks to you, our nurses, as you continue to provide the highest level of quality care to our patients. You deserve recognition for your efforts in delivering compassionate care, while encompassing the principles of ethical practice in your profession.

**Celebration Breakfast**  
**Wednesday, May 10**  
 7:30 - 10:00 a.m. | SCR Cafeteria  
 Nursing Excellence Awards Ceremony  
 will take place during breakfast, beginning at 9:00 a.m.

Gifts will be distributed to all nursing staff this week as well.

**OH BABY! IT WAS A BABY SHOWER!**  
 Submitted by: Brandy Esham, AHEC

More than 200 new and expecting parents and their families attended the 16th annual “Oh Baby! It’s a Baby Shower” on April 1 at the Morehead Conference Center.

Community organizations from across northeastern Kentucky attended the event, setting up more than 40 informational booths. Attendees gained knowledge about resources available to them in their communities, as well as tips on having a healthy pregnancy and caring for newborns.

“Without the participation of local businesses and organizations in our community, the Northeast Kentucky Area Health Education Center (AHEC) and St. Claire Regional wouldn’t be able to host this event each year,” said KaSandra Hensley, education coordinator for the NE KY AHEC. “They provide so much great information to help new or expectant parents, and we’re grateful for their continued support.”

Corey Forester, MD, UK Morehead Women’s HealthCare, presented a 30-minute educational session to share a behind the scenes look at what steps are taken to make hospital visits as safe as possible, particularly those related to maternity care. Frances Meritt, CNM, SCR Family Medicine, presented a session providing an inside look at routine obstetric practices not commonly seen, highlighting the pros of waiting for active labor and reducing unnecessary medical practices.

Door prizes were donated by many area businesses and organizations. Car seats, strollers, bassinets and more filled the stage, all going home with lucky winners.



**MOREHEAD AND ROWAN COUNTY PROCLAIM NATIONAL VOLUNTEER WEEK | APRIL 23-29**  
 Submitted by: Regina Thompson and Amber Stamper



Dr. Walter Blevins Jr., Rowan County judge/executive, and Jim Tom Trent, mayor, City of Morehead, proclaimed the week of April 23 to April 29, 2017 to be National Volunteer Appreciation Week observed by the citizens of Rowan County and the city of Morehead. "Our community is grateful for volunteers who dedicate time and energy to make Rowan County a better place," the proclamation reads. Representatives from SCR, the Gateway House, Saving the Animals of Rowan County and Rowan County Arts Center met at the Rowan County Fiscal Court Room April 17 for the proclamation signing.

**SCR Appreciates All of Our Wonderful Volunteers!**

At SCR, our volunteers give a lot more than their time. In addition to completing more than 16,500 service hours last year, our volunteers donated more than \$4,500 to the St. Claire Auxiliary Scholarship and delivered countless random acts of kindness to our patients, families and staff members. The compassion our volunteers show to the people of our region is truly an inspiration.

In addition to volunteers who serve the general needs of the Medical Center, SCR has a hospice volunteer program. We know how stressful it can be for the people who find themselves in need of hospice services, and the words of our volunteers go a long way toward helping them maintain their dignity. In addition to special projects, SCR volunteers dedicate time to visit with our patients, clean their homes, provide support, assist with office work, run errands and make bereavement phone calls to provide emotional support to the families of SCR’s patients.

SCR recognizes our volunteers for their hard work, dedication and generosity! SCR wouldn’t be the same without you!



**If you or someone you know would like to volunteer at SCR, visit [www.st-claire.org/volunteer](http://www.st-claire.org/volunteer) for more information.**



# St. Claire Regional EMPACT Annual Easter Egg Hunt



Submitted by: EMPACT

The Easter Bunny once again visited White's Lumber Yard to hide eggs for the children of SCR staff. April 8 was a beautiful day for EMPACT's Annual Easter Egg Hunt full of lots of excited children racing around in search of eggs, especially the golden eggs. Children were divided into three age groups: 0-3, 4-6 and 7-10. The lucky little hunter who found the golden egg from each age group received a \$25 Walmart gift card.

The Empact committee and hospital employees provided over 3,500 candy filled eggs. Thanks to all who helped make the hunt a hoppin' good time!



## Lucky golden egg winners

Age group (0-3)  
**Tucker Cornett**  
Son of Jeremy and Mia

Age group (4-6)  
**Wesley Hall**  
Son of Wesley and Crystal

Age group (7-10)  
**Bella Donathan**  
Daughter of Crystal and Rucker



## Patients Receive Special Easter Treat

Submitted by: Mike Montes



Food Services has done it again! All hospitalized patients received gelatin flowers for a flavor-filled, handcrafted treat on Easter!



Kendra Oo, a dietary intern from the University of Kentucky, taught Deanna Dunaway how to make a gelatin flower for her 78th birthday! She said it was the best gift.

## HOSA Makes Easter Cards for Patients

Submitted by: Regina Thompson



Amina Anwar, a member of Health Occupation Students of America (HOSA), organized an event to make Easter-themed get well cards for St. Claire Regional patients. Amina said everyone in her organization had fun making the cards and hoped the patients liked them.



One Night ABOUT YOU

# One Night ABOUT YOU

5<sup>th</sup> Annual



Your Health, Your Life, Your Well-Being  
A **FREE** Event Focused on Women

**FREE**  
**UMBRELLAS**  
TO THE FIRST 150 WOMEN

PLUS — MORE THAN  
\$1,500 IN DOOR PRIZES!

**Thursday, April 27**

Morehead Conference Center

Health Screenings 4:00 p.m. - 5:30 p.m.

Informational Booths 4:00 p.m. - 6:00 p.m.

Educational Sessions & Prize Drawings 6:00 p.m. - 8:00 p.m.

**FREE FOOD, FUN & GIFTS**



For more information, connect with St. Claire Regional on Facebook, or call 606.783.6927.



## Women's Health Conference AGENDA

**4:00-5:30 Registration & Health Fair** (Located in Collins Hall West)

SCR Health Screenings

- Cholesterol
- Pulse Rate
- Weight
- Depression
- ABI (Ankle-Branchial Index)
- Glucose
- Oxygen
- BMI
- DermaScan
- PAD (Peripheral Arterial Disease)
- Blood Pressure
- Bone Density
- Framingham (Heart Health)
- Stroke

**4:00-6:00 Informational Booths** (Located in Conference Center Gallery)

- SCR Family Medicine
- SCR Women's Care Unit
- Commonwealth Chiropractic
- UK Markey Cancer Center
- Gateway Wellness Coalition
- PHI
- SCR Pelvic Floor & Lymphedema Therapy
- SCR Surgical Weight Loss
- UK HealthCare
- UK Morehead Women's HealthCare
- Gateway Health Department

**6:00-6:25 Keynote Speaker - Kimberly Williams, MD** (Located in Collins Hall East)

Dystress or Serenity: What's Really Eating You?

**6:25-6:40 Door Prize Drawings** (must be present to win)

**Breakout Sessions - Choose two of the five following breakout sessions to attend. Each breakout session is 20 minutes.**

- 6:45 & 7:15 • **SCR Internal Medicine Physician, Anna Johnson, DO** – Osteoporosis: Prevention, Detection and Treatment. Question & Answer session included. (Located in Cave Run)
- 6:45 ONLY • **UK OB/GYN, Frank LaBarbera, MD** – What's New in Women's Health. New screening information and what to expect during well-woman visits. Question & Answer session included. (Located in Hardwood Room)
- 7:15 ONLY • **UK OB/GYN, Rebecca Todd, MD** – What you need to know about menopause. Question & Answer session included. (Located in Hardwood Room)
- 6:45 & 7:15 • **SCR Internal Medicine Physician, Branden Quinlan, DO** – The Keys to a Happy, Healthy Heart. Question & Answer session included. (Located in Eagle Room)
- 6:45 & 7:15 • **SCR Director of Rehabilitation Services, Debra Neff, PT, MSPT, CLT, & SCR Licensed Occupational Therapist, Morgan King, MS, OTR/L, CLT**– All Things Core. Active engagement for any age to assist with pelvic health, posture and more. (Located in Collins Hall West)

**6:45-7:10 Breakout Sessions - First Choice**

Select your first choice for your education session from the list above.

**7:15-7:40 Breakout Sessions - Second Choice**

Select your second choice for your education session from the list above.

**7:45-8:00 Door Prize Drawings, including a Michael Kors purse MSRP \$198 donated by Dillard's** (must be present to win)



# Get Ready To Look Your Best This Summer!

Now through April 28



**BOTOX**<sup>®</sup>  
—Cosmetic  
onabotulinumtoxinA injection  
**\$9 per unit**  
Plus receive 200 pts  
Noticeable results within 24 - 48 hours

**Latisse**<sup>®</sup>  
(bimatoprost ophthalmic solution) 0.03%  
**5mL for only \$125**  
Plus receive 150 pts

**Juvéderm**<sup>®</sup>  
**\$50 off**  
Juvéderm Fillers  
Plus receive 100 to 200 pts  
Juvéderm<sup>®</sup> • Juvéderm<sup>®</sup> Ultra • Volbella<sup>®</sup>  
Immediate results that last up to 1 year

**Juvéderm**<sup>®</sup>  
**VOLUMA**<sup>®</sup> XC  
Buy 1 get **\$150 off** your second  
Plus receive 600 pts  
Immediate results that last up to 1-2 years

**SkinMedica**<sup>®</sup>  
An Allergan Company  
the #1 medically dispensed, prescription-strength skin care system that can actually transform your skin



**Lytera 2.0**  
**\$125**  
Plus receive 75 pts



**TNS Recovery Complex**  
**\$120**  
Plus receive 50 pts

**Chemical Peels**  
**\$99 per peel**  
Plus receive 50 to 100 pts  
Improvement after 1 peel, compelling results after 5-6 peels



**TNS Essential Serum**  
**\$199**  
Plus receive 100 pts



**TNS Eye Repair**  
**\$69**  
Plus receive 25 pts

Like us on f  
SCRaesthetics

Gift certificates available!

No additional discounts, promotions or offers apply with sale pricing.



Don't forget, with every purchase you'll also earn points that turn into cash for future purchases!  
www.brilliantdistinctionsprogram.com

**WOMEN'S IMAGING & AESTHETICS**  
 St. Claire Regional Medical Center

## Selena Raines, DO, MPH, SCR Family Medicine Resident, Published in Journal of the American Osteopathic Association

Submitted by: Dee Hamm, DME Residency Coordinator



We are proud to announce that Selena Raines, DO, MPH, second-year osteopathic resident with the St. Claire Family Medicine Osteopathic Residency Program, had her case study published in the March 2017 issue of the Journal of the American Osteopathic Association.

Titled "Osteopathic Manipulative Treatment in the Management of Isaacs Syndrome" and co-authored by colleagues at the University of Pikeville, Kentucky College of Osteopathic Medicine, the case details a 55-year-old man with Isaacs' syndrome, a rare neuromuscular disorder caused by hyperexcitability and continuous firing of the peripheral nerve axons that activate muscle fibers, seeking relief of pain and muscle rigidity through the use of osteopathic structural examinations (OSEs), osteopathic manipulative treatment (OMT) and osteopathic cranial manipulative medicine (OCMM). Symptoms included myokymia, total muscle contractions resulting in dislocations and muscle tearing, hearing loss and muscle atrophy.

While there is no known cure for Isaacs' syndrome, the patient experienced consistent reduction of pain and myokymia through weekly treatment with OCMM and OMT therapies, allowing the patient to return to his normal daily activities while controlling his symptoms. Dr. Raines writes that their findings can not only improve quality of life for patients with Isaacs' syndrome, but potentially those who suffer from peripheral nerve hyperexcitability (PNH) disorders as well.

*Congratulations to Dr. Raines for her hard work and a job well-done!*

## SCR Annual Social Work Brunch

Submitted by: Amanda Skaggs, LSW



In honor of National Social Work Month, St. Claire Regional social workers joined together for their annual brunch. They are advocates, encouragers, supporters and helpers to many. We are thankful for our social workers who work diligently to restore hope in the lives of our patients on a daily basis.

### Learning & Organizational Development Educational Offerings

Register through careLearning using the link below:  
<http://scrvportal:9000/>

**April 24 | LPN IV Therapy Class**  
8:00 AM - Noon  
CHER 413

**April 25 | ACLS Renewal Course**  
8:00 AM - 4:30 PM  
CHER 413

**April 26 | LPN IV Therapy Class**  
8:00 AM - Noon  
Café D

**April 27 & 28 | PALS Full Two Day Course**  
Registration 8:00 AM  
Class 8:30 AM - 4:30 PM  
CHER 102





# HAPPY BIRTHDAY

## May 2017



<b>5/2</b> Teresa D Ferguson Layla L Adkins Thomas S Applegate Diana M Rose Selena R Baize	4th Floor Nursing TCU Occupational Therapy FM - Sandy Hook Central Billing Office	<b>5/13</b> Janet S Rudd Christine Potter Elisha M Pemberton Tajuan C Washington Roxanne M Johnson	Behavioral Health Unit TCU Infusion Solutions Surgery Home Health	<b>5/23</b> Shannon R Morgan Tonya R Bickel Debbie E James	Behavioral Health Unit Emergency Department MMS Administration
<b>5/3</b> Derek R Bradley Kathleen L Wilson Carrie L Furnish Ronald K Henson Caitlin P O'Callaghan Christopher F Fennell Melanie D Smith	3rd Floor Central Nursing Administration Surgery Materials Management Emergency Physicians Counseling Services Central Scheduling	<b>5/14</b> Remona W Gooding Nancy J Brown Whitney D Thomas	3rd Floor Central Cytology FM - Morehead	<b>5/24</b> Nicholas S Kratzenberg Shanda N Cushard	Float Dept - Unit Sec FM - Morehead
<b>5/4</b> Vickie R Fairchild Barbara J Hart Kathleen C Harper John H Black Kimberly R Eldridge Joy E Henderson	Infusion Services Physical Therapy FM - Sandy Hook Hospice Cave Run General Surgery 3rd Floor North	<b>5/15</b> Tracie D McCarty Ashley M Fay	Family Medical Supply Emergency Physicians	<b>5/25</b> Tyannia R Brown Clarence G Clayton	Respiratory Therapy Podiatry
<b>5/5</b> Molly B Carew Arica L Conley Cinderella L Haskett	MMS Clinical Services Physical Therapy Behavioral Health Unit	<b>5/16</b> Charles D Harr Sheila R Thornberry Lisa S Parker Robert A Williams Donna J Thomas Tina R Burchett Ashley L Tackett	Float Dept - Unit Sec FM - Sandy Hook Hospice Emergency Physicians MMS Clinical Services Central Billing Office Environmental Services	<b>5/26</b> Rhonda L Holley Amy S Russell Cletus S Carvalho Tanya M Riggs Crystal B Biddle Kelli J Fraley	Emergency Department Home Health Counseling Services Cave Run General Surgery Patient Financial Services Environmental Services
<b>5/6</b> Wendy C Whitt Jayme L Arnold	FM - Frenchburg Patient Financial Services	<b>5/17</b> Kimberly A Bozarth Angela M Craft Alfredia H Mocabee	Emergency Department HIM Library	<b>5/27</b> Norma S Yazell	TCU
<b>5/7</b> Jerry M Tilsley	Information Services	<b>5/18</b> Madison P Walters	4th Floor Nursing	<b>5/28</b> Kasey L Hickerson April D Holbert Jennifer H Perry Jenise Blanton Shelby J Warren Samantha M Brown Wayne A Hargett Jr. Jonathon M O'Connor	3rd Floor Central Emergency Department Infusion Solutions Laboratory Home Health Patient Access Food Services Facilities Management
<b>5/8</b> Donna R Johnson	Podiatry	<b>5/19</b> Megan L Gross Charlotte B Walker	Physical Therapy Medical Group Admin	<b>5/29</b> Johnathan L Pittman Barbara A Adams Tabitha G Wallace Linda D Fultz	Pharmacy Central Billing Office Central Billing Office Quality Management
<b>5/9</b> Toni Bellamy Abilene Bowens Melinda C Cecil Angela M Cundiff Morgan M King	Float Dept Laboratory Ultrasound Patient Access Occupational Therapy	<b>5/20</b> Emily C Kane Dalton L Ingles Ray Fultz Savannah J Newsom Kristina M Beamon Mary E Jones Loretta M Wagoner	3rd Floor North Pharmacy Materials Management CT Scan Counseling Services CRSS Patient Financial Services	<b>5/30</b> Raychel L Perry Ashley S Sublett Tammi S Wilson Craig D Butler Carri L Hicks Regina L Maze Sharon S Perry Richard M Stamper	3rd Floor Central Emergency Department Outpatient Center Radiology Physicians Anesthesia Professionals Central Billing Office Administration HIM
<b>5/10</b> Ana K Percino Bringas Danielle R Sexton Brittany D Gray Heather N Morgan Shelby P Logan Bridgett F Wells	3rd Floor Central 4th Floor Nursing TCU Nursing Administration Emergency Department Physical Therapy	<b>5/21</b> Michelle B Middleton Gary L Boyd Karen H Allen Taylor M Adams	Infusion Services Family Medicine Central Billing Office Patient Access	<b>5/31</b> Tawni R Donahue Julia M Dailey Debbie L Blankenship John A Sanders Kayla M Muse	Materials Management Family Medicine Express Hospice Palliative Care Podiatry
<b>5/11</b> Cindy F Murphy	Float Dept - Unit Sec	<b>5/22</b> Tonya R Adkins Chyann M Tackett Crissie M Wolfe Holly S Atkins Alma L Masters Chelsey E Thomas Kayla B Keeton	3rd Floor Central 3rd Floor Central Float Dept - Unit Sec Respiratory Therapy FM - Frenchburg MMS Administration Human Resources		
<b>5/12</b> Kathy J New Lori J Layne Carlyn R Craft	3rd Floor North TCU OPCC				

# Mother's Day

## 25% Off Sale

Now through May 14

### Sit, Recline, Lift or Stand

*all with the touch of a button*

- Over 20 models available (many models in stock)
- 5 size options, including XXL
- Over 40 fabric color options
- Heat and massage available
- Lifetime manufacturer warranty on Golden Technologies® lift mechanism

**FREE DELIVERY**  
Within a 50-mile radius

Model: PR-510  
Color: Hazelnut

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### 25% OFF Orthotic, Active & Everyday Shoes

Aetrex • Apex • Brooks • Dr. Comfort • Sanita  
C&C Sweden • Reebok • Phoenix Footwear

### 25% OFF Compression Socks & Hosiery

medi USA • Sockwell  
Jobst • PRO Compression

### 25% OFF Medline® Remedy Olivamine Skin Repair Cream

Helps protect and relieve dry, cracked, inflamed, reddened and itchy skin.

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### 25% OFF Dr's Remedy® Nail Care Enriched Nail Polish

Tee Tree Oil • Garlic Bulb Extract  
Vitamin C & E • Wheat Protein

CHOOSE FROM MORE THAN **20 COLORS**

### 25% OFF Accessories

**Banded® Hair Tie Bracelets**

**Initial This® & Sassy Badge® Badge Reels**

### 25% OFF WellnessMats®

Edges will never curl  
No-trip ¾ beveled edge  
Anti-microbial, by design  
Puncture & heat resistant  
Stain & dirt resistant  
Easy to clean  
Safe & non-toxic (PVC-Free)

Sizes: 6' x 2' or 3' x 2'  
Tan, Black, Burgundy  
Motifs: Smooth and Bella

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## Enter our Mother's Day Contest!

Connect with us on Facebook and tell us why you have the world's best mother for your chance to win a Mother's Day Gift Basket, valued at \$300! Visit our Facebook page for more info!

### 25% OFF Mobility Items

Power Chairs • Rollators • Walkers  
Canes & Cane Accessories

No additional discounts, promotions or offers apply with sale pricing.

## Scrub & Accessory

FASHION SHOW  
FRIDAY, MAY 19 | 6-8 P.M.

EXCLUSIVE  
ONE NIGHT ONLY SALE!

SAVE 25-35%\*

scrubs | shoes | diagnostics | compression

*\*The first 25 attendees will save 35%, and everyone will save 25%, on their purchase of scrubs, shoes, diagnostics and compression.*

**PLUS!**

Register to win amazing door prizes valued at more than \$800!

GRAND PRIZE DRAWING  
\$200 Gift Card



St. Claire Regional  
**FAMILY MEDICAL** **SUPPLY**

Located in the Kroger Shopping Center across from LOWE'S

## National Hospital Week May 7-13, 2016

### ALL WEEK

- Online Quizzes - Win Prizes!

### May 11 - Thursday

- Off-Campus Visits
- Night Shift BBQ (in Cafeteria)  
10:30 p.m. to Midnight

### May 12 - Friday

- \*BBQ & Prize Drawings  
(Lunch) 11:00 a.m. to 1:30 p.m.  
(Dinner) 4:30 p.m. to 6:00 p.m.



\* BBQ will be held on the Foundation Grounds. In case of rain, food will be served in the cafeteria.

Join us for our annual cookout!



St. Claire Regional  
Medical Center

222 Medical Circle • Morehead, KY 40351



St. Claire Regional is a sponsored ministry of the  
**Sisters of Notre Dame**  
Covington Province

## NEWSBRIEF

Have an article or event to submit for the Newsbrief?

Please send articles and/or information to be placed in the SCR Newsbrief to [kayla.harrison@st-claire.org](mailto:kayla.harrison@st-claire.org).

Need a Camera to Cover an SCR Event?



The Marketing/PR Dept. has several cameras available for loan.

Contact Marketing at ext. 6927 for more information.

To view current and past Newsbriefs online, visit [www.st-claire.org/Newsbrief](http://www.st-claire.org/Newsbrief)

Connect With Us  
SCRmedical

