

St. Claire Regional NEWSBRIEF

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Food Services Surprised Patients with a Flavor-Filled Valentine's Treat

All hospitalized patients at St. Claire Regional received a special Valentine's Day surprise! Mike Montes, SCR's director of food services, made sure all SCR patients received a Valentine's Day card and a unique, handcrafted gelatin flower as a sweet treat in honor of the holiday. After all, who doesn't like receiving flowers for Valentine's Day?



Kendra Oo, a dietary intern from the University of Kentucky, making a gelatin flower.



New mom, Lindsey Waxler, was just one of the patients who received a Valentine's flower.



We are Proud to Welcome Tara Ramsey Applegate, APRN, to our Family Medicine Location in Morehead



St. Claire Regional is proud to announce the addition of Tara Ramsey Applegate, APRN, to our medical staff. Applegate is now seeing and accepting new patients at St. Claire Regional Family Medicine in Morehead.

Applegate was an X-ray technologist for 10 years before returning to school to become an advanced practice provider. She received her Bachelor of Science in Nursing from Keiser University and her Master of Science in Nursing from Maryville University. Prior to joining St. Claire Regional, Applegate worked as a provider at Family Care Associates in Cynthiana, Kentucky.

"When I think about all the patients and families that I have worked with over the years, even though many of them don't remember me, I know that I have given a piece of myself to each of them and they to me. In my mind, it's these threads that make up the beautiful quilt that represents my career in nursing and my life in serving the people that I love," says Applegate. "I have always had a passion for serving patients in Appalachia and am excited to be at St. Claire Regional Family Medicine in Morehead."

Applegate lives on a cow-calf and grain family farm operation with her husband, Kevin. They have two daughters, Caroline and Catherine, and two grandchildren, Ashton and Elleanor. Applegate enjoys needle pointing, continuing her education, vacationing and most importantly, spending time with her family.



Congratulations on Your Retirement, We Will Miss You!

Jo Ann Pennington retired with 27 years of dedicated service at SCR. Jo Ann worked with St. Claire Regional's finance office as a payroll processor from 1989-2017.

SkinMedica
An Allergan Company
the #1 medically dispensed, prescription-strength skin care system that can actually transform your skin

HA⁵ \$125
HA⁵ provides immediate smoothing in the appearance of fine lines and wrinkles, and supports the skin's natural ability to replenish its own hyaluronic acid for overall skin health.

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Lytera^{2.0} is an advanced Pigment Correcting Serum, formulated to brighten dull skin and minimize the appearance of skin discoloration and dark spots in as little as 8 weeks.

10% OFF all SkinMedica[®] Products
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Smooth the appearance of fine lines and wrinkles. See noticeable improvement after just one peel and compelling results after three to six peels.

BOTOX[®] Cosmetic
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Purchase 35 units and receive an **INSTANT \$50 rebate**. Plus, receive a 2nd offer to **SAVE \$50** on your next treatment! (\$140 in savings available with **bd** points)

Juvéderm
Juvéderm, Juvéderm Ultra or Voluma
\$50 OFF when you purchase one syringe, or **\$150 OFF** when you purchase two syringes

kybella
(deoxycholic acid) injection 10 mg/mL
\$100 OFF Your First Treatment
KYBELLA[®] is the first and only FDA-approved injectable treatment that contours and improves the appearance of moderate to severe fat below the chin, sometimes referred to as "double chin."

Love your lips & eyes again!
Juvéderm
VOLBELLA[®] XC
ONLY \$299
VOLBELLA[®] rejuvenates the lips by enhancing the natural shape, improving the appearance of lines around the mouth. Natural results that last up to 1 year!

SkinMedica[®] TNS Lip Plump System[®] \$45
TNS Lip Plump System[®] restores lip fullness and volume within minutes and offers long-lasting anti-aging benefits. The Lip Renewal has fast action lip smoothing and softening effects and improves lip texture and volume.

Eye Rejuvenation Package
Latisse[®] & TNS Eye Repair[®] for **ONLY \$199**

Latisse[®]
is a prescription treatment for inadequate or not enough lashes to grow longer, fuller and darker lashes.

SkinMedica[®] TNS Eye Repair[®] reduces the appearance of fine lines, wrinkles and dark circles.

Like us on **SCRaesthetics**
606.783.6760
Gift Certificates Available!
No additional discounts, promotions or offers apply with sale pricing.

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

All women of St. Claire Regional (staff, spouses and volunteers)
are invited to attend

A Taste of Retreat

2017 Spring Women's Refresh Event

Stay for the day

April 29, 2017

11 AM - 5 PM

Blue Licks Battlefield
State Resort Park

meet and greet begins at 10 AM

devotional, lunch (at your expense), fun activities, testimonials

& first time attendees receive a special gift

Or, make it a weekend getaway

Call **800.443.7008** to reserve a room by
March 28 and receive the special room rate of
\$71.96 per night (up to 2 guests per room).
Just mention "Taste of Retreat!"

Contact Jelana Lewis to RSVP by April 10
jelana.lewis@st-claire.org or ext. 6724



 St. Claire Regional



The following comments are from SCR patients who completed our Press Ganey patient satisfaction surveys in January.



EMERGENCY DEPARTMENT

I would give **Monica Stevens, RN**, a five-star rating.

HOME HEALTH

I would only recommend my home health nurse **Charla Pennington, RN**, because she has truly gone above and beyond the call of nursing with her job.

Amy Cover, OT, and **Ericia Lewis, RN**, were very caring and helpful.

Excellent care provided by **Candra Bailey, PT**, thank you!

When my husband fell, **Johnny Napier, PT**, came right away to check if anything was broken.

Kim Moore, RN, was really helpful.

My nurse **Shannon Moore, RN**, helps me a lot.

RoxAnn Johnson, PTA; **Cynthia Adams, RN**; **Shonda Coupler, RN**; and **LeAnn Davidson, PT**, are all very good.

Erica Lewis, RN, is the greatest, always.

My nurse, **Shana Cooper, RN**, was awesome, caring and kind.

Shana Cooper, RN, is very good and she really cares.

We've had excellent care and therapy, thanks **Johnnie Napier, PT**.

Jenny Everman, RN, very good.

Jenny Everyman, RN, makes doctor appointments for me when necessary.

Kim Moore, RN, is very friendly and caring about her patients.

Megan Riggs, RN, is great.

Great experience from the service/excellent nurse **Megan Riggs, RN**.

INPATIENT

James Lynch, MD, was awesome!

Two outstanding nurses: **Diane Beane, RN**, and **Lydia Trimble, RN**. Lydia really loves her job and was the most outstanding, competent and helpful. Diane gave me all my medication when I needed it, I looked forward to seeing her at night because I knew she actually cared.

Cory Yoder, DO, went out of her way to help me.

My pre-op nurse, **Randy Stevens, RN**, was very helpful to calm my nervousness.

I'm grateful for **Corey Forester, MD**. He took very good care of me! His concern for my well-being and health is evident in every visit.

James Vasant, MD, and his assistant were great.

Natasha Knipp, PCA, was the best one I had!

Frannie Merrit, CNM, did an excellent job! **Nancy Henly, MD**, took great care of our newborn!

MEDICAL PRACTICE

Bethany McClure, PA-C, was great with my daughter.

Angel Beamon (Registration Clerk) and **Debbie Clark** (Registration Clerk) in the front were so nice and very helpful!

I love **Amanda Ramey, DO**. She's a great person and wonderful physician. She listens to her patients and is never condescending or arrogant.

Mary Caric, APRN, and her nurses are among some of the best healthcare providers that I have had. They create a very comfortable environment and show that they really do care about their patients.

Excellent care from **Clarence Clayton, DPM**, and staff.

Clarence Clayton, DPM, is the best, most thorough, competent and courteous doctor at St. Claire Regional.

Branden Quinlan, DO, is a very good asset to your clinic.

Charles Crouse, MD, was very good as was the staff.



HAPPY BIRTHDAY

March 2017



3/1 Lauretta J Barker Jessica R Callahan Barbara L Davis Janie D Jamison	Environmental Services Case Management Home Health ICU	3/13 Michael C Burton Michael R Tekulve Jena A Walters Rhonda Young	Environmental Services Cave Run General Surgery Surgery CRSS
3/2 Lauren M Harwood Andy B Price	Anesthesia Professionals Information Services	3/14 Adam W Scroggham	Emergency Physicians
3/3 James Oldham	Patient Financial Services	3/15 Michella R Smedley Emilie J Wills	Environmental Services Pharmacy
3/4 Glenn D Meade	Bio Medical Engineering	3/16 Jeremy S Oliver William B Webb	AHEC Emergency Physicians
3/5 Molly B Carew Arica L Conley Cinderella L Haskett	MMS Clinical Services Physical Therapy Behavioral Health Unit	3/17 Michele F Conley Sharon Goodpaster Rosemary Hamilton Patrick D Hughes Tracey G Workman	Surgery 3rd Floor Central Central Billing Office FM- Owingsville Hospice
3/6 Terrell W Bradley Troy N Conley Chryssinda A Hillman James E Lynch Hope D Sloan	Facilities Management Informatics Patient Financial Services Cave Run General Surgery Environmental Services	3/18 Kathryn H Bloom Donald C Howell Dreama R Leigh Crystal L Little Sydney N Logan Heather R O'Hara Rebecca L Runyon	Occupational Therapy Facilities Management Laboratory Patient Financial Services Emergency Department 3rd Floor North Food Services
3/7 Melanie L Catron Rita C Hopkins Lisa A Ingles	Nursing Administration MMS Clinical Services Home Health	3/19 Patricia A Blevins Angela K Humphries Cynthia A Schneider Cade L Wallace Alexandria S Williams	Emergency Department Wound Care/Hyperbaric Podiatry Pharmacy Laboratory
3/8 Deserae S Caesar Delores L Franklin	Patient Access Financial Services	3/20 Mark E Bailey Mona K Coffman Kecia L Craig Lisa M Humbarger Amy K Oesch Jessica R Smith	Emergency Physicians Materials Management Environmental Services Environmental Services Speech Therapy 3rd Floor Central
3/9 Toni Bellamy Abilene Bowens Melinda C Cecil Angela M Cundiff Morgan M King	Float Dept Laboratory Ultrasound Patient Access Occupational Therapy	3/21 Belinda W Ashley Candace R Nickell	Hospice Cave Run General Surgery
3/10 Lindsay N Brown Kimberly Rayburn	3rd Floor North MMS Clinical Services	3/22 Loretta Burchett Isaac D Craft	Laboratory Pharmacy
3/11 Cynthia A Bohem Susan D Dunaway Judy L Fannin Amanda L Grubb	Counseling Services Home Health FM Patient Financial Services		
3/12 Kristy A O'Bryan	HIM		

Elizabeth A Hefner Georgeanna J Howard	Home Health Respiratory Therapy
3/23 Dianna K Gardner Tristian H Law Lucille Mays Shawna E Sargent	Central Billing Office Patient Access Family Medicine Express Patient Access
3/24 Sheri A Brown Rebekah S Easter Donna M Fannin Janet R Roe Marjorie A Scott Michele A Walters	3rd Floor North Environmental Services Laboratory Central Billing Office CRSS Family Medicine Express
3/25 Charla R Pennington Katherine E Perry Glen R Standafer Ingrid K Van Rooyen	Home Health 3rd Floor Central FM - Frenchburg Laboratory
3/26 Charlene F Purnell Barbara K Weaver	HIM HIM
3/27 Rebecca L Sulken Kevin S Trent	Respiratory Therapy Family Medical Supply
3/28 Kasey E Collins Lyndsey B Lyons Lorraine H Scarberry	FM - Morehead Physical Therapy PACU
3/29 Gracie L Kidd	Food Services
3/30 Kourtney M Dotson Jessica L Logan Casey S Lovelace Kathy A McGuire Punnaivanam Ravisankar	3rd Floor North Same Day Surgery Ultrasound 3rd Floor North Emergency Physicians
3/31 Shelby A Hill Steven D McKenzie Shawna L Messer Ashley L Sargent	4th Floor Nursing Environmental Services Laboratory Respiratory Therapy

Attention all St. Claire Regional CPAP & BiPAP Patients: Here's info you need to know!

Beginning **March 1**, CPAP and BiPAP equipment and supplies will no longer be distributed at St. Claire Regional Family Medical Supply. Patients will pick up their CPAP and BiPAP equipment and supplies at St. Claire Regional's Sleep Center located in the St. Claire Regional Outpatient Center.

Patients can either stop by the St. Claire Regional Sleep Center Monday-Friday, 8:00 a.m. to 4:30 p.m., to pick up their CPAP and BiPAP supplies or call **606.783.6753** to have them mailed.



Effective March 1, 2017
CPAP & BiPAP supplies only available at:
St. Claire Regional Sleep Center
1028 E. Main Street | Monday - Friday
Morehead, KY 40351 | 8:00 am - 4:30 pm
Beside Aaron's Best One Tire and Service



UPCOMING C.E. Programs

February 17 | Tumor Board
8:00 - 9:00 AM
SCR Teleconference Room
Credit: ACPE, Category 1 AMA, Nursing

February 21 | BLS Check Off
1:00 - 4:00 PM
CHER 208
Register with KaSandra Hensley at kasandra.hensley@st-claire.org or ext. 6830

March 1 | Journal Club
12:00 - 1:00 PM
SCR Library - Education Room
Credit: ACPE, Category 1 AMA

Learning & Organizational Development Educational Offerings

Register through careLearning using the following link:
<http://scrvmportal:9000/>

February 17 | BLS Skills
8:00 AM - 12:00 PM
Café A

February 20 & 27 | Basic Dysrhythmia Interpretation
8:30 AM - 11:30 AM
Library Education Room
Credit: Nursing CE

February 21 | BLS Skills
8:00 AM - 12:00 PM
Café A

February 23 | SECURE Training
8:00 AM - 2:30 PM
Café B & C

February 28 | ACLS Renewal Course
8:30 AM - 4:30 PM
CHER 102

Evaluating Medical Students and Providing Feedback

Date: Tuesday, February 28

Time: 5:30 pm - 7:00 pm

Location: Bourbon Room of The French Quarter Inn
25 E McDonald Pkwy, Maysville, KY 41056

At the conclusion of this program, participants should be able to:

- Describe what it means to be voluntary faculty.
- Discuss evaluation of students for UK College of Medicine.
- Identify similarities of multiple feedback systems.

Presented by: David Sacks, PhD, University of Kentucky, College of Medicine

Register By
Feb. 24

www.neahec.org/feedback

Neonatal Resuscitation Program

The Neonatal Resuscitation Program (NRP) is now being offered twice monthly. NRP is a recommended course for nurses, respiratory therapists and physicians who provide care to the neonatal population.

Next Class: Wednesday, February 22

Register online with Healthstream.

For more information, contact Carla Holland at Carla.Holland@st-claire.org.

SCR is Proud to Sponsor the: Harlem Ambassadors vs The Gateway Child Avengers Basketball Game & Show

Don't miss out on the fun! Buy your tickets today!

Date: Tuesday, March 14

Time: 7:00 pm

Location: Morehead State University, Wetherby Gym

Tickets are \$10 and can be purchased at The Gateway Children's Advocacy Center (310 East Main Street, Morehead). For more information, call 606.780.7848.

Harlem-style comedy basketball featuring high-flying slam dunks, games with kids and hilarious comedy! Children 5 and under get in **FREE!**

All proceeds go to The Gateway Children's Advocacy 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 michael.ash@st-claire.org

Visit the SCR web site at www.st-claire.org/newsbrief to read past editions of the SCR Newsbrief

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.



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