

St. Claire Regional NEWSBRIEF

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Former EVS Staff Member Returns as Registered Nurse

Valerie Cotten, a native of Grayson, began working at St. Claire Regional in 1991 as an environmental services assistant and worked her way up to supervisor before leaving in 2001 to spend time with her family. When Valerie left, she never imagined she'd be returning more than 15 years later in a completely different role.

After being home for a few years, Valerie was about to accept a part-time job at K-mart when Gary, Valerie's husband and biggest supporter, said to her, "Val, why don't you take some time for yourself, go back to school and take some classes? You've always wished you had more education and there are colleges all around you."

One of 13 children, no one in Valerie's family had yet to go to college, so at first, the thought seemed intimidating. But after considering the idea, she decided she wanted to give it a shot.

During her time at SCR, Valerie made a lot of friends who sparked her interest in nursing so she decided to enroll in Ashland Community and Technical College's (ACTC) licensed practical nurse (LPN) program. Her plan was to finish her LPN, and if she did well, she'd bridge over to get her registered nurse (RN) degree.

On the last day of her first semester, her instructor pulled her aside and said "Valerie, why don't you just go on and get your RN? You'd make such a good nurse!" and that was the push I needed," Valerie said. The next morning, she registered for everything she could to go towards her RN.

Although a lot of her instructors were her age, she didn't let that stop her from pursuing her dream. "I was a late bloomer, but I did well, so it's okay," she said, laughing. Valerie graduated from ACTC's nursing program in May 2007, and in July, found out she passed her exam and could officially begin working as Valerie Cotten, RN.



Valerie Cotten, RN, and Mark J. Neff, SCR President/CEO

"It's like a little family here. It takes work, and I had to study hard, but I am very proud to be an RN at St. Claire Regional."

- Valerie Cotten, RN

While in nursing school, Valerie worked as an extern for King's Daughters Medical Center so she accepted a job there when she graduated. After working there for several years, she decided she wanted to come back to the place that inspired her to become a nurse.

Valerie says the community at SCR has always been welcoming. "It's what brought me back; it's like a little family here. It takes work, and I had to study hard, but I am very proud to be an RN at St. Claire Regional."



SCR Leadership Rounding

SCR's Leadership Team is happy to announce that we will begin routinely rounding on patients and staff this month. We want to get involved to demonstrate our commitment to excellent patient experiences and to each of you.

We will be talking with our patients about their care and our services to learn more about what we do well and what we could do better. We will also visit with you to make sure you have what you need to give our patients the best possible experience, and we want to listen to your comments and concerns. We want the rounds to be conversational so we can get to know you better and hear real-time feedback and improvement ideas. We truly value your input, and we want to work with you to achieve exceptional patient experiences.

Leadership will begin rounding on our higher patient volume units: 3 North, 3 Central and ICU every first and third Tuesday of the month at 12:30 p.m. Immediately following, Leadership will meet with your management team to share compliments, feedback and ideas for improvement. We will then communicate what we learn with staff.

We look forward to working with you to improve communication and relationships to ensure we provide excellent, safe care to our patients and a quality workplace for you.

See you on Rounds!

SCR President/CEO

SCR Leadership Team

St. Judi Lambert MD

Aran A. Fairly

S. Burch

John Sutty

Michelle

Will Melahn MD

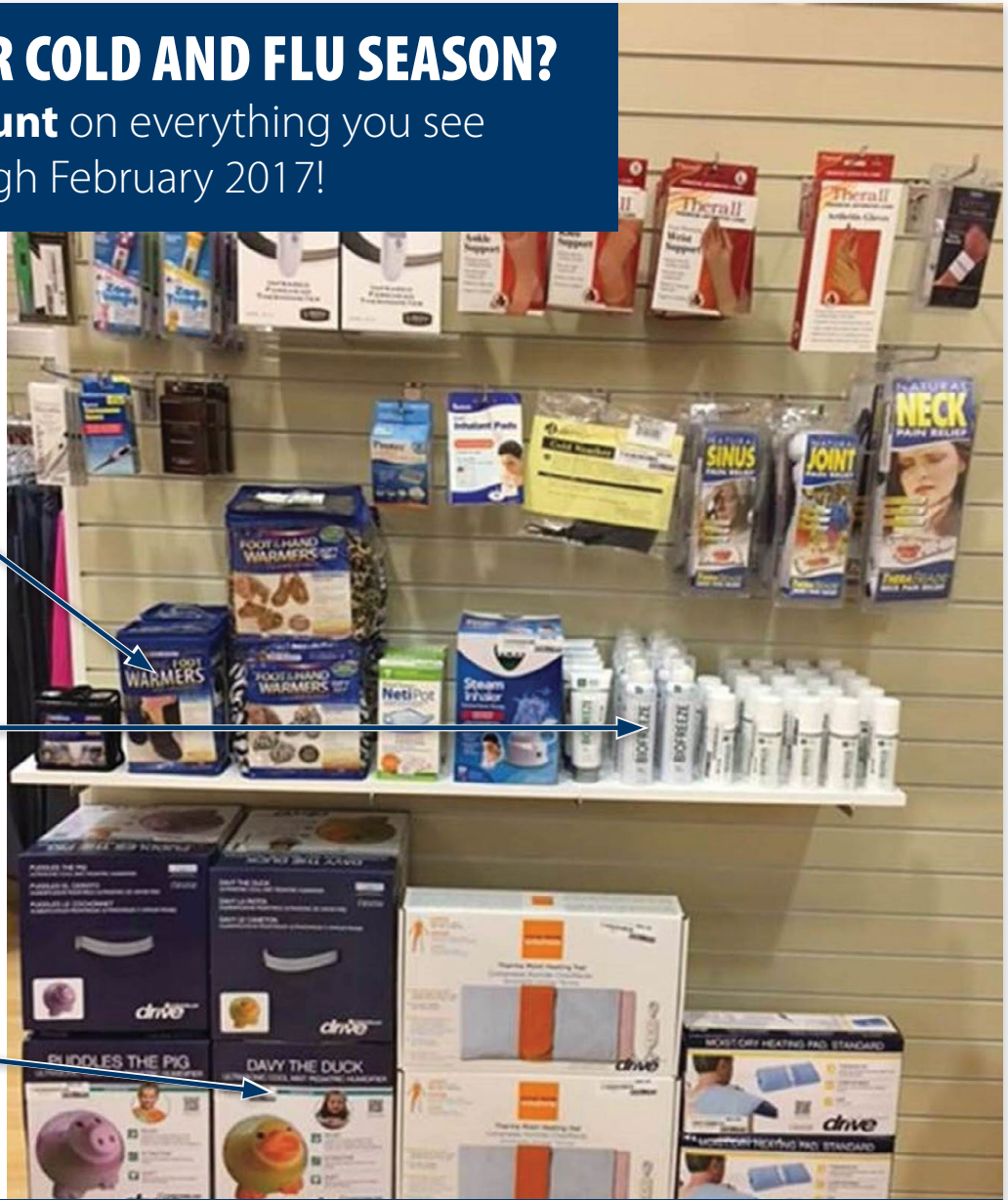
Ch. F.

Charlotte Walker

Lerae Wilson

ARE YOU READY FOR COLD AND FLU SEASON?

Enjoy a **20% discount** on everything you see now through February 2017!



During the Month of January, SCR Staff **Save 10% off All HMR Weight Management Products**

(payroll deduction eligible)



St. Claire Regional
FAMILY MEDICAL  **SUPPLY**

606.784.2414 Like us on 
www.scrfamilymedsupply.com
No additional discounts, promotions or offers apply.



FREE Breastfeeding, Newborn & Childbirth Classes

2017 Schedule

All classes held on the 1st floor of the Center for Health, Education and Research (CHER) across from St. Claire Regional (unless noted otherwise)

Breastfeeding Classes

Join other expectant families to learn the benefits of breastfeeding and how to get started. Breastfeeding Classes are offered from 6-8 p.m. on the following dates:

- January 12
- March 9
- May 11
- July 13
- September 14
- November 9 (CHER 214)

Breastfeeding Support Group

Are you currently breastfeeding or planning to? Are you looking for or wanting to offer support and encouragement? Our Breastfeeding Support Group is offered from 6-7 p.m. on the following dates:

- February 9
- April 10
- August 10
- October 12

Childbirth Classes *(free to St. Claire Regional Family Medicine patients ONLY)*

Get ready for what to expect and learn how to cope with labor and birth. For more information, call Betsy Meadows at 606.784.9890. Childbirth classes are offered over two nights, with a third date available for additional natural birth techniques, from 7-9 p.m. on the following dates:

- January 9, 16 (23, optional)
- March 6, 13 (20, optional)
- May 8, 15 (22, optional)
- July 10, 17 (24, optional)
- September 11, 18 (25, optional)
- October 30, November 6 (13, optional)

Newborn Care Classes

Babies don't come with instruction manuals! Join our family medicine doctors for an overview of taking care of your newborn. Newborn Care Classes are offered quarterly from 6-8 p.m. on the following dates:

- February 23
- May 25
- August 24
- November 30

For more information about these classes, call our family medicine location in Morehead at 606.784.3771.


St. Claire Regional
Family Medicine
 MOREHEAD

St. Claire Regional



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

EMERGENCY DEPARTMENT

Phillip Overall, MD, was very nice.

Registration clerk, **Angela Cundiff**, was very helpful and caring.

HOME HEALTH

Shannon Moore, RN, is very, very good! She is always willing to help or answer questions. She is very knowledgeable.

My mammo nurse, **Teresa Hester, RN**, was fantastic! Best nurse from any service.

I have had bad home health previously, this home health is excellent! Cleveland Clinic could see the changes in my care to be excellent since I changed agencies. Thanks to **Debbie Blankenship, RN**, my first nurse, and **Denise Dunaway, RN**, for my excellent care.

Susie Hargett, RN, was my home health nurse and she was very good!

Susie Hargett, RN, is the best. She was very caring and concerned about me.

Susie Hargett, RN, **Johnny Napier, PT**, and **Karen Gambill, OT**, are great! They helped me so much.

I don't know how my husband and I would have gotten through 2016 without **Missy Lillard, RN**, and the other girls. They have been wonderful to us.

Shelby Warren, RN, has been great! She is always nice and shows concern for her patients. I highly recommend her for anyone's nurse. I believe she needs acknowledged for her service and dedication.

Shannon Moore, RN, is a very good, skilled nurse. She is very sensitive to my needs.

Johnny Napier, PT, has been the best.

Charla Pennington, RN, is my nurse and she is wonderful! She is so kind and caring. She is like a member of my family.

Lee Ann Davidson, PT, is very good.

INPATIENT

Misti Fannin, RN, was wonderful. All the nurses were excellent.

We love **James Lynch, MD**. He was wonderful and had a lot of empathy.

Mansha Kahloon, MD, is an excellent physician. He done a great job on my stents and heart cath!

Nancy Brown, RN, is my favorite! She was wonderful!

Krystal Scarberry, RN, and **Kimberly Wolfe, RN**, were outstanding! They couldn't have been better!

I couldn't have asked to be treated any better than I was at St. Claire Regional during my surgery. Two nurses in particular (**Krystal Scarberry, RN**, and **Kimberly Wolfe, RN**) were both outstanding. Both were very kind, friendly, professional and attentive to my needs.

MEDICAL PRACTICE

Franny Meritt, CNM, made us feel like we were the only clients she had to see that day (even though she was very busy)! She took her time with us and made sure all our concerns were addressed and our questions answered

Amanda Ramey, DO, is an excellent physician.

I've recommended **Amanda Ramey, DO**, to several people. I love her! She never makes me feel as if she's on a time schedule and she always addresses all of my concerns.

I have recommended **Amanda Ramey, DO**, to everyone I know. She is the best doctor I have ever had.

Judy Fannin, LPN, and **Cindy McKenzie, RN**, are great!

Kim Smallwood, LPN, was friendly and helpful, she understood my problem. Wonderful nurse!

Jenny Akers, APRN, is an excellent nurse practitioner. She is friendly, confident, well-educated and focuses on the complaint and does a thorough examination to diagnose and treat the problem.

Selena Raines, DO, always treats me as if I were her only patient. She is extremely helpful and understanding. I feel respected and cared about with her as my physician.

Glad to see **Lisa Goldstein, MD**, back to treating patients. I have been her patient for many years.

Edith Fields, LPN, is a very pleasant and good nurse.

Elliott County is blessed to have **Patricia Ison, RN**, working in their office. She is a real sweetheart and has a way in helping you understand things.

Very impressed with **Brad Baker, DO**. He was friendly, courteous and caring

Rebecca Downs, LPN, is such a kind, caring nurse. If I call, she always calls back quickly. She went out of her way to help me with a referral.



HAPPY BIRTHDAY

February 2017

**2/1**

Ryan A Elswick Information Services
Alyce M Johnson FM - Frenchburg
Larry Joe Planck Facilities Management
Christine M Williams Infusion Solutions
Michael S Williams Information Services

2/2

Laura B Greene Ultrasound

2/3

Cathy Lynn Ferguson Physical Therapy
Megan Nicole Howard 3rd Floor North
Kimberly L Thomas TCU

2/4

Anna B Barker Emergency Department
Chanette M Kiser ICU
Leslie J Perkins Facilities Management

2/5

Gwendolyn A Cantrell ICU
Joe Ann Colvin Environmental Services

2/6

Gloria J Enix Rehab Unit
Shirley D Greenhill Pharmacy
O Thomas Newcomb CRSS
Michael T Smedley Environmental Services

2/7

Lauren Miller Baker ICU
Stacy Renee Carroll MMS Administration
Brenda Joy Combs Counseling Services
Melissa Lynn Cox Family Medicine
Mary A Horsley Grants
Rose Ann Sloan Environmental Services
Norma Elizabeth Strong Patient Access

2/8

Cathy Ann Jones Environmental Services

2/9

Jason Richard Ogden Family Medical Supply

2/10

Toni Danielle Hammons Diagnostic Imaging
Dreama Denise Perkins Medical Group Admin

2/11

Dianna Leshey Cade TCU
Jeffrey N Conn Facilities Management
Carolyn S Vise MMS Clinical Services

2/12

Jelana Sue Lewis Laboratory
Sherry D Pennington Home Health
Lisa Kay Walters FM- Owingsville

2/13

Edwina M Burton Food Services
Jessica Copher PACU
Stella Mae Glover Laundry
Brittany Renee Lewis Float Dept - Unit Sec
Jean Marie Smith SPD

2/14

David M Carr Physical Therapy
Deborah Diane Keaton Environmental Services
Stacey Kathryn Kennard MMS Administration
Jennifer Jo Lawson Food Services
Marsha Renee Shelton Cardiac Rehab
Amanda R Stegall Pharmacy

2/15

Jacqueline L Jackson Home Health
Logan William Murphy House Staff
Lisa J Ray Quality Management

2/16

Santana Nicole Baugus Emergency Department
Jeffrey A Hamm Laboratory

2/17

Abby Marie Baker Administration
Saranda Gail Blevins Emergency Department
Brittany Morgan Green Patient Access
Kasandra N Hensley AHEC
Leora M McKenzie Patient Access
Alisha Perry MMS Clinical Services
Christa Lynn Robinson Human Resources
Tina Rae Webster Infusion Solutions

2/18

Elizabeth Sue Benedict CRSS
Nicholas E Hammonds Informatics
Amanda Christine Laws Food Services
Debra Schaffner Counseling Services

2/19

Jessica Jennell Howell Occupational Therapy
Mary D McKenzie Central Billing Office
Irene R Rooney Anesthesia Professionals
Riki Annette Watts Surgery

2/20

Tabitha Lynn Boone Behavioral Health Unit
Rhonda M Gerahart Environmental Services
Susan A Lequire Nursing Administration
Carolyn Sue Middleton Environmental Services
Janet Sue Puckett Home Health
Kevin W Sharp Nuclear Medicine

2/21

Geri Jewell Humphreys Nursing Administration
Sheri Caudill Quinn Food Services
Catherine L Schwab OPCC
Miroslawa E Sikorska MMS Clinical Services
Teresa K Terry Laboratory

2/22

Jessi Janell Gullely Hospice

2/23

Pamela R Compton Home Health
Pamela A Egelston Food Services
JoDonna L Wilson Pharmacy

2/24

Cynthia Mae Adams Home Health
Taylor Leanne Badger 4th Floor Nursing
Jonathan Dewey Duff Printing
Trisha Gayle Miller Speech Therapy
William Brandon Pace Emergency Physicians
Matthew Joseph Sparks Environmental Services

2/25

Michael D Bradley Family Medical Supply
Jordan Combs Emergency Department
Erica Elaine Lewis Home Health
James Michael Rhodes Home Health
Steven Douglas Wilson Home Health

2/26

Angela Marie Beamon FM - Morehead
Karen A Bledsoe Home Health
Linda R Griggs Informatics
Larry R Hamm Facilities Management
Teresa L Stacy Case Management
Ashley Elizabeth Stout Emergency Physicians

2/27

Nancy Pearl Brown 4th Floor Nursing

2/28

Caroly Ann Farrow FM - Menifee (Dental)
Carla Diane Holland Same Day Surgery
Rebecca Joan McClain MMS Clinical Services
Nacole Mae Starostka Nursing Administration

2/29

Jesse Dewayne Burton Security Services
Danielle Renae Palmer Behavioral Health Unit

St. Claire Regional's

FIRST BABY of the NEW YEAR!



Venice Isabella Engle was born
on January 1 at 11:37 p.m.
She weighed 6 lbs, 8 oz.

She is the youngest of 6 to parents
Reanna Finley & Alan Engle.

Congratulations Reanna and Alan,
and welcome Venice!



UPCOMING C.E. Programs

January 24 | BLS Check Off

1:00 - 4:00 PM

CHER 208

Register with KaSandra Hensley at

kasandra.hensley@st-claire.org or ext. 6830

Credit: ACPE, Category 1 AMA

January 26 | Power of Prescribing: Addiction Consequences of Opioid Rx

5:30 - 8:00 PM

Maysville Country Club

Credit: ACPE, Category 1 AMA

Register with Dr. Ellen Kumler at

ellenk.kumler@ky.gov by Jan. 12

“Proclaiming God’s goodness
through a healing ministry to the
people of Eastern Kentucky.”

The Mission of
St. Claire Regional

Learning & Organizational Development Educational Offerings

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

January 26 & 27 | ACLS Provider Course

8:30 AM-4:30 PM

CHER 102

Credit: Nursing CE

January 31 | PALS Renewal Course

8:30AM-4:30 PM

CHER 102

Grief Support Group

Date: Tuesdays (January 24 - April 18)

Time: 6:00 - 7:30 pm

Location: Morehead United Methodist Church

Help and encouragement after the death of a loved one. GriefShare is a special weekly seminar and support group designed to help you rebuild your life.

For more information, contact Jesse Perry at jesse.perry@st-claire.org or visit Moreheadumc.org.



Gift Shop

Out with the Old

and In with the New Sales Event

Date: Jan. 26 | 7:00 am - 7:00 pm

Jan. 27 | 7:00 am - 7:00 pm

Location: St. Claire Regional Café D

Save on:

Purses, Vera Bradley, Apparel and Jewelry!

And, don't forget to register for door prizes!

For more information, call 606.783.6797 or 606.783.6514.



HMR Staff Discount

During the month of January, SCR Staff will receive 10% off any HMR weight management product purchase (payroll deduction eligible).

Cold and Flu Sales Event

Now through February, receive 20% off select cold and flu aides, including: Infrared Forehead Thermometers, Biofreeze, Neti Pots, Humidifiers, Heat Pads, Vicks Steam Inhalers and more (payroll deduction eligible).



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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