

St. Claire Regional
NEWSBRIEF

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In Memory of...

Dreama Rucker, MD



St. Claire Regional (SCR), our Board of Directors, medical providers and staff are deeply saddened by the passing of one of our Frenchburg family physicians, Dreama Rucker, MD. Rucker started serving the region at the Morehead Clinic in 2003, and continued to serve there as it became part of SCR in January of 2011. In 2012, she began serving as a family provider for the St. Claire Regional Family Medicine location in Frenchburg.

“Dr. Rucker was a great physician and leader,” says Mark J. Neff, President/CEO of SCR. “She will be terribly missed by all who knew her. On behalf of everyone at SCR, we extend our prayers and deepest condolences to her family and friends, and the many patients and colleagues whose lives she touched.”



St. Claire Regional Home Health Helps Spread the Christmas Spirit to Patients

Submitted by: Leslie Williams, secretary, home health

SCR home health staff run a “general store” that sells soft drinks, snacks and T-shirts throughout the year. Profits from the store, along with staff donations, were used to purchase gifts and food for home health patients in need. SCR also received some help from the members of First Christian Church, who donated 10 baskets of food and non-perishable items, providing Christmas dinner for many families.

Adults in the families also received flannel shirts, jeans, socks, shoes, slippers and blankets, while children were given pajamas, pants, shirts, shoes, underwear and toys. The gifts were wrapped and delivered by SCR field staff Dec. 13 and 14.

“Our staff purchased these gifts on their own time, wrapped them and had them ready for pick up by the field staff for delivery to home health patients and families,” says Karen Bledsoe, director of St. Claire Regional Home Health. “The field staff see so many in need. This is just one way they are truly living the mission.”



A patient whose family was not expecting any presents this year for Christmas was able to surprise their children with the help of SCR home health.

Michelle Dillion, PT, and Teresa Hester, RN, were able to witness firsthand the meaningful impact SCR’s Christmas giving has had on these patients.

“Teresa and I watched one of our patients smile and hug his new blanket up to his cheek, and get very excited about a pullover shirt and a pair of socks,” Dillion says.

“He was especially excited about a hooded sweatshirt jacket of his own, so he no longer had to borrow his elderly mother’s. I saw him take each food and household item out of the big plastic tote as he named each and every item with a happy tone in his voice and a twinkle in his eye.

“Life has never been easy for this man or his mother ... ever,” Dillion adds. “... I wish all of you could have been there to witness the effect your love, generosity and thoughtfulness had on this patient and his mother.”

Another patient and his family weren’t expecting much for Christmas this year, but thanks to SCR’s home health team, his two children were pleasantly surprised to wake up to the sight of their tree piled high with presents. “I know two very happy kids,” the patient said of his children. “They had no idea they would receive anything this year.”



30 patient families were treated to Christmas gifts from home health's "general store" fund.



**“St. Claire Regional’s
Surgical Weight Loss
is helping me take
my life back!”**

– Chad Jaynes

**3 Months After Surgery
115 Pounds Lost**



Chad Jaynes

Olive Hill, KY

This was Chad just weeks before his weight loss surgery.

“Having weight loss surgery was one of the best decisions I’ve made! In only 3 months, I’ve lost 115 pounds and I have never felt better. Thanks to St. Claire Regional, Dr. Lynch and his team, I’m able to enjoy many of my favorite hobbies again, including hiking.

And, I’m only getting started. I’m on my way to losing another 100 pounds!”

Ready for a New You this New Year?

Register for a **FREE** surgical weight loss seminar!

Visit www.st-claire.org/surgicalweightloss or call [606.356.4814](tel:606.356.4814).

 **St. Claire Regional**
Surgical Weight Loss

Take your Lashes from now to "WOW"

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606.783.6760

Located on the first floor of
St. Claire Regional Medical Center

Call or stop by for a FREE consultation!
Learn about exclusive staff discounts & pricing!

WOMEN'S IMAGING
& AESTHETICS





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**

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**

Childbirth Classes*

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)**

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

*Childbirth classes are free to St. Claire Regional Family Medicine patients ONLY. All other classes are free for all attendees.

 **St. Claire Regional
Family Medicine**
MOREHEAD

St. Claire Regional Family Medical Supply Supports Breastfeeding With Special Offer to New Moms



Expecting mother Sheena Fox, billing specialist for St. Claire Regional Family Medical Supply, receives her complimentary breastfeeding basket.

Submitted by: Rebecca Montgomery, Retail Sales Manager

Experts agree that “breast is best” when it comes to feeding your baby. Now, St. Claire Regional Family Medical Supply (FMS) is making breastfeeding easier for women in our community. With their selection of breastfeeding supplies, restocking essentials is now quicker and more convenient than ever before!

Expecting mothers who deliver at St. Claire Regional and plan to breastfeed will now receive a gift from the Medical Center’s labor and delivery unit. FMS has supplied the hospital with special baskets that include a teddy bear, lots of samples and a 10 percent off coupon for breastfeeding supplies!

St. Claire Regional Welcomes NEW STAFF

Tonya R Adkins
Nursing Administration

Aaron J Barrett
Emergency Department

Kelsey R Bryant
3rd Floor North

Michael C Burton
Environmental Services

Teresa L Conn
Nursing Administration

Lenora A Crace
Patient Access

Heather D Crosswhite
4th Floor Nursing

Julia M Dailey
FM - Morehead

Michael L Ferguson
3rd Floor North

Vanessa L Flannery
Behavioral Health Unit

Angela L Freeman
Nursing Administration

Brittany S Hollingsworth
Patient Access

Charles C Hutchinson
3rd Floor North

Heather M Kinster
Patient Access

Clara L Knipp
Environmental Services

Holly L Lucas
FM - Morehead

Earllenia J Markwell
Laboratory

Steven D McKenzie
Environmental Services

Angela D Meade
3rd Floor North

Kathy J New
3rd Floor North

Harrison A Rafat
Physical Therapy

Lisa L Ross
Central Billing Office

Scarlet R Strong
Float Dept - Unit Sec

Tiffany D Terrell
Behavioral Health Unit

Jacob D Waddell
Central Transport

Abigail L Walters
Surgery

Alexandria S Williams
Laboratory



Most Creative:

"The Grinch"

Financial Services

Most Representative:

"The Joy of Christmas Mess"

Environmental Services

Most Beautiful:

"The Misfits"

5th Floor Nursing Station



**UPCOMING
C.E. Programs**

January 6 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA, Nursing

January 11 | Morbidity & Mortality

12:00 - 1:00 PM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

January 18 | Interdisciplinary Grand Rounds

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/>

January 11 | Preceptor Class

8:30 AM-12:30 PM

CHER 102

Credit: Nursing CE

January 13 | BLS Skills

8:00 AM-12:00 PM

Café A

January 17 | BLS Skills

8:00 AM-12:00 PM

Café A



Breastfeeding Class

Date: Thursday, Jan. 12

Time: 6:00 - 8:00 pm

Location: Center for Health, Education and Research
316 West Second Street - Room 102

Learn the benefits of breastfeeding and how to get started.

For more information, contact St. Claire Regional Family Medicine in Morehead at 606.784.3771.



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).



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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