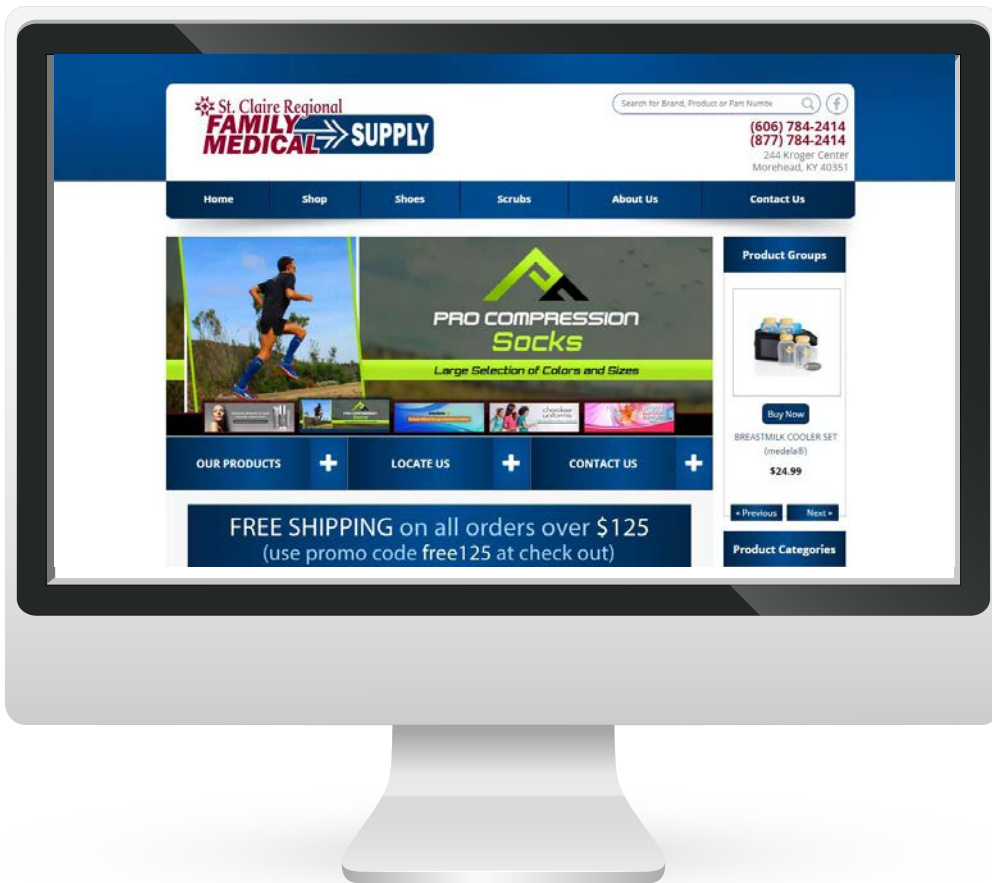


St. Claire Regional NEWSBRIEF

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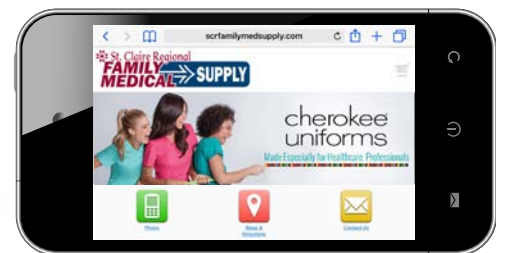
St. Claire Regional **FAMILY MEDICAL** **SUPPLY** *is now* **online!**



All SCR staff and SCR volunteers are eligible for a **20% discount** on all purchases!

Plus, **FREE shipping** on all orders over \$125.

Simply enter code **FMS2016** during checkout to receive your SCR Staff & Volunteer discount.



www.SCRFamilyMedSupply.com

St. Claire Regional now offers Pediatric Water Therapy



Did you know that structured pool time can improve your child's body awareness, strength, coordination, endurance and flexibility? Aquatic therapy is beneficial for a variety of diagnoses, including but not limited to: autism, cerebral palsy, chronic pain, Down syndrome, spina bifida and various injuries. St. Claire Regional (SCR) is pleased to announce that our pediatric occupational therapist, Beth Reynolds, MS, OTR/L, is now offering pediatric aquatic therapy.

How can my child benefit from aquatic therapy?

The gravity-lessened environment of water enables children to practice movements and skills they may normally have difficulty performing by alleviating tension, reducing pain in joints and encouraging a wider range of movement. The warmth of the water improves passive range of motion by warming muscle tissue for easier stretching. The water's buoyancy also allows children with decreased endurance to enjoy activities in the water that would be tougher on their heart and lungs on land.

Resistance to movement strengthens major muscle groups and calms children who are sensory seeking, hyperactive or have trouble focusing. Making waves, splashing and kicking water provides multi-sensory feedback allowing children to have fun while partaking in therapy. And when children hear echoes of sounds they are producing, they tend to make more noises, which strengthens oral-motor musculature.

What happens during an aquatic therapy session?

Therapy begins before children even get the chance to dip a toe in the pool. Dressing, grooming and hygiene strategies are implemented, as they are necessary steps to take before entering the water. Having the pool as a reward helps motivate children to practice these daily self-care activities.

Before entering the water, children warm up with various stretches. In-pool exercises include shallow walking or running, deep walking or running, kicking while holding on the side of the pool, swimming and water-based yoga. Children use flotation devices such as life jackets, body boards, pool noodles or safe belts while the length and frequency of each exercise gradually increases with the improvement of the children's strength, flexibility, coordination and stamina.

If you think your child could benefit from aquatic therapy, ask your healthcare provider for a referral to see Beth, or for more information call 606.783.6919.



Beth Reynolds, MS, OTR/L

TRUNK *or* TREAT

Saturday, Oct. 29
12:00 - 1:30 p.m.

St. Claire Regional
Family Medicine Morehead Parking Lot

Any questions, contact Barb Davis at 783.7527.



St. Claire Regional Medical Center's
EMPACT
Employee Activities/CQI Team

Just Say **BOO** *to Drugs*

Stop by and see us
Friday, Oct. 28
6 - 8 p.m.
at Laughlin Health Center
Morehead State University



Selena Raines, DO, accepted to American Osteopathic Association's Training in Policy Studies (TIPS) Fellowship



Submitted by: [Carla Terry, Director; GMS, Grants & Contracts](#)

Selena Raines, DO, currently a second-year resident with the St. Claire Regional Family Medicine Osteopathic Residency, has been accepted into the American Osteopathic Association's Training in Policy Studies (TIPS) Program. The TIPS program provides each fellow with a deeper understanding of current healthcare policy issues and leadership opportunities. Topics

include the Medicare Access & CHIP Reauthorization Act, the Affordable Care Act, the Higher Education Act reauthorization, the Patient-Centered Outcomes Research Institute (PCORI), the opioid epidemic, physician payment models and providing care for marginalized populations in the U.S. and around the world.

Raines will gain experience in writing policy briefs, oral testimony, media training and more. She will also complete a capstone project with a publishable white paper on a topic of her choosing. Throughout the program, fellows learn from field and policy experts during hours of instruction, conferences and site visits. The goal of the fellowship is to foster a close-knit learning community amongst fellows who will learn with each other and eventually join the larger community of TIPS alumni to make positive contributions to health policy on local, national and international levels.

The TIPS team acknowledged Raines in that they "were deeply impressed by (her) leadership experience, passion for service and interest in making positive population-level change through policy."

Raines is a graduate of Bellarmine University in Louisville; American Military University in Charles Town, West Virginia, where she earned a master's degree in public health; and the University of Pikeville Kentucky College of Osteopathic Medicine, where she also completed a fellowship program in Osteopathic Principles and Practice and Anatomy.

In addition to earning three degrees, Raines served as a medic in the Army Reserves for 12 years, where she obtained the rank of staff sergeant and received specialty training in optometry and ophthalmology.

Raines began her residency at St. Claire Regional in July 2015 and will graduate in June 2018. Congratulations, we are very pleased to have you as part of our team!



TURKEY TROT 5K

*to support the St. Claire
Foundation's Alzheimer's & Dementia Fund*

When

Date November 5th, 2016

Registration 8:30 a.m.

Race 10:00 a.m.

Where

Morehead Conference Center

111 E. 1st Street
Morehead, KY 40351

Cost

Before Oct. 20

Adults – \$20

Kids (Ages 4-12) – \$12

Ages 3 & under – Free

Teams of 10+ – \$12/person

After Oct. 20

Adults increase \$5

Kids increase \$3

Health Fair

10:30 a.m. – 12:30 p.m.

REGISTER AT
www.turkeytrotmorehead.com

Contact Mary Horsley at (606) 783-6476 or
mahorsley@st-claire.org to donate, sponsor,
or learn more.



November 2016 Birthdays

11/1

Chelsea LaShae Havens FM - Menifee (Dental)
Sara Gail Hylander FM - Morehead

11/2

Mary Caric FM - Morehead
Merry-Jo Lynne Cloud 3rd Floor Central
Kristi Lee Lynch Anesthesia Professionals
Krystal Layken Scarberry Nursing Administration

11/3

Mary E C Ferguson Cave Run General Surgery
Elaine Akers Fraim Financial Services
Danielle Renee Hamm House Staff
Chase Edward Hanshaw Central Transport
Heather Denise Nickell Behavioral Health Unit
Karen Silvey HIM
Kristen Nichole Wheeler Float Dept - Unit Sec

11/4

Tara Beth Mays Nursing Administration
Avram Don McCarty Physical Therapy
Rebecca A Roysce Hospice

11/5

Michaela Sue Hunt MMS Clinical Services
Jaysa Stark Kiser Surgery
Richard W Proudfoot Cave Run General Surgery

11/6

Chad Daniel Collett Information Services
Robert Combs Social Services
Beverly Jane Daniel Behavioral Health Unit
Crystal Labeth Hall Social Services
Margaret Sue Hargett Home Health
Shellie Wilburn Emergency Department

11/7

Sherry Lynn Buck Cave Run General Surgery
Richard N Simpson Infusion Solutions
Jackie D Stamper Patient Financial Services
Brittany Nicole Whitt Surgery
Jeffrey P Wicker Emergency Physicians

11/8

Elizabeth Ashley Arnold Emergency Physicians
Jeremy A Hamilton Surgery
Levonda L Ingram FM- Owingsville

11/9

Amanda D Adkins Central Scheduling
Juanita Collins MMS Clinical Services
Amanda Glover Pharmacy
Charles Ray Layne Pharmacy

11/10

Richard R Burke FM - Morehead
Bonnie L Edington MMS Administration
Amanda J McCormick FM - Olive Hill

11/11

Shonna K Crouch Central Billing Office

11/12

Syed Ali Anesthesia Professionals
Shana Noel Cooper Home Health
Patty A Lewis MMS Administration
Licia Ruth Lykins Pharmacy
Amanda Louisa Ramey FM - Morehead

11/13

Nicole June Brewer Emergency Department
Hannah Gayle Brown Case Management
Amanda Lashae Francis Patient Access
April King Family Medical Supply
Philip Stanley Nelson Infusion Solutions

11/14

Vickie Ann Cantrell FM - Sandy Hook
April Dawn Jennings MMS Clinical Services
Jessica Marie Kidd Emergency Department

11/15

Julia C Allen Home Health
Barbara Morrison Ross Infusion Solutions

11/16

Brent D Barnette Facilities Management
Shirley A Caudill Foundation
Anthony D. Weaver Palliative Care

11/17

Kayla D Fannin Family Medicine
Tiffany R Henderson 3rd Floor North

11/18

Bridget Marie Conn Rehab Unit
Tamara R Helton Nursing Administration
Margaret Mary Mouch Quality Management

11/19

Carrie Ann McClain FM - Morehead
Janet Marie Sloan Environmental Services
Diana Jo Stegall Patient Access
Krishna Tangirala MMS Clinical Services

11/20

Sarah Jane Copher 4th Floor Nursing

11/21

Garrett Matthew Foss Emergency Department
Chelle Deneen Gilliam Health Information
Tona Y Kidd Float Dept - Unit Sec
James A Salisbury Central Billing Office
Harlan Lee Wages Cave Run General Surgery

11/22

Andrea C Campbell Clinical Nutrition
Christopher Ryan Clise Central Transport
Michael Wade Collins MMS Clinical Services
Caitlin Jeanelle Hall Patient Access

Melissa Kidd Emergency Department
Victoria Jayne Kittle Home Health
Mark J Neff Administration
Cassie Jo Stanley MMS Clinical Services

11/23

Courtney Hollingsworth Nursing Administration
Monica Paige Stevens Emergency Department

11/24

Mitzi Carroll Infusion Solutions
Bobbi L Carver Central Billing Office
Courtney McKenzie Day Family Medicine
Felicia Nicole Dummitt Environmental Services
Vanita K Hall Central Billing Office
Teisha Marie McKenzie Laboratory

11/25

Joelle Nicole Craft ICU
Anthony J Massarone Pharmacy

11/26

Ashley Gale Cooper MMS Clinical Services
Ryan Dane Snowden Cave Run General Surgery

11/27

Kiana Mae Cunningham Podiatry
Holly Michele Meade Infusion Solutions
Mika Jane Sapp Central Scheduling

11/28

Harmony Phoenix Bailey Patient Financial Services
Cheryl Gale Bussell Cave Run Clinic Administration
Patrick Alden Dillon Home Health
Joseph F. Pierce 3rd Floor North
Randa Renee Reed Cave Run General Surgery

11/29

Kana S McKenzie 3rd Floor North
Yolanda Frances Vance Behavioral Health Unit

11/30

Abeer S AlQaisi MMS Clinical Services
Paula Ann Collins Surgery
William Ethan Kamer Physical Therapy
Tracy Lynn Perkins Cardiac Rehab
Joel E. Porter FM - Menifee (Dental)
Vickie C Rivers Float Dept - Unit Sec
Laurie Jan Sparks Respiratory Therapy



UPCOMING C.E. Programs

October 21 | Tumor Board

8:00 – 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA, Nursing

October 27 | Appalachian Patient Navigation Training

9:00 AM – 3:00 PM

CHER 102 EFG

Credit: Category 1 AMA, Nursing

Register by at www.neahec.org/APN.

November 2 | Journal Club

12:00 – 1:00 PM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

November 4 | Tumor Board

8:00 – 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA, Nursing

November 8 | BLS Check Off

1:00 – 4:00 PM

CHER 208

Register with KaSandra Hensley at

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

Learning & Organizational Development Educational Offerings

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

October 25 | NICHE Series Part II: Teach-Back

8:30 AM – 9:30 AM

Library Education Room

Credit: 1.2 CE credits

November 4 | Advanced Nursing Wound Care Class

8:00 AM – 10:00 AM

Café D

November 8 | NICHE Series Part II: Teach Back

8:30 AM – 9:30 AM

Library Education Room

Credit: Nursing CNE

November 8 | Shared Governance Boot Camp

10:00 AM – 12:00 PM

CHER 102

Credit: Nursing CNE

Hospice Food Drive

The St. Claire Regional Hospice volunteer program is hosting a non-perishable food drive through the end of November for patients and families in need.

Food items may be dropped off at the front entrance of the hospital, the Hospice office at 201 Lyons Avenue, or at Kroger or Walmart in Morehead.

For more information, please contact Amber Stamper, Hospice Volunteer Coordinator, at 606.783.6887.



222 Medical Circle • Morehead, KY 40351

Turkey Trot 5K

Date: Saturday, Nov. 5

Time: 8:30 am

Location: Morehead Conference Center
111 E. 1st Street Morehead, KY 40351

Register online at: www.turkeytrotmorehead.com

Health Fair

10:30 am - 12:30 pm

Contact Mary Horsley at 606.783.6476 or mahorsley@st-claire.org to donate, sponsor or learn more.



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.



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

The Mission of
St. Claire Regional

connect with us
SCRmedical

