

# St. Claire Regional NEWSBRIEF

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## Annual Tree Lighting Ceremony



This year's tree was lit by the Sisters of Notre Dame. From left to right, Sr. Judine Lambert; SCR vice president of mission integration; Sr. Marla Monahan, SCR board of directors vice-chair; Sr. Jeanne Frances Cleves, RN, SCR patient satisfaction liaison; Sr. Margaret Mouch, SCR community health worker; Sr. Juanelle Thiel, SCR office assistant, HIM; and Sr. Margaret Droege, SCR board of directors member.

The Holiday Season was ushered in by St. Claire Regional's (SCR) annual Tree Lighting and Prayer Ceremony on Wednesday, Nov. 30, at the main entrance of the Medical Center. SCR President/CEO Mark J. Neff welcomed everyone to the event and Sr. Judine Lambert, Sisters of Notre Dame (SND), vice president of mission integration and director of pastoral care, gave the blessing of the season to start the ceremony.

The nearly 20-foot tree was purchased by the SCR Auxiliary from Hutton-Loyd Tree Farm, and was installed and decorated by SCR's facility management team. The tree was lit by the Sisters of Notre Dame, Covington province, who work at and with the Medical Center.

The Morehead State University (MSU) Student Jazz Combo played a wonderful assortment of Christmas carols, creating a joyous atmosphere for all who attended. Immediately following the ceremony, SCR volunteers served hot chocolate and snacks to staff and visitors.



# SCR Palliative Care Making Dreams Come True

St. Claire Regional's (SCR) Palliative Care team recently removed all obstacles to help a patient fulfill a lifelong dream. Melissa Johnson is a 40-year-old palliative care patient who is bedbound due to functional quadriplegia caused by Cerebral Palsy. But Melissa is much more than that; she is a true blue UK Wildcat fan who doesn't let anything stop her from cheering on her favorite basketball team.

David Sindler, M.D., St. Claire Regional Family Medicine resident, began seeing Melissa at her home in August to cut down on her trips to the Medical Center. On Sindler's first visit to see Melissa, he noticed her room was covered in UK basketball décor and that she lit up when talking about the Cats. So, he came up with the idea of taking her to see them play.

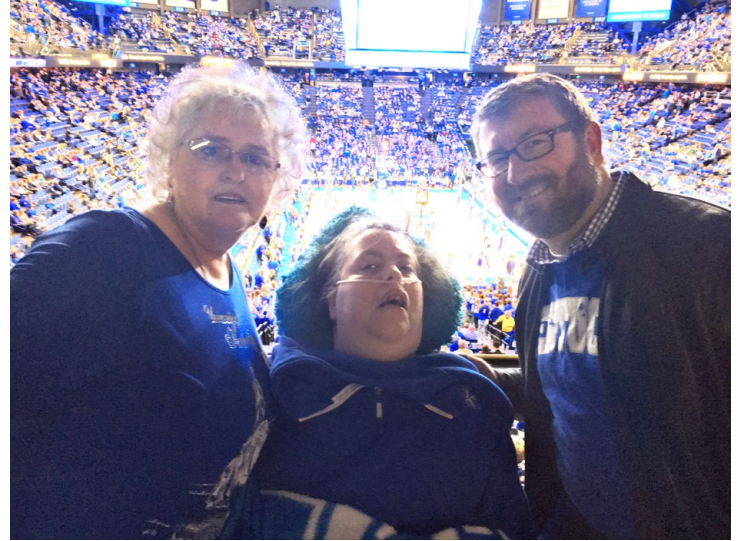
"My role as a primary care physician is not to just treat illness, but to try to improve quality of life, which can mean different things for different patients," Sindler says. "For Melissa, I felt like having this experience would benefit her whole quality of life, both in the moment and as she remembers it in the future."

When Sindler returned to SCR, he shared his idea and the response was overwhelming. "Everyone I talked to felt like this would be something really awesome for her," Sindler says. "It shows just how patient-centered our staff really is."

Sindler started by collaborating with Amanda Skaggs, SCR social worker, who has been working with Melissa for the last four years, to set the plan in motion. "Our patients are our patients, even when they're at home," Skaggs adds. "We were placed in their lives to help them, which is why I was so happy to get involved."

Sindler and Skaggs then teamed up with other SCR staff to make this possible. SCR Palliative Care Physician John Sanders, M.D., who has been treating Melissa for a year, purchased the tickets and Wildcat paraphernalia, and SCR Pastoral Care paid for their transportation to and from Rupp Arena.

Melissa got to see her Cats live in action on Wednesday, Dec. 7, with Sindler and her mother, Rita. "We've always said one of these days we would go, and we finally got to," Rita says. "It was a very good experience to get out and have fun for a change. Melissa really, really enjoyed it, and we want to thank everyone involved for giving her that happiness"



**Melissa Johnson is joined by her mother, Rita, and Dave Sindler, M.D., St. Claire Regional Family Medicine resident at the University of Kentucky basketball game against Valparaiso Wednesday, Dec. 7.**

"It was a very good experience to get out and have fun for a change. Melissa really, really enjoyed it, and we want to thank everyone involved for giving her that happiness."

-Rita Johnson (Melissa Johnson's Mother)



**Pictured are Amanda Skaggs, SCR social worker, Dave Sindler, M.D., St. Claire Regional Family Medicine resident, Melissa Johnson, SCR palliative care patient, and her parents, Rita and Stanley Johnson.**

# A Special "Thank You" to Jeffery Ellis, MD, from David Saxon at Morehead State University



For over 20 years, you have provided an experiential event at St. Claire Regional's (SCR) Pathology Laboratory for my Morehead State University (MSU) histology students.

I could hear the students talking this year, as in previous years, about how they thoroughly enjoyed the pathology presentation and the opportunity to interact with you. The term "awesome" was included. Your willingness to meet with these students and

provide them with a significant, educational experience is greatly appreciated. Many of these students will be going to professional schools next year.

This is another example of the collaboration of MSU and SCR – which speaks well for our community and region. I am honored to have you as a friend and colleague.

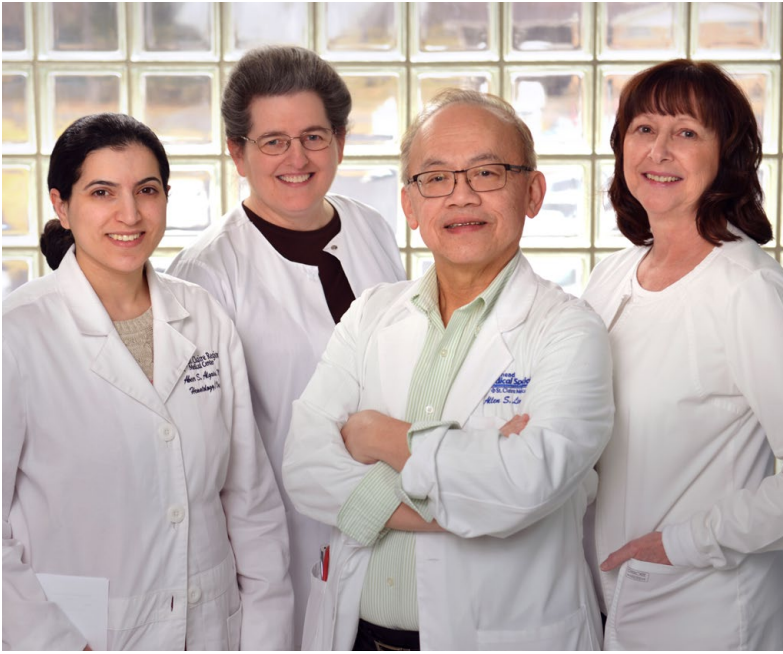
*-David Saxon, MSU Professor of Biology*



## Suzie Sublett, RN Receives Certified Emergency Nurse Certification

**Submitted by: Sarah Flynn, RN, assistant nurse manager, ED**

Suzie Sublett, RN, recently obtained her Certified Emergency Nurse certification. Suzie currently works as a night shift nurse in our emergency department and is in the process of completing her bachelor of science in nursing. Our staff and patients appreciate Suzie's dedication and continued efforts in carrying out our mission. Congratulations, Suzie!



# Cancer Prevention Outcomes

Kentucky has one of the highest rates of cancer in the nation, with the disease being one of the leading causes of death in the state. St. Claire Regional (SCR) continues to do its part in educating the public and lowering the cancer death rate in Northeastern Kentucky. In 2016, SCR joined an effort with the University of Kentucky Markey Cancer Center to “Terminate Lung Cancer.” The goal of Terminate Lung Cancer (TLC) is to increase education and access to screening and preventive measures, including tobacco cessation resources.

## SCR’s cancer prevention and education efforts, along with results from 2016:

- **Cooper Clayton Smoking Cessation** - Over the course of the year, 24 participants enrolled in SCR’s smoking cessation class, with 8 of those completing the program.
- **Lung Cancer Symposium** – SCR and the Northeast Kentucky Area Health Education Center held a symposium in September to further educate the public and medical community in our region about the effects of lung cancer and how to prevent it.
- **Declining Rates** – Rates of advanced (stage 4) lung cancer declined in SCR patients from 2014 to 2015. In 2014, 86% of small cell cancer cases were first identified during stage 4. In 2015, the number of cases had dropped to 50%. For non-small cell cases in 2014, 49% were first identified during stage 4, compared to 46 % in 2015.
- **FIT Testing** – The thought of screening or testing can be uncomfortable for some patients. Providing patients with more control in the process can often be encouraging when it comes to them being proactive and taking additional preventive measures to improve their health. In 2016, a newer, at-home screening for blood in the stool (a common symptom of colon cancer) was distributed to 185 participants. Of those, 82 were returned and 6 were sent on to have colonoscopies. No cancer diagnoses were issued.

## Richard W. Proudfoot, MD Photography Exhibit at Rowan County Arts Center

Visit the Rowan County Arts Center now through the end of December to view "A Pursuit of Photographic Perspective," a collection of more than 40 years of photography from St. Claire Regional General Surgeon Richard Proudfoot, MD. Photographs on display include landscapes, cityscapes, nature, architectural, wildlife, still life and candid photography. Animal photography desktop calendars for 2017 are available for purchase. All proceeds will support the Rowan County Arts Center.

For more information, call 606.783.9857 or email [rcartscenter@gmail.com](mailto:rcartscenter@gmail.com).



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**EMPACT**  
*Employee Activities/CQI Team*

# Bringing the Christmas St. C

Every year during the Christmas Season, Santa Claus takes the time out of his busy schedule to make a special trip to St. Claire Regional (SCR), and this year was no different. On Saturday, Dec. 3, Santa continued his yearly tradition of spreading Christmas cheer to the children at SCR. Santa, played by Jacob Waddell, passed out stockings filled with tasty treats to all children in attendance.

Nearly 200 children showed up this year to visit with Santa. In addition to enjoying a tasty breakfast, children were able to have their picture taken with Santa and tell him what was on their Christmas wish lists.

Before Santa left to get back to the busy North Pole, he also took the time to pass out candy canes and stockings to all of the inpatient children at the Medical Center.



Angel Beamon, registration clerk at St. Claire Regional Family Medicine Morehead, with her children, Kaylee, Katelyn and Koda.



Addison and Briar, niece and nephew of Andy Price, director, network services, information services.



Chase, son of Nicole Winkleman, social media/content specialist, marketing department.



Kassi, daughter of Dreama Perkins, administrative director, primary care.

# Christmas Spirit to Claire Regional's Staff and Families



Addy and Carper, daughter and son of Christy Richmond, administrative assistant, patient financial services.



SCR EMPACT members top row, from L to R: Wendy Bleemel, human resource assistant; Barb Davis, secretary, home health; LaRae Perry, registration clerk, patient access; Lisa Ray, performance improvement manager, quality management; Vanita Hall, billing specialist, central billing Bottom row, L to R: Selah Bussell and her mother Cheryl Bussell, health record technician, Cave Run Surgical Specialists; Santa (Jacob Waddell); and Amanda Grubb, accounts receivable specialist, patient financial services

## EMPACT Helps Santa Come to Town During Christmas Parade



EMPACT members and their families joined together on Dec. 9 for the Annual Rowan County Christmas Parade. This year the theme for the parade was "Through the Eyes of Children," and what better way to represent this than having Jolly Ol' Saint Nick himself riding down the street in his sleigh! Santa was played by Bev Warren.

# SCR Staff Christmas Parties Were Full of Holiday Cheer



Mike Smedley, chief security officer; Sr. Judi Lambert, VP of mission integration; Chris McClurg, VP finance services/CFO; Charlotte Kiser, cook; Rebecca Runyon, food services supervisor; Gracie Kidd, food services supervisor; Santa Claus (Tom Lewis), executive director, St. Claire Foundation; Ayden Smedley, son of Mike Smedley; Mark J. Neff, SCR President/CEO; David Sindler, MD, family medicine resident; Will Mehlan, MD, VP medical affairs/CMO

The Christmas spirit was in full swing once again during this year's Staff Christmas Parties. Held on Dec. 15 and 16, the parties provided holiday cheer, lots of food and gifts for all!

The jolly bearded Santa Claus, played by Tom Lewis, was on standby for several hours, passing out candy canes, posing for photos and taking last-minute Christmas wishes from those in attendance.



*Merry Christmas, and a big thank you to ALL of our staff members for their dedicated service!*



Sarah Bradley, RN, ICU nurse manager; Courtney Hollingsworth, RN, director, professional nursing practice/critical care; and Rachael Lewis, RN, ICU, pose for a picture during one of the Staff Christmas Parties.





Amber Manning, PCA, TCU; and Dawn Ranshaw, RN, rehab unit, pose with the Jolly Ol' Saint Nick.



Rebecca Runyon, food services supervisor; and Charlotte Kiser, cook, were two of Santa's helpers during the Staff Christmas Parties.



Ashley Fay, PA-C, emergency department, was one of the many staff members who took a photo with Santa.

## SCR Implements Flu Testing Plan

In accordance with the CDC's recommendations, SCR Medical Staff developed and implemented an overall organization plan for flu testing. SCR Medical Staff will only be administering flu test for patients that present with severe colds for flu-like illnesses that fall into the below categories.

- Children younger than 2 years old
- Adults 65 years and older
- Persons with significant comorbidities (COPD/asthma, diabetes, mental disabilities, cerebral palsy, stroke, etc.)
- Persons with immunosuppression (chemotherapy/HIV)
- Women who are pregnant or postpartum (within 2 weeks after delivery)
- Persons younger than 19 years old who are receiving long-term aspirin therapy
- American Indians/Alaska Natives
- Persons who are morbidly obese (BMI greater than or equal to 40)
- Residents of nursing homes and other chronic-care facilities

"We realize this is a difficult transition to make, but an important one and does follow the CDC guidelines. It is intended to provide a common clinical pathway based on best current evidence and guidelines to provide the most consistent care among SCR patients regardless of location treated," says Cheryl A. McClain, MD, SCR's Associate CMO Primary Care, Behavioral Medicine, Hospice and Palliative Medicine.

While we understand the perception of poor patient care, if the patient goes to another organization and is told something else, it still remains the best course of care, which we are dedicated to providing.

A best practice to avoid patient dissatisfaction is to utilize excellent communication and compassion to develop patient rapport, which will allow you in the majority of the cases to be successful in alleviating their concerns and providing consistent, evidence-based care.

Visit SCR's *"Is It the Flu? If So, What Should I Do"* fact sheet for more detailed information:

[www.st-claire.org/isitflu](http://www.st-claire.org/isitflu)



# January 2017 Birthdays

<b>1/1</b>	Dianna McIntosh Bentley Whitley Shirlinda Cecil Kara Wendellyn Elam Susan Bryant Hamlin Felicia Paige Richards	Pharmacy Respiratory Therapy 3rd Floor North OPCC 4th Floor Nursing			
<b>1/2</b>	Cheryl Kay Bridenthal Taelor Lealan Puckett Melissa R. Thomas	Hospice Food Services Central Billing Office			
<b>1/3</b>	Phillip Bradford Baker Abbi Leigh Chandler Mildred K Cooper Patricia Ruth Eldridge Marsha A Horsley William D Lewis Shannon L. Moore Melinda Elaine Oakley	FM - Owingsville 3rd Floor Central Patient Financial Services FM - Olive Hill Home Health Radiology Physicians Home Health Emergency Department			
<b>1/4</b>	Greta Lynn Logan Dreama D Rucker	Diagnostic Imaging FM - Frenchburg			
<b>1/5</b>	Calvin R Conn Crystal L Donathan Marla Kaye Kearns Melissa D Montfort Jo Ann Pennington	Bio Medical Engineering OPCC 4th Floor Nursing Laboratory Financial Services			
<b>1/7</b>	Dakota Marie Cooper Ashlyn Lea Dray	Diagnostic Imaging Emergency Department			
<b>1/8</b>	Kristy Stone	Environmental Services			
<b>1/9</b>	Jennifer Giggenbach Cathy J Lawson Robin Rena Munday Melinda Sturgill Andrea Paige Sweet Alicia Swim	Infusion Solutions Respiratory Therapy Central Billing Office Food Services Laboratory FM - Morehead			
<b>1/10</b>	Nancy J Conn Raymond Cecil Steagall	Patient Access Facilities Management			
<b>1/11</b>	Rupa Murthy Shawna Leann Rose David White	Pharmacy Nuclear Medicine Laboratory			
<b>1/12</b>	Caitlin Noelle Coffey Debra L Dickerson Rebecca L Downs Carl Jones	Environmental Services Home Health FM- Owingsville Information Services			
	Rebecca Lou Parker William Grant Roberts Melinda J Sexton	Home Health Environmental Services Nursing Administration			
<b>1/13</b>	Nancy Jo Bond Melanie Jo Butler Tracey Lynn Dickerson Gary Ersel Salyers Linda Teresa Stahl Leigh Anne Stiltner	Environmental Services MMS Clinical Services Central Billing Office Infusion Solutions Behavioral Health Unit Patient Financial Services			
<b>1/14</b>	Emily C Bailey Amy Dawn Brown Melanie Ann Hurst Amber Brooke O'Neal Glenna S Stevens	Patient Access Infusion Solutions Hospice Occupational Therapy Food Services			
<b>1/15</b>	Tracy Fannin Kia L. Littleton Ashley Marie Shade	Cardiology Laboratory Emergency Department			
<b>1/16</b>	David Alan Gross Branden Lee Quinlan Lorri Danielle Raleigh Michael T Smedley	AHEC MMS Clinical Services FM- Owingsville Security Services			
<b>1/17</b>	Shelia Calton Angela Lynn Gillespie Kayla Renee James Dena Rose Toller	Food Services Behavioral Health Unit Environmental Services Emergency Department			
<b>1/18</b>	Robert D. Craft Ana-Marina Kissinger Stephanie Renee Logan Dawn Lyanne Ranshaw	Pharmacy Environmental Services Laboratory Rehab Unit			
<b>1/19</b>	Emily M Ginn Connie B Mayhorn Johnny B. Napier Mandy L Smith	Diagnostic Imaging TCU Home Health ICU			
<b>1/20</b>	Andy L Cooper Lisa Ann Goldstein Anita Gulley Jessica N Henderson Lillie Melissa King Catherine D Mettey Megan Alexandra Neace Amanda K Rose Chad Allen Wilson	Environmental Services FM - Sandy Hook MMS Clinical Services MMS Administration Same Day Surgery Central Billing Office Grants Diagnostic Imaging Sleep Lab			
<b>1/21</b>	Joyce K. Dulin	Environmental Services			
	Cindy J McKenzie	FM - Frenchburg			
<b>1/22</b>	Tiffany Lee Collins Latoshia Nicole Morris	OPCC Cave Run General Surgery			
<b>1/23</b>	Ada Ruth Albert Cheryl Annette Barker Pamela Sue Christy Veronica Gail Hinton Amber Dawn Williams	Hospice Behavioral Health Unit SPD Hospice OPCC			
<b>1/24</b>	Cynthia Gaye Fields Christopher B Hayes Margie Jo Manning Sarah B Newcomb Tracy Manley Stewart	Home Health Cave Run General Surgery Environmental Services Cave Run General Surgery Quality Management			
<b>1/25</b>	Cynthia Brubaker-Vincent Donna Frances Lucas Victor J Pilewski	4th Floor Nursing MMS Administration Cave Run General Surgery			
<b>1/26</b>	Connie Lynn Alexander Chantae Brianne Bryant Megan Jane McDowell Frances A Meritt	Family Medical Supply ICU ICU FM - Morehead			
<b>1/27</b>	Alice C. Ferguson Kristen Elizabeth Hall Victoria Henderson Kimberly Lynn Lambert Kimberly Smallwood	FM - Sandy Hook 3rd Floor Central Food Services Emergency Department FM - Frenchburg			
<b>1/28</b>	Hal W Bledsoe Shane Travis Kiser Bethany Lynne McClure Jessica Nicole Oldham	Bio Medical Engineering Surgery Family Medicine Express Central Scheduling			
<b>1/29</b>	Crystal Lynn Dunaway Fhonda Hitch	Family Medical Supply Home Health			
<b>1/30</b>	Kristina L Kegley Latisha M Mays Trina M Pierce	Home Health Case Management Laboratory			
<b>1/31</b>	Kara Danielle Holbrook Nina J McCleese Amber Noel Stamper	4th Floor Nursing Hospice Hospice			



# UPCOMING C.E. Programs

## January 4 | Journal Club

12:00 - 1:00 PM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

## January 6 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: Pending

## January 11 | Morbidity & Mortality

12:00 - 1:00 PM

SCR Library - Education Room

Credit: Pending

## January 18 | Interdisciplinary Grand Rounds

12:00 - 1:00 PM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

## January 20 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: Pending

## 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.

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

5:30 - 8:00 PM

Maysville Country Club

Credit: Pending

Register with Dr. Ellen Kumler at

ellenk.kumler@ky.gov by Jan. 12

## 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

## 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

## Christmas Countdown

**Date:** Now - Sunday, Dec. 25

**Location:** St. Claire Gift Shop

**50% off** All Christmas Items

**30% off** Apparel and Outerwear

**20% off** All Other Regularly Priced Items

For more information, call 606.783.6797.



## 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.



222 Medical Circle • Morehead, KY 40351



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

*Wishing you all the joy of Heaven as you celebrate the true meaning of Christmas.*

*We hope you and your family have a very Merry Christmas!*

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



## 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](mailto:michael.ash@st-claire.org)

Visit the SCR web site at [www.st-claire.org/newsbrief](http://www.st-claire.org/newsbrief) to read past editions of the SCR Newsbrief

### Need a Camera to Cover an SCR Event?

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