



"I have attended all these meetings. I appreciate the fellowship, the information, the good food and all the freebies!" -event attendee

St. Claire Regional and UK HealthCare's One Night: About You women's health conference was a huge success! The event, held Tuesday, April 19, at the Morehead Conference Center, boasted its largest audience yet since it began four years ago, with more than 180 women in attendance!

The evening kicked off with free health screenings and informational booths, followed by a spiritual presentation by Kimberly Williams, MD, retired SCR physician, titled "Mirror, Mirror on the Wall: What is Beauty?" Williams talked about self-esteem, and encouraged women to hold themselves up to standards beyond what they see when they look in the mirror.





Kimberly Williams, MD, is pictured during the opening session talking to a packed room about what beauty really is and how women should look at themselves.

"If you can't see anything beautiful about yourself, **get a better mirror**."

-Kimberly Williams, MD





Other speakers at the event for the breakout health education sessions included SCR General Surgeon Jacob Perry, MD, who spoke about SCR's surgery department; UK OB/GYN Rebecca Todd, MD, and Corey Forester, MD, who talked about the topics of breast health, gynecological exams and menopause; and SCR Internal Medicine Physician Stephen Damron, MD, who educated attendees on the risk factors of stroke. Attendees also had the opportunity to attend a session to learn an easy, 15 minute workout routine, courtesy of SCR physical and occupational therapy.

Hundreds of dollars in door prizes were given away during the course of the evening, including a variety of gift cards, gift baskets and a Michael Kors tote and purse, valued at nearly \$300. A big thank you to the donors of this year's prizes: St. Claire Regional, UK HealthCare, SCR Gift Shop, SCR Family Medical Supply, SCR Rehabilitation Services, PHI, Dillard's, Macy's, Cracker Barrel, iStyle Salon and Melodie Hoff, licensed massage therapist.

> Thanks to everyone who attended. We hope to see you there next year!



Carrie McKenzie of Morehead was the winner of the Michael Kors purse that was donated by Dillard's. McKenzie was one of the 18 door prize winners for the evening. Other door prizes included a Family Medical Supply gift basket, two 30-minute massages, two free spray tans, UK Gift Baskets and many other items.



Vickie Fairchild of West Liberty was the lucky winner of the Family Medical Supply gift basket, valued at \$150!





Rebecca Todd, MD (top picture); Jacob Perry, MD (left picture); and Stephen Damron, MD (right picture) provided three of the educational sessions offered during the evening. The sessions gave attendees the opportunity to learn more about important health topics related to women.





St. Claire Regional Medical Pavilion

You're invited to join us Monday, May 2 at 11 a.m.

Near the lawn of the chapel adjacent to St. Claire Regional

Refreshments will be served!

We hope that you will mark your calendar and plan to attend this upcoming event.

St. Claire Regional Medical Pavilion

The new Medical Pavilion will bring many of St. Claire Regional's (SCR) provider services together under one roof.

The community will benefit greatly from the consolidation of SCR's services into a single campus, making it easier and more convenient for patients to transition from physician offices and outpatient support services in the Medical Pavilion to diagnostic care in the main hospital. Providers will also benefit from the renovation, as it will enable them to guickly travel between their personal offices and the hospital as needed. Additionally, the new Medical Pavilion will allow SCR to make more efficient use of shared exam rooms, offices and support spaces.

Located on SCR's main campus, the Medical Pavilion will include the following services:

- Cardiology
- Gastroenterology
- General/Vascular Surgery
- Internal Medicine
- Neurology
- Medical Oncology
- Orthopedics
- Pulmonology

- Urology
- Physical Therapy
- Oncology Infusion Center
- UK Women's HealthCare
- Radiology/Laboratory Services
- Pharmacy
 - Telemedicine Center
 - Education Space

The Medical Pavilion is ultimately a consolidation of St. Claire Regional's Cave Run Surgical Specialists and Morehead Medical Specialists, and UK Women's HealthCare Morehead. It will contain outpatient services, classifying it as a business occupancy. The actual structure will be an 81,000-square-feet steel-framed building with a flat roof and three stories, all above ground. The exterior will be comprised of a combination of glass curtain walls, metal panels and masonry wall construction, with a membrane roof.

The Old Second Street Access Road will separate the Medical Pavilion from the main hospital. The design includes an elevated pedway connector from the second floor of the existing hospital to an upper floor of the Medical Pavilion. An exterior canopy will provide a covered drop-off for visitors to the facility, and an additional entry will allow direct access from the adjoining surface parking lot.

The location of the Medical Pavilion will be at the corner of SCR's campus near the intersection of Flemingsburg Road and West Second Street — prominent thoroughfares used by the local community and the students at nearby Morehead State University. As SCR's campus building closest to the street, the Pavilion will be highly visible and present the most prominent facades to passersby.





NEW



At St. Claire Regional, our volunteers give a lot more than their time. In addition to completing more than 13,000 service hours, last year our volunteers donated \$60,000 and delivered countless random acts of kindness to our patients, families and staff members. A big THANK YOU to all of our wonderful volunteers during National Volunteer Week!



SCR Volunteers gathered together during National Volunteer Week April 12.



Andrew Schenck, Front Desk Volunteer, and Mary Camille Dummer



Bill Riley and Bill Sharp, volunteers for SCR Hospice and Palliative Care



SCR Hospice and Palliative Care Volunteer Director Amber Stamper is pictured here with long-time volunteer Erika Gordon and her grandson, Hunter. "After my mother and husband's death, I felt guilty and knew I needed to assist with the terminally ill," Gordon said. "One day I walked into Hospice and offered to volunteer for their program, and it has been life altering. It doesn't take much to sit with a patient and be a friend to let them know we care about them."



Getting to know SCR's longest-serving volunteer, Mildred Stanley

NEWS



Tom Lewis, Executive Director, St. Claire Foundation; Roberta Gilbert, Gift Shop Coordinator; Mildred Stanley, volunteer; and Regina Thompson, director, volunteer services.

If you're a staff member at St. Claire Regional, you probably know Mildred Stanley — even if she doesn't know you.

Mildred, who will turn 87 years young this year, has been a volunteer at SCR for 32 years. She and her late husband, Johnny Stanley, moved from Mississippi to Morehead, Kentucky, in 1964. He served as a professor at Morehead State University, while Mildred held a position in the university's library for nearly 20 years.

Mildred may have retired from MSU in December of 1983, but she has never stopped working. Less than a month after her retirement, on Jan. 4, 1984, she decided to try volunteering at SCR after a suggestion from a friend. "And I've been here ever since," she said.

Mildred says her favorite part about volunteering is getting out and meeting people. "I enjoy it, I really do," she said. "I have made a lot of friends here."



SCR President/CEO Mark J. Neff is pictured here with long-time volunteer, Mildred Stanley. Stanley has served as a volunteer at SCR for 32 years.

Being a volunteer isn't a full-time job, so Mildred says she likes to stay busy outside of the time she spends at SCR. She loves working in her garden and playing cards, and even says she walks two miles a day when the weather allows; but one of Mildred's favorite pastimes is tapping into her creative side and unleashing her inner artist.

At SCR, Mildred's artistic talents haven't gone unnoticed. In fact, you can find several of her original paintings exhibited throughout the hospital. If you're lucky, you might be the proud owner of an original Mildred Stanley yourself. "I'm a so-called artist," she said modestly.

Mildred recommends others give volunteering a shot, noting how much of an impact it has made on her life. It's not a thing she has to do, she says; she simply does it because she likes it, and she doesn't plan on stopping any time soon. "I'll keep volunteering as long as I'm able to move!" Mildred said.

Thank you, Mildred, for all that you do!



NEW

Sit, Recline, Lift or Stand all with the touch of a button Lift Chairs starting at \$499

- Over 20 models available (many models in stock)
- 5 size options including XXL
- Over 40 fabric color options
- Heat and massage available
- Lifetime manufacturer warranty on PRIDE®
- and Golden Technologies® lift mechanism
- Cost of lift mechanisms may be covered by insurance

FREE DELIVERY Within a 50 mile radius

Model: PR-355 Color: Medium Autumn

SUPPLY

Monday - Friday 8 a.m. - 6 p.m.

Saturday 10 a.m. - 2 p.m.

www.st-claire.org | 606.784.2414 Located in the Morehead Kroger Shopping Center across from LOWE'S

No additional discounts, promotions or offers apply with sale pricing.

25%ff Dr.'s Remedy® Nail Care Products & Enriched Nail Polish

Tea Tree Oil • Garlic Bulb Extract Vitamin C & E • Wheat Protein





NEWS

BRIEF

A 25% Med Remedy Helps pro inflamed,

25%ff Medline®

Remedy Olivamine Skin Repair Cream Helps protect and relieve dry, cracked, inflamed, reddened and itchy skin.





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

Buy 2 TNS Essential Serums® + receive a travel size HA⁵ & ^{\$}10 coupon | ^{\$}399

Combines the benefits of the proprietary growth factor blend and the TNS Recovery Complex[®]. It contains antioxidants, peptides and other specialty ingredients and has been clinically shown to improve the appearance of fine lines and wrinkles, skin tone, texture and resiliency.

TNS Recovery Complex®

90 Day Supply | \$259 TNS Recovery Complex[®] has been clinically shown to improve the appearance of fine lines and wrinkles, skin tone, texture and resiliency.

HA⁵

Available Now | \$119

HA^s by SkinMedica® is the world's first and ONLY rejuvenating hydrator that INSTANTLY smoothes the appearance of fine lines and wrinkles in as little as 15 minutes!

Exfoliate, Defend and Repair

Skin Bundle | ^{\$}109 AHA/BHA AI Exfoliating Cleanser + Brighte

AHA/BHA Total D Brightening Cream + Bro

Total Defense + Repair Broad Spectrum



www.st-claire.org 7

Beauty 윤 reveal your most youthful Appearance

April II - May 6

Stop by to take advantage of our spring reveal sale, or call 606.783.6760 to schedule a **FREE skin consultation.**





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."

Cosmetic onabotulinumtoxinAinjection

get **FREE**

BUY4 Ounits



the #I medically dispensed, prescription-strength skin care system that can actually transform your skin



Juvéderm

\$50 off any **Juvederm Filler**

Ultra XC, Ultra Plus XC & Voluma XC



5mL Latisse® after mail-in rebate LATISSE[®] is a prescription treatment for inadequate or not enough lashes to grow eyelashes longer, fuller and darker.

WOMEN'S IMAGING & A ESTHETICS

St. Claire Regional Medical Center

An Allergan Company



Buy 2 TNS Essential Serums[®] + recieve a travel size HA⁵ & \$10 coupon | \$399

Combines the benefits of the proprietary growth factor blend and the TNS Recovery Complex[®]. It contains antioxidants, peptides and other specialty ingredients and has been clinically shown to improve the appearance of fine lines and wrinkles, skin tone, texture and resiliency.

TNS Recovery Complex®

90 Day Supply | \$259

TNS Recovery Complex[®] has been clinically shown to improve the appearance of fine lines and wrinkles, skin tone, texture and resiliency.

HA⁵

Available Now | \$19

HA5 by SkinMedica® is the world's first and ONLY rejuvenating hydrator that INSTANTLY smoothes the appearance of fine lines and wrinkles in as little as I5 minutes!

Exfoliate, Defend and Repair

Skin Bundle | \$109 AHA/BHA **Exfoliating Cleanser®**

You will earn Brilliant Distinction rewards

on every purchase. Ask us how!

AHA/BHA **Brightening Cream®** Total Defense + Repair SuperScreen[®]

Gift certificates available!

No additional discounts, promotions or offers apply with sale pricing.

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

NEWS

HOME HEALTH

Jen Everman, RN, never allowed me to feel unimportant. She always encourages me to face my many problems and find out a way to solve them.

I have an auto-immune problem that only 1 in 1,000 have, but this figure is wrong. It's much too low. It is killing the cells of my body. Jen Everman, RN, helps me to deal with what I can't change. I wish there was a Jen for everyone in med. Please add circle for superb care. "Very good" doesn't cover it.

My aunt had the BEST nurse ever, **Shannon Moore, RN**. She went above and beyond to meet my aunt's needs. I called the office for her many times; they were excellent. Shannon is very caring, professional and a wonderful person. My aunt trusted her and looked forward to her visits.

My health is poor due to a heart condition. Shannon Moore, RN, set up med., ordered my refills, she did everything she could for me. In rehab due to heart. Hope to get Shannon back after discharge.

Jen Everman, RN, is a nice and kind lady, very good to me. I would recommend her to treat anyone and not have a problem. Excellent.

Denise Dunaway, RN, the nurse, was great in everything she did for me.

I have had only one nurse, Amanda Rudd, RN. Very nice person.

Stephanie Jolly, HHA bath lady, is excellent. Melinda McGlone, RN, the nurse is excellent.

My nurse Missy Lillard, RN, is wonderful. Don't know what I'd done without her these last months. She has given me such courage to keep on with this ordeal.

I want to keep her. Megan Riggs, RN, is the best.

Terisa Montgomery, RN, is excellent. Super nursing care, supportive, great nurse.

Kim Moore, RN, always listens to any concerns we have (children of patient), and also goes above anything we ever expected from a home health nurse.

Candra Bailey, PT, is very good with my husband. She has made him stronger and more independent. He looks forward to her visits.

Aimee Cover, RN, was a great help in getting the equipment we needed. She helped me get better control of our situation. Greatly appreciated!

My experience with this home health has been a good one. My nurse, Annette Sparks, RN, has been very sensitive to my privacy needs; also, her skill in caring for me has been gentle and caring. Others also have been good when I have them. I'm thankful for the care I have experienced.

Megan Riggs, RN, was his nurse. He was very happy with her, so I knew she knew what she was doing and she had a good personality. Lee Ann Davidson, PT, and Roxanne Johnson, PTA, were his physical therapists. They were very good. Discussed everything with us.

Susie Hargett, RN, could not have been more concerned or caring.

Annette Sparks, RN, provides wonderful care and encouragement.

Kim Waggoner, PTA, provides excellent care and encouragement. Violet Vago, PT, is excellent!

Aimee Cover, OT, is excellent; we love her!

My nurse Kim Moore, RN, treats me like family!

Crystal Reeves, RN, is a very good, caring nurse.

Melissa Deatley, RN, is a very good and understanding nurse. She is on top of all my doctor appointment questions and helps me understand the paperwork.

INPATIENT

Midwife Franny Merrit, CNW, is the best.

Misti Fannin, RN, was sweet and kind, no matter how busy she was. Misti was very skilled and needs a raise.

Mansha Kahloon, MD — excellent!

Randy Stevens, RN, was excellent.

Nick Rodgers, RN, was very good, as was each one. Treated me with kindness and great concern.

Krishna Tangirala, MD, is wonderful.

By far, out of all my hospital visits/stays, Kara Holbrook, RN, was by far the BEST nurse I EVER had. Even when she wasn't "my nurse," she still checked in on me and made me feel right at home the whole time.

Dena Davis, LPN, was very nice and friendly.

Nurse Sarah Brown, RN, was great!

MEDICAL PRACTICE

Very good — Selena G Raines, DO, Amanda Ramey, DO.

Have moved around through several cities and states, and Edward Scott, MD, is the most caring.

Catrinia Druen, MD, was excellent, but she is not my normal provider.

I have every confidence in Craig Burrows, MD. He has always answered any question I may have asked to my satisfaction, and I have nothing but total confidence in the care being rendered to me.

Amanda Ramey, DO, is always on time.

Very pleased with Kristen Murphy, DO.

Craig Burrows, MD, is a wonderful doctor.

Catrinia Druen, MD, was excellent.

Seigfred Jalalon, MD, was wonderful with my son.

Sabra Stevens, RN, is fantastic.

Elizabeth Matera, MD, was very good at explaining my problem.

Carolyn Moore, MD, and the staff were very good to me, and I have a longstanding relationship with them. I consider them to be number one in this area for healthcare.

I love Amanda Ramey, DO. She is the best doctor we have had in Morehead in the last 10 years.

My nurse, Jessica Hatton, CMA, was amazing!

Caryn Grim, PA, made me feel like I wasn't just another patient. She was very informative, and made me feel very comfortable.

Marie Dennison, MD, was wonderful. She included me in the decision making of the procedure.



National Hospital Week May 8-14, 2016

Join us for our annual cookout!

St. Claire Regional Medical Center ALL WEEK Online Quizzes - Win Prizes!

May 12 - Thursday Off-Campus Visits BBQ (Night Shift) 10:30 p.m. to Midnight (in Cafeteria)

May 13 - Friday *BBQ & Prize Drawings (Lunch) 11:00 a.m. to 1:30 p.m. (Dinner) 4:30 p.m. to 6:00 p.m.

> * BBQs will be held on the Foundation Grounds. In case of rain, food will be served in the cafeteria.

UPCOMING C.E. Programs

A message from...

May 4 | Journal Club

12:00 - 1:00 PM SCR Library - Education Room Credit: ACPE, Category 1 AMA

May 6 | Tumor Board

8:00 - 9:00 AM SCR Teleconference Room Credit: ACPE, Category 1 AMA, Nursing

May 11 | Morbidity & Mortality

12:00 - 1:00 PM SCR Library - Education Room Credit: ACPE, Category 1 AMA

May 17 | BLS Check Off

1:00 - 4:00 PM CHER 208 Register with KaSandra Hensley at kasandra.hensley@st-claire.org or ext. 6830.

May 18 | Interdisciplinary Grand Rounds

12:30 - 1:30 PM SCR Library - Education Room Credit: ACPE, Category 1 AMA

May 20 | Tumor Board

8:00 - 9:00 AM SCR Teleconference Room Credit: ACPE, Category 1 AMA, Nursing



TCU

May 2016 Birthdays

5/1

Bridget Erin Razem

5/2

Layla Leann Adkins Thomas Scott Applegate Occupational Therapy Teresa Dawn Ferguson Diana Michelle Rose

5/3

Derek Rowe Bradley Christopher F Fennell Carrie L Furnish Ronald Keith Henson Caitlin P O'Callaghan Melanie Denise Smith Justina L Thompson Kathleen Lerae Wilson

5/4

John Hunter Black Samantha Lynne Carey Kimberly Rena Eldridge Vickie Ruth Fairchild Kathleen Cox Harper Barbara Jean Hart

5/6

Wendy Claudette Whitt FM - Frenchburg

5/7

Jerry M Tilsley

5/8

Cindra Lynn Greene Justin Corey Meade Connie Sue Rodgers Carla Lorraine Terry

5/9

Donna R Johnson

5/10

Brittany D Cochran Megan Renee Davis Shelby Paige Logan Heather Nichole Morgan 4th Floor Nursing Melanie Leah Reis Danielle Renne Sexton Bridgett Fannin Wells

5/11

Pamela Anne Foster Cindy F Murphy Ryan Tyler Smith 5/12 Lori Janina Layne

3rd Floor Central Counseling Services Surgery Materials Management Emergency Physicians Central Scheduling MMS Clinical Services Nursing Administration

Diagnostic Imaging

4th Floor Nursing

FM - Sandy Hook

Hospice Emergency Department Cave Run General Surgery OPCC FM - Sandy Hook Physical Therapy

Information Services

Brandy Michelle Canafax Family Medicine Express FM - Olive Hill Information Services Surgery CHER

Podiatry

TCU 3rd Floor North **Emergency Department** 3rd Floor Central 4th Floor Nursing Physical Therapy

Behavioral Health Unit Float Dept - Unit Sec **Emergency Physicians**

TCU

5/13

Elisha Marie Green Roxanne Mae Johnson Christine Potter Janet Sue Rudd Tajuan C Washington

NEWS

BRIEF

Infusion Solutions

Behavioral Health Unit

Patient Financial Services

Behavioral Health Unit

Emergency Physicians

Family Medical Supply

Behavioral Health Unit

Home Health

TCU

Surgery

Cytology

3rd Floor Central

5/14

Nancy Jean Brown Remona W Gooding Grace Banks Little

5/15

Kayla Marie Dingus Ashley M Fay Tracie Dawn McCarty Darlena Gayle Williams

5/16

Tina Renne Burchett Charles D Harr Lisa Waynette Smith Ashley LaDawn Tackett Donna Jean Thomas Sheila R Thornberry 5/17 Angela Marie Craft

5/18

Pamela O Jent Christopher Dean Smith

5/19

Megan Lea Gross Charlotte B Walker

5/20

Kristina Mae Beamon Ray Fultz Dalton Lee Ingles Mary Elaine Jones Savannah Joyce Newsom CT Scan Loretta M Wagoner

5/21

Karen H Allen Gary L Boyd Michelle B Middleton

5/22

Holly Shane Hall Kiesha Dawn Hedge Alma L Masters Chyann Michelle Tackett 3rd Floor Central Chelsev E Thomas Crissie Marie Wolfe

Family Medicine OPCC

Behavioral Health Unit MMS Administration Float Dept - Unit Sec

5/23

Tonya R Bickel Debbie E James 5/24

Nicholas S Kratzenberg 5/25

Tyannia Rogers Brown Clarence G Clayton

5/26

Crystal Brooke Biddle Rhonda L Hollev Amy S Dehart Russell

5/27 Kimberly Lee Cartee Norma Sue Yazell

5/28

Samantha Mae Brown Wavne Allen Hargett Jr Kasey Leana Hickerson April Dawn Holbert Jenise James Jonathon M O'Connor Jennifer H Perry

5/29

Barbara A Adams Sally Caskey Linda D Fultz Tabitha G Wallace

5/30

Craig D Butler Carri Leone Hicks Regina Lynn Maze Sharon Sue Perry Richard M Stamper Ashley Suzanne Sublett Tammi S Wilson

5/31

Debbie L Blankenship Julia M Dailey Tawni R Donahue Kayla Marie Muse Stephanie Roshelle Riley John A Sanders

Emergency Department MMS Administration

Float Dept - Unit Sec

Respiratory Therapy Podiatry

3rd Floor Central **Emergency Department** Home Health

Hospice TCU

Patient Access Food Services 3rd Floor Central **Emergency Department** Laboratory Facilities Management Infusion Solutions

Central Billing Office Environmental Services Quality Management Central Billing Office

Radiology Physicians Anesthesia Professionals Central Billing Office Administration HIM **Emergency Department** Outpatient Center

Hospice FM - Olive Hill Materials Management Podiatry Float Dept - Unit Sec Palliative Care

Central Billing Office Float Dept - Unit Sec Hospice **Environmental Services**

OPCC Information Services

HIM

Physical Therapy

Medical Group Admin TCU Materials Management Pharmacy CRSS

Patient Financial Services

Central Billing Office

Respiratory Therapy FM - Frenchburg

MMS Clinical Services FM - Sandy Hook

NEWS & EVENTS

SCR Auxiliary Used Book Sale

Date: Thursday, April 28 & Friday, April 29 Time: 9 a.m. - 3 p.m. Location: 1st Floor, outside the Gift Shop

Inspirational · Suspense · Biographies · Cookbooks · and More! Proceeds to benefit the SCR Auxiliary Scholarship Fund. For additional information, call Roberta Gilbert at 6514.

St. Claire Regional Medical Pavilion **Groundbreaking**

Date: Monday, May 2 Time: 11 a.m. Location: Near the lawn of the chapel adjacent to St. Claire Regional

Refreshments will be served!

We hope that you will mark your calendar and plan to attend this upcoming event.



Nurses Week Breakfast

Date: Monday, May 9 Time: 7:30 a.m. - 9 a.m. Location: St. Claire Regional Cafeteria

During National Nurses Week, St. Claire Regional Medical Center would like to extend a special thanks to you, our nurses, as you continue to provide the highest level of quality care to your patients. You deserve special recognition for your efforts in delivering compassionate care, while encompassing the principles of ethical practice in your profession.

The Nursing Excellence Award Ceremony will be held at 9 a.m.

For more information contact Mindy Morris-Sexton at ext. 6600.





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

Covington Province

st. Claire Regional Medical Center 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 <u>michael.ash@st-claire.org</u>

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

Need a Camera to Cover a SCR Event?

The Marketing/PR Dept. has several cameras available for loan.



Contact Michael Ash at ext. 6419 for more information.