

## St. Claire Regional Medical Center

**NEWSBRIEF**

SCR & GWC - Commerce Community Partners Award.....2  
 SCR Foundation Awards Scholarships.....4

Re-enroll in August for Kroger Community Rewards.....6  
 Health Matters Airs 600<sup>th</sup> Show.....7

## St. Claire Regional Receives NICHE Certification, Fourth NICHE Hospital in State

**Submitted by: Debbie Hayes, RN, 5th Floor Nurse Manager**

Nurses Improving Care for Healthsystem Elders (NICHE) is a leading organization designed to help healthcare professionals in hospitals improve the care of older adults. As a center for collaborative learning, NICHE offers an extensive portfolio of resources and tools to help hospitals achieve this goal. The NICHE Network consists of nearly 300 hospitals throughout North America.

St. Claire Regional is one of only four hospitals in the state of Kentucky with a NICHE designation. The NICHE team at St. Claire Regional participated in and completed a six-week leadership training program, followed by a Geriatric Resource Nurse (GRN) course. “We are all eager and excited to be a part of this program,” said Debra Hayes, program coordinator. “Elder care is my passion. I’ve had wonderful grandparents and have wonderful parents. I would want the best care for them and that’s what we want to provide at St. Claire Regional for all our elders. With the NICHE program, we are striving to achieve high quality, evidence-based care for the elder population.”

During the month of August, an online survey related to the care of hospitalized older adults will be conducted among the nursing staff. The survey is an evaluation tool provided by NICHE. The survey, the Geriatric Institutional Assessment Profile (GIAP), quantifies staff knowledge, attitudes and perceptions in the care of older hospitalized adults.



(Left to right) Charlotte Kinney, RN, 3C Nurse Manager; Shelly Brown, RN, Clinical Nurse Educator; Michelle Rayburn, RN, Clinical Nurse Educator; Jennifer Schadle, RN, 5th Floor Nurse; Rita Sammons, RN, 5th Floor Nurse; and Debra Hayes, RN, 5th Floor Nurse Manager

The findings will be critical in our efforts to provide quality care to our older adult patients. In addition, by linking our results to a national database, we will be able to assess how we compare to other healthcare providers.



# St. Claire Regional and Gateway Wellness Coalition *awarded Commerce Community Partners Award*

Reprinted from the Morehead News - July 17, 2015



Representatives of the recipients of the Commerce Community Partners Award.

A dozen groups and individuals in the area have been jointly awarded the Morehead-Rowan County Chamber of Commerce Community Partners Award for their collective work on the Cave Run Disc Golf Course. The recipients (include) the Army Corps of Engineers, Rowan County Community Fund, Morehead Tourism Commission, Wells Group, Good Shepherd Printing, Big 4 Lumber, St. Claire Regional Medical Center, Maysville Community and Technical College, Gateway Wellness Coalition, Morehead State University, SRG Global, and Johnny Sias, three-time disc golf world champion.

Development and planning on the course began last year. Sias designed a full 18-hole course, at no cost, for the Cave Run

tailwater area. Nine holes were completed when the course opened in early January. Volunteers assisted with planning and construction of the course.

The grand opening ceremony was held in April. Planners had a \$27,000 budget for the actual construction of the course. The Rowan County Community Fund donated the first \$2,500. This disc golf course is figured to be one of the most challenging in Kentucky.

***For more information on the Cave Run Disc Golf course, call 784-6428.***

Experience  
a younger  
looking YOU



Sale Ends August 31  
not valid with any other discount



**\$50 OFF Any  
Juvéderm Filler**

Juvéderm Ultra XC,  
Ultra Plus XC or  
Voluma XC



**\$9 per unit**

NOW AVAILABLE!

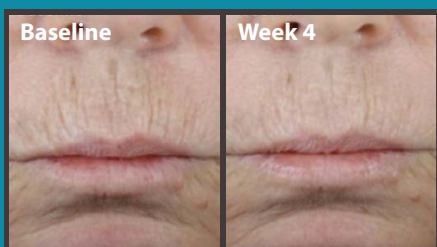
DEFENDS AGAINST HARMFUL INFRARED.  
REJUVENATES PHOTODAMAGED SKIN.

**ONE REVOLUTIONARY  
SUPERSCREEN.**

**Total Defense + Repair**

**\$45** | Special  
Introductory  
Price

New TOTAL DEFENSE + REPAIR is a rejuvenating superscreen featuring SOL-IR™ Advanced Antioxidant Complex to prevent the appearance of premature aging from chronic exposure to infrared. It provides comprehensive protection beyond UVA and UVB while supporting the skin's ability to restore itself. SPF 34 | SPF 50



visible results within 4 weeks



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

**\$109**

**Exfoliate, Defend & Repair Skin Bundle**



**\$329+** receive a FREE travel size  
AHA/BHA Cleanser

**Transform Your Skin in 90 Days Bundle**



**WOMEN'S IMAGING  
& AESTHETICS**  
St. Claire Regional  
Medical Center

**606.783.6760**  
Located on first floor of St. Claire Regional Medical Center  
GIFT CERTIFICATES AVAILABLE



# SCR Foundation Scholarships Awarded to Local Students

**Submitted by: Tom Lewis, Executive Director, St. Claire Foundation**

Three students from northeast Kentucky were the recipients of 2015 scholarships from the St. Claire Foundation.

Taylor Rogers of Owingsville and Colton Thayer of Tollesboro will each receive \$1,000 Richard J. Bausch Family Scholarships. Hannah Pollitt of Hillsboro is the recipient of this year's \$750 Sister Mary Jeannette Wess, SND, Scholarship.



(Left to right) SCR President/CEO Mark J. Neff; 2015 Richard J. Bausch Family Scholarship recipients Taylor Rogers and Colton Thayer; SCR Vice President and COO, St. Claire Medical Group Greg Bausch, PharmD; and SCR Dentist, Emily Bausch Blevins, DMD.

Rogers was this year's Bath County High School valedictorian. She will attend Transylvania University this fall and has aspirations of becoming a dermatologist.

"The numbers of skin cancer occurrences are drastically increasing," Rogers said. "I know that I can make an impact as a dermatologist. I plan to complete medical school and return to my hometown in order to start my own practice."

Thayer graduated summa cum laude from Lewis County High School this year. He will be pursuing a pharmacy degree at the University of Kentucky.

"I have learned that there are more than 50 specialties for a pharmacy degree outside of the traditional retail pharmacy," Thayer said. "I also enjoy the research facet of pharmaceuticals and may pursue a career in this area."

*The Richard J. Bausch Family Scholarship is funded by an endowment that was established in memory of the father of Greg Bausch, PharmD, SCR Vice President and COO, St. Claire Medical Group. To qualify for the scholarship, an applicant must be a pre-professional health sciences student and a resident of an Appalachian county.*



(Left to right) SCR Director of Pastoral Care/Mission Integration Sr. Judine Lambert, SND; 2015 Sr. Mary Jeannette Wess, SND, Scholarship recipient Hannah Pollitt; and SCR President/CEO Mark J. Neff.

Pollitt is a junior in Morehead State University's Baccalaureate Nursing Program. Her goal is to work in a rural healthcare facility in Kentucky and become a nurse practitioner.

"At the tender age of 15, I entered my first healthcare class. Throughout that introductory course, I not only learned, I fell in love with health care," Pollitt said. "For the first time I realized the body is layers upon layers of systems, and it pushed me to pursue a more intimate relationship with all things health care."

*Established in 1995, the Sister Mary Jeannette Wess, SND, Health Education Fund is named in honor of St. Claire Regional Medical Center's third President/CEO. Students from the SCR service region who are entering at least their junior year of college may apply for this scholarship.*

While in high school, all three scholarship recipients participated in the Northeast Kentucky Area Health Education Center's Rural Health Scholars Program, which provides additional educational support to high school juniors and seniors who are highly interested in pursuing a health care career. The Rural Health Scholars Program is a competitive applicant program that helps to prepare students for entry into a health career training program at any post-secondary institution.

# SCR Wellness Day!

Wednesday, August 19th Starting at 10:00 AM

- ◊ Fully Marked Walking Trail
- ◊ Weight Loss Competition
- ◊ Smoking Cessation Information
- ◊ Chance To Win Prizes
- ◊ FREE T-Shirts & Bottled Water

See the trail map on the bottom of the page. Visit the HR table at the start of the trail to sign up!  
More information to come! Questions: Please contact Jill Rhodes, Human Resources ex. 6583.



SCR WELLNESS

Wednesday, August 19 starting at 10 a.m. we will be kicking-off SCR Wellness Day! Come and visit the HR table at the start of the trail by the Physician's Entrance. Free SCR Wellness T-shirts and bottled water will be available for those who sign up to walk and/or sign up for the Weight Loss Competition. All participants will be entered for a chance to win prizes!

**Wellness Walk**

QUICK	0.45
FUN	0.80
FULL MILE	1.00

(Includes extra loop of Lot F)

For the QUICK walk follow:	Green - Blue Lines
For the FUN walk follow:	Green - Orange Lines
For the Full Mile walk follow:	Green - Orange - Yellow Lines

# Shopping with *Amazon* or at *Kroger* can mean BIG dollars for St. Claire Regional's Greatest Need Fund

## *August is Re-enrollment Month for Kroger Community Rewards*

Through Kroger Community Rewards and the AmazonSmile Foundation, giving back to St. Claire Regional just got a whole lot easier. Kroger Community Rewards and AmazonSmile give a percentage of your purchase price to SCR every time you shop, at no additional cost to you.

### **How does it work?**

Simply shop at Kroger or AmazonSmile, create an account or use your existing account and select St. Claire Regional as your charitable organization in your account settings. You get the exact same products, prices and features you are used to with the added benefit of continuous support for SCR.

### **How do I set up my account to ensure SCR benefits from my purchases?**



#### **Kroger Community Rewards**

1. Register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)
2. Have your Kroger Plus card handy when you register (*if you do not have a Kroger Plus card you can get one at your local Kroger store*)
3. Sign In/Register
4. Click on "Edit Kroger Community Rewards information" and type in your Kroger Plus card number and update or confirm your information
5. Enter the NPO number (35805) or the organization's name (St. Claire Regional) and confirm
6. Verify that you are enrolled by looking on the right side of your information page

**REMEMBER**, purchases will not count for your group until after your member(s) register their card(s). Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number. Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger card.

#### **AmazonSmile**

1. Go to [smile.amazon.com](http://smile.amazon.com)
2. Sign in or create an account
3. Follow the on-screen directions **or** go to "Your Account" and select "Change Your Charity"
4. Search for your organization (**St. Claire Regional**) and hit select

*Donations will only be distributed if purchases are made through [smile.amazon.com](http://smile.amazon.com) purchases through [amazon.com](http://amazon.com) do not qualify for donation.*

### **More information?**

For more information about Kroger Community Rewards or AmazonSmile, contact Tom Lewis at [thomas.lewis@st-claire.org](mailto:thomas.lewis@st-claire.org) or ext. 6511.



# Health Matters Airs 600<sup>th</sup> Show

**Submitted by: Nicole Winkleman, Marketing Assistant, AHEC**

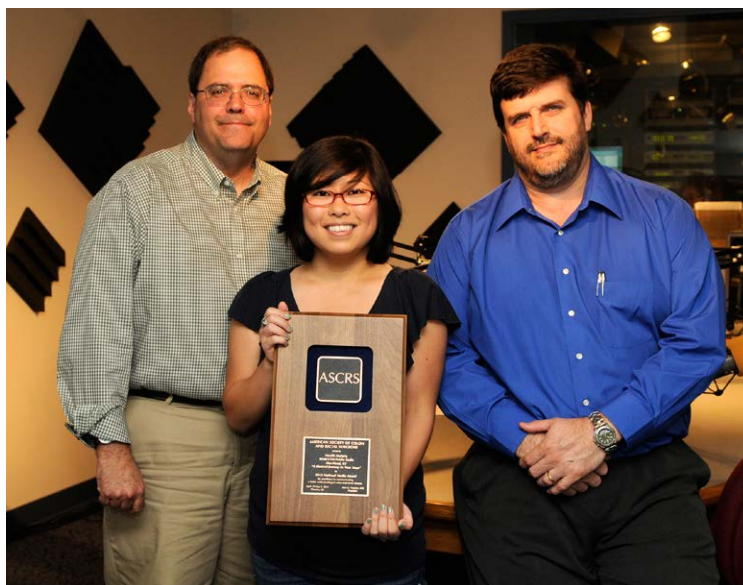
Morehead State Public Radio (WMKY, 90.3 FM) recently broadcasted the 600th episode of Health Matters, a medical radio show hosted by Anthony Weaver, MD, and Rick Phillips, and sponsored by the Northeast Kentucky Area Health Education Center. This milestone episode of Health Matters aired July 18 and presented an anthology of pathology, including tanning rates, sports injuries, bariatric surgery and swimming safety.

Health Matters has been on the air for well over a decade and has undergone several format changes during that time. In 2003, Dr. Weaver, a long-time member of the St. Claire Regional medical staff and associate dean of the University of Kentucky Rural Physician Leadership Program in Morehead, began hosting the show and initiated a major restructuring.

“I wanted to make the show more of a public health vehicle and try out some teaching techniques,” Weaver said. “At that time, most medical radio shows featured a know-it-all doctor taking phone calls and second-guessing the patient’s primary care provider. Some were driven by ego, and others were pushing specific products for profit. Dr. Greg Bausch, who was AHEC center director at the time, Rick Phillips and I were heavily influenced by Car Talk, which was able to give advice while entertaining, was not an infomercial for products and gave listeners insight into the hosts’ lives. We wanted to do the same for medicine.”

The first show in this format was recorded in February 2003, shortly after an ice storm destroyed WMKY’s transmitter. The show was broadcast at 40 watts and the show’s staff joked that they could have gotten a larger audience by yelling the show out the window.

Interesting and educational content coupled with influential guests have earned the show a respectable following over the years. Bausch and former SCR colleague Kim Williams, MD, appeared regularly on the show for the first five years, with high-profile guests such as former Kentucky Gov. Ernie Fletcher, former UK President Lee Todd, Morehead State University President Wayne Andrews, and “Kentucky Joe” from the reality show “Survivor” appearing occasionally. Also featured have been UK’s vice president for medical affairs and the deans of the University of Louisville School of Medicine and the University of Pikeville’s Kentucky College of Osteopathic Medicine.



(left to right) Anthony Weaver, MD, host; Asa Hosoda, producer and Rick Phillips, co-host pictured after winning the 2013 National Media Award.

“The show could not have reached our 600th milestone without the generous support of the Northeast Kentucky AHEC and the guidance of WMKY Station Manager Paul Hitchcock and News and Information Director Chuck Mraz,” Weaver said.

One of Weaver’s favorite shows, “A Musical Journey to Your Anus,” won the 2013 National Media Award from the American Society of Colon and Rectal Surgeons for excellence in communicating a better understanding of colon and rectal disease. It featured such catchy tunes as “Oops the Colon’s Fragile It Gets Diverticulosis” and “Under the Cecum.” Other favorites include the “Manly Man” show with instructions on how to throw a hand grenade and research on lightning and barges striking bridges; a hilarious discussion with Jean Jones on lawnmower fires; a medical student describing her friends spraying themselves with bug spray and setting themselves on fire; and an absolutely awful Monty Python-esque (complete with horrible fake British accents) description of how tuberculosis was carried by dolphins to the New World.

Health Matters was recently renewed for another year and airs on WMKY 90.3FM Saturdays at 10 a.m. and Sundays at 6 a.m. You can also listen to the podcast anytime by visiting [www.wmky.org/programs/health-matters](http://www.wmky.org/programs/health-matters).

St. Claire Regional  
**FAMILY MEDICAL** **SUPPLY**  
 ANNIVERSARY SALE  
 Sale Ends August 31<sup>st</sup>

# 25% off all lift chairs

Sit, Recline, Lift or Stand all with the touch of a button



### FREE DELIVERY

Within a 50 mile radius

- 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

Model: PR-505  
Color: Palomino

## \$36<sup>99</sup>

# HurryCane®



The HurryCane® gives you three points of surface contact for extra support, a pivoting base for improved balance on uneven ground, triple bend for easier storage and adjusts for multiple body heights.

## 25% off all scrubs

WE NOW OFFER cherokee

♥ heartsoul ♥

code happy

Landau



# 20% off all shoes

Orthotic Shoes • Active Shoes • Everyday Shoes



# CUSTOMER APPRECIATION DAY

Thursday, August 27 | 8 am - 6 pm

Food & Refreshments | 11 am - 1:30 pm

Register for your chance to win one of many door prizes during our Customer Appericiation Day event!

In-store drawings on Thursday, August 27 throughout Customer Appreciation Day. You don't have to be present to win.



**\$10**  
reg \$15.00

**Dr.'s Remedy®  
Enriched Nail Polish**



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

choose from more than  
**20 COLORS**

**JOBST®  
Compression Products**

**10%off**

- Knee High
- Thigh High
- Pantyhose
- Women's and Men's Styles



**10%off**  
All Biofreeze Products

**BACK & JOINT  
PAIN RELIEF**

- Great for arthritis, neck and back pain, sore muscles & more
- Apply Biofreeze right where it's needed and without any mess
- Delivers fast pain relief



**SkinMedica®**  
An Allergan Company

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

NOW AVAILABLE!

**Total Defense + Repair** SPF 34 | SPF 50  
DEFENDS AGAINST HARMFUL INFRARED.  
REJUVENATES PHOTODAMAGED SKIN.  
**ONE REVOLUTIONARY SUPERSCREEN.**

**\$45** | Special Introductory Price



visible results within 4 weeks



**\$329+** receive a FREE travel size AHA/BHA Cleanser

**Transform Your Skin in 90 Days Bundle**

TNS Essential Serum®



Lytera Skin Brightening Complex®



Retinol Complex®



+ +

St. Claire Regional  
**FAMILY MEDICAL → SUPPLY**

OPEN: Monday - Friday 8 am - 6 pm & Saturday 10 am - 2 pm | 1-877-784-2414 or 606-784-2414  
Located in the Morehead Kroger Shopping Center across from LOWE'S

# The Difference Between an MD and DO

Teaching and Providing Effective Feedback for Allopathic and Osteopathic Medical Students and Residents

Presented by:

## Dana C. Shaffer, DO

*Associate Dean of Graduate Medical Education  
Kentucky College of Osteopathic Medicine  
University of Pikeville*

At the conclusion of this program, participants should be able to:

- Identify three reasons why they should become a mentor and physician teacher
- Recognize a system in which they can supervise DO students and residents doing osteopathic manipulative treatment
- Describe two ways to give effective feedback to learners at different levels of training
- Contrast medical education in an academic health center with community-based education

## August 13, 2015

**5:30 pm** - Reception with wine and hor d'oeuvres

**6:30 pm** - Continuing Education Activity

### Center for Health Education & Research

Room 102  
316 W. Second St.  
Morehead, KY

Register online at

[www.neahec.org/fds](http://www.neahec.org/fds)

**Faculty  
Development  
Series**

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Medicine  
Rural Physician Leadership Program

 **St. Claire Regional  
Medical Center**  
*Family Medicine Residency*

  
NORTHEAST  
**AHEC**



# St. Claire Regional Welcomes NEW STAFF

**Regina S Adams**  
*Home Health*

**Charles A Baker**  
*Central Billing Office*

**Ashley B Blevins**  
*3rd Floor North*

**Derek R Bradley**  
*Nursing Administration*

**Rosalyn M Brandon**  
*AHEC*

**Edwina M Burton**  
*Food Services*

**Tresea A Carpenter**  
*Food Services*

**Jason J Caudill**  
*Central Transport*

**Jessica G Caudill**  
*RPLP*

**Dakota M Cooper**  
*Patient Access*

**Eric M Coyer**  
*Infusion Solutions*

**Beverly J Daniel**  
*Behavioral Health Unit*

**Cassie M Duffy**  
*Laboratory*

**Leashia D Duncan**  
*Food Services*

**Kendra M Fielding**  
*Infusion Solutions*

**Cynthia G Fields**  
*3rd Floor Central*

**Tina M Fraley**  
*Food Services*

**Amber F Gregory**  
*Occupational Therapy*

**Kiesha D Hedge**  
*Behavioral Health Unit*

**Kara D Holbrook**  
*4th Floor Nursing*

**Michaela B Howard**  
*Laboratory*

**Chelsie L Hudson**  
*4th Floor Nursing*

**Sara G Hylander**  
*FM - Morehead*

**Kelsey D Ison**  
*3rd Floor North*

**Shana D James**  
*ICU*

**John D Keener**  
*Infusion Solutions*

**Kimberly L Layne**  
*Emergency Department*

**Stephanie R Logan**  
*Environmental Services*

**James E Lynch**  
*Cave Run General Surgery*

**Jessica D May**  
*Environmental Services*

**Stephanie E Mullins**  
*Nursing Administration*

**Kayla M Muse**  
*Podiatry*

**Michael B Nickell**  
*Information Services*

**Angela D Riddle**  
*3rd Floor Central*

**Sarah D Skaggs**  
*3rd Floor Central*

**Kandra R Stegall**  
*Food Services*

**Kristin D Vinson**  
*Nursing Administration*

**Julia V Waller**  
*ICU*

**Alexandra K Webb**  
*FM - Morehead*

**Ruby E Webb**  
*Laboratory*

**Brittany N Whitt**  
*Surgery*

**Paula L Wilson**  
*Nursing Administration*



## UPCOMING C.E. Programs

### August 7 | Tumor Board

7:30 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

### August 11 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

### August 11 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830 or  
[kasandra.hensley@st-claire.org](mailto:kasandra.hensley@st-claire.org)

### August 13 | Faculty Development Series: The Difference Between an MD and DO

5:30 - 7:30 PM

CHER 102D

Credit: Category 1 AMA

Register online at [www.neahec.org/fds](http://www.neahec.org/fds)

### August 21 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

### August 25 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830 or  
[kasandra.hensley@st-claire.org](mailto:kasandra.hensley@st-claire.org)





**St. Claire Regional  
Medical Center**

222 Medical Circle • Morehead, KY 40351

## EXPERIENCE A YOUNGER LOOKING YOU AESTHETICS SALE

**Date:** Sale Ends August 31

**Location:** Women's Imaging & Aesthetics

Located on the first floor of the hospital

**For more information see page 3.**

To schedule your free consultation call 606.783.6760

Special pricing on Botox, Juvederm and SkinMedica™ new  
Total Defense+Repair SuperScreen

## FMS ANNIVERSARY SALE & CUSTOMER APPRECIATION

**Date:** Sale Ends August 31

**Customer Appreciation Day**

Thursday, August 27, 8 a.m. - 6 p.m.

**Location:** Kroger Shopping Center, Across from LOWE'S

**For more information see pages 8-9.**

Special deals on shoes, scrubs, lift chairs and  
many more items! Call 606.784.2414 for more  
information about our sale and event.

## LOOK GOOD... FEEL BETTER

**Date:** Monday, August 17

**Time:** 1 - 3 p.m.

**Location:** Outpatient Oncology Department, 3<sup>rd</sup> Floor

**To RSVP, contact Regina Pettit at 783-6625**

Look Good... Feel Better is a free program that helps women  
look their best during cancer treatment.

It's like a makeover for the spirit. And that's a beautiful thing.  
To learn more about Look Good... Feel Better or other  
American Cancer Society programs for patients,  
call 1-800-227-2345 or visit cancer.org.



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](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 a SCR Event?

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

Contact Hannah Conn at ext. 6927 for more information.

