

St. Claire Regional Medical Center

NEWSBRIEF

Women's Conference
Mother's Day Sale

4-5
6-7

Nurse's Week Activities
CE Programs

9
11

RETURNING TO SCHOOL, *Growing as a Nurse, Growing as an Individual*

submitted by: Robin Donahue

I currently work as Patient Care Coordinator on the Women's Care Unit here at St. Claire Regional Medical Center. This entails managing a diverse group of patients; from obstetrical, newborn, gynecological, and medical/surgical patients. During the past nineteen years of service I have always had a passion to learn. From the beginning of my career as phlebotomist, then nursing assistant to the position I currently hold I have looked for ways to increase my knowledge.

After graduating from MSU in 1997 with an Associate's Degree in nursing all I could think of was working and becoming more proficient as a nurse. I have always loved learning but as a non-traditional student with a family getting through school and working full time was best for me; but somehow it just wasn't enough. Learning is growing and I wanted to grow; so I continued to learn as much as possible and obtained my certifications in obstetrics, advanced fetal monitoring and advanced life support in obstetrics. This road also led to my certification as a sexual assault nurse examiner; and working with the community on the sexual assault task force team. During all this time my nurse manager, Lisa Wallace, was not only encouraging me to go back to school and obtain my BSN but she was a living example by returning to school herself.

Many nurses feel they may not be able to keep up in school after being out for several years or they wonder if it's really worth it. Despite the many certifications held, I still believed that representing the nursing profession as a professional must begin with having a

BSN, and returning to school was something I really wanted. Despite the concerns and difficulties of working full time, managing family and the cost; the same concerns that many other nurses have when faced with returning to school, I began to pray and research



Robin Donahue, RN

which school would be best suited for my needs. With the support of family and friends I enrolled into the BSN-online program with Indiana Wesleyan University and began my academic journey. To help with the cost of school I applied for the KONL scholarship and am thrilled to have won.

Receiving the Kentucky Organization of Nurse Leaders, (KONL) scholarship is a great honor. Being a leader in nursing represents the kind of nurse I strive to be. Returning to school has become more than just about obtaining my BSN, it's about growing to become the best nurse and person that God created me to be. I truly am excited about this academic journey and encourage others to see their potential and continue growing.



CHECK OUT THE SCR NEWSBRIEF ONLINE AT www.st-claire.org/newsbrief

St. Claire Family Medicine Residency Successful in 2013 Recruitment Season

submitted by Carla Terry,

The St. Claire Family Medicine Residency Program is excited to welcome the addition of two new residents: Kristine Brown, D.O. and Sherry Farag, M.D.

Dr. Brown is a 2013 graduate of West Virginia School of Osteopathic Medicine in Lewisburg. She attended undergraduate at Juniata College in Huntington, Pennsylvania. Her hobbies include reading, travelling, walking her dog, college football, exercising and spending time with friends and family.

Dr. Farag is a 2012 graduate of Windsor University School of Medicine in Saint Kitts and Nevis. She completed her undergraduate studies at York University Toronto in Ontario, Canada. Her hobbies include arts and crafts, crochet, knitting, cosmetology, hair and nail design, and bike riding.

Drs. Brown and Farag will begin their internship year at the University of Kentucky in July, 2013. They will join us at St. Claire Regional in June, 2014.



Kristine Brown, DO



Sherry Farag, MD

The St. Claire Family Medicine Osteopathic Residency Program was successful in the 2013 match, and is excited to welcome our two new residents: Parker Banks, D.O. and Chadwick "Chad" Gambrell, D.O.

Dr. Banks will graduate in May, 2013 from the University of Pikeville, Kentucky College of Osteopathic Medicine. He was born right here at St. Claire Regional and grew up in West Liberty. He completed his undergraduate at Morehead State University. His hobbies include hunting, fishing, farming, cooking, NASCAR and UK basketball. We also want to congratulate Dr. Banks on his upcoming June marriage!

Dr. Gambrell graduated from Lincoln Memorial University-DeBusk College of Osteopathic Medicine, located in Harrogate, Tennessee. He grew up in Pineville, Kentucky and attended undergraduate at the University of Kentucky. His hobbies include hunting, fishing, and spending quality time with his wife Chassidy and their two daughters; Ava, age 6 and Emery, age 16 months.

Drs. Banks and Gambrell will begin their residency at St. Claire Regional in July, 2013. Please join us in welcoming them!



Parker Bank, DO



Chadwick Gambrell, DO

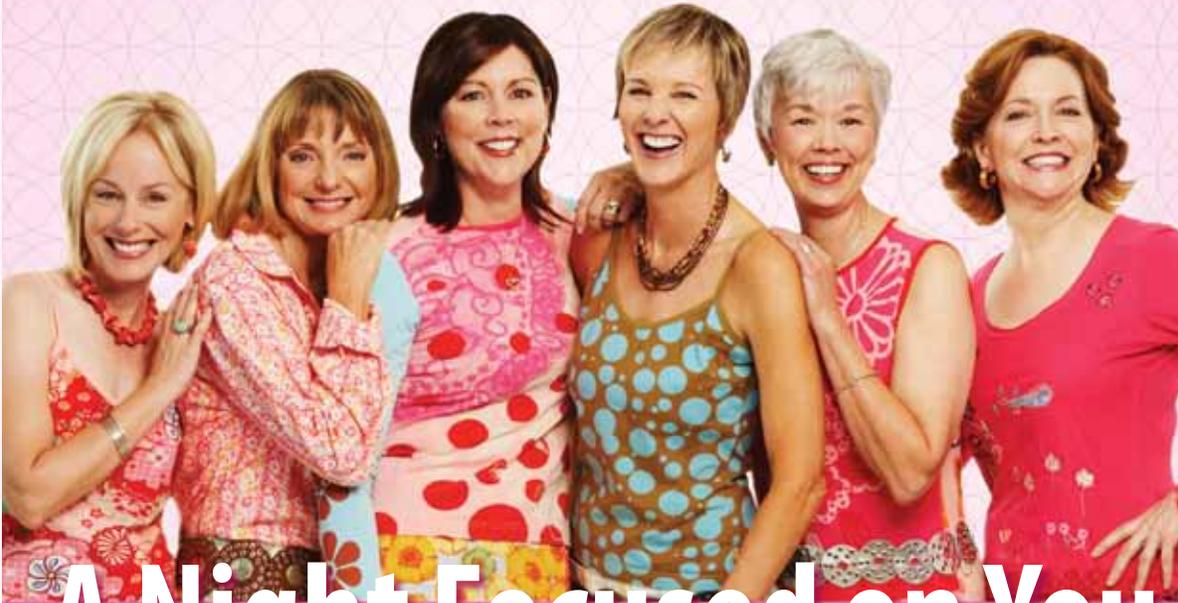


This year St. Claire Regional Medical Center proudly celebrates 50 years of amazing medicine in this community.

Today, as much as yesterday, SCR holds true to its mission of *'Proclaiming God's Goodness through a Healing Ministry to the People of Eastern Kentucky.'*

Celebrating
50 YEARS
✦ St. Claire Regional Medical Center

One Night ABOUT YOU



A Night Focused on You *Your Health, Your Life, Your Well-Being*

FRIDAY, MAY 17

Morehead Conference Center

Health Screenings 4:30 p.m. - 6:00 p.m.

Educational Sessions 6:00 p.m. - 8:30 p.m.

FREE UMBRELLAS TO THE FIRST 200 WOMEN

FREE FOOD, FUN & GIFTS

For more information, contact Michael Ash at (606) 783-6927.

St. Claire Regional Medical Center • UK HealthCare • UK Ag Extension

Women often put their health priorities behind those of their family. *One Night: About You* provides women a night to enjoy great food and socialize with friends while getting vital health screenings, learning more about health issues specific to women and fun ways to remain healthy.

Join us Friday, May 17, and enjoy a free night all about you.



Health Screenings 4:30 p.m. - 6:00 p.m.

- Cholesterol
- Pulse Rate
- Derma Scan
- ABI PVD
(ankle-brachial index)
- Glucose
- Oxygen
- BMI
- PVD
(peripheral vascular disease)
- Blood Pressure
- Bone Density
- Pulmonary Function



Informational Booths 4:30 p.m. - 6:00 p.m.

- SCR Women's Care Unit
- SCR Mental Health Unit
- SCR Nutrition for Women
- UK HealthCare
- UK Markey Cancer Center
- Rowan UNITE
- SCR Family Medicine (HPV Vaccine)
- SCR Family Medical Supply
- SCR Outpatient Center (pelvic floor/incontinence)
- UK Morehead Women's HealthCare
- Gateway Health Department



Educational Sessions 6:00 p.m. - 8:30 p.m.

Keynote Speaker - Kimberly Williams, MD - Everyday life stressors, the profound impact stress has on our bodies and health and advice about coping with stress more effectively.

SCR Cardiologist, Nowwar G. Mustafa, MD - Importance of women's heart health. Question & Answer session included.

UK OB/GYN, Rebecca Todd, MD - Understanding new OB/GYN screening guidelines for women. Question & Answer session included.

SCR Physical Therapy / Occupational Therapy - Learn surprising basic everyday at-home or on-the-go exercises to help keep women fit.



UK Cooperative Extension Service - Learn how to make quick, healthy snacks. Free cooking utensils given to each participant.

MOTHER'S DAY *Special*

APRIL 29 - MAY 11



**Sit and recline –
lift and stand with
the touch of a button**

- 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® lift mechanism

**SAVE
20%**
All Lift Chairs*
* including custom orders



\$529⁹⁹

MSRP : \$740⁰⁰
Pride® Model: LC-105
Color: Cocoa

Reading Glasses & Bifocal Sunglasses



Strengths:
+1.0 to +3.5



**20%
OFF**



25% off SHOES

Aetrex® • Brooks® • Landau® • Orthofeet® • Sanita®

30% off Koi & Landau



SUMMER LINES

SWITCH STICK FASHION CANE

\$29⁹⁹
Reg \$39.99



Dr's Remedy Enriched Nail Polish

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

\$10
Reg \$15.00



CHOOSE FROM MORE THAN

20 COLORS

STORE HOURS

Monday - Friday
8:00 am - 5:00 pm

Saturday
10:00 am - 2:00 pm

606.784.2414 or 1.877.784.2414



Located in the Kroger Shopping Center across from LOWE'S



National Hospital Week

May 12-18, 2013

ALL WEEK
Online Quizzes — Win Prizes!

May 16 - Thursday
Off Campus Visits
BBQ (Night Shift)
10:30 pm to midnight (In Cafeteria)

May 17— Friday
*BBQ & Prize Drawings
(Lunch) 11:00 am to 1:30 pm
(Dinner) 4:30 pm to 6:00 pm

Join us for our annual cookout!

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

A message from...
St. Claire Regional Medical Center

Join Us in Celebrating Nurses' Week 2013

Schedule of Events

Monday, May 6th

- Morning Prayer given by one of the SCR Nursing staff
- Gifts distributed to nursing staff
- Cookie tray delivery to in-house nursing units

Tuesday, May 7th

- Morning Prayer given by one of the SCR Nursing staff
- Cookie tray delivery to Home Health and Hospice

Wednesday, May 8th

- Morning Prayer given by one of the SCR Nursing staff
- 7:30 a.m.– 9:00 a.m. Nurses' Week Breakfast – SCR Cafeteria
- 9:00 a.m. Nursing Excellence Award Presentations – SCR Cafeteria

Thursday, May 9th

- Morning Prayer given by one of the SCR Nursing staff
- Cookie tray delivery to All SCR Clinics

Friday, May 10th

- Morning Prayer given by one of the SCR Nursing staff

Amazing. Medicine. Close to Home.

You're invited!

Join us in a Farewell Reception for
Sister Marge Mouch
in honor of 10 years of
dedicated service.

Where: SCR Cafeteria
222 Medical Circle, Morehead, KY 40351

When: May 8, 2013 - 2:00 - 4:00 p.m.



**St. Claire Regional
Medical Center**

You're invited!

Join us in celebration for:
Carolyn Wells
Carolyn is retiring with **27 Years** of
dedicated service.

Where: SCR Cafeteria
222 Medical Circle, Morehead, KY 40351

When: May 10, 2013 - 2:00 - 4:00 p.m.



**St. Claire Regional
Medical Center**

St. Claire Regional *Welcomes* New Staff

Thomas Scott Applegate
Occupational Therapy

Lori Beth Mabry
Food Services

Aaron Lee Bress
Radiology Physicians

Lauren Kaye Miller
3rd Floor North

Diane B Cline
Environmental Services

Faith A Older
TCU

Diane Michelle Cooper
Infusion Solutions

Dorothy Jane Oliver
Food Services

Pamela Copher
Emergency Physicians

Derin J Patel
Hospitalist Physician

Jennifer Lynn Dickey
3rd Floor North

Taylor Morgan Patrick
Physical Therapy

Ryan Edward Hall
Hospitalist Physician

James Peter Rizzo
Pathology Physicians

Regina K Harper
Environmental Services

Samantha Lynn Staton
Family Medical Supply

Jennifer Gayle Hedges
Financial Services

Kendall Dawn Taylor
Cave Run General Surgery

Brookelyn N Kielbasa
Pharmacy

Kevin S Trent
Family Medical Supply

Natasha Randolph Knipp
3rd Floor Central

Deana Marie Ward
Occupational Therapy

Jeanna Marie Lasourd
Environmental Services



UPCOMING C.E. Programs

May 8 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

May 14 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

May 16 | CPI: Non-Violent Crisis Intervention

8:00 AM - 3:00 PM

CHER 102

Credit: Nursing

RSVP with Mary Staton at ext. 6664 or
MRStaton@st-claire.org

May 17 | Tumor Board

8:00 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA, Nursing

May 17 | PALS Renewal

8:00 AM - 4:00 PM

CHER 102 ABC

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

May 20 | NRP Skills Check Off

8:00-10:00 AM

SCR-4C

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

May 21 | Emergent Burn Care

12:00 - 1:00 PM

CHER

Credit: Nursing

May 17 | ACLS Renewal

8:30 AM - 4:00 PM

CHER 102 ABC

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

Saving the Animals of Rowan Bake Sale & Plate Lunch

Date: Friday, May 10

Location: SCR 2nd Floor

Cost: \$6

Choose from a hot dog or BBQ sandwich, two sides, dessert and drink. All proceeds support the S.T.A.R. program.

St. Claire Regional / UK Healthcare Women's Conference

Date: Friday, May 17

Location: Morehead Conference Center

Time: 4:30 p.m. to 8:30 p.m.

Family Medical Supply Mother's Day Sale

Date: Monday, April 29 - Saturday, May 11

Location: SCR Family Medical Supply

20% Off All Lift Chairs • 30% Off Koi and Landau Scrubs
20% Off All Shoes and Much More

St. Claire Regional Staff Yard Sale

Sponsored by SCR Hospice and Palliative Care

Date: Saturday, June 8

Location: Carl D. Perkins Community Center

Time: 8:00 p.m. to 3:00 p.m.



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

Have an article
or event to submit
for the Newsbrief?

St. Claire Regional Medical Center
NEWSBRIEF

Please send articles and/or information to be placed in the SCR Newsbrief to jrobinson@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 A SCR EVENT?



The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6927 for more information.