

# St. Claire Regional Medical Center NEWSBRIEF

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C.E. Programs August 15

## St. Claire Regional Honors Dr. Laura Ellis at Retirement Reception

SCR staff, family and friends gathered Wednesday, November 29 to honor Dr. Laura Ellis for 20 years of commitment to compassionate patient care.

The evening was filled with reminiscing, laughter and sincere acknowledgement as everyone took time to wish Dr. Ellis well. Mark Neff, SCR President/CEO, presented Laura with a plaque commemorating her retirement from the hospital. A plaque will also be displayed on the second floor of the hospital outside the medical library.

Mike Montes, director of food services, presented Laura with a very personal, culinary artwork. The piece was hand-painted with food coloring on gum paste board by Krystal Kelly. Mike also had the artwork framed for Laura. A print of the painting will be framed and displayed in SCR's Women's Imaging Center in Dr. Ellis's honor.



Dr. Jeff Ellis and Dr. Laura Ellis pose for a photo with her retirement plaque and photo board.



Mike Montes and Dr. Ellis with the culinary artwork he had painted in her honor.



CHECK OUT THE SCR NEWSBRIEF ONLINE AT [www.st-claire.org/newsbrief](http://www.st-claire.org/newsbrief)

# SCR Hosts Annual Tree Lighting and Prayer Ceremony

St. Claire Regional's (SCR) annual Tree Lighting and Prayer Ceremony was held on Wednesday, November 29 at 10:00 a.m. at the hospital's main entrance.

Mark J. Neff, SCR President/CEO, welcomed everyone and Sister Marla Monahan, SND, past SCR Board Chair, gave the opening prayer.

The tree, purchased by the SCR Auxiliary from Hutton & Lloyd Tree Farm, was lit by forty year staff member Rosemary Curtis, SCR laboratory histology

section manager.

The Rowan County Senior High School "Select Choir," directed by Diehl Acherman, entertained with beautiful Christmas carols. Judy Ramsey, director of SCR pastoral care, presented the closing prayer. Immediately following the ceremony refreshments were served for all.



40 year staff member, Rosemary Curtis, speaks before lighting the SCR Christmas Tree



The Rowan County Senior High School "Select Choir," directed by Diehl Acherman, entertained with beautiful Christmas carols.

## *Wishing You A Happy & Healthy Holiday Season*

## SCR Surgery Department Provides Thanksgiving Meals for SCR Hospice Patients and Families

submitted by Robin Franklin

What is the true meaning of Thanksgiving? Being thankful for life's abundance, yes, but also sharing that abundance. The SCR surgery department and Dr. Twana Hatton recently demonstrated the true meaning of Thanksgiving in thoughts and deeds.

Brenda Cundiff, RN, surgery department, once again spearheaded Surgery's annual effort to share Thanksgiving meals with SCR Hospice & Palliative Care patients in need. The surgery department purchased 22 individual meals and 2 family dinners. Hospice staff delivered the meals on Wednesday afternoon.

Carl Holthausen, SCR Hospice patient, age 97, exclaimed, "Oh this was unexpected and great!" Then, immediately asked for a fork.

SCR Hospice and Palliative Care wants to say "Thank You" to SCR surgery department and Dr. Twana Hatton for sponsoring hot meals for hospice families. Due to finances and/or the inability to leave their loved one, many of our patients may not have a holiday dinner prepared. Several hospice employees spent Wednesday afternoon delivering the prepared Thanksgiving meals to nine families.

Thanks again to surgery staff for thinking of our hospice families during this Holiday season.



Tiffany Fannin, LSW delivered a hot Thanksgiving meal to Carl Holthausen, SCR Hospice patient, who was surprised and pleased with the dinner.

## St. Claire Regional HomeCare Staff Member Recognized by the KHCA

submitted by: Carolyn Taylor

The Kentucky Home Care Association's, (KHCA) fall conference, held on November 13, 2012 in Lexington, KY, took time to recognize individuals for excellence in care. Each year the conference recognizes homecare professionals who have been nominated by peers or supervisors in three categories.

This year, Retha Davis, who works in environmental services for SCR Home Health and the UK Markey Cancer Treatment Center was presented the Para Professional Award. Retha has been a SCR staff member for the past 22 years, working in Home Health and the Cancer Treatment Center.

KHCA presents awards each year to one individual representing clinical professional, administrative professional and para professional. We are very proud of Retha, and all of the hard work that she does each day for us.



Carolyn Taylor (right) presents Retha Davis with a plaque representing her KHCA award.





# Merry Christmas

## Staff Christmas Party Hours

SCR Main Cafeteria

Night shift - Thursday

12/20 10:00 p.m. to 11:30 p.m.

Day/Evening Staff - Friday

12/21 7:30 a.m. to 9:30 a.m. &  
2:30 p.m. to 4:00 p.m.

*Staff Christmas Gifts may be picked up  
during Christmas party hours.*



\* Don't forget Santa will be here to spread holiday cheer!

A message from...  
**St. Claire Regional  
Medical Center**  
Human Resources

# St. Claire Regional Featured in Crossroads Newspaper

This article was published in the Lexington Diocesan paper Crossroads (issue date November 11, 2012, Vol. 23, #14. The article was written by Father Paul Prabell

**Q.** I have heard that the sisters who are part of the staff at St. Claire Regional Medical Center in Morehead guide an annual retreat for the women who work at the hospital, no matter what religion any of the women belong to. Can you tell me about this retreat?

**A.** I have not been involved in any of these retreats, but, based on conversations with six women who have been on the retreats, I can tell some of the story.

In 1963, St. Claire Hospital opened with 41 beds, nine nurses (mostly Notre Dame sisters) and six physicians. Today, St. Claire is still a Catholic non-profit hospital, sponsored by the Sisters of Notre Dame. It has 159 beds, over 100 physicians, and still has five Notre Dame sisters on staff. St. Claire has several clinics, specialty centers, and family medicine locations throughout a five county area. St. Clare is the region's second largest employer with nearly 1,400 employees, has nearly a half-million patient encounters annually, and last year provided over \$17 million in medical services to those unable to pay.

In 2004, several women were talking together in the hospital cafeteria. It was mentioned that some of the husbands were preparing to go away for a weekend fishing trip. Sister Marge Mouch, SND mentioned how much she valued the regular weekend retreats at St. Joseph Heights, the Notre Dame sisters' motherhouse in Covington. Some of the women then declared that they would love to have the opportunity to go away for a weekend retreat.

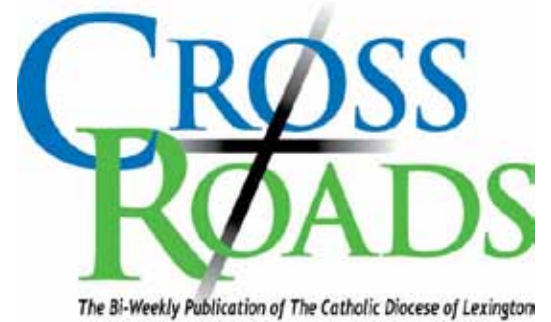
Hearing that, Sr. Marge offered to work with a team of women to develop a retreat at St. Joseph Heights. The team organized a schedule of workshops, periods of prayer and quiet, resource people, publicity, and travel arrangements. Forty women went on this first retreat. The retreat has been held

annually ever since. It is always the first weekend of October. Between 30 and 50 women attend. Of that group, two-thirds to three-quarters of the women belong to churches other than the Catholic Church.

On the Sunday of the retreat, there is Mass but also a worship service that is non-denominational. The retreat generally has a primary theme and a main presenter. Topics have included forgiveness, dealing with stress, making the home a place of holiness, and styles of prayer. There is always much sharing, laughter, tears, joy, and a sense of community-blending of physicians, administrators, aides, housekeepers, cooks, etc. The retreats always feature opportunities for walks in nature, Bible study, labyrinth meditations, and crafts. There are often personal breakthroughs, such as a woman deciding to get closer to God, someone feeling more at peace in the aftermath of a loved one's death, and a woman and her daughter healing their strained relationship.

The sisters at St. Joseph Heights welcome the women of St. Claire with open arms. Many of the sisters who live at the motherhouse at one time served at the hospital. During the retreat, there are some special occasions, and they and the St. Claire women are reunited. The sisters create such a warm, welcoming atmosphere that the women from St. Claire's say it is like "visiting my grandmother's home." Many of the women who belong to other churches love to go to Mass because they love to hear the sisters sing.

Frequently on the retreat, there is a service project, such as making turbans and pillows for cancer patients. Always there is a woman from the Bible who is chosen to be the "patroness" of the retreat. In the context of the retreat, many of the women are able to find a new friend within the hospital staff, to reduce some tension related to work, and



to be her true self, without a need to be "on." On these retreats, many women have taken significant strides in their walk with Jesus. Additionally, the heightened respect and appreciation for the diversity of Christian denominations is a beautiful and subtle by-product.

Over the past 50 years, many people in Morehead and the surrounding counties have come to understand and respect the Catholic Church, because of the dedicated and compassionate ministry of the sisters at St. Claire's.

St. Claire's is a Catholic hospital ministering to very few Catholic patients, with a vast majority of the staff coming from religious places other than Catholicism. In an ecumenical milieu, St. Claire's medical community presents the face of the Catholic Church in a way that has broken down many barriers. One more endearing touch takes place on Christmas Eve, as the sisters led off-duty staff, as they sing Christmas carols through the hospital.

The mission of St. Claire Regional Medical Center reads: "Our mission is to proclaim God's goodness through a healing ministry to the people of Eastern Kentucky."

The annual women's retreat directly and indirectly is an expression and a deepening of the heart of St. Claire's mission.

# Bedside Medication Verification Team Recognizes Top Users



(l to r) Tammy Rasche, RN, BMV team member, presents a gift card to 1st place winner Tamera Crager, RN, Carolyn Wells, RN, Nurse manager; Dessie Trent, RN, BMV team member



(l to r) Marsha Maggard, LPN, BMV Team member; Holly Hall, RRT, Respiratory Director; Georgeanna Howard, CRT, 2nd place winner gift card, Marilyn Staley, CRT, BMV Team member; Dessie Trent, RN, BMV team member



(l to r) Dessie Trent, RN, BMV team member; Nicole Murphy, RN, 3rd place winner gift card; Linda Conyers, RN, Nurse manager



(l to r) Linda Conyers, RN, Nurse manager; Jessi Skaggs, RN, 4th place winner; Don Carpenter, CPHT, BMV Team member



(l to r) Dessie Trent, RN, BMV team member; Angela Craft, RN, 5th place winner; Marilyn Staley, RN, BMV Team member; Don Carpenter, CPHT; BMV Team member; Linda Conyers, RN, Nursing Manager.



(front row l to r) BMV Team members Mohammad Siddiqui, PharmD; Tammy Rasche, RN; Dessie Trent, RN; Marilyn Staley, RN; Marsha Maggard, LPN; (back row) Kendall Bloomfield, Don Carpenter CPHT

submitted by: [Don Carpenter](#)

The Bedside Medication Verification (BMV) team and SCR management would like to congratulate staff on the fantastic utilization of bedside medication verification. Many thanks goes to our staff members for their passion to help improve our patient safety and being the instrument of success in achieving a successful implementation of BMV in our hospital.

SCR's goal for BMV rates was set above 90% and it is with great joy that we can report that we have achieved even higher scan rates. It is our privilege to acknowledge the top five staff members with the highest scan rates for

the third quarter of 2012.

Each of the top BMV users had average scanning rates greater than 99%. First through third place winners received a \$100 Walmart gift card and fourth and fifth place received a \$50 Walmart gift card.

The first place winner was Tamera Crager, she works on the mental health unit. The second place winner Georgeanna Howard, a respiratory therapist. The third place winner was Nicole Murphy, a 3 central medical-surgical nurse. Jessi Skaggs, a 3 central medical-surgical nurse was the fourth place winner. The fifth place award goes to Angela Craft who works on 3 central in the medical-

surgical unit. Please join us in acknowledging their dedication and commitment to safer patient care.

The BMV team would also like to take this opportunity to announce a new method for communicating any bedside scanning verification issues that may arise. A new link has been added to the Meditech external link icon (the globe icon) it is called BMV Issue Reporting. The new link will ask for some pertinent information and will be sent to the BMV team's e-mail for timely resolution. We encourage you to utilize this new function to help us to provide better service to you while increasing patient safety.





Turkey Trot for a Cure runners and walkers take off at the starting line

## Turkey Trot 2012

# Raising Awareness for Alzheimer's Disease

submitted by: [Mary Horsley](#)

We all know that November is noted for elections and turkey but it is also National Alzheimer's Disease Awareness month. Once again this year, we kicked the month off with a 5k Walk/Run on November 10th at the Center for Health Education and Research to raise awareness and support for the Alzheimer's Association.

The 2012 "Turkey Trot for a Cure" was a great success with more than 90 walkers/runners and raising over \$2400 in donations for our local chapter. We would like to take this opportunity to THANK our sponsors and those who participated or worked to make the event successful.

More importantly, we need to be aware of the magnitude of Alzheimer's disease has on America and work together to find a cure. The annual "Alzheimer's Association Facts & Figures" for 2012 are staggering. Did you know? 5.4 million people in the US have Alzheimer's disease; including 80,000 Kentuckians. The disease affects 1 in 8 older adults and it is the 6th leading cause of death in the US today. Fifty percent of individuals who suffer from Alzheimer's disease never receive the diagnosis and there are over 15 million unpaid caregivers!

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is the most common form of dementia, a general term for memory loss or other intellectual abilities and accounts for 50-80 percent of dementia cases. Memory loss that disrupts daily life is not a normal part of aging. It may be a symptom of Alzheimer's disease.

Individuals may experience one or more of these signs in different degrees:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop the disease from progressing, they can temporarily slow dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers.

Many people have trouble with memory loss; this does not mean they have Alzheimer's disease. There are many different causes of memory loss. If you or a loved one is experiencing symptoms it is best to see a doctor so the cause can be determined. *\*source alz.org*

# SCR EMPACT

## Breakfast with Santa Brings

What could be better than breakfast and Santa? Not much... according to the children and parents who attended this year's "Breakfast with Santa" event hosted by SCR's EMPACT group. There were over sixty children who anxiously lined up to sit on Santa's lap and tell him their Christmas wish list. In addition, Santa gave each child a stocking filled with goodies and EMPACT members gave them a Christmas book and took a picture of them with Santa.

As usual, SCR's EMPACT group did a fantastic job decorating and coordinating the Breakfast with Santa event. "The smiles on the children's faces when they see Santa and receive their gifts are absolutely priceless and worth every minute of preparation," said Barb Davis, SCR EMPACT member. "After the event is over we send the extra Christmas stockings to our ER and Hospice for patient distribution."

Unless you have been to one of EMPACT's events it is hard to imagine all of the time and energy these SCR staff members put into coordinating events for other SCR staff and their families. "It is a lot of work but we have so much fun doing it," says Barb.

EMPACT is always recruiting new members. If you are a SCR staff member and would like to join in the fun and become an EMPACT member contact Barb Davis at ext. 7621 or email her at [BLDavis@st-claire.org](mailto:BLDavis@st-claire.org).



SCR EMPACT members: Angel Beamon, Amanda Grubb, Cheryl Bussell, Andrea Willaims, Lisa Ray, Barb Davis and Food Services members Becky Burton and Becky Wells. Empact members on the decorating committee not pictured: Nicole Winkler, Charlene Purnell



Bralynn Oldham, daughter of Jessica and James Oldham, was too stunned by Santa's presence to wave to the camera.

Photos from this year's Breakfast with Santa event can be found on the SCR Intranet

Individuals can also contact Barb Davis at ext. 7621 to get a copy of their child's photo.



# Smiles and Laughter



Cassie Perkins, daughter of Dreama Perkin, poses with Santa after telling him her Christmas list.



Chase Winkleman, son of Nicole Winkleman, is excited to show off his candy cane and stocking that Santa gave him.



Anderson Hatfield, son of Renee Hatfield, shares a quiet moment on Santa's lap



Lila Watts, daughter of Matt Watts, and Jacob Campbell, son of Valerie Campbell wave to the camera with Santa

*Thank You SCR Empact for  
Hosting Breakfast with Santa*

# HOLIDAY *Special*

November 23, 2012 – December 31, 2012

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(many models in stock)
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St. Claire Regional Medical Center's  
**EMPACT**  
Employee Activities/CQI Team



# Christmas Decorating Contest

You are invited to enter the Christmas Decorating Contest sponsored by EMPACT. Just complete the attached entry Form. Form must be received by December 14<sup>th</sup> at 10:00 a.m. Pictures will be taken of all entries and judging will be based on the photo. Winners will be announced by Friday December 21<sup>st</sup>. (Entry may be a door, window or tree)

Prizes will be awarded in Each of the following categories:  
(1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places)

- Most Representative of Department
- Most Beautiful
- Most Creative



All entry forms must be received by December 14 to be included in the judging.

Contact

Barb Davis @ [bldavis@st-claire.org](mailto:bldavis@st-claire.org)

Nicole Winkleman @ [tnwinkleman@st-claire.org](mailto:tnwinkleman@st-claire.org)

for additional information.

PLEASE RETURN THIS ENTRY Form BY DECEMBER 14 TO BARB DAVIS (CENTRAL SCHEDULING)  
(BLDAVIS@ST-CLAIRE.ORG)

DEPARTMENT: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_ EXT: \_\_\_\_\_

TYPE OF ENTRY (DOOR, WINDOR, TREE) \_\_\_\_\_

TITLE OF ENTRY: \_\_\_\_\_

## St. Claire Regional PGY1 Residency Program Celebrates 25 Years of Education Excellence

St. Claire Regional Medical Center has a long history of excellence in the education of health care professionals. This year marks a milestone for our Pharmacy Residency Program. SCR is currently enjoying its 25th year of helping pharmacists achieve their career goals through residency training.

“This program is one of the pinnacle successes of our department and continues to keep us on the forefront of pharmacy practice,” says Cathy Shely, SCR director of pharmacy. “The Department of Pharmacy would not be what it is today without the hard work and dedication of our residents. To date, thirty-five pharmacists have completed the program and we are very proud of their accomplishments. Many of our resident projects laid the foundation for the growth and development of patient-centered services.”



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## Dr. David W. Victor, Jr., Named 2012 Northeast KY AHEC Preceptor of the Year



Dr. David Victor receives his plaque of recognition from Julie Stephens, Student Services Coordinator

submitted by: Julie Stephens

Dr. David W. Victor Jr., general/vascular surgeon at Cave Run Surgical Specialists, was named one of four Northeast Kentucky Area Health Education Center (AHEC) Preceptors of the Year at this year's Northeast KY AHEC Preceptor Recognition Celebration. This annual event was held at the Center for Health, Education and Research on Friday, November 2.

This award is presented each year to outstanding clinical educators from the Northeast KY AHEC's 17-county service area, with winners chosen from more than 150 candidates based on student comments. Dr. Victor was acknowledged for his dedication to teaching health professional students.

The Northeast KY AHEC coordinates hundreds of student placements each year – from medicine and pharmacy to nursing, health sciences and assorted other disciplines. Without the support and dedication of local health care practitioners, the Northeast KY AHEC simply could not make that type of impact on the region's health care industry.

# Honoring SCR Therapy Dog, Halle



Certified therapy dog, Halle, with her trainer Mattie Decker



Certified therapy dog, Halle, poses with kids at SCR Hospice's Camp Smile



Halle with one of the many nursing home residents she visited.

submitted by: Melanie Hurst

St. Claire Regional Hospice and Palliative Care recently lost a loved member of their team. After serving SCR since 2009, Certified therapy dog, Halle, passed away.

Halle, along with her trainer Mattie Decker, brought joy to everyone they encountered. They visited Hospice patients in their residence and at several area nursing homes. She made an annual appearance at Camp SMILE visiting with each age group of kids. Most importantly, no matter the setting Halle always made an impact with her gentle nature. She will be greatly missed.

St. Claire Regional

# Welcomes New Staff

Zaheer Ahmed  
*St. Claire Counseling*

Anna Waltz Armstrong  
*SCR Hospice*

Claire Marie Barhorst  
*Morehead Medical Specialists*

Samantha Carey  
*Rehab Unit*

Patricia Margaret Lamb  
*St. Claire Counseling*

Kathleen McCafferty  
*ICU*

Laura Plank  
*SCR Home Health*

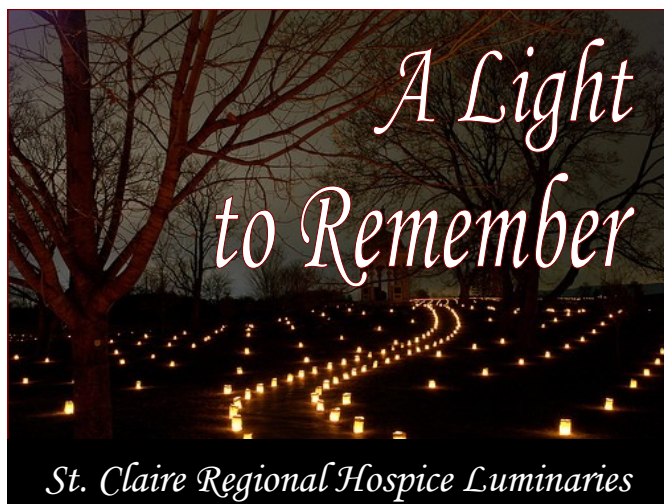
Jamie Lea Royse  
*Morehead Medical Specialists*

Lindsay Switzer  
*FM - Morehead*

Melissa J Thompson  
*Patient Access*

Megan Wright  
*3rd Floor North*





The holidays are a time for being with family and for remembering loved ones who have passed on. We cordially invite you to remember and celebrate the lives that St. Claire Hospice has touched this past year in an event called *A Light to Remember*.

Throughout December, luminaries will be placed on the front lawn of St. Claire Hospice & Palliative Care House to memorialize those who have passed away in our service in 2012. If you would like to include other loved ones (names or honor a special person during this holiday season, you may give a tax-deductible donation, using the form below. Hospice revenues do not cover the cost of our care, and your generous contribution will help extend services to others in need.

The luminaries will be displayed until a closing public reception on Jan. 9, 2013 from 10:30 a.m. to 12:30 p.m. in the St. Claire Hospice & Palliative Care House. Refreshments will be served. For more information, call the hospice office at 783-6808 or 1-800-264-0616.

### *A Light to Remember* Information Form

Your Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Luminary in memory \_\_\_\_ or honor \_\_\_\_ of:

1) \_\_\_\_\_ 3) \_\_\_\_\_

2) \_\_\_\_\_ 4) \_\_\_\_\_

Donation Enclosed: \_\_\_\_ \$15 \_\_\_\_ \$25 \_\_\_\_ \$50 \_\_\_\_ \$100 \_\_\_\_ Other: \_\_\_\_\_

Please mail this form and your donation to: St. Claire Foundation,  
222 Medical Circle, Morehead, KY 40351.



**St. Claire Regional  
Medical Center**

*Hospice & Palliative Care*



## UPCOMING C.E. Programs

### December 6 & 7 | ACLS Provider

8:00 AM - 4:30 PM

CHER 102D

Credit: Category 1 AMA, Nursing

RSVP with KaSandra Stone at ext. 6830 or

KNStone@st-claire.org

### December 6 | Tumor Board

7:30 AM - 9:00 AM,

TeleCare Conference Room

Credit: ACPE, Category 1 AMA, Nursing

### December 11 | Morbidity and Mortality

8:00 AM - 9:00 AM,

SCR Education Room

Credit: Category 1 AMA

### December 12 | BLS Check Off

1:00 PM - 4:00 PM,

CHER 102C

RSVP with KaSandra Stone at ext. 6830 or

KNStone@st-claire.org

### December 17 | NRP Skills Check Off

8:00 AM - 10:00 AM,

SCR-4C

RSVP with KaSandra Stone at ext. 6830 or

KNStone@st-claire.org

### December 21 | Tumor Board

8:00 - 9:00 AM,

TeleCare Conference Room

Credit: ACPE, Category 1 AMA, Nursing

## *Around the Clock \$5 Masquerade Jewelry Sale*

**Date:** December 16 at 9:00 p.m. to  
December 18 at 3:00 p.m.

**Location:** St. Claire Regional Second Floor

## *MSU Tuba Band*

**Date:** December 12

**Time:** 4:15 p.m. to 4:45 p.m.

**Location:** SCR Lobby

## *Staff Christmas Party*

### **Night Shift**

**Date:** December 20

**Time:** 10:00 p.m. to 11:30 p.m.

### **Day/Evening Shift**

**Date:** December 21

**Time:** 7:30 a.m. to 9:30 a.m.  
2:30 p.m. to 4:00 p.m.

## *Family Medical Supply Holiday Sale*

**Date:** November 25 to December 30

**Open:** Monday - Friday 8:00 a.m. to 5:00 p.m.  
Saturday 10:00 a.m. to 2:00 p.m.

**Location:** Kroger Shopping Center

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**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  
[jlrobinson@st-claire.org](mailto:jlrobinson@st-claire.org).

Visit the SCR website at  
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past editions of the SCR Newsbrief.

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available for loan. Contact ext. 6419 for more  
information.