

St. Claire Regional Medical Center

# NEWSBRIEF

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and StateNet Chair Member

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## Dr. Ewell Scott Retires After 40 years of Medical Service

[The Morehead News 1-3-2012](#)

A gentle giant of the Morehead medical community has retired after 40 years of patient care and advocacy.

Dr. Ewell Scott retired last month from Morehead Medical Specialists, formerly Morehead Clinic, a health care organization that he helped solidify as a community medical care provider.

He came to Morehead in 1972 and during his four decades of practice, Scott helped transform the clinic through the growing pains associated with expanding a medical practice.

He says he now leaves behind an enduring medical center where patient care is priority.

"I'm leaving a remarkable medical center and multispecialty group practice and a wonderful hospital with lots of specialty care," he said.

He's not the only Dr. Scott that was paged through the clinic halls over the years.

His brother, Dr. Edward Scott, also practices at Morehead Medical Specialists. The brothers have practiced alongside each other for more than 30 years after Dr. Ed Scott came to the Morehead Clinic from Denver. Both Scotts earned their medical degrees from the University of Kentucky.

Ed Scott said his brother's vision and leadership regarding health matters are unequalled. He heaped those and other accolades upon his brother when he nominated him for the Vic Hellard Jr. award, an honor that recognizes long-term contributions to health policy in Kentucky. Ewell Scott received the award.

"Dr. Scott is the embodiment of a physician who cares personally about his patients and has demonstrated remarkable vision concerning broader health care policy implications," Ed Scott wrote about his brother. *Continued on page 2*



Dr. Ewell Scott retires from Morehead Medical Specialists after 40 years of medical practice.

Amazing. Medicine. Close to Home.

## Dr. Ewell Scott continued...

Ewell Scott's resume is a litany of awards, recognition and recitation of his years spent in medical practice and civic engagement.

He built up the Morehead Clinic practice, recruiting more than 50 physicians to expand health options, and in recent years, has become more vocal about access to health



Dr. Ewell Scott and SCR Morehead Medical Specialists, Director, Sheila Harman



Dr. Ewell Scott and SCR Hospice & Palliative Care, Director, Robin Franklin.

care.

It's this concern for people's health and well-being that Dr. Kimberly Williams said she wants to emulate.

"He is the quintessential gentleman physician," said the emergency room physician and director of special projects for St. Claire Regional Medical Center.

"Dr. Scott is so gracious and so gentle, and not just with his patients. He's that way with other physicians as well," she said.

Williams said Scott always put patient care first and viewed issues and interests in the vein. She said he'd seem frustrated when things like regulatory issues seemed to cloud or obscure the primacy of ensuring patients' well-being.

"Things that made it difficult to care for patients frustrated him and he tried to get those changed," said Williams.

She also said Scott demonstrated that a good bedside manner was not a thing of the past.

"He modeled a style at bedside that I really liked," she said. "He treated everyone the same and it didn't matter if you were a person of means or not.

As a resident and young doctor, that was something to live up to."

The good doctor is also well known in the community for his civic contributions. Scott

was honored earlier last month as he retired after serving 18 years, 15 as chairman, on the Morehead Utility Plant Board.

Scott says the time is right for him to retire. At 71 years old, he and wife, Sandra, have some traveling to do. "We're going to the Grand Canyon this spring. We started traveling quite a bit a few years back.

"This is something we like to do and he didn't want to feel like he had to get back home," Sandra Scott said of her husband's decision to retire.

"This was a long time coming and we had a lot of discussion before he made the decision. I think it's the right one for him," she added.

She said it's difficult to distinguish between the doctor and the family man.

"He's a good husband and father and grandfather and maybe that carries over to his work or the work carries over to him," Sandra Scott added.

Of his tenure in Morehead, Dr. Ed Scott said his brother is fully established in the hearts and health of this community.

"The people that know him know that what you see is what you get. He's honest and cares about his fellow man. He was not from here but came here and made it his home," he said.

## St. Claire Regional Welcomes New Year baby to First Time Parents



New Year baby, Walter James Wilson Jr. pictured with parents Kashen and Waler Wilson,

As with every New Year, one thing always happens, St. Claire Regional welcomes the first baby.

New Year's Day was nearing its end, when Kashen Wilson of Menifee County delivered her baby Walter James Wilson Jr. at 11:25 p.m. He arrived at 5 pounds 10 ounces and measured 18 inches long.

First time parents, Kashen and husband Walter, agreed, "Our nurses Robin and Carroll were extra helpful and Dr. Conley was a good doctor."

In celebration of the New Year's delivery, St. Claire Regional presented the baby and family with gifts totaling more than \$300. This year's gifts included: a hand crafted rocking horse, a pack and play, Bumbo seat and infant necessities.

## Randy McCleese Elected CHIME Board of Trustee & Chair of CHIME StateNet

The College of Healthcare Information Management Executives (CHIME) recently named Randy McCleese, CHCIO, to their Board of Trustees. McCleese, a native of Vanceburg, is St. Claire Regional's Vice President of Information Services and CIO. He has more than 24 years of information systems management experience with 16 years in healthcare.

"I am honored to be elected and look forward to working with CHIME members as the healthcare industry undergoes its most dramatic changes," said McCleese. "CHIME is in the unique position to be leading healthcare information technology as reliance upon HIT becomes more important. I want to thank CHIME members for allowing me the opportunity to serve on the Board."

McCleese was also recently

appointed as Chair of CHIME StateNet. In his duties as Chair, McCleese will oversee StateNet's recent organizational overhaul as the group seeks to expand its 50-State (and the District of Columbia) network of health IT stakeholders. StateNet's Mission is to foster statewide coalitions charged with advancing and standardizing the adoption of health information technology and health information exchange.

McCleese has been a committed member of CHIME since 1998. He has served on numerous working groups within the organization including the CHIME Membership Committee, Fall and Spring Forum Planning Committees, and CHIME Education Foundation Fundraising Committee.

McCleese, an active member of CHIME's Advocacy Leadership



Randy McCleese, SCR Chief Information Officer was named CHIME Board of Trustee Member, and Chair of CHIME StateNet

Team, is also heavily involved with the CHIME Certified Healthcare CIO (CHCIO) Program. He serves as a participant in the item writing process, the passing point panel, item and scenario review group, and most recently the

CHCIO Governing Board. He is a Certified Healthcare CIO and is the recipient of the 2009 inaugural CHIME State Advocacy Award.

## SCR Acknowledges Newly Accredited "Certified Hospice & Palliative Care" Nurses (CHPN)

The SCR Hospice & Palliative Care is proud to announce that Loyal Lewis, RN and Teresa Wheeler, RN successfully completed the certification process to become Certified Hospice & Palliative Care Nurses (CHPN). We congratulate Loyal and Teresa for the hard work and dedication in this accomplishment.



Loyal Lewis, RN Certified Hospice & Palliative Care Nurse.



Teresa Wheeler, RN Certified Hospice & Palliative Care Nurse.

# SCR Celebrates Christmas and the Holiday Spirit 2011 Christmas Recap

## Bears for SCR 2011 Donations from Tabernacle First Church



Sister Jeanne Francis holds a couple of the bears, and church member Tiffany Pelfrey holds one of the lap blankets she made.

[The Morehead News](#)

A sewing ministry from the Clearfield Tabernacle First Church of God called "Stitches of Love" presented approximately 70 home sewn and stuffed bears to St. Claire Regional Medical Center to give to



The items donated this year for the Bears for St. Claire.

children in the hospital. Several lap blankets were donated as well. The doll makers joined in on the presentation of the bears to the hospital.

## SCR Staff and Family Christmas Caroling on Christmas Eve



St. Claire Regional staff, family and friends giving the gift of song on Christmas Eve.

SCR has a tradition of giving the gift of song to our patients and their families. Each Christmas Eve since 1963, SCR physicians, their families and the Sisters of Notre Dame visit every patient, sing Christmas songs and give them a Christmas tree ornament. This year,



St. Claire Regional staff, family and friends giving the gift of song on Christmas Eve.

as in the past, patients and families expressed how much this helped to lift their spirits while they had to be away from home during the holidays.

## Winners of the 2011 EMPACT Christmas Decoration Contest



**Most Creative**

- 1st MMS – Insurance Dept.
- 2nd 5th Floor
- 3rd MMS – IM Dept.
- 3rd Centralized Scheduling

**Most Representative of Department**

- 1st Sandy Hook F. M. – Radiology
- 2nd SCR Nursing Admin
- 3rd Patient Financial Services

**Most Beautiful**

- 1st Sandy Hook Family Medicine
- 2nd Bio-Med
- 3rd Same Day Surgery
- 3rd – 3Central

## Human Resources and Food Services Spend Time with Santa



Human Resources being Santa's helpers by giving out the staff Christmas gifts.



Food Services taking a few minutes to enjoy time with Santa after preparing wonderful holiday treats for SCR staff.

# NOW OFFERING SANITA® CLOGS



In addition to the everyday

## 20% off

SCR Staff Discount on  
all shoes and scrubs

**Remember: Payroll deduction  
is available as follows**

1 pay period \$20-\$80

2 pay periods \$80.01-\$100

3 pay periods \$100.01+

SCR Family Medical  
Supply now offers the  
Sanita clog, the original  
makers of Dansko clogs.

The Sanita® collection is designed  
specifically around the foundation  
of the sole, creating a subtle rocking  
motion that actually propels you  
forward while taking pressure off  
each step. This movement reduces  
the strain on lower back and legs, so  
you can live a lifestyle dedicated  
to comfort.



For more information  
please contact  
Kimberle Mullins  
606.784.2414



Kroger Shopping Center across from LOWE'S

STORE HOURS

Monday - Friday

8:00 am - 5:00 pm

Saturday

10:00 am - 2:00 pm

## SCR Family Medicine Specializing in Care for Your Entire Family Specializing in *You*

SCR Family Medicine specializes in care for your entire family. Because nothing is more important than your health, you can trust SCR Family Medicine to manage your general, preventive and chronic health needs.

**SCR Family Medicine – Morehead  
offers extended hours to meet busy schedules.**

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

**Saturday 9:00 am - 12:30 pm**

Dr. Michelle Carpenter

St. Claire Regional  
***Family Medicine***  
✦ St. Claire Medical Group

To schedule an appointment, contact a family medicine location near you • For more information visit [www.st-claire.org](http://www.st-claire.org)

**Frenchburg**  
606.768.2191

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

**Morehead**  
606.784.3771

Monday-Friday  
8:00 am - 8:00 pm  
Saturday 9:00 am - 12:30 pm

**Olive Hill**  
606.286.4152

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

**Owingsville**  
606.674.6386

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

**Sandy Hook**  
606.738.5155

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

# Dr. Patel's Winter Care and Preventative Tips for a Healthier, Happier You

submitted by Regina Thompson

As the temperature drops and you begin spending more time with “sneezing strangers” and “coughing colleagues”, you need to be more vigilant about not getting sick. On Thursday, December 8, 2011 the Live Well, Work Well series at MSU enjoyed a presentation by Shilpan Patel, MD, of St. Claire Regional Family Medicine Morehead. Dr. Patel presented “Staying Healthy in the Winter” to the group who learned ways to avoid the endless rounds of cold and flu.

## Dr. Patel also passed on these important winter prevention tips:

- Decrease your exposure to pathogens
- Use proper hand hygiene (use hand sanitizers in addition to hand washing)
- Cough or sneeze into your elbow or wear a mask

- For adults, stay home if your temperature is 100.4 F or 38 C
- ### Boost Your Immunity
- Take vaccinations
  - Drink plenty of water
  - Eat a proper diet, rich in A, B6, C, D, E, Folate, Zinc, Selenium, Iron, and Copper
  - Exercise regularly
  - Get appropriate amount of rest
  - Find ways to de-stress
  - Avoid smoking, 1st or 2nd hand
  - Avoid abrupt temperature changes (bundle up when going outside in the cold)



Dr. Patel presenting on “Staying Healthy in the Winter” during Live Well, Work Well at MSU.

Dr. Patel also took several questions from those attending on whether or not you should exercise if you are “sick”. Dr. Patel encouraged this advice: If the infection is above the neck (nose, throat) you could be OK to participate in a low intensity workout.

If you have symptoms that are worse than an average cold (chest congestion, muscle aches),

exercise will only make you worse and delay your recovery. Rest is the best medicine.

*Dr. Roy Abraham, St. Claire Regional Family Medicine and Jason McKenzie, RN, will be presenting to the Live Well, Work Well series at MSU on 1/26/2012. They will be speaking to the group on “Problems Associated With Being Overweight”.*

## Palliative Care Seeks to Extend and Improve Life

*This letter was wrote by Dr. Ann Colbert and submitted to the Lexington Herald on January 1, 2012.*

I was pleasantly surprised to see an article on palliative care so prominently presented in the Dec. 24 paper. Dr. Todd Cote and others gave an excellent summary of what palliative care is and how much the service can help patients. I take exception only to his comment that palliative care clinics are rare in the U.S.

I am the medical director of St. Claire Palliative Care, which is in Morehead, 70 miles east of Lexington. We have had an

active and vibrant palliative care service supported by the St. Claire Regional Hospital since 2003 and see patients in our freestanding clinic, in the hospital, in longterm care facilities and, most unusual, at home. Like many other discrepancies between rural and urban health, our resources are stretched to provide this type of care to patients in eight counties. But with time and St. Claire’s unwavering support, nearly every physician in our hospital and community makes referrals to us.

A perceptive medical student recently asked me if “life-limiting illness” meant limits on the length of life or limits on the activities

of living. I explained that the criterion for a palliative care referral was a diagnosis that could threaten or shorten life. Then I reflected on some of our patients who are still alive after almost nine years. Palliative care, provided by specialists or the patient’s primary care professional, is about treating both kinds of limits and hopefully results in more patient control and improved quality of life.

Ann Colbert, MD  
St. Claire Regional Palliative Care



# Look Good...Feel Better



*It's like a makeover for the spirit.*

Look Good...Feel Better is a free program that helps women look their best during cancer treatment. At Look Good...Feel Better sessions, experienced cosmetologists teach cancer patients beauty tips to help minimize the appearance-related side effects of chemotherapy and radiation. Good makeup application and a wig or turban can bring back your former appearance or create an entirely new one. In looking better, you'll experience renewed self-confidence and self-esteem.

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](http://cancer.org).

**Look Good...Feel Better Sessions are scheduled for**

**January 18**

**February 15**

**March 20**

**April 17**

**May 15**

1:00 pm - 3:00 pm

St. Claire Regional Women's Imaging Center  
located on the first floor

To RSVP contact: Risa Roe at 606.783.6760



Look Good...Feel Better®



Personal Care  Products Council  
Foundation

**NCA** National  
Cosmetology  
Association

# SCR President/CEO Receives a Letter of Staff Praise

Dear Mr. Neff,

Recently my wife required a stent inserted by Dr. Mansha Kahloon. Dr. Kahloon and all the Cardiology staff were very efficient and kind, and kept us informed about the progress of the procedure. My daughter and I were very impressed.

There are two ladies who went beyond expectation. Chesla Knipp was most helpful when I was in the cafeteria. I have medical problems with my hands which she noticed. Ms. Knipp helped me to get my food, carried the tray, and found a place to sit since the cafeteria was very full; and, to my surprise, when I finished my meal, she was there to carry my tray.

In one of the waiting rooms, Kristy O'Brien came to give us some information. I informed her that I am a registered x-ray technician, retired. I told her that I had begun to work at St. Claire Regional when the hospital was a year and half into its history, and that we had one small lab, one small x-ray department, and one small E.R. Being eighty years old, I told her a couple of anecdotes.

We were directed to another waiting area and in just a few minutes, Ms. O'Brien appeared again, asking me if I were aware that it was National Radiology Week. She presented me a tall, insulated drink container. On one side, the container has "Radiology, The Eye of Medicine," with the x-ray symbol. On the reverse, the inscription has, "Your commitment to Excellence shows in all that you do as you reveal the unseen and make us grateful for you."

I could tell that this container meant something special to Ms. O'Brien, but she was kind hearted enough to present it to an 80+ year-old retired x-ray technician.

Would you please see that these two deserving ladies receive these two "Thank You" cards. I appreciate you, St. Claire Regional, and all the wonderful people who work there.

Respectfully yours,

Mr. Partin

St. Claire Regional

# Welcomes New Staff

Kristeena M Abney  
*Emergency Physicians*

Christopher T Knipp  
*Laboratory*

Matthew L Armitage  
*Patient Access*

Sabra D Lowe  
*Patient Access*

Melinda F Barker  
*Laboratory*

Brandon A Smith  
*Emergency Department*

Heather R Blair  
*Laundry*

Alexis Vien  
*Hospitalist Physician*

Justin K Childers  
*Food Services*

Michelle G Webb  
*St. Claire Counseling Services*

Rebecca L Downs  
*FM- Owingsville*

Ruby E Webb  
*Laboratory*

David Alan Gross  
*AHEC*

Harper M Wells  
*Patient Access*

Debbie K Hicks  
*MMS Administration*



St. Claire Regional  
Medical Center

## MISSION

To Proclaim God's  
Goodness Through a  
Healing Ministry to  
the People of Eastern  
Kentucky.



## UPCOMING C.E. Programs

### January 6 | Tumor Board

7:30-9:00 AM,

SCR Education Room

Credit: ACPE, Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)

### January 10 | Morbidity and Mortality

8:00-9:00 AM,

SCR Education Room

Credit: ACPE, Category 1 AMA

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)

### January 19 | PALS Renewal

9:00 AM-4:30 PM,

CHER 102D

Credit: Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)

### January 20 | Tumor Board

8:00-9:00 AM,

SCR Education Room

Credit: ACPE, Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)

### January 25 | Multidisciplinary Case Conference

12:30-1:30 PM,

CHER 102D

Credit: ACPE, Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)

### February 1 | COPD

8:30-9:30 AM,

ARH West Liberty Hospital

Credit: Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or  
[blbuelterman@st-claire.org](mailto:blbuelterman@st-claire.org)



**St. Claire Regional  
Medical Center**

222 Medical Circle • Morehead, KY 40351

## *Look Good... Feel Better*

**Date:** January 18

February 15

*See inside for more dates.*

**Time:** 1:00-3:00 PM

**Location:** St. Claire Regional  
Women's Imaging Center

**Note:** To RSVP, call: Risa Roe at 606.783.6760

## *SCR Diabetes Support Group*

**Note:** SCR Diabetes Support group will be CANCELED in January and February, and will restart in March. For more information contact Sherri Adkins at extension 6702.

## *Sanita Shoe Sale - Extended*

**Date:** Now through February 14

**Location:** SCR Family Medical Supply

**Note:** Take an additional \$5 off the SCR Staff 20% discount.



## NEED A CAMERA TO COVER A SCR EVENT?

The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6577 for more information.

Please send articles and/or information to be placed in the SCR Newsbrief to [ypcampbell@st-claire.org](mailto:ypcampbell@st-claire.org).