

St. Claire Regional Medical Center

Newsbrief

April 7, 2011

EVERY CHILD DESERVES A CHANCE TO LOVE, LAUGH AND GROW

St. Claire Regional recognizes Child Abuse Prevention Month and hopes to bring awareness to the more than 68,000 child abuse cases reported to Kentucky's Cabinet for Health and Family Services in 2010 by participating in the Pinwheels for Prevention campaign.

"The impact of child abuse does not end when a child turns eighteen. It affects one's ability to have healthy relationships and function well in many areas of life. Every effort made to increase awareness has the potential to save a life," Julia Neill, LCSW.

During the entire month of April, blue pinwheels will fill the lawn in front of the SCR Chapel on W. Second Street. Through this public display, SCR hopes to raise awareness of child abuse and neglect prevention. There were more than 400 child abuse or neglect cases, involving close to 600 children, in Rowan County reported to the state Cabinet for Health and Family Services in 2010 alone.

The pinwheel symbol is being used nationwide to raise awareness about child abuse and neglect prevention. It was chosen to represent hope and promise. The pinwheel's silver and blue color are reflective of the bright futures that



The pinwheel's silver and blue color are reflective of the bright futures that all children deserve.



Hundreds of blue pinwheels are displayed on SCR's lawn to help bring attention to Child Abuse Prevention month.

St. Claire Counseling provides counseling services to children and their families when abuse has occurred. For more information on child abuse prevention or counseling services please call (606) 783-6805.



Pinwheels for
PREVENTION
Prevent Child Abuse
Kentucky

3Central has a Tropical Celebration for DEDICATION TO IMPROVING PATIENT SAFETY

Submitted By: Janie Waltz



3Central nurses were treated to massages for their initiative to keep patients safe.

The staff on 3C has taken true initiative to keep patients safe by performing hourly rounding, utilizing bed alarms, conducting close assessments and screenings.

“I appreciate all of the hard work and dedication of the staff on 3C. They have taken ownership for patient safety on our unit,” said Randa Hall, 3C Nurse Manager. “I am proud to be a member of the 3C team and will continue to support and reward the group through their ongoing achievements.”

Third Central celebrated their accomplishments with a tropical themed party for both day and night shifts - complete with fruity beverages and snacks. Plus, massages provided by Rebecca Cosby from Salon and Spa for both day and night shifts.

Amazing • Medicine Close to Home

AVOIDING PROFESSIONAL BURNOUT

Submitted By: Julia Neill, LCSW



Julia Neill, LCSW speaks to MSU faculty and staff about professional burnout.

On March 16th, Julia Neill, LCSW, Coordinator Clinical Services at St. Claire Counseling, educated MSU faculty and staff members on Avoiding Professional Burnout as part of the Live Well, Work Well @ MSU employee wellness program. Those who attended learned more about: leading causes, warning signs, ways to prevent and/or overcome professional burnout and resources available to help workers cope.

ST. CLAIRE REGIONAL HOSPICE AND PALLIATIVE CARE Recognizes National Healthcare Decisions Day on April 16th

St. Claire Regional (SCR), along with the National Hospice and Palliative Care Organization (NHPCO), is highlighting the importance of advance healthcare decision-making on National Healthcare Decision Day – April 16, 2011.

Advance directives allow you to document your end-of-life wishes in the event that you are terminally ill or

critically injured and unable to talk or communicate. The document helps ensure your loved ones and healthcare providers know how to honor your care decisions.

“SCR Hospice & Palliative Care is an important source of information locally for advance care planning. We welcome those interested in learning more about how to prepare for decisions at

end-of-life to visit our office to receive free materials and/or to speak with our professional staff,” said Robin Franklin, SCR Hospice & Palliative Care Director.

For more information, contact SCR Hospice and Palliative Care at (606) 783-6808 or toll-free at 1-800-264-0616. Individuals can visit the office located at 201

Lyons Avenue in Morehead, Monday – Friday, 8:00 am. – 4:30 p.m.

For additional information about National Healthcare Decision Day and efforts throughout the country, visit www.nhdd.org



**NATIONAL HEALTHCARE
DECISIONS DAY**
★ *your decisions matter* ★



NURSES WEEK BREAKFAST In Recognition of Your Service!

Submitted By: Mindy Morris

Buffet Breakfast
Wednesday, May 4th
7:30 a.m. to 9:30 a.m.
Cafeteria D

St. Claire Regional Completes **Meditech Phase I**

Submitted By: Scott Lilly



Vicki Fairchild (left), helps Brittany Blair and Renee Hatfield during the first days of the Meditech

St. Claire Regional has successfully completed go-live of Phase I of the Meditech project. On-going support will consist of 24/7 coverage that includes assistance from the ACE Program Team, Information Services and Nursing Coordinators.

Phase II and III of the project will consist of physician and nursing documentation, along with Computer Provider Order Entry (CPOE). Phase II is expected to go-live March 2012 while Phase III is scheduled for October 2012.



Tracy Stewart works the Meditech helpdesk during the integration.

Dr. Vansant is one **HAPPY PROVIDER**



Before Meditech
physicians had to sift through countless individual charts to manage their patients' care.



After Meditech
physicians can access all their patient medical charts from the convenience of their laptop.

St. Claire Regional Family Medicine Residency CONTINUES TO TRAIN RURAL PHYSICIANS

Submitted By: Carla Terry

St. Claire Regional (SCR) recently matched two new physicians to participate in the SCR Family Medicine Residency program. Amanda Ramey, DO, a native of Pikeville, KY, and Shirley Raveendran, MD, born in Balgalore, India, were selected out of more than 890 applicants. The matching program assigns each resident to a residency program based on the resident's top choices.

Amanda Ramey, DO obtained her Biology degree from Pikeville College and completed medical school at Pikeville College of Osteopathic Medicine in 2011.

"I love meeting patients in all fields and learning about them and their medical problems. I love being able to explain conditions to them. It is such a great feeling to know that one encounter with a person is all it takes to let them know that you care about them and want to help them," Ramey said about why she

chose family medicine.

Shirley Raveendran, MD obtained her Biology degree from Knox College in Galesburg, Illinois and completed medical school at Ross University School of Medicine in Dominica in 2011.

"I see primary care as the backbone of medicine, a good primary care physician will reach out to each individual who walks in their clinic door to aid them to be at their healthiest – body, mind and soul," Raveendran explained as to why she chose family medicine.

"Being a huge proponent of the old proverb – teach a man to fish, and you feed him for a lifetime," Raveendran states as to why she wants to serve the under-served and have preventative care taught within this community.

Drs. Ramey & Raveendran will start their first year at the University of Kentucky in June 2011. They will begin their

63% of SCR's graduates are practicing in eastern Ky and three have joined SCR's medical staff.

second year with St. Claire Regional in June 2012.

The SCR residency program has served as the rural training track for the University of Kentucky Family Medicine Residency Program since 2000. The residency, a three-year program, accepts two new residents each year to become partners in delivering a healing ministry to rural populations through rural medicine. Residents spend their first year of training at the University of Kentucky and their final two years at a designated St. Claire Medical Group Family Medicine clinic.

Eight physicians have graduated from the three-year program since it was established in 2000. Sixty-three percent of SCR's graduates are practicing in eastern Kentucky and three have joined SCR's medical staff - Punnanivanam Ravisankar, M.D., emergency department physician; Denis Alier, M.D., inpatient hospitalist; and Twana Hatton, D.O., who works at St. Claire Medical Group Family Medicine-Sandy Hook.



**St. Claire Regional
Medical Center**

Family Medicine Residency

New Cardiac Cath Lab UNDER CONSTRUCTION

In late 2009, SCR began offering interventional cardiology services, including coronary angioplasty. The addition of angioplasty allows SCR to provide state-of-the-art coronary artery ballooning and stenting procedures to patients who come into the emergency room and are diagnosed with a heart attack.

SCR is continuing to expand cardiology services with the addition of a second \$1.5 million cardiovascular lab on the first floor. This will allow the hospital to complete simultaneous interventional coronary procedures.



When finished, the additional cath lab will allow SCR to continue to expand our cardiac services

SCR WOMEN'S IMAGING CENTER OPENING SOON



The Women's Imaging Center will be housed in the old registration and gift shop.

St. Claire Regional's Women's Imaging Center will provide a serene setting, while technology and expertise will provide the quality care patients seek.

Our advanced technology will include:

- Digital mammography
- Computer-assisted detection (CAD)
- Stereotactic breast biopsy
- 3-D ultrasound
- Bone Density testing

SCR Family Medical Supply HEALTHY LIVING SERIES SPOTLIGHTS FOOT HEALTH



Jeff Ray, WIVY/WKCA broadcaster, interviews Kimberly Mullins, SCR Family Medical Supply staff member.



Dr. Clayton, DPM, provided a personal foot health consultation to a screening participant



Amanda Ramey, SCR Family Medicine Supply staff member, walks a patient through an Aetrex® iStep® foot analysis.

St. Claire Regional (SCR) Family Medical Supply recently hosted its Healthy Living Series event Wednesday, April 6. The event, which focused on foot health, brought in more than 100 community members to receive free consultations from Dr. Clarence Clayton, DPM, Cave Run Surgical Specialists podiatrist/foot surgeon. Other free health screenings available included blood pressure, cholesterol, dermascan, glucose, pulse rate and oxygen. Participants were also encouraged to step on the Aetrex® iStep® analysis device to discover their foot type, pressure points and receive suggestions for the foot support items best for their feet.

The free foot spa kits, given to the first 30 participants, were given away in the first hour and 5 Lynco Inserts were given out as door prizes. The festive atmosphere was completed with refreshments and a live remote by WIVY/WKCA – which kept curious community members stopping by well past the morning event.

The next Healthy Living Series is a couple of months away, but patrons can visit the store Monday – Friday 8:00 am – 5:00 pm and Saturdays 10:00 am – 2:00 pm.

For more information about SCR Family Medical Supply or the next Healthy Living Series event please call 606.784.2414.

April is CHILD ABUSE PREVENTION MONTH

Submitted By: Deb Weber, LCSW

In 1983, April was proclaimed Child Abuse Prevention Month through the National office of Child Abuse and Neglect and with the support of congress. The intent of the movement was to educate the public on the alarming rate of abused and neglected children. For 2010, Kentucky's Cabinet for Health and Family Services received 68,164 reports of Kentucky's children being abused.

Why We Wear Our Blue Ribbons

In 1989, the Blue Ribbon Campaign to Prevent Child Abuse began as a Virginia grandmother's tribute to

her grandson who died as a result of abuse. She tied a blue ribbon to the antenna of her car as a way to remember him and to alert her community to the tragedy of child abuse. The Blue Ribbon Campaign has since expanded across the country, and many wear blue ribbons each April in memory of those who have died as a result of child abuse. Most recently, the focus has shifted to a more positive message of celebrating "blue ribbon" individuals, organizations, and communities that have done much to prevent child abuse and neglect.

St. Claire Counseling provides counseling services to children and their families when abuse has occurred. Our staff can help children to cope with the trauma of abuse and re-claim their lives. For more information on child abuse awareness or counseling services please call 606-783-6805.

 **St. Claire Counseling**
A service of St. Claire Regional Medical Center

 **Prevent Child Abuse
Kentucky**

WAYS AN INDIVIDUAL CAN HELP STOP CHILD ABUSE AND NEGLECT

1. Report any suspicious signs of abuse such as: unexplained bruises, cuts or burns. Individuals can call anonymously! Call 1-800-752-6200 to report suspected child abuse.
2. Teach your child the proper names of their body parts, and the difference between good touches and bad touches.
3. Nurture your children. Children need to know that they are special, loved and capable of following their dreams.
4. Listen to a friend, neighbor or relative when they say they are angry or feel overwhelmed or frustrated with their child. Being a parent isn't easy. Offer a helping hand instead of criticism. Take care of the children, so the parent(s) can rest or spend time together.
5. Take time out for yourself when the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control. Don't take it out on your child.
6. It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
7. Promote programs in school. Teaching children, parents and teachers prevention strategies can help to keep children safe.
8. Never discipline your child when you are angry, cool down first.

DO YOU SMOKE AND WANT TO QUIT?

There is Still Time to Start Cooper/Clayton Smoking Cessation Classes

Submitted By: Irene Williams

COST: Free to employees and their families

WHEN: First Class started
March 29th at 5:00 pm

WHERE: SCR Family Medicine Conference Rm
1st floor of the CHER Building

You Must Sign Up to Attend

For more information or to sign up contact:
Irene Williams at ext. 6649 or 606.207.9944

Sessions facilitated by Mary Horsley and Mona Coffman.

Great Attendance at ACCIDENTAL DEALER PROGRAM

Submitted By: Regina Thompson

Thanks to all of our SCR staff who took advantage of a wonderful educational collaboration with Rowan County UNITE. We would like to give a special thank you to Connie Richardson with Operation UNITE for being available to for 2 days. When SCR participates in events like these it helps prepare staff to better educate patients, friends and family members on the need to properly secure over-the-counter and prescription medications.

Our door prize winners for lunchtime presentations of "Don't Be An Accidental Dealer" are listed, prizes can be picked up on the 2nd Floor in Sister Margaret Mouch's or Kristi Cook's office.

**Medium Size
Medication Lock Box**

Melissa Arthurs,
Social Services

Backpack

Jeff Flannery,
Financial Services

Rebecca Caudill,
Rehab Services

Lunch Bag

Kristy Cook, *Administration*
Stephanie Hampton, *OPCC*

Coffee Cup

Deloris Franklin,
Financial Services

Tammy Wilson,
Surgery

Dessert Winners

Donna Besant,
Administration

Ashley Mason,
Clinical Nutrition

Karen Silvey,
Quality Management

Debbie Oakley,
Financial Services

Jill Henry,
Human Resources

Rachael Burchett,
OPCC

April 7, 2011 NATIONAL ALCOHOL AWARENESS DAY

Submitted By: Regina Thompson

I worked with a gentleman once who had 17 years of sobriety from alcohol and cocaine use. He is a good example of a “functional” addict who “hit rock bottom” and had to “climb his way out”.

These words are words we all hear when talking about alcoholism and drug addiction. What it meant for my friend was: loss of a career he had spent years building and a \$100,000 a year job, loss of a marriage and estrangement from his children, loss of his home and a felony record that will follow him for the rest of his life.

He was in a homeless shelter when he made the decision to change his life. The road to recovery was a very hard journey for my friend. When I first met him, he had been clean and sober for 12 years. When he discussed his addiction

with others, I would frequently hear him say “The day you will know I’ll never take another drink is when you’re at my funeral.” He described his relationship with alcohol as one in which “one drink is too many and a thousand is never enough”.

Alcohol and drug addiction is a major problem for our society. I would imagine that everyone who reads this has someone within their circle of influence that is touched in some way by addiction. As part of Alcohol Awareness Day, St. Claire Counseling is distributing the following questionnaire throughout our community. If you think you may have a problem with alcohol or drugs, take five minutes to complete the questionnaire and see your results. Please feel free to copy and share with friends you think may be at risk for alcohol or drug dependence.

If you have further questions or would like to discuss your results with a mental health/addiction professional, please call St. Claire Counseling at 783-6805 for a confidential assessment. We are here for you.



1. How often do you have a drink containing alcohol?

- (0) Never (Skip to Questions 9-10)
- (1) Monthly or less
- (2) 2 to 4 times a month
- (3) 2 to 3 times a week
- (4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

- (0) 1 or 2
- (1) 3 or 4
- (2) 5 or 6
- (3) 7, 8, or 9
- (4) 10 or more

3. How often do you have six or more drinks on one occasion?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

6. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

7. How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

8. How often during the last year have you had a feeling of guilt or remorse after drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

Add up the points associated with your answers above. A total score of 8 or more indicates harmful drinking behavior.

ALERT! DAY

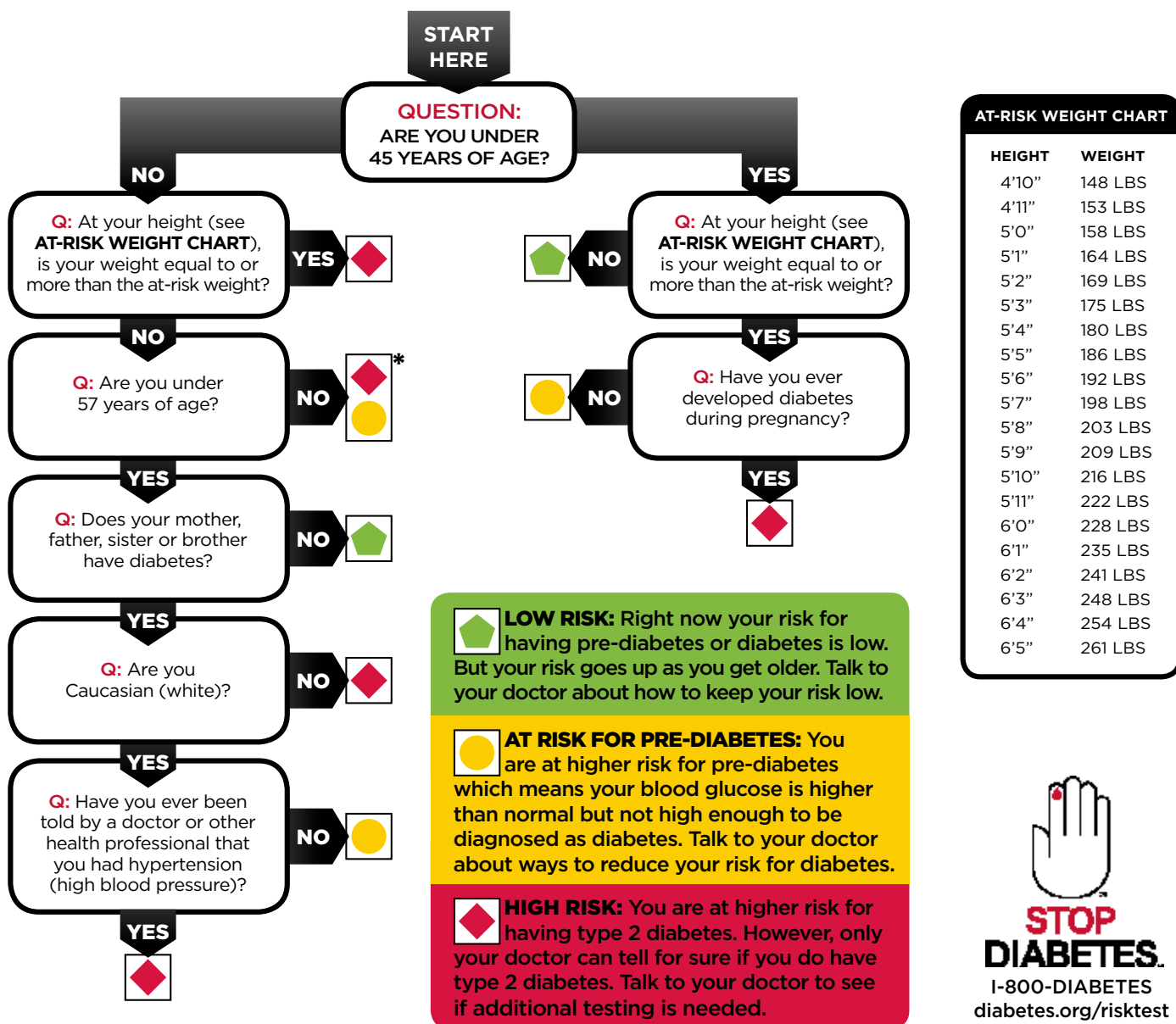
ARE YOU AT RISK?

DIABETES RISK TEST

Calculate Your Chances for Type 2 or Pre-Diabetes

The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes.

This simple tool can help you determine your risk for having pre-diabetes or diabetes. Using the flow chart, answer the questions until you reach a colored shape. Match that with a risk message shown below.



*Your risk for diabetes or pre-diabetes depends on additional risk factors including weight, physical activity and blood pressure.

EASTER EGG HUNT 2011

When: April 16, 2011 @ 1:00

(Please arrive by 12:45 to hunt) Rain or Shine!

Where: JC Farm (US 60 East of Morehead)



We are asking department to donate "candy/goodie" filled Easter Eggs. If your department can help us with eggs (last year we hid approximately 1,500 eggs), please contact Angel Beamon @ 6864.

Please tape the eggs together (it makes it much easier on the Easter Bunny to hide)

A "Golden" egg will be hidden for each age group with a special prize for the child that finds it.

Age Groups:

0-3 years

4-6 years

7-10 years



Step Out - Walk to Fight Diabetes June 4th at Keenland

Submitted By: Sherry Adkins

St. Claire Regional diabetes education team will be participating in the annual American Diabetes Association's StepOut Diabetes Walk at Keeneland Race Course in Lexington, June 4th.

Step Out to Fight Diabetes, formerly America's Walk for Diabetes, is about changing the face of diabetes in our country by raising funds to help find a cure and by walking a few miles to bring a greater awareness to this devastating disease.

For more information on how to participate, please contact Sherry Adkins at ext. 6702 or skadkins@st-claire.org.



DIABETES SUPPORT GROUP Tuesday, April 12th

St. Claire Regional will host a Diabetes Support Group with a free educational presentation, Tuesday, April 12th at 6 p.m. in the Clinical Nutrition classroom located on the second floor of the medical center. This month the diabetes team will be discussing "The Ups and Downs of Diabetes".

The support group is free to the community and open to anyone with diabetes and their family or caregivers. For more information, call 606-783-6702.

SCR WELCOMES NEW HIRES

Santana Nicole Baugus	Emergency Department
Cynthia Denai Birchfield	3rd Floor Central
Cynthia J. Blankenship	Anesthesia Professionals
Ashley M. Ditmer	3rd Floor North
Berena Fannin	Float Dept - Unit Sec
Emilee Paige Faulkner	Radiology
Corey D. Frasier	Home Health
Teresa C Himes	Homemaker II
Dena Joan Hurst	Homemaker II
Mitchell Kiser	Emergency Department
Jamie R. Ledford	Food Services
Kayla Dawn Lowe	Float Dept - Unit Sec
Leah Rae McDowell	ICU
Patricia S. McKenney	TCU
Billi Nell Prater	Patient Financial Services
Anita G. Smith	Laboratory

**Amazing • Medicine
Close to Home**

St. Claire Foundation ACCEPTING APPLICATIONS FOR SCHOLARSHIPS

Submitted By: Tom Lewis

Applications for the St. Claire Foundation's 2011 Richard J. Bausch Family Scholarship and Sister Mary Jeannette Wess S.N.D. Scholarship are now available.

The Bausch scholarship is an annual \$1,000 award intended to assist a college student from Appalachia who is pursuing a health sciences degree. To qualify, an applicant must be a pre-professional health sciences student enrolled in a community/technical college or university program and a resident

of an Appalachian county as defined by the federal government.

The Richard J. Bausch Family Scholarship is funded by an endowment that was established in memory of the father of Gregory Bausch, PharmD, SCR Vice President of Regional Affairs.

To qualify for the \$750 Sister Mary Jeannette Wess S.N.D. Scholarship, you must:

- Be at least a college junior by Fall Semester 2011
- Be working on a bachelor's degree or higher in any degree plan at an accredited

college or university

• Have graduated from a high school in one of the following St. Claire Regional Medical Center service-area counties: Bath, Carter, Elliott, Fleming, Lewis, Magoffin, Menifee, Montgomery, Morgan, Rowan or Wolfe

• Be able to demonstrate academic achievement, leadership, service and financial need.

The Sister Mary Jeannette Wess S.N.D. Scholarship is named in honor of SCR's President/CEO from 1983-

1995. Prior to her death in January 1996, she requested that donations be made to establish a scholarship fund to assist students from SCR's service region.

The application deadline for both scholarships is May 25. For more information or to request a scholarship application, contact Tom Lewis, SCR director of development, at (606) 783-6511 or via email at telewis@st-claire.org.

NATIONAL VOLUNTEER WEEK April 10—16, 2011

Submitted By: Robin Franklin



To celebrate the vital role that its volunteers play in providing compassionate care, St. Claire Hospice & Palliative Care will host an ice cream social on April 20th, 2:00 pm-4:00 pm. This event will recognize those volunteers who share their time and talents to make sure that people in our community who are at the end of life's journey find comfort, support and peace – allowing them to live every moment of life to the fullest. Media are invited to attend.

WHAT: Ice Cream Social

WHEN: April 20, 2011
2:00 pm - 4:00 pm

WHERE: Hospice Office
201 Lyons Avenue
Morehead, KY 40351

To learn more about this special event, please contact Linda Craft at 606-783-6887 or 606-783-6808.

SCR Sponsoring TEDDY CARE DRIVE



St. Claire Counseling is sponsoring a Teddy Care Drive! During the month of April, Child Abuse Prevention Month, you can help a child by donating a new stuffed animal of any size.

These gifts of comfort will be distributed throughout the year to SCR pediatric patients in the Emergency Dept. and the Gateway Children's Advocacy Center.

For questions please call Regina Thompson at 783-6859.

Please Bring Your Stuffed Animal to:

SCR Gift Shop*
1st Floor

SCR Pastoral Care Dept.
2nd Floor

SCR Human Resources
7th Floor

St. Claire Counseling,
445 Clinic Drive, Morehead

**SCR Gift Shop will give a 20% discount on stuffed animals purchased for the Teddy Care drive.*

St. Claire Counseling Teddy Care Drive OFF TO A GREAT START



Rhian, (age 9) and Ethan, (age 5), children of Karen Holifield, SCR VP of Post Acute Care Services, shown with the stuffed animals they donated.

When Rhian and Ethan Holifield, children of Karen Holifield, VP of Post Acute Care Services, heard about the Teddy Care Drive sponsored by St. Claire Counseling they were eager to help. The two children kicked off the drive by donating several of their own stuffed animals to the cause.

"Something soft and cuddly always makes us feel better when we are sick so we want to help other kids like us feel better too," Rhian and Ethan said.

If you would like to help donate today! The Teddy Care Drive at SCR will run through the entire Month of April for Child Abuse Prevention month. If you have any questions please call Regina Thompson at 606-783-6859.

UPCOMING EVENTS

SCR EMPACT - EASTER EGG HUNT

Date: April 16

Location: JC Farm

Time: 1:00 p.m.

If your department can help us with eggs, please contact Angel Beamon @ 6864.

MASQUERADE \$5 JEWELRY SALE "ROUND THE CLOCK SALE"

Date: April 10th at 9:00 pm thru

April 12th at 3:00 pm

Location: Cafe' A&B

AUXILIARY ANNUAL EASTER BASKET SALE

Date: April 20th and April 21st

Time: 8:00 am - 4:00 pm

Location: SCR lobby in front of Gift Shop

BREAST CANCER SUPPORT GROUP

Date: April 19th

Time: 5:30 pm

Location: Pastoral Care office, Rm 266

Patients, family, caregivers and friends are invited to attend. For more information contact Judy Ramsey at 783.6736



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

Want to Make a Difference?



Become a Hospice Volunteer!

Hospice care is focused on helping families cope with what people fear most about dying - being in pain, being alone, losing control, and being a burden to others.

By volunteering, you can make a difference in the life of patients and their loved ones!

For more information call

Linda Craft,

**St. Claire Regional
Hospice & Palliative Care
Volunteer Coordinator**

(606) 783-6887



**St. Claire Regional
Medical Center**

Hospice & Palliative Care

Proudly Serving These Kentucky Counties:

Bath • Carter • Elliott • Fleming • Lewis • Menifee • Montgomery • Rowan