

St. Claire Regional Medical Center

NEWSBRIEF

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SCR Provides FREE Community Health Screenings Throughout the Region This Fall

St. Claire Regional will be hosting or attending community screening events throughout the region this fall. Watch for opportunities in your area to learn about SCR services and participate. More information will be added to the St. Claire Regional website as dates approach.

Free Community Health Screening

Carter Caves State Resort Park, Olive Hill

Tuesday, September 20, 2011

10:00 am - 1:00 pm

Free screenings include: Glucose, Cholesterol, Blood Pressure, DermaScan, Bone Density, Mood Screenings, Heart Attack Risk Assessment, Sleep, iStep Foot Analysis and much more! No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

GO PINK! Breast Cancer Screening

SCR Family Medical Supply, Morehead

Wednesday, October 5, 2011

9:00 am - Noon

Free screenings include: Glucose, Cholesterol, Blood Pressure, Oxygen Saturation, DermaScan, Bone Density, iStep Foot Analysis, ABI testing, and much more! No appointment necessary and fasting is not required. Door prizes and refreshments will also be available. For more information please contact Amanda Ramey at 606-784-2414.

Free Mental Health Screening

Kroger Pharmacy, Morehead

Thursday, October 6, 2011

9:00 am - Noon and 3:00 pm - 6:00 pm

SCR Mental Health Services will be offering free mood screenings as a part of National Depression Screening Day (NDSD). SCR Mental Health Services has taken part yearly. For more information please contact Regina Thompson 606-783-6859.

Free Community Health Screening

Carter Family Pharmacy, Olive Hill

Friday, October 7, 2011

10:00 am - 2:00 pm

Free screenings include: Glucose, Cholesterol, Blood Pressure, DermaScan and more! No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

Free Community Health Screening

Farmers Market Pavilion, Frenchburg

Saturday, October 8, 2011

Noon - 2:00 pm

SCR will be offering: Glucose, Cholesterol, Blood Pressure, Mood Screenings, Your Dental Health, and several more! No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

Free Women's Health Screening

Morgan County Health Dept., West Liberty

Friday, October 18, 2011

9:00 am - 2:00 pm

SCR will be offering: Glucose, Cholesterol, Diabetes Education, free Mood Screenings. No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

Free Women's Health Screening

Rowan County Health Dept., Morehead

Monday, October 24, 2011

9:00 am - 2:00 pm

Menifee County Health Dept., Frenchburg

Wednesday, October 26, 2011

9:00 am - 2:00 pm

Bath County Health Dept., Owingsville

Monday, October 27, 2011

9:00 am - 2:00 pm

SCR will be offering: Glucose, Cholesterol, Pulmonary Function Screenings, Diabetes Education and Mood Screenings. No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

Free Community Health Screening

Carter Family Pharmacy, Olive Hill

Friday, November 4, 2011

10:00 am - 2:00 pm

Free screenings include: Glucose, Cholesterol, Blood Pressure, Oxygen Saturation, Physical Therapy Evaluation and Seasonal Affective Disorder Education. Plus, meet new family medicine physician, Dr. Sayama Rashid. No appointment necessary and fasting is not required.

For more information please contact Regina Thompson 606-783-6859.

Free Community Health Screening

Community Health Fest, Rowan County

Senior High School

Thursday, November 17, 2011

10:00 am - 2:00 pm

Free screenings include: Glucose, Cholesterol, Mood Screenings, Physical Activity and Fitness Education. No appointment necessary and fasting is not required. For more information please contact Regina Thompson 606-783-6859.

September is Alcohol Abuse Awareness Month.

Submitted by: Julia Neill, LCSW

In observance of this, here are 4 brief questions you can ask yourself (or others) to determine if there is a problem that warrants further evaluation.

Please answer the following 4 questions:

1. Have you ever felt you needed to cut down on your drinking?

Yes
No

2. Have people annoyed you by criticizing your drinking?

Yes
No

3. Have you ever felt guilty about drinking?

Yes
No

4. Have you ever felt you needed a drink first thing in the morning (eye-opener) to steady your nerves or to get rid of a hangover?

Yes
No

What do my Answers mean?

If you have answered yes to 1 question, then the probability of you having an alcohol problem is about 25%

If you have answered yes to 2 questions, then the probability of you having an alcohol problem is about 50%

If you have answered yes to 3 questions, then the probability of you having an alcohol problem is about 75%

If you have answered yes to 4 questions, then the probability of you having an alcohol problem is about 95%

If you answered yes to 2 or more questions it does not mean you are alcoholic. What it does mean is that your drinking should be investigated further. St. Claire Counseling offers a Certified Alcohol and Drug Counselor as well as many other therapists and practitioners trained to assist you and your family with this illness. SCR also offers an Employee Assistance Program for staff and family. Please call St. Claire Counseling at 783-6805 to schedule an appointment or for more information about treatment or your EAP benefits.



St. Claire Regional *Women Refreshed Retreat 8* "Focus on the Present"

October 7-9, 2011

For more information please contact:
Sister Judi, 783-6738, JLLambert@st-claire.org
Kristi, 783-6513, KLCook@st-claire.org
Please register by September 22, 2011



Sharing Hope

Getting the appropriate cancer care sometimes means patients must travel away from home. This can place an even bigger emotional and financial burden on patients and caregivers during an already challenging time.

The **Hope Lodge in Lexington, Kentucky**, provides free, overnight private rooms for cancer patients and their caregivers, creating an environment which eases both the stress of the cancer journey and the financial challenge of receiving lifesaving treatment.

UK Markey Cancer Center and St. Claire Regional Medical Center are partnering to help hundreds of cancer patients and their families who stay at Hope Lodge.

We are hoping you can **donate all purpose cleaner, toilet bowl cleaner, furniture polish, air freshener and energy efficient light bulbs** to help ease the load for these patients who come from all across Central and Eastern Kentucky.

By “Sharing Hope” we can all make a difference.

**A donation box will be placed in the SCR Lobby,
beside the information desk.**

For more information please contact Elizabeth Maggard at ext. 6927

Please return donations by October 21, 2011.



Fostering a home-like environment, the Hope Lodge is equipped with a community dining room, kitchen facility, library, and laundry facility. And, most importantly, the Hope Lodge offers encouragement and support from others going through the cancer journey.



Community Celebration

You are cordially invited to help The People's Clinic celebrate our 6th anniversary of providing free health care to our friends & neighbors in need.

September 29th from 4:00pm - 7:00pm
in the People's Clinic parking lot at
751 West First Street in Morehead
at the corner of West First and Lewis Streets
(606)780-0140

Join us for live music and a cake auction. We will also be firing up the grill. Help yourself to a hamburger or hotdog, chips, drink, and dessert for a \$5.00 donation.



To Benefit the Alzheimer's Association

Saturday November 5th • Morehead City Park

Registration begins at 8:00 a.m. • Race begins at 10:00 a.m.
Race Timing Provided by JOHN'S RUN/WALK SHOP

Early Bird Deadline: Monday, October 17th

T-shirt guaranteed to all who register prior to early deadline!

Early Bird fee Adults: \$20 Kids (4-12): \$10 3 & Under: FREE

Entry Fee after October 18th & Race Day

Adults: \$25 Kids (4-12): \$15

Register Online at

www.surveymonkey.com/s/TurkeyTrot2011

For more information contact

Mary Horsley Email: mahorsley@windstream.net or Phone: 606-316-7756

Happy Birthday

10/1

Michelle D Blevins ICU
Rhonda J Elliott Homemaker II
Jesse F. Perry Pastoral Care
Violet D Vago Home Health

10/2

Randa Michelle Hall 3rd Floor Central
Martha N. Mays TCU
Rachel A Morrison 3rd Floor Central
Linda Smith-Dike SCR Family Medicine
Melissa Carpenter Yates Surgery/Same Day Surgery

10/3

Judine Lambert Administration
Shelia J Logan MMS Administration

10/4

Daniael N Hamm Emergency Department
Pauline Maddix Environmental Services
Anna Ratliff Environmental Services

10/5

Bonnie Louise Cooper Center St. Claire Regional Outpatient
Kelley J Mobley Laboratory
Emmala J Stamm Nursing Administration
Dessie Trent Rehab Unit

10/6

Maria H Alboszta St. Claire Counseling Services
Christopher B. Cross Hospitalist Physician
Joseph A Hedge Mental Health Unit
Brenda G Pendleton Home Health
Samantha J Skaggs Home Health

10/7

Joyce Sue Austin Environmental Services
Sandra K. McClure TCU
Rhonda S. Thomas Radiology

10/8

Kayla O'Neal HIM

10/9

Lea Castle MMS Clinical Services
Brenda L. Cooper MMS Administration
Tena L. Eldridge Respiratory Therapy
Kimberly L Quesinberry Cave Run General Surgery
Charles A Ratliff Radiology

10/10

James C Lacock MMS Clinical Services
Lula Mae Pecco 3rd Floor North
Jessica D. Sorrell ICU
Rocky Lee Stacy SCR Family Medicine
Naomi Irene Williams Nursing Administration

10/11

Lindsay Adkins Patient Access
Natalie Lisa Back SCR Family Medicine
Pamela K Hanshaw HIM
Sheena LeeAnn Lacey Laboratory
Wilma Jean Markwell Food Services

10/12

Sheila Ann Brown Homemaker II
Tracy Jean Mabry HIM
Sheila L Whittaker Facilities Management

10/13

Lisa B Stamper Patient Access

10/14

Rebecca Jo Hitchcock Quality Management
Kimberly Dawn Moore Surgery/Same Day Surgery
Christina Sue Pattison Patient Financial Services
Lynna G Poston 4th Floor Nursing

10/15

Melissa A Arthurs Social Services
Rebecca Jean Caudill MMS Clinical Services
Pamela Hughes Pharmacy
Stephanie A Jolly Home Health

10/16

Ethel Mae Burchett Home Health
Matthew W Caudill Laboratory
Margaret I Conn Emergency Department
Rita Marie Sammons TCU
Tabitha Sims 4th Floor Nursing

10/17

Kathy J. Carter Occupational Therapy
Sherry Lynn Crouch Pathology
Robin Dorene Robinson Homemaker II

10/18

Donna E Conkright FM - Sandy Hook
Kyle R Evans Emergency Department
Nicole R Gifford Nursing Administration
Shirley P King Float Dept - Unit Sec
Brenda Kay Reynolds Radiology
Christopher Paul Sparks Information Services
Karen L. Stone Surgery/Same Day Surgery
Lanetta Dawn Winkleman 3rd Floor North

10/19

Kendall L. Bloomfield Information Services
Trisha R Hampton Home Health

10/20

William Gregg Barton Financial Services
Nancy F Henly MMS Clinical Services
Judy M Roaden HIM
Mary R Staton Mental Health Unit
Joshua Andrew Weikle Food Services

10/21

Jo Frances Chapman Cardiac Rehab
Christopher Allen Greene Information Services
Lisa Ann Lawhorn 3rd Floor Central
Amanda J Mullins 3rd Floor Central
Shawnte LeRae Nichols Pharmacy
Deborah Lynn Stone MMS Clinical Services
Drema D. Tolliver Patient Financial Services

10/22

Brittany Counts Center St. Claire Regional Outpatient
Jo Ann Griffith Cardiac Rehab
Tara Rae Watson Emergency Department

10/23

Andrea E. Bloomfield Laboratory
Thadis C Cox MMS Clinical Services
Norma Jean Ginter SCR Medical Group Admin
Marilyn Denise Staley Respiratory Therapy

10/24

Tamara Laven Brandenburg Quality Management
Robin Gail McGlothen Outpatient Care Center

10/25

Linda S Kidd Environmental Services
Kristy J Layne 3rd Floor North
Betty Jean Sluss MMS Clinical Services

10/26

Ryane Michelle Davis Emergency Department
Carolyn A Moore Nursing Administration
Cassandra Porter Laboratory
Cathy Lynn Richardson MMS Administration
Leigh Ann Setliff Home Health
Clara Ann Vance Cave Run General Surgery

10/27

Bonnie S Bausch Outpatient Care Center
Charles Mers Environmental Services
Billie Jo Reynolds Central Scheduling

10/28

Berena Fannin Float Dept - Unit Sec
Stephanie Kay Hampton Outpatient Care Center
Deana Hasler Emergency Department
Twana J Hatton FM - Sandy Hook
Brenda E Logan Pulmonary Rehab
Crystal R Smith Food Services

10/29

Carolyn S Barnes Cave Run General Surgery
Denise Black Emergency Department
Ray Melvin Evans Jr. Infusion Solutions
John C. Gibson Information Services
Kari Lewis HIM
Regina S Pettit Outpatient Care Center

10/30

Lori Lynn Crouch FM- Owingsville
Christopher Dean Environmental Services
Scottie L Fultz Security Services
Pamela Maxine Robbins Float Dept - Unit Sec

10/31

Shirley A Blair Human Resources
Eugene Dehart Mental Health Unit
Laura T Ellis FM - Morehead
Elsa L Mynhier MMS Clinical Services



Northeast AHEC UPCOMING C.E. Programs

**Sept 23 | Meeting the Needs of the Veteran
Admitted to Hospice**

2:30 pm - 4:30 pm
St. Claire Hospice
Credit: Nursing

Sept 28 | Multidisciplinary Case Conference

12:30 pm - 1:30 pm
CHER 102D
Credit: ACPE, Category 1 AMA, Nursing

October 5 | Journal Club

8:00 am - 9:00 am
SCR Cafe D
Credit: Category 1 AMA

Oct 7 | Tumor Board

7:30 am - 9:00 am
SCR TeleCare Conference Room
Credit: Category 1 AMA, Nursing

Oct 11 | Morbidity and Mortality

8:00 am - 9:00 am
SCR Administrative Board Room
Credit: Category 1 AMA

Oct 11 | Trauma in Pregnancy

12:00 pm - 1:00 pm
CHER 102D
Credit: Nursing, Category 1 AMA

Oct 21 | Tumor Board

8:00 am - 9:00 am
SCR TeleCare Conference Room
Credit: Category 1 AMA, Nursing

Oct 21 | Tumor Board

8:00 am - 9:00 am
St. Clare TeleCare Conference Room
Credit: Category 1 AMA, Nursing

Oct 25 | Emerging Trends in Oral Anticoagulation

12:00 pm - 1:00 pm
CHER Rm102
Credit: ACPE, Category 1 AMA, Nursing

Oct 26 | 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**

NEWS & EVENTS

FREE Health Screening

Date: September 20

Time: 10:00 a.m. - 1:00 p.m.

Location: Carter Caves State Park
Caveland Lodge

Free general health screenings will include blood pressure, cholesterol, glucose, pulse rate & oxygen, pulmonary function screenings, and bone density. Plus, ankle brachial index's. Shilpan Patel, M.D. will be providing heart risk assessments

Breast Cancer Support Group

Date: September 20 (Every 3rd Tuesday)

Time: 5:30 p.m.

Location: SCR Rm. 266, past the Chapel
on the 2nd floor

For more information please contact Judy Ramsey at ext. 6735

BBQ Fundraiser to support the Turkey Trot for Alzheimer's

Date: September 21

Location: SCR Second floor

Grab a \$5 BBQ plate lunch including drink and dessert

GO PINK Event Free Breast Screening

Date: October 5

Time: 9:00 a.m. - 12:00 p.m.

Location: SCR Family Medical Supply

More details in upcoming Newsbriefs



222 Medical Circle • Morehead, KY 40351



NEED A CAMERA TO COVER A SCR EVENT?

The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6419 for more information.

Please send articles and/or information to be placed in the SCR Newsbrief to jlrobinson@st-claire.org.

NEXT DEADLINE: Sept. 20