

### HONORING DEDICATED SERVICE

#### 25 YEARS OF SERVICE



Ann L.  
Colbert, MD



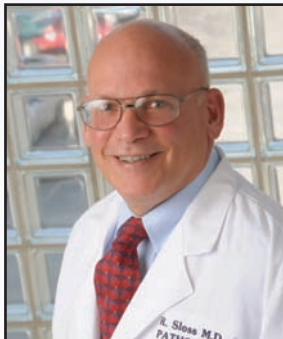
Nancy J.  
Henly, MD



Mary Jane  
Humkey, MD



Richard W.  
Proudfoot, MD

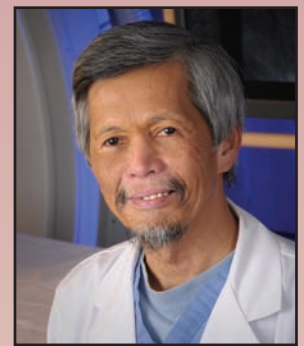


Robert R.  
Sloss, MD

#### 20 YEARS OF SERVICE



Johannes C.  
Evans, MD



Seigfred  
Jalalon, MD



O. Thomas  
Newcomb, MD



Mary S.  
Phillips, MD

Amazing • Medicine  
Close to Home

# INFLUENZA UPDATE

Submitted By: Charlotte Kinney

Influenza (the flu) is a contagious respiratory illness that is caused by influenza viruses. The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can occur as late as May.

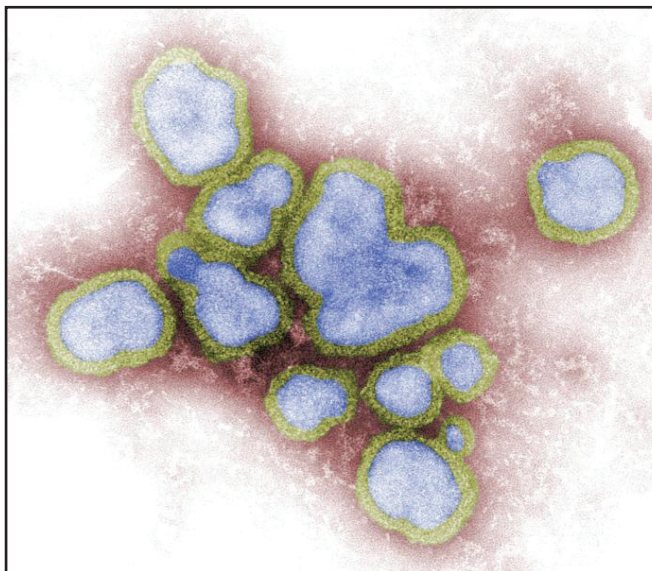
CDC recommends a yearly flu vaccine for everyone as the first and most important step in protecting against this serious disease. The 2010-2011 flu vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last season.

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

Symptoms of the flu include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes

diarrhea and vomiting. If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care. Most people with the flu have mild illness and do not need medical care or antiviral drugs. The emergency room should only be used for people who are very sick.



Emergency warning signs for children include: fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, and fever with a rash.

Emergency warning signs for adults include: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, and flu-like symptoms that improve but then return

with fever and worse cough.

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine). Stay away from others as much as possible to keep from making them sick. If you must leave home wear a facemask if you have one, or cover coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

Reference: Centers for Disease Control and Prevention.

## NATIONAL NURSE MIDWIFERY WEEK OCTOBER 3-9

*Submitted By: Dreama Perkins*

St. Claire Regional Family Medicine would like to recognize Sylvia Kerr, CNM for her service and dedication to our patients.



Sylvia Kerr, CNM

## NATIONAL PHYSICIAN ASSISTANT WEEK OCTOBER 6-12

*Submitted By: Dreama Perkins*

St. Claire Regional Family Medicine would like to recognize the Family Medicine Physician Assistants for their service and dedication to our patients.



Kimberly Bromagen, PA-C



Andy Edie, PA-C

*Not Pictured: Shelley Irving, PA-C*

St. Claire Regional  
**Family Medicine**

# Congratulations SCR Family Medicine Olive Hill

The SCR Family Medicine clinic in Olive Hill recently received their Rural Health Clinic licensure.

Great job staff!



## ST. CLAIRE FOUNDATION CELEBRATES ANOTHER SUCCESSFUL GOLF OUTING

*Submitted by Tom Lewis*

Perfect weather. A worthy cause. Generous, committed sponsors. Amazing volunteers. A beautiful golf course.

All of these elements came together to make the St. Claire Foundation's 16th-Annual Charity Golf Outing a tremendous success.

The event, held Sept. 9th at Eagle Trace Golf Course, netted nearly \$137,000 in cash and donated products to help offset St. Claire Regional's charity care costs.

Thirty-nine teams were divided into two flights in this year's golf scramble. The team sponsored by Sysco-Louisville won the morning flight. Medtronic took first place in the afternoon flight.



*Conditions were picture-perfect for this year's Foundation scramble.*



*Charlotte and Ernie Lewis were among the many SCR employees and volunteers who donated time to staff the golf scramble.*



*The Sysco-Louisville team won the morning flight*



*Sean Gatewood's Medtronic team won the afternoon flight but left before the awards ceremony. He recently received his plaque from Brenda Cundiff in the SCR Surgery Department.*

## SCR VICE PRESIDENT OF DEVELOPMENT ROGER RUSSELL RETIRES AFTER 23 YEARS

*Submitted by: Tom Lewis*

After 23 years of service at St. Claire Regional Medical Center, Roger Russell has retired as Vice President of Development.

Russell came to SCR in 1987 after working as a planner with the Gateway Area Development District. During his tenure at SCR, he witnessed the medical center's north building expansion, the construction of a cancer treatment center and several family medicine clinics, as well as the new Center for Health, Education and Research.

"I don't take credit for any of those things, but it was gratifying to be a part of them," he said. "The wonderful thing about working at St. Claire Regional is that as it grew, I was able to grow – personally, professionally, in so many ways."

As Vice President of Development, Russell oversaw the establishment of the St. Claire Foundation, SCR's fundraising arm, in 2000 and guided it through its formative years.

Russell's influence has stretched well beyond St. Claire Regional's walls. He remains an active member of the Morehead Fire Department, and he has served on a number of community and regional organizations, including 20 years with the Morehead Tourism Commission.

"If it had not been for my years at St. Claire Regional, I wouldn't have been so closely connected to our community's growth," he said. "I appreciate that opportunity so much."

Russell and his wife, Jackie, plan to continue to reside in Morehead.



(l to r): Lois Vice and Roger Russell at his retirement reception on September 28th



(l to r): Sister Mary Joell, SND and Roger Russell at his retirement reception on September 28th

### The Roger D. Russell Education Fund



*Roger Russell has retired as  
Vice President of Development*

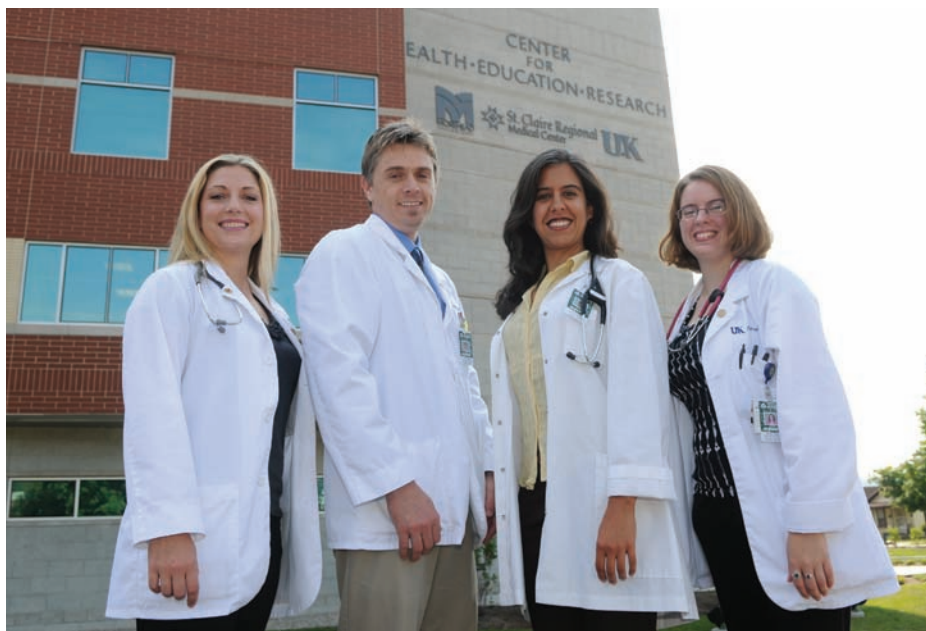
A special education fund has been established in Roger Russell's honor. SCR staff members will be able to apply

for financial assistance with a broad range of educational needs including continuing education training, professional seminars, college courses or paramedic/EMT training. To make a contribution to this fund, please send your gift (with a note indicating its purpose) to the St. Claire Foundation, 222 Medical Circle, Morehead, KY 40351. For more information, please call (606) 783-6512.



## MEET THE RURAL PHYSICIAN LEADERSHIP PROGRAM STUDENTS

Submitted By: Paula Arnett



### RPLP Class of 2012

Larissa Kern  
Hometown: Lexington, KY

Chad Knight  
Hometown: Hazard, KY

Ilva Iriarte  
Hometown: Mt. Sterling, KY

Sarah Tibbs  
Hometown: Covington, KY

On August 2, 2010 several new faces became staples around the SCR corridors. The University of Kentucky, in a new collaboration with SCR and Morehead State University, has officially launched the Rural Physician Leadership Program (RPLP), a program that is designed to increase the number of physicians who are trained to provide high-quality health care, are knowledgeable about community health and who will address the acute shortage of physicians in the rural areas of the Commonwealth.

Students entering the RPLP spend years one and two at the Lexington main campus for their basic science education with the rest of the UK medical students. The clinical years for RPLP students, years three and four, are primarily spent at SCR with our physicians as well as physicians in the Northeast Area Health Education Center service region serving as preceptors. As part of their educational program, the University of Kentucky College Of Medicine has partnered with Morehead State University College of Business and Public Affairs to present a unique curriculum based on community health. MSU faculty will provide three credit hours per semester throughout the M3 and M4 years on community health. Additionally, during their third year, the students will complete a one-month block rotation in

family and community health.

Our first class has been selected from existing students at the University of Kentucky. We have 4 students who have signed on for this ground breaking pilot program, all with hometowns here in Kentucky, our RPLP Class of 2012 consists of:

Ilva Iriarte  
Hometown: Mt. Sterling, KY

Larissa Kern  
Hometown: Lexington, KY

Chad Knight  
Hometown: Hazard, KY

Sarah Tibbs  
Hometown: Covington, KY

Please be sure to make these students feel welcome if you see them in the hall or around town. For more information on the Rural Physician Leadership Program please contact Julie Stephens at ext. 6470 or Dr. Anthony Weaver at ext. 6802.

## SCR HONORS ITS VOLUNTEERS WITH ANNUAL AWARDS DINNER

*Submitted by Tom Lewis and Thelma Johnson*

St. Claire Regional recently recognized the people who offer their time and talents at the medical center and don't expect a penny in return, our volunteers, during the annual Volunteer Awards Dinner.

Through The Auxiliary of St. Claire Regional Medical Center, approximately 25 active volunteers worked more than 12,000 combined hours at SCR last fiscal year, staffing the gift shop, welcome desk and surgery waiting room, among other things. Several other volunteers assist the Pastoral Care Department and St. Claire Hospice.

The Auxiliary also has 60 honorary volunteers, and 15 SCR staff members also volunteered through the Auxiliary last year.

During the recent Awards Dinner, Auxiliary officers presented SCR Vice President of Development Roger Russell with a check for \$50,000 to get the St. Claire Foundation's 2011 Annual Campaign off to a roaring start.

SCR thanks all of our volunteers for assisting us in fulfilling our ministry and mission.



*Sister Jeanne Frances Cleves and Andy Pelfrey spend some time socializing at the recent SCR Volunteer Awards Dinner.*



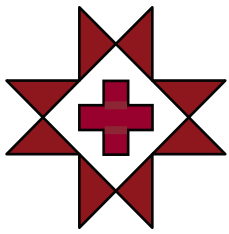
*The officers of The Auxiliary of St. Claire Regional Medical Center present SCR Vice President of Development Roger Russell with a check for \$50,000.*



*Those who attended the awards dinner sported leis as part of the evening's Hawaiian theme.*



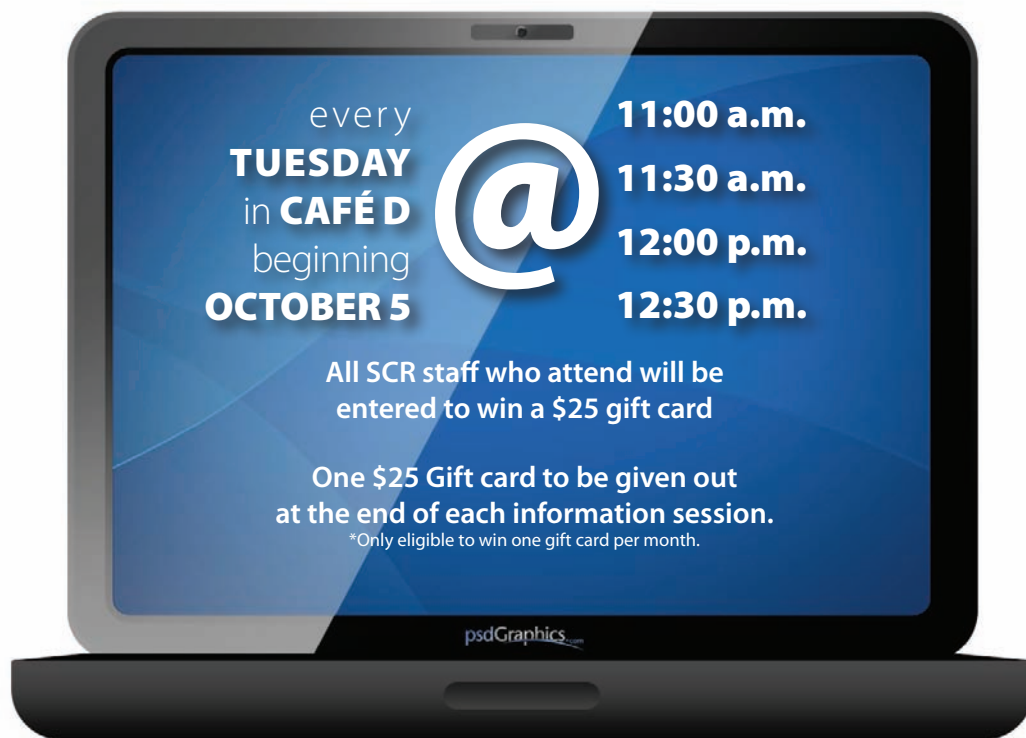
*Jesse and Debbie Perry share a moment with Sister Marge Mouch, SND and Sister Mary Judine Lammert, SND.*



# Staff Notice

*ALL SCR STAFF ARE INVITED TO ATTEND*

## Meditech Electronic Medical Records INFORMATION SESSIONS



### What you can expect

Overview of Meditech Electronic Medical Records Project

Reason for the change

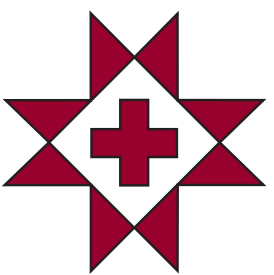
Why it is important to you – every SCR staff member will be affected

*A message from ...*



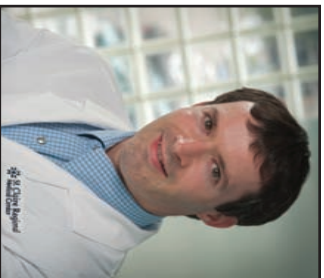
**Night Shift Hours Announcement Coming Soon!**





# St. Clair Regional Medical Center

## MEDICAL STAFF OFFICERS 2010-2011



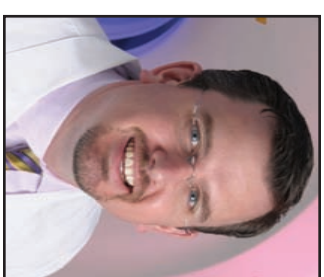
President and Chief of Staff  
Stephen D. Dammron, MD



President Elect  
Amy Conley, MD



Secretary-Treasurer  
Charles E. Crouse, MD



Member-at-Large  
Craig D. Butler, MD



Department of Surgery,  
Chair  
Clarence Clayton, MD



Department of Surgery,  
Vice-Chair  
O. Thomas Newcomb, MD



Department of Medicine,  
Chair  
Ehaawgaw Mehari, MD



Department of Medicine,  
Vice-Chair  
Craig H. Burrows, MD

## SCR FAMILY MEDICAL SUPPLY GOES PINK!



*SCR Staff and event partners provide valuable screenings and information at the GO PINK event*



*Diagnostic Imaging staff schedule participants' mammogram appointments*

SCR Family Medical Supply teamed with SCR Diagnostic Imaging and many other SCR departments to host the GO PINK event on October 6th. SCR physicians provided free breast screenings to more than 70 women and gave free mammogram appointments at SCR Diagnostic Imaging to more than 40. Free general health screenings, including blood pressure, cholesterol, glucose, pulse rate & oxygen and pulmonary oxygen tests, were provided by several SCR departments.

The day was filled with excitement from the many door prizes and refreshments. Delorise Adams of Clearfield was the proud winner of the special pink lift chair give-away.

For information on how your department can participate in next year's event please contact Amanda Ramey at 606.783.7068.

### SPECIAL THANKS TO

#### SCR Family Medicine Residency

##### *Breast Screenings*

Dr. Rashid and Dr. Alamareddy gave screenings assistance from Dr. Melahn and John Jenkins, PCSOM 3rd Year DO Student

#### SCR Physical Therapy

Bridget Wells

#### SCR Diagnostic Imaging

##### *Strength and Bone Density Testing*

Laura Green

#### SCR Laboratory

##### *Cholesterol and Glucose Testing*

Trish Riddle

#### SCR Family Medical Supply

##### *Blood Pressure and O2 Stat Screening*

Maria Hughes and Crystal Dunaway

#### American Cancer Society

#### Look Good Feel Good Program

#### Donate Life Kentucky Program

Thelma Johnson

#### Guest Speaker and Breast Cancer Survivor

Pam Ferrell

# CONGRATULATIONS! MEDITECH INFO SESSION WINNERS

Four SCR staff members received \$25 gas cards by attending one of the Meditech Info Sessions on October 5.

11:00 a.m.

Sr. Judi Lambert

Admin/Pastoral Care/Mission

11:30 a.m.

Rebecca Hitchcock

RN - Quality Management

12:00 p.m.

Robin Donithan

Outpatient Care Center

12:30 p.m.

Charlotte Hollingsworth

Outpatient Care Center

For your chance to win attend one of the Info Sessions held in Cafe' D each Tuesday at 11:00 a.m., 11:30 a.m., 12:00 p.m., 12:30 p.m.

## SCR WELCOMES NEW STAFF

Matthew Bacon	Hospitalist Physician
Seth Bromagen	Environmental Services
Carlyn Craft	AHEC
Melissa Duff	CRSS Administration
Sally Goodan	Environmental Services
Amy Hyman	Health Inform. Management
Lesley Lewis	Laboratory
Amanda Mers	Environmental Services
Tasha Purvis	Home Health
Gloria Rayburn	Laboratory
Trevor Rayburn	Radiology
Lacinda Rishel	Surgery/Same Day Surgery
Amy Rose	Environmental Services
Marcia Shrout	Human Resources



## TOM LEWIS NAMED EXECUTIVE DIRECTOR OF THE ST. CLAIRE FOUNDATION



*Tom Lewis, Executive Director of the  
St. Claire Foundation*

Tom Lewis, who has been a member of the SCR team for over 5 years, was recently named Executive Director of the St. Claire Foundation. Tom will be responsible for all functions of the St. Claire Foundation, as well as administrative responsibility over Volunteer Services.

Tom is filling the executive director role in the absence of long time Foundation leader Roger Russell. “Roger was an amazing boss, mentor and friend. I know there is absolutely no way that I could ever fill his shoes. I just hope to follow in his footsteps and build on the solid foundation that he left here,” Tom said of his predecessor.

“The thing that has impressed me the most about St. Claire Regional is our mission. To be able to ask people to support our ministry of God’s goodness and healing is an honor and privilege. As the Foundation’s executive director, my hope is simply to raise awareness and excitement about our mission and open the doors for people to give to that mission,” Tom said in regard to leading SCR Foundation efforts in the future.

## Amazing. Medicine. Close to Home.

**NATIONAL PASTORAL CARE WEEK  
“HEALING PRESENCE”  
OCTOBER 24-30TH**

**SCR Pastoral Care Department Mission**

To provide excellent spiritual and emotional support throughout SCR by providing excellent chaplaincy services to patients, their families, our staff and community, and to promote health, wholeness and healing.

✦ St. Claire Regional Medical Center's  
**EMPACT**  
*Employee Activities/CQI Team*



October 30, 2010  
2:00 p.m. – 4:00 p.m.

SCR EMPACT is beginning to plan the Fall Family Festival/Trunk or Treat.

In years pass we have had over 300 children so we need to get started planning. We need to know how many units/departments will be participating in the event. Those participating will give a treat out of their trunk/space to the little ghost and goblin, princes and princesses trick or treaters.

There will also be a trunk/space decorating contest you can enter as well.

If your unit/department is interested in setting up a booth/trunk

Please complete this form and turn it in to

Angel Beamon

(TeleCare, 6864, or [ambeamon@st-claire.org](mailto:ambeamon@st-claire.org))

or

Brandi Poskas

(AHEC, 6453, or [bcposkas@st-claire.org](mailto:bcposkas@st-claire.org))

**October 22 @ 3:30.**

Hope to see you all there!!



UNIT: \_\_\_\_\_

THEME (optional): \_\_\_\_\_

Please expect at least 300 Children.

## UPCOMING EVENTS

### FREE HEALTH SCREENINGS

Date: October 7  
Time: 9:00 a.m. - 11:30 a.m.  
Location: Carter County Senior Citizen Center  
*Contact Regina Thompson for more information 783-6859*

### DIABETES SUPPORT GROUP "PLANNING A WEEK'S DIABETES MENUS"

Date: October 12  
Time: 6:00 p.m.  
Location: Cafe' D  
*For more information contact 606.783.6702*

### EMPLOYEE BENEFITS FAIR

Date: October 27  
Time: 7:30 a.m. - 2:00 p.m.  
Location: Cafe' D  
*For more information contact Human Resources ext. 6584*

Have an upcoming event that you would like to be mentioned in the SCR Newsbrief?

*Submit your article to Jessica Robinson in Marketing & PR at [jlrobinson@st-claire.org](mailto:jlrobinson@st-claire.org). Be sure to include the name of the event, date, time, location, as well as whom to contact to receive further information.*



**St. Claire Regional  
Medical Center**

222 Medical Circle • Morehead, KY 40351

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