

### ST. CLAIRE REGIONAL GIVES THANKS AS DISASTER PREPAREDNESS PAID OFF

On Sunday, May 2, Rowan County was one of many Kentucky, Ohio and Tennessee counties to experience widespread devastation due to excessive rain fall. The extensive flooding left much of Morehead without electric and water in addition to many flooded homes, businesses and properties. With no water, St. Claire Regional had to immediately go into water conservation mode. Thanks to community emergency management services' support and continual disaster preparedness drills St. Claire Regional was able to maintain adequate water supplies needed for continued patient care.

“SCR conducts staged drills at a minimum of twice a year to evaluate its readiness to respond quickly and effectively if and when a disaster occurs,” says SCR Director of Disaster Planning, David Race, M.D. “Our region can be assured that SCR is doing all it can to prepare for any unexpected issues that may come our way.”

SCR would like to give thanks to the Morehead & Elliottville Fire Departments for their help in supplying non-potable water to assist with restroom and general patient hygiene needs as well as boiler and chiller facility needs. In addition, we would like to thank the Morehead Utility Plant Board for supplying timely water condition updates and to Danny Blevins, Rowan County EMS Director, for providing much needed coordination.



*SCR Facilities Management and Morehead Firefighters work together to alleviate water issues.*



*Morehead Firefighters provided clean water during the outage.*

## BOIL WATER RESTRICTION FOR HOSPITAL UNTIL MONDAY

Bottled Water is onsite and available – please call 6703 or email Sherri Quinn - please conserve as much as possible.

## 401(K) DAY AT SCR

*Submitted By: Jill Henry*



*Dan Markwell explains an SCR employee's investments.*

Have you noticed staff drinking their morning coffee out of a fabulous SCR 16 oz latte mug? Those staff members received a latte mug because they started or increased their retirement contributions during the recent 401(k) Day event.

SCR's 401(k) Day activities kicked off with an 8:00 am seminar "Market Volatility," which was repeated every 2 hours throughout the event. Representatives from Transamerica and Trademark Insurance and Investments assisted approximately 200 staff with their questions and accessing the Internet, introducing new funds recently made available.

Many staff members increased their contribution or started a new account to begin working toward their retirement goals. New (or re-started) contributions will be effective July 1, 2010, the next quarterly plan entry date.

All SCR staff who attended this or the outlying retirement visits were registered to win one of many door prizes.

### PRIZES AND WINNERS:

Water Garden-Gina Lewis (Respiratory Therapy)

Barbeque Grill-Sharlet Muse (Environment Services)

Brita Water Pitcher-Charlotte Lewis (Lab)

Cuisinart Set- Sonya Brown (Quality Management)

Photo Frame- Wanda Seagraves (HIM)

Raised Garden Kit- Jeannie Smith (SPD)

Water Hose- Rebecca Wells (Dietary)

Pyrex Set- Julie Stephens (AHEC)

Strawberry Planters-Brenda Cundiff (Surgery) & Marla Tolley (Infusion Solutions)

Watering Can- Cheryl Bussell (Outpatient Care Center)

Green Utility Bucket-Brittany Blair (Oncology)

Beach Mat & OFF Spray- Kimberly Smallwood (Family Medicine-Frenchburg) & Jessica Hale ( Patient Financial Services)

Car Cleaning Brush Set- Curtis Holbrook (Infusion Solutions) .

Transamerica forms (contribution or beneficiary designation) may still be submitted to HR.

Questions: Please call the Human Resources Department at 6584 or 6585.

# Amazing. Medicine. Close to Home.

# HIGHLIGHTING OUR CHAMPIONS

The following comments are from our patients that completed our Press Ganey patient satisfaction surveys in April.

PT staff are great and I appreciated their help in preparing me to come home.

Mary Dowling was excellent!!

A lot of the time I feel as if I were the only patient on the floor. Even w/o pushing my red button, I was checked on quite often. (3Central)

Thanks to Barbara Lunsford in ER registration for helping things to go smoothly.

I liked Dr. Vansant he seem very caring. Good bed side manners.

I felt safe and very comfortable about the care I was receiving. My doctor was very reassuring and on top of the problems, the nurses were so courteous and professional, as well as the tech's in X-ray, lab, Nuclear Med. I chose to come to St. Claire Regional because that is where my doctor practices, however, I found it to be as good as my doctor is.

You have the best nurses ever. Nancy Brown was the best. Thank you to everybody for making me feel as if I was at home. (4 Central)

You need more like Greg Sy.

Once again I was really impressed by the radiology staff. They made sure to help me with moving off the bed because I was weak and not able to move without help.

When we took mom in they immediately took her in, and started to work on her. She saw a doctor right away. He explained everything. Dr. Bailey was great. So were the nurses. (Emergency Room)

Nurses were top notch/excellent. (3North)

Thanks to everyone at St. Claire Regional for saving my life! (3 North)

I want to thank the doctors and nurses RN's & LPN's on 3rd floor. (3 North)

The nurses I had and everyone else that helped me treated me very professionally, but very personable & friendly. (3Central)

The ER staff were so caring. The nurse stayed by my side & even put cold washcloths on my head.

## ST. CLAIRE REGIONAL PALLIATIVE CARE RECEIVES DONATION

*Submitted By: Robin Franklin*

A local youth donated nutritional supplements to St. Claire Regional Hospice and Palliative Care this week for distribution to patients. Egan Colbert, RCSHS junior, presented cans of Ensure Plus to Robin Franklin, Director and Judy Buelterman, Patient Care Coordinator, as part of a community service project.

Colbert described the situation this way, "Some of the patients in hospice and palliative care who have throat or neck cancer are unable to eat or breathe due to their diseases, and are thus unable to receive their needed calories for the day. To solve this, we have nutritional shakes and drinks, which are a tasty alternative to a pureed burger. If a patient drinks four shakes a day, they have enough calories.



*Egan Colbert, RCSHS junior, presented cans of Ensure Plus to Robin Franklin, Director and Judy Buelterman, Patient Care Coordinator for SCR Hospice and Palliative Care*

But, with only six in a case, this proves to be quite expensive.

"So, I decided to donate a few cans, to help out. This helps a bit for someone who might not have enough money to buy tons of drinks a week."

Cancer patients strive to maintain weight or gain weight during their treatments for cancer but they often can't swallow well or have other problems that prevent adequate calorie intake. Presently, few insurance companies cover the cost of these supplements unless they are given through a feeding tube. The donation of these drinks is much appreciated.



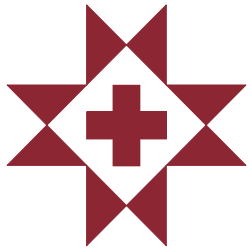
You are cordially invited to play BINGO on Saturday, May 15<sup>th</sup>, at Cave Run Bingo (*gaming license number Org00001694*) on U.S. 60 in Farmers. Doors open at 5 p.m. Proceeds will support Camp SMILE, a free camp for bereaved children provided by St. Claire Regional Hospice and the Morehead State University Nursing Department. Volunteers are also greatly needed to assist in working the event. Please call Robin Franklin, SCR Hospice Director, at 783-6880 for more details.

## THANK YOU

I want to thank everyone for a wonderful retirement breakfast. My family and I appreciated everything that was done to make this day most special for me.

Thanks again,

Carolyn Hayden



# SCR Staff Notice

## National Hospital Week May 9-15, 2010



All BBQs will be held on the  
Foundation Grounds.

In case of rain, food will be  
served in the cafeteria.

### ALL WEEK

Online Quizzes — Win Prizes!

### May 12 □ Wednesday

Off Campus Visits

### May 13- Thursday

Off Campus Visits

BBQ (Night Shift)

10:30 pm to 12 midnight

### May 14 □ Friday

BBQ & Prize Drawings

(Lunch) 11 am to 1:30

(Dinner) 4:30 pm to 6:00 pm

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

## SCR STAFF MEMBERS PARTICIPATE IN 2ND ANNUAL MOREHEAD – ROWAN COUNTY REPAIR AFFAIR

*Submitted By: Kevin Sharp*

Five St. Claire Regional radiology employees worked as a team at the 2nd annual Morehead – Rowan County Repair Affair on Saturday, April 10th. Kevin Sharp, nuclear medicine technologist, organized and led the team which was one of over 30 teams from throughout the area organized for this year's event.

The purpose of the annual Repair Affair is to address the minor repair needs of low – income, elderly, and disabled homeowners in Morehead and Rowan County. Some of the work the teams conducted included landscaping, painting, window replacement, gutter and roof repair, among other services. The SCR radiology team, specifically, worked at an elderly gentleman's home. Their work consisted of building stairs, repairing fences, landscaping, and painting several rooms.

The St. Claire Regional Repair Affair team members were: Courtney Hollingsworth, Shelly Kidd, Sigrid Turner, Kevin Sharp, Becky Stamper and her husband, Shane Stamper.



*From left to right: Kevin Sharp, Shelly Kidd, Sigrid Turner, Becky Stamper, Shane Stamper Not pictured Courtney Hollingsworth*



## SCR BIDS 30 YEAR EMPLOYEE, VICKI DEHART FAREWELL

A reception was held on Monday, May 3 to recognize the dedication of Vicki Dehart. She has been employed with SCR for more than 30 years; 12 of which she served as an administrative assistant to the CEO/President.

Vicki will be greatly missed by the organization and we wish her good fortune in her future endeavors.

# MOTHER'S DAY Special

April 28th - May 9th



**SUMMER STYLES  
 NOW AVAILABLE**

**30% OFF  
 ALL SCRUBS**



**Fashion Alert®  
 Medical Jewelry**

Starting at  
**\$11.99**



**\$16.99**  
 Moisturizing  
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Moisturizes and softens the hands or feet  
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 Foot Lotion



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 Gloves

## Contour CPAP Mask Pillow

- Special design features two hollowed out areas to accommodate any CPAP mask
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- Works with all major brands and styles of masks
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**EVERY 1<sup>ST</sup> & 3<sup>RD</sup> SATURDAY**

**10:00 A.M. - 2:00 P.M.**

**AT SCR FAMILY MEDICAL SUPPLY**



CLARENCE CLAYTON, DPM  
 Podiatrist - Foot Surgeon  
 Cave Run Surgical Specialists

## UPCOMING EVENTS

### HOSPITAL WEEK BBQ

**Date:** May 13th  
Night Shift 10:30 - Midnight

**May 14th**  
Lunch 11:00 a.m. - 1:30 p.m.  
Dinner 4:30 p.m. - 6:00 p.m.

**Location:** Foundation Ground, in the event of rain  
BBQ will be held in cafeteria

### I CAN COPE MEETING “MANAGING THE EFFECTS OF ILLNESS AND TREATMENT”

**Date:** April 17th  
**Location:** SCR Cafe' D  
**Time:** 5:00 p.m. – 7:00 p.m.

I Can Cope is a program taught by doctors, nurses, social workers, dietitians, and other health professionals that are experts in cancer care. This program is sponsored by the American Cancer Society and St. Claire Regional Medical Center. It is free and open to anyone facing cancer—patients, family members, and friends. I Can Cope offers the opportunity to learn more about cancer and how to cope with the challenges a cancer diagnosis brings.

### FACULTY DEVELOPMENT CONFERENCE - TEACHING PROCEDURAL SKILLS

**Date:** May 19th  
**Time:** 11:30 a.m. Lunch/Registration  
12:00 p.m. - 1:30 p.m. Program  
**Location:** SCR TeleCare Conference Rm

RSVP with Brandi Poskas at [bcpokas@st-claire.org](mailto:bcpokas@st-claire.org)



## SCR WELCOMES NEW STAFF

Angela Best	Home Health
Kimberley Blankenship	Environmental Services
William Carty	Emergency Department
Emily Detwiler	Food Services
Sesame Dijeng	Emergency Physicians
Leslie Eickelberger	Patient Access
Chris M French	Nursing Administration
Cortney P. Johnson	Emergency Department
Sara M Lawson	Food Services
Johnny Ray	Environmental Services
Monte Robinette	Infusion Solutions
Alyssa Robinson	Cytology
Robert N Royalty	Cave Run General Surgery
Melinda Opal Skaggs	Morehead NP
Danielle L Skaggs	Emergency Department
Timothy Smallwood	Emergency Department
Christopher Paul Sparks	Information Services
David Stapleton	Infusion Solutions
Michael Terrill	Emergency Department
Shellie Wilburn	Emergency Department
Tina York	Environmental Services