

## SCR EXPANDS CARDIOLOGY SERVICES



Dr. Mansha Kahloon pictured with David Kidd, the first cardiac stent patient.

St. Claire Regional (SCR) recently expanded the magnitude of its Cardiology services by adding invasive cardiac procedures like angioplasty - the procedure that opens narrowed or blocked blood vessels that supply blood to the heart. The addition of angioplasty allows SCR to provide state of the art coronary artery ballooning and stenting procedures to patients who present with acute ST elevation myocardial infarction (STEMI) as well as elective procedures to help prevent heart attacks. When this type of coronary procedure is required time is of the essence, now patients have access to this advanced procedure close to home.

### Patient Testimonial by David Kidd – First SCR cardiac stent procedure.

*“I’ve had a lot of heart trouble over the years and it’s a great relief to be able to get treatment locally. There have been times when I’ve had to go for treatment and my wife has not been able to travel with me and be near me. There have been times where I’ve even been unable to call her. This is the third stent Dr. Mansha Kahloon has placed for me. It’s great for the people in Eastern Kentucky and it’s great for me that we can now do this in Morehead.”*

Even though cardiac angioplasty services are new for SCR, they are not new for Mansha Kahloon, M.D., Cardiologist. Dr. Kahloon has been performing cardiac catheterizations including ballooning and stenting for several years at other facilities.

## Amazing • Medicine Close to Home



## DR. THOMAS FOSSETT RECEIVES STATE AND NATIONAL RECOGNITION



Cave Run Surgical Specialists orthopedic surgeon, Thomas Fossett, MD, was recently recognized with two awards of distinction. Dr. Fossett, who has been the MSU team physician for more than 36 years as well as the Rowan County High School team physician, was recognized by the Kentucky Athletic Trainers Society (KATS) as Sports Medicine Person of the Year. KATS gives this award to a non-

athletic trainer that has made a valuable contribution to the field of athletic training and the Kentucky Athletic Trainers' Society.

The American Orthopaedic Society of Sports Medicine also recognized Dr. Fossett with the Thomas A. Brady Sports Achievement Award. This award was given to Dr. Fossett because he has been instrumental in promoting sports medicine throughout eastern Kentucky and for his dedication and service to the orthopedic sports medicine community.

"Athletics has been a passion of mine for a long time. Athletes make great patients – they are motivated and will work hard during rehabilitation to get back to playing," Dr. Fossett said when asked of his awards.

# Cave Run

## Surgical Specialists

*A service of St. Claire Regional Medical Center*

## SMOKING CESSATION TIP

Half of all adult smokers have quit, so you can—too.

That's the good news. There are millions of people alive today who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

For More Information on the Cooper Clayton Smoking Cessation class contact:

Leslie Williams at ext. 6431

## FOOD SERVICES EMPLOYEE OF THE MONTH

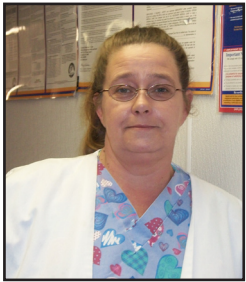
*Submitted by: Glenda May*

### September

Kimberly Plank (*photo not available*) was selected as Employee of the Month for September 2009. Kim has been a dedicated employee of SCR for 25 years. She is a Food Services Supervisor.

Kim does an excellent job and is a valuable team player.

We appreciate her as part of the Food Services team.



### October

Nora Kidd was chosen as Employee of the Month for October 2009. Nora is a Food Services Supervisor and has been a dedicated employee of SCR for 20 years. Nora is part of the catering team. She does an excellent job in her many roles in the department. We are proud to have her as part of the team.

## ENVIRONMENTAL SERVICES CONGRATULATES CAROLYN BARKER

*Submitted by: Glenda May*



Environmental Services congratulates Carolyn Barker for successfully completing Custodial Maintenance Supervision Course from the Cleaning Management Institute. This home study course is required for each supervisor.

Carolyn is a weekend supervisor for Environmental Services. She passed the course with an average score of 98.25 and was placed in the high honor achievement society.

We are proud of Carolyn and we appreciate her. Most days you can see Carolyn working on the Women Care Unit. She has worked for SCR for thirteen years.

## GET YOUR SCR FLU UPDATES ON

twitter



Receive flu prevention tips and updates by signing up to receive StClaireDocs tweets at [www.twitter.com/StClaireDocs](http://www.twitter.com/StClaireDocs)

Hosted by Dr. Will Melahn

## MAGAZINES NEEDED!

Anyone who would like to donate magazines for the waiting areas can drop them off at the Patient Representative's office, #216 on second floor. Magazine dates should be within the 2009 year. If you have any questions please contact Janie Waltz at Ext. 6591



# SCR Christmas Gift Giving Opportunities

## St. Claire Regional Christmas Tree for Teens

St. Claire Regional is making Christmas special for teens! St. Claire Regional is again participating in "Rowan County Christmas." This program is sponsored by St. Claire Regional and other Rowan County social service agencies, churches, and organizations and will provide new toys for children 18 years of age and under, gifts for the elderly and food vouchers for families.

St. Claire Regional "adopted" ALL of the 16, 17 and 18 year old boys and girls in the county - 90 in all! These teens will be relying on us for their Christmas gift this year. Here's how you can help them have a Merry Christmas:

You can adopt a teen by taking an ornament from the St. Claire Regional Christmas tree in the Cafeteria and signing the "elf" sheet beside the tree or calling the Foundation Office at Ext. 6517, Thelma Johnson or Ext. 6512, Shirley Caudill.

\* **Purchase one \$15 - \$20 gift for a teenage boy or girl. Please, no clothes. Bring the gift to the Foundation House by Friday, December 4, and attach your name and phone number.**

OR

\* **Bring \$15 - \$20, with your name and phone number to the Foundation House before Friday, December 4. Someone will shop for you.**

Departments or groups of employees may choose to adopt a teen. Individuals are welcome to donate less than \$15 to help purchase gifts.

This year, SCR is providing an additional way for employees to give to "Rowan County Christmas". You may donate **Gift Wrap and/or Gift Bags** in the specified box located in SCR's Main Cafeteria. There will also be collection boxes at Cave Run Surgical Specialists and the SCR Outpatient Center for staff convenience.

## A Storybook Christmas

St. Claire Regional is again helping the MSU/Rowan County Adult Basic Education and Literacy Advisory Board collect NEW books for children under the age of 18. These books will be given to children and teens throughout Rowan County.

**Deadline is Friday, December 4.**

Last year, St. Claire Regional made it possible for many children to have their first new book. Please place your books in the "Storybook/Gift Wrap Box" in the Main Cafeteria by December 4. For staff convenience, boxes will also be placed at CRSS and the SCR Outpatient Center. To make a monetary donation call the MSU Adult Learning Center at 783-2871.

A message from...

 **St. Claire Regional  
Medical Center**  
Marketing & PR

# NOVEMBER IS NATIONAL HOSPICE MONTH

*Submitted by: Robin Franklin*

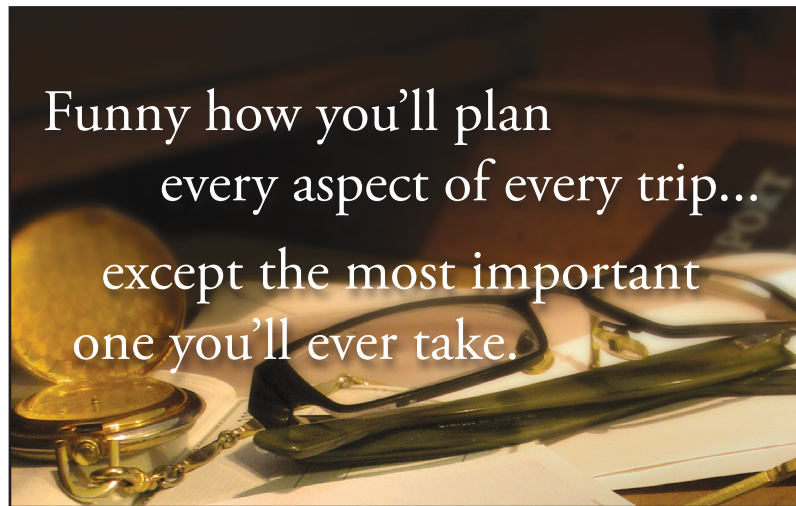
November is National Hospice Month and hospices across the country are reaching out to raise awareness about the important care issues for people coping with life-limiting illness. St. Claire Regional has provided hospice services for over 25 years throughout an eight county service area (Bath, Carter, Elliott, Fleming, Lewis, Menifee, Montgomery, and Rowan Counties). We offer a Hospice Speaker's Bureau that will gladly provide presentations to groups on topics ranging from end-of-life decision making, service options, pain and symptom management and volunteer opportunities.

Hospice is more than traditional healthcare. Hospice and Palliative Care provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families when a cure is not possible. Hospice and palliative care combines the highest level of quality medical care with the emotional and spiritual support that families need most when facing the end of life. The Hospice philosophy holds that end-of-life should emphasize quality of life.

Most adults believe it would take a year or more to adjust to the death of a loved one. However, very few adults have ever participated in a bereavement program or grief counseling following the death of a loved one. St. Claire Regional Hospice offers one year of grief counseling for the surviving family and friends along with Camp SMILE, a special bereavement camp for children.

December is the beginning of the Hospice "Light to Remember" Luminary event. Electric luminaries are placed on the lawn of SCR to remember and recognize patients served during the past year. The event closes on January 8th with our annual "Service of Remembrance". The event is open to the community to memorialize loved ones not served by Hospice. Additional information on this event will be forth coming.

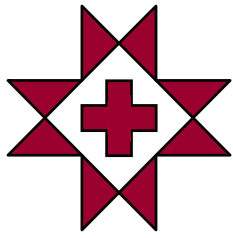
Please contact the St. Claire Hospice & Palliative Care department at 783-6808 for further information.



## Amazing. Medicine. Close to Home.

## SCR DECEMBER BIRTHDAYS

|                          |                                   |       |                        |                                     |       |
|--------------------------|-----------------------------------|-------|------------------------|-------------------------------------|-------|
| Dana Sue Burton          | Patient Access                    | 12/1  | Denise Annette Conn    | Float Dept - Unit Sec               | 12/19 |
| Donna R Conn             | Health Information Management     | 12/1  | Pamela R Evans         | 3rd Floor Central                   | 12/19 |
| Felicia Carol Howard     | Home Health                       | 12/1  | Randall Monroe Stevens | Surgery/Same Day Surgery            | 12/19 |
| Don A Carpenter          | Pharmacy                          | 12/2  | Martha Marie Henderson | Food Services                       | 12/20 |
| Jane Adkins Click        | Emergency Physicians              | 12/2  | Marvin Earl Puckett    | Facilities Management               | 12/20 |
|                          |                                   |       | Mary K Slone           | Patient Access                      | 12/20 |
| Thelma L Johnson         | Gift Shop/ Auxiliary              | 12/3  | Martha Jean Gulley     | Family Medicine Care - Frenchburg   | 12/21 |
| Denise L Mooney          | Outpatient Care Center            | 12/3  | Melissa K Parker       | Radiology                           | 12/21 |
| Stephanie Lynn Oney      | Sleep Lab                         | 12/3  | John Joseph Stewart    | Hospitalist Physician               | 12/21 |
| Kathy Kay Trent          | Materials Management              | 12/3  |                        |                                     |       |
| Michelle L Hamilton      | PACU                              | 12/4  | Glenda Fay Hardin      | Environmental Services              | 12/22 |
| Sheila Ann Nobrega       | Respiratory Therapy               | 12/4  | Wanda Ruth Johnson     | Surgery/Same Day Surgery            | 12/22 |
| Denita Joy Ray           | Anesthesia Professionals          | 12/4  | Angel Dawn Jolley      | Cytology                            | 12/22 |
| Callie S. Wagoner        | Home Health                       | 12/4  | Maria A Terrell        | Hospice                             | 12/22 |
| Crystal D Whitt          | Cave Run General Surgery          | 12/4  | Whitney Jo Thornton    | TCU                                 | 12/22 |
| Ryan Blalock             | Emergency Department              | 12/5  | Betty S Bloomfield     | Homemaker II                        | 12/23 |
| Cynthia Lemaster         | Occupational Therapy              | 12/5  | Holly LeAnn Carroll    | Cave Run General Surgery            | 12/23 |
| Donna R Gilliam          | Emergency Department              | 12/6  | Deborah Mae James      | House Staff                         | 12/23 |
| Erika Bailey             | SCR Outpatient Center             | 12/7  | Barry L Little         | Emergency Physicians                | 12/23 |
| Amanda Mae Clark         | Food Services                     | 12/7  | Phillip Montgomery     | Facilities Management               | 12/24 |
| Deborah Logan            | Cave Run General Surgery          | 12/7  | Teresa Kay Jones       | Homemaker II                        | 12/25 |
| Vicky L Murphy           | Cave Run General Surgery          | 12/7  | Mary Ann Lewis         | Nursing Administration              | 12/25 |
| Monica Miller Hall       | Rehab Unit                        | 12/8  | Wanda Mae Pennington   | Environmental Services              | 12/25 |
| Erica J Jarnagin         | Physical Therapy                  | 12/8  | Lance W. Weathers      | Hospitalist Physician               | 12/25 |
| Lois H Vice              | Home Health                       | 12/8  | Joyce A Brown          | Food Services                       | 12/26 |
| Erin M Collins           | Emergency Physicians              | 12/9  | Jill Cook              | Home Health                         | 12/26 |
| Zada Christina Stephens  | Laboratory                        | 12/9  | Patty A Fugate         | Family Medicine Care - Frenchburg   | 12/26 |
|                          |                                   |       | Diane Smith            | Home Health                         | 12/26 |
| Julia Kirn Maness        | Cher Grants                       | 12/10 | Melissa F Alcorn       | Cave Run General Surgery            | 12/27 |
| Sandra Kay McGuire       | Family Medicine Care - Sandy Hook | 12/10 | Sheana Dawn Barker     | Home Health                         | 12/27 |
| Carey R. Brewer          | 4th Floor Nursing                 | 12/13 | Diana J Blanton        | Cardiac Rehab                       | 12/27 |
| Brittany Amber Blair     | Outpatient Care Center            | 12/14 | Connie Evans Proudfoot | Cave Run General Surgery            | 12/27 |
| Kathryn Howard           | Home Health                       | 12/14 | Natasha Stevens        | Laboratory                          | 12/27 |
| Paulette Keeton          | Homemaker II                      | 12/14 | Leslie Kay Williams    | AHEC                                | 12/27 |
| Charlotte S. Parr        | Nursing Administration            | 12/14 | Louise Simms Lamb      | Radiology                           | 12/28 |
| Tericia B Tackett        | Respiratory Therapy               | 12/14 | Tammie Jean Phillips   | Radiology                           | 12/28 |
| David Bruce Bailey       | Radiology                         | 12/15 | Shelley Davis Sadler   | 4th Floor Nursing                   | 12/28 |
| Diane Nichols Beane      | 4th Floor Nursing                 | 12/15 | Monica D. Zornes       | Pharmacy                            | 12/28 |
| Shawna Marie Goldie      | Environmental Services            | 12/15 | Debra A Clark          | 3rd Floor North                     | 12/29 |
| Barbara Ann Walker       | Surgery/Same Day Surgery          | 12/15 | Joseph Andrew Edie     | Family Medicine Care Administration | 12/29 |
| Peter Coats              | Hospitalist Physician             | 12/16 | Tatiana A Kennett      | Respiratory Therapy                 | 12/29 |
| Elizabeth Melydia Gillum | 3rd Floor North                   | 12/16 | Julie Beth McKinney    | 3rd Floor North                     | 12/29 |
| William Ernie Lewis      | Facilities Management             | 12/16 | Kimberly Ann Meade     | Respiratory Therapy                 | 12/29 |
| Lisa Jolene Strong       | Surgery/Same Day Surgery          | 12/16 | Deborah K Oakley       | Home Medical Equipment              | 12/29 |
| Sarah D. Brown           | Home Health                       | 12/17 | Teresa Lynn Rife       | Infusion Solutions                  | 12/29 |
| Carol Beth Gordon        | Nursing Administration            | 12/17 | Betty O Catron         | Cave Run General Surgery            | 12/30 |
| Bryan W Hamon            | Emergency Physicians              | 12/17 | Tiffany S. Clark       | Radiology                           | 12/30 |
| Loushetta Waugh Jordan   | St. Claire Telecare               | 12/18 | Jean Harney Jones      | Clinical Nutrition                  | 12/30 |
| Inez E. Smallwood        | Home Health                       | 12/18 | Julia A Neill          | St. Claire Counseling Services      | 12/30 |
| Aubrey Lynnette Wheeler  | ICU                               | 12/18 | Jessica L Robinson     | Marketing and PR                    | 12/30 |
|                          |                                   |       | Joan M Wells           | Nursing Administration              | 12/30 |
|                          |                                   |       | MaryAnn Perry          | Cytology                            | 12/31 |



# Staff Notice

## **CHAMPIONS of "Healthier Tomorrows"**

**SCR is Proud to be Celebrating Our One-Year Anniversary as a Tobacco Free Campus  
November 2008 - November 2009**

In honor of our one year anniversary as a tobacco-free campus SCR will have a special prize drawing on November 20th. All SCR staff and volunteers who were named "Tobacco-Free Champions" through out this past year will be eligible to win. Winners will be notified by Sister Margret Mouch.

Cindy Adams  
Paula Adams  
Brandon Adkins  
Tara Anderson  
Travis Bailey  
Brent Barnette  
Greg Bausch  
Bonnie Bennett  
Diana Bentley  
Karen Bledsoe  
Clara Boggs  
Dana Bowman  
Terrell Bradley  
Sonja Brown  
Loretta Burchett  
Dave Burns  
Valerie Campbell  
Don Carpenter  
Robin Carroll  
Joeline Carter  
Angie Caudill  
Matt Caudill  
Shirley Caudill  
Zeb Clark  
Sr. Jeanne Francis  
Mona Coffman  
Robin Conley  
Donna Conkright  
Dale Craft  
Linda Craft  
Jodie Conn  
Kathy Cooper  
Edgar Creech  
Vicki DeHart  
Sasha Daniels  
Amanda Davis  
Robin Donehue  
Crystal Dunaway

Karen Doran  
John Duff  
Mindy Erwin  
Alice Ferguson  
Delores Franklin  
Robin Franklin  
Linda Fultz  
Scottie Fultz  
Theresa Garvin  
Shirley Greenhill  
Linda Griggs  
Holly Hall  
Randa Hall  
Sheila Hamilton  
Larry Hamm  
Arpie Hampton  
Kathleen Harper  
Mellissa Heizer  
Diana Helton  
Veronica Hinton  
Karen Holifield  
Theresa Hollan  
Lesa Hopson  
Mary Horsley  
Brian Host  
Chris Howell  
Freda Hughes  
Jeff Hughes  
Maria Hughes  
Thelma Johnson  
Jean Jones  
Sonny Jones  
Carol Kelsey  
Scott Kelsey  
Nora Kidd  
Sharlet Kidd  
Charlotte Kinney  
Heather Kiser

Vickie Kittle  
Charlotte Lewis  
Ernie Lewis  
Ricky Lewis  
Tom Lewis  
Scott Lilley  
Edna Loomes  
Glenda May  
Jeremy McCleese  
Randy McCleese  
Alisha McKinney  
Will Melahn, MD  
Shannon Minor  
Mike Montes  
Phil Montgomery  
Carolyn Moore, MD  
Sr. Marge Mouch  
Stephanie Mullins  
Mark J. Neff  
Kennie Nolan  
Gloria P'Simer  
Sherry Parsons  
Berna Pendleton  
Dreama Perkins  
Madge Plank  
Joel Porter  
Jeff Post  
Lana Preston  
Jr. Puckett  
Sheri Quinn  
Rhonda Ramey  
Judy Ramsey  
Liz Reffitt  
Ron Reynolds  
Kayla Rose  
Jessie Robinson  
Roger Russell  
Flint Russett

Laura Salyers, MD  
Dave Schatz  
Cathy Shely  
Sr. Joenita  
Wade Shuman  
Dick Shutt  
M. Siddiqui  
Karen Silvey  
Mike Smedley  
Mike Smedley Jr.  
Kellie Stafford  
Leslie Stamper  
Loretta Stamper  
Raymond Steagall  
Carolyn Taylor  
Levonda Thomas  
Diana Trusty  
Bridget Vansant  
Lois Vice  
Steve Vice  
Susan Victor  
Charlotte Walker  
Lisa Wallace  
Janie Waltz  
Barb Ward  
Matt Watts  
Tony Weaver, MD  
Carolyn Wells  
Joan Wells  
Jo Ann West  
Francis Whitt  
Wendy Whitt  
Kim Williams, MD  
Leslie Williams  
Barbara Wilson  
Lerae Wilson  
Trina Winkleman  
Katie Woosley



## UPCOMING EVENTS

### SCR AUXILIARY BAKE SALE

**Date:** November 24 & 25  
**Location:** SCR Lobby in Front of the Gift Shop  
**Program:** 8:00 a.m. - 5:00 p.m.

### ST. CLAIRE COUNSELING RECEPTION

**Date:** November 24  
**Location:** St. Claire Counseling  
**Program:** 6:00 p.m. - 8:00 p.m.

Please come out and join us in welcoming Deb Weber, LCSW and enjoy the beautiful Morehead Art Guild exhibit. Refreshments will be served and the public is invited to attend.

### SCR TREE LIGHTING CEREMONY

**Date:** December 3  
**Location:** SCR Main Lobby  
**Program:** 10:00 a.m.

### MSU TUBA BAND - CHRISTMAS CAROLS

**Date:** December 9  
**Location:** SCR Main Lobby  
**Program:** 4:15 p.m. - 5:00 p.m.

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.

## SAFE RAFFLE WINNERS

Through raffle sales \$127 was raised for the SAFE Fund.

- #1 Red wool hat made by Sherry Adkins  
won by Wilma Markwell
- #2 Drawing by Joe Easter  
won by Carol Justice
- #3 Pink hat made by Jean Jones  
won by Rhonda Ramey
- #4 Painted tin made by Frances Whitt  
won by Gina Day
- #5 Crocheted bag dispenser made by Sue LeClerc  
won by Travis Bailey
- #6 Baby afghan made by Glenda May  
won by Betty Kidd

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