

SCR PHARMACY DIRECTOR RECOGNIZED AT THE KSHP CONFERENCE

Submitted by: Cathy Shely, PharmD



Pharmacy Director, Cathy Shely, PharmD

St. Claire Regional (SCR) pharmacy director, Catherine Shely, PharmD, was presented the Kentucky Society Health Systems Pharmacists (KSHP) Pharmacist of the Year award at the KSHP Fall meeting in Lexington. KSHP is an organization devoted to the continual advancement of institutional pharmacy practice. It was organized in 1960 and membership consists of pharmacists and technicians.

Cathy has been a pharmacist at SCR for more than 30 years and has been the director of the pharmacy department since 1997. "I was very surprised and humbled by the award. Certainly it is not my success alone, but reflects the caliber of pharmacists and pharmacy technicians who strive to provide the best pharmaceutical care possible to our patients," Cathy said of her award.

Cathy is also very active in continuing better pharmacy practices across the state. She will soon complete her fourth and final year on the Kentucky Board of Pharmacy, serving as its president during 2009. "I very much appreciate the support SCR has provided in allowing me to contribute back to the practice of pharmacy in this manner," Cathy adds, "I have learned a great deal that I think has made me a better pharmacist and department leader."

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SCR IMPLEMENTS TRANSPORTATION TEAM

Submitted by: LeAnn O'Bryan

The Diagnostic Imaging department began a hospital wide transportation project in June. The discussion for the project began in the Process Improvement Committee. The first phase of the project began with a pilot of 3 Central and 3 North and the assistance of Nancy Maggard, nurse manger. Scott Miller, Transport Team Coordinator, was asked to initiate coordination of the project with Allison Fultz, Diagnostic Procedures Supervisor.

The pilot progressed for approximately four weeks, soon the transportation team began taking on transport responsibilities for 5th floor. Transportation jobs doubled from June to July as other units began hearing about the project. The transports are comprised of patients being

discharged; transfers from unit to unit and transports within the hospital for other services such as Diagnostic Imaging, Outpatient Care and Same Day Care.



Scott Miller, Transport Team Coordinator

The most recent data reflects continued growth of the services. Most recently the transport team began assisting the 6th floor with discharges and the Emergency Department with admissions as needed.

Scott has done an outstanding job coordinating the Transportation Team, join us in congratulating him on being asked to take on the role of the hospital wide Transportation Team.

DR. SALYERS TO OFFER CAREGIVER SUPPORT GROUP MEETINGS

Submitted by: Regina Thompson

Dr. Laura Salyers, SCR Psychiatrist, and First Baptist Church, Morehead offers a monthly support group for persons caring for loved ones with long term illnesses. The group began as an outreach for members of First Baptist Church in Morehead and has developed from an occasional meeting to a monthly group with a light meal provided. The meeting is open to all members of the community. If you, or someone you know, would benefit from sharing a meal together, talking and supporting one another in a open, non-judgmental forum, please join us.

When: 3rd Tuesday of each month at 5:30 p.m. -7:00 p.m.

Where: First Baptist Church, 123 East Main Street, Morehead, KY

For more information please call First Baptist Church at 606.784.5768



Dr. Laura Salyers

SCR PHARMACY TECHNICIANS RECOGNIZED AT THE KSHP CONFERENCE

Submitted by: Cathy Shely, PharmD



Don Carpenter, SCR pharmacy technician, receiving KSHP Pharmacy Technician of the Year award



Dale Craft, SCR pharmacy technician, presenting a session at the KSHP Fall Conference

The SCR Pharmacy Department is proud to acknowledge a recent achievement of two senior technicians. Don Carpenter and Dale Craft were recruited to present an hour of continuing education for pharmacy technicians at the Kentucky Society of Health System Pharmacists (KSHP) Fall Meeting in Lexington, KY. It was great to have another organization recognize 2 members of our staff who have been an integral part of pharmacy services for over 10 years. Their leadership and willingness to represent SCR at a state level reflects well on our entire organization.

In addition, Don was awarded the KSHP Technician of the year award at this meeting. He thought he had been nominated by a pharmacist at SCR, but it was actually submitted by one of his colleagues who works in another hospital entirely. Congratulations Don!

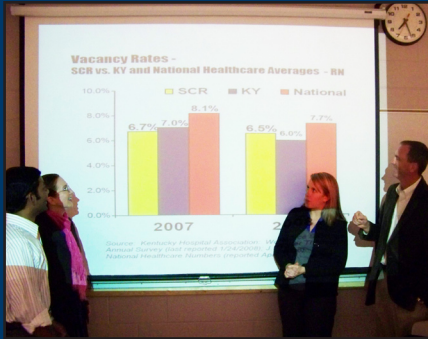
KSHP is an organization devoted to the continual advancement of institutional pharmacy practice. It was

organized in 1960 and membership consists of pharmacists and technicians. KSHP incorporates technicians in its organization as expert presenters and as board members for input into the Society's strategic goals.

A new state regulation implemented in April 2009 requires that all pharmacy technicians be registered with the state Board of Pharmacy. This is just the first step toward further development of pharmacy technicians as they assume more duties and responsibilities. Don and Dale have both endeavored to be at the forefront of this change. They routinely network with technicians statewide and at KSHP conferences where they not only present continuing education, but attend as many programs as possible to ensure that SCR continues to be a leader in this area.

Thank you and congratulations!

TRAVIS BAILEY, VP IS GUEST SPEAKER FOR UK CLASS

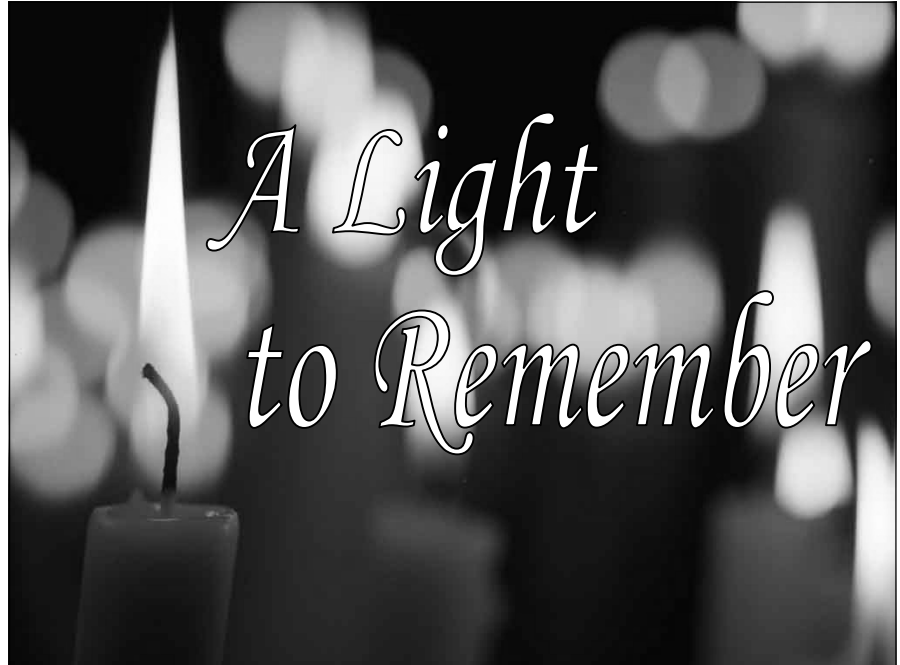


Travis Bailey (right) discusses SCR Annual HR Report figures with students.

SCR Vice President of Administration, Travis Bailey, recently served as a guest speaker at a MHA HR class at the University of Kentucky.

To give the students some real life experience Travis's presentation was set up to mimic a management meeting. Graphs and tables from SCR's annual HR report were overviewed. Students discussed their meaning in relation to planning.

Travis received a formal thank you letter from Michael D. Smith, Ph.D., M.H.A., UK Assistant Dean, Evaluation and Planning thanking him for sharing his skills and knowledge with his class.



St. Claire Hospice & Palliative Care will serve approximately 300 patients this year. We invite you to join us as we remember and celebrate these lives, and others, during the holiday season with *A Light to Remember*.

This event will include a luminary display on the St. Claire Regional Medical Center lawn. With your tax-deductible donation, a luminary will memorialize or honor someone special to you during this holiday season. Hospice revenues do not cover the cost of our care, and your generous contribution will help extend our services to others in need.

To name your luminary, please return your donation with the information form below. Luminaries will glow throughout the Christmas season.

This observance will close with a *Service of Remembrance* at 6 p.m. on Friday, Jan. 8, 2010, in the SCR Cafeteria. The service will include the traditional reading of names, music and refreshments. This event is open to the community, and everyone is invited to participate.

A Light to Remember Information Form

Your Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

Luminary in memory ____ or honor ____ of:

1) _____ 3) _____

2) _____ 4) _____

Donation Enclosed: ____ \$15 ____ \$25 ____ \$50 ____ \$100 ____ Other: _____

I plan to attend the *Service of Remembrance*: ____ Yes ____ No # of attendees: _____

Please mail this form and your donation to: St. Claire Foundation,
222 Medical Circle, Morehead, KY 40351.



SCR FOUNDATION SAYS “THANKS FOR THE SUPPORT”

Submitted by: Roger Russell

Dear Friends,

We at the St. Claire Foundation want to say again how very much we appreciate the way that SCR staff stepped up and supported our mission during our 2009-2011 Staff Giving Campaign. The 65% increase in the level of giving is a phenomenal expression of support and we appreciate your altruism so much!

The Staff Thank You Event that we conducted last week was well attended and we felt first hand the genuine camaraderie that each of you hold for our Medical Center and each other. We are truly blessed to be able to work with such a supportive and caring group as you.



The drawing for the door prizes has been conducted and following are the prize winners. Congratulations to each of our winners!

Gas Cards

Steve Vice – Mental Health Unit

Tammi Wilson – Surgery

Libby Fannin – Outpatient Care Unit

Charlotte Walker – Family Medicine

WAL MART Gift Cards

Danielle Hord – Surgery

Shirley Crawford – Unit Secretary

Dreama Perkins – Family Medicine

Joni Mraz – Human Resources

OTO Give Away (4 hours)

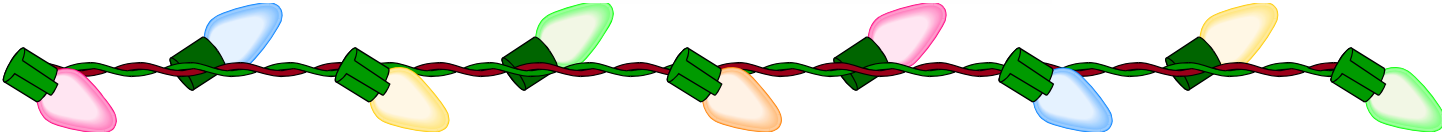
Shirley King – Unit Secretary

Vanessa Harris – Menifee Dental

Again, thanks so very much for the support that all of you continue to show for our Foundation and SCR's mission of care. You are each truly special!

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



Christmas Decorating Contest

You are invited to enter the Christmas Decorating Contest sponsored by Empact. Just complete the attached entry form. Forms must be received no later than December 4th to be entered. Decorating must be completed by December 13th. Judges will be coming around to judge each entry on-site, December 14 – 18th. Winners will be announced on Monday, December 21st (Entries may be a door, window or tree).

Ribbons will be awarded in the following categories:
(1st, 2nd, and 3rd places)

Most Representative of Department
Most Beautiful
Most Creative

All entry forms must be received no later than Friday, December 4th to be included in the judging.

Contact Dianna Bentley, ext 6744 or dmbentley@st-claire.org for additional information.



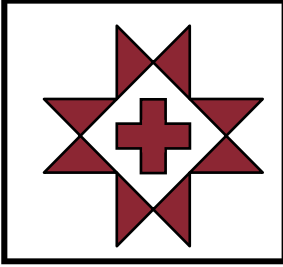
Please return this entry blank no later than Friday, December 4th to Dianna Bentley (Pharmacy Dept).

Department _____

Contact Person _____ Ext. _____

Type of Entry (door, window, tree) _____

Title of Entry _____



Staff Notice

Following is a notice from Transamerica Retirement Services concerning the 401(k) default fund designated by our Plan. This is the fund to which your retirement contributions will be directed/invested if you do not provide investment direction to Transamerica (i.e. if you do not pick the funds in which you would like your contributions to be invested).

**Please note that the default fund has not changed;
this notice is being distributed annually in compliance with IRS regulations.**

St. Claire Regional Medical Center 401(k) Plan QUALIFIED DEFAULT INVESTMENT ALTERNATIVE (QDIA) NOTICE

Your Employer has designated a Qualified Default Investment Alternative (QDIA) under the Plan.

Your Plan allows you to direct the investment of some or all of the contributions made on your behalf in a number of investment choices. If you fail to provide investment direction, your Plan's fiduciary will invest Plan contributions in the QDIA established under the Plan. This notice explains more about what this may mean to you.

Your Employer has chosen the **Transamerica Balanced Ret Opt** as the QDIA for contributions made to your Plan account(s). Contributions invested in the QDIA are subject to gains or losses like other investment choices available under your Plan. Subject to your Plan's distribution rules, you may withdraw defaulted contributions invested on your behalf by your Plan's fiduciary in the QDIA or make transfers from the QDIA to any other investment choice offered under the Plan on any business day without any penalties or fees, such as redemption or liquidation fees. However, the QDIA will be assessed an investment management fee (the Expense Ratio for this fund will be 1.05% of assets). In addition, Plan service fees may be charged on any withdrawal or distribution of your account balance from the QDIA.

When you fail to give investment direction after having been provided the opportunity to do so and the Plan's fiduciary invests contributions on your behalf in the QDIA, you are considered to have exercised control over the investment of assets in your account(s). Neither the Trustees of your Plan nor your Employer or the Plan's fiduciary will be liable to you for any loss that is the result of such investments.

Here is information about the Transamerica Balanced Ret Opt:

The Fund Inception Date is 04/01/1993. The following information is as of 9/30/2009:

Risk and Return Characteristics:

The investment choice(s) listed invest in a combination of domestic stocks, bonds, treasuries and money market securities.

Investment Risk:

The values of stock change in response to general market and economic conditions and the circumstances of individual issuers. The values of bonds change in response to changes in economic conditions, interest rates and the creditworthiness of individual issues.

Investment Information:

The Transamerica Balanced Ret Opt, a TLIC Separate Account, is sub-advised by Transamerica Investment Management, LLC.

Investment Strategy:

The investment seeks long-term capital growth and current income, with a secondary objective of capital preservation. It is best suited for investors who want a professionally-allocated balance between US stocks and bonds, and who have the ability to accept average market volatility. The investment is diversified among common stocks, bonds, and money market instruments and other short-term debt securities. In general, common stocks represent 40% to 70% of the total assets, with the remaining 30% to 60% of the assets primarily invested in investment-grade bonds. In selecting stock investments, managers seek growth companies undervalued in the stock market with strong management, well-defined plans for the future, low-cost proprietary products, dominance in market share or niche, and strong earnings and cash flows. The bond portion of the investment includes a diversified selection of corporate and U.S. Government bonds and mortgage-backed securities.

The separate account investment choices offered are exempt from registration with the SEC; therefore, no prospectuses are filed for them. However, certain of the separate account investment choices invest in mutual funds which are subject to SEC registration. Prospectuses on these mutual funds can be ordered directly from the fund company or obtained upon request from Transamerica Retirement Services at www.TA-Retirement.com or by calling (800) 401-TRAN (8726). Investors should consider the investment objectives, risks, and charges and expenses of the fund carefully before investing. The prospectus for each fund contains this and other information about that fund. Read each prospectus carefully before investing. In addition, comprehensive information on all the investment choices is available on the investment fact sheets.

Transamerica Retirement Services ("Transamerica"), a marketing unit of Transamerica Financial Life Insurance Company ("TFLIC"), 4 Manhattanville Road, Purchase, New York 10577, and Transamerica Life Insurance Company ("TLIC"), 4333 Edgewood Road NE, Cedar Rapids, Iowa 52499, and other TFLIC and TLIC affiliates, specializes in the promotion of retirement plan products and services. Investment choices are available from Transamerica Retirement Services under contract form number TA-AP-2001-CONT, a group variable annuity contract underwritten by TFLIC, or under contract form numbers TGP-439-194, TGP-416-192/194, TGP-430-192/194, CNT-TALIAC 05-02 or CNT-TLIC 10-05, group variable annuity contracts underwritten by TLIC. TFLIC is not authorized and does not do business in the following jurisdictions: Guam, Puerto Rico, and the U.S. Virgin Islands. TLIC is not authorized in New York and does not do business in New York. Contract form and number may vary, and these investment choices may not be available in all jurisdictions. Fees and charges may apply. For complete information, contact your Transamerica representative.

A message from...

 **St. Claire Regional
Medical Center**
Human Resources

UPCOMING EVENTS

MSU TUBA BAND - CHRISTMAS CAROLS

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

DIABETES SUPPORT GROUP

Date: December 8
Location: Cafe' A and B
Program: 6:00 p.m.
Topic: "Diabetes and Sleep Apnea", presented by SCR respiratory therapist Maria Hughes.

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. Be sure to include the name of the event, date, time, location, as well as whom to contact to receive further information.

SCR WELCOMES NEW STAFF

Lindsay Adkins	Patient Access
Lisa Adkins	TCU
Brittany Barker	Patient Access
Ryan Blalock	Emergency Department
Shelly Cochran	Emergency Department
Elisha Conn	Environmental Services
Melanie Cornett	Patient Access
Angela DeRossett	Cave Run General Surgery
Michaela D Fultz	Emergency Department
Anita Gulley	Primary Care Administration
Willard Howard	Nursing Administration
Jessica Ison	Laboratory
Ordella Kelly	Environmental Services
Dillon Little	Food Services
William Logan	Emergency Department
Terisa Montgomery	Emergency Department
Kirby Ogden	Nursing Administration
Angelia P. Ross	Respiratory Therapy
Lindsey B. Savage	Laboratory
Carolyn Stanley	Environmental Services
Alice Thomas	Laboratory
Joanne Turner	Patient Access
Lois J. Vice	Nursing Administration
Deborah Weber	St. Claire Counseling Services
Matthew Williams	Environmental Services

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