

St. Claire Regional Medical Center

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— ANNUAL FOUNDATION — PRESIDENT'S LUNCHEON

St. Claire Regional's annual Foundation President's Luncheon was held on Thursday, Oct. 30, at the CHER building to recognize our organization's largest donors and to educate them on all the great things their donations are supporting.

After lunch was served at the event, Mark J. Neff, SCR President/CEO, thanked the generous supporters in the crowd. He then discussed the many updates, expenditures, community benefits and additions to St. Claire Regional over the last year and how donors help to support those causes.

Tom Lewis, Executive Director of the St. Claire Foundation, then recognized St. Claire Society Members and Visionary Givers. Visionary Givers include those who contribute an annual gift of \$1,000 or more. The St. Claire Society is split into various levels, beginning at \$10,000, based on the total amount of money donated by a member since the Foundation's inception.

Lewis recognized new and advancing members of the St. Claire Society with a plaque.

St. Claire Regional thanks the generous individuals and companies that support our organization through their giving to help SCR grow and continue our mission in Eastern Kentucky.

more photos on pg. 2



ANNUAL FOUNDATION
PRESIDENT'S LUNCHEON

Mark J. Neff, SCR President/CEO with new or advancing members of the St. Claire Society - Dr. Tom Newcomb, SCR Urologist and his wife Sarah Newcomb, RN; Ryan Neff and Debbie Neff, SCR Director of Rehabilitation Services; Steve and Jan Lewis; Wayne and Sue Andrews and Tom Lewis, Executive Director, St. Claire Foundation



Mark J. Neff, SCR President/CEO stands with members of the St. Claire Regional Auxiliary, which was recognized for advancing to a total giving of over \$500,000 - Steve Lewis, Executive Director of the St. Claire Foundation; Regina Thompson, SCR Director of Volunteer Services; Roberta Gilbert, SCR Gift Shop Manager; Sue Lim; Brigitte Vansant; Tom Lewis, Executive Director, St. Claire Foundation; Bonnie Bennett; Brenda Bennett; Susie Halbleib; Betty Sanchez and Mildred Stanley



Outstanding Performance in Bedside Medication Verification

Submitted by Don Carpenter

The St. Claire Bedside Medication Verification (BMV) team would like to acknowledge the outstanding performance from everybody utilizing the bedside medication verification. Our scanning rates continue to climb and help increase our patient's safety here at St. Claire Regional. Our scanning rates for medications and patients are reaching 95% and 97% respectively. These are fantastic rates and as we move forward into different areas of the hospital we continue to have great success due to the individual initiatives given by all the care givers. We want to recognize the top 3 staff members from the third quarter of 2014.

1st place **Barb Corbin**
ICU Nursing
99.93 % scan rate

2nd place **Katherine Endicott**
3 Center Nursing
99.88 % scan rate

3rd place **Kasey Lambert**
3 Center Nursing
99.82 % scan rate

These individuals have helped to ensure the safest patient care possible here at St. Claire Regional and we invite you all to join us in congratulating them on their tremendous efforts. If you would like to contact the BMV team you can email us at **BMV@st.claire.org**.



St. Claire Regional Medical Center

MEDICAL STAFF OFFICERS 2014-2015



President & Chief of Staff
William D. Lewis, MD



Immediate Past President
Charles E. Crouse, MD



Secretary-Treasurer
Mansha U. Kahloon, MD



Member-at-Large
Naga R. Krishna Tangirala, MD



Department of Surgery Chair
Thadis C. Cox, MD



Department of Surgery Vice Chair
Craig D. Butler, MD



Department of Medicine Chair
Carolyn A. Moore, MD



Department of Medicine Vice Chair
David Paul Turley, MD



Theresa Hollan, Supervisor, Ultrasound, wins a set of flameless candles



Shelia Logan, Information Systems Assistant, wins a UK wireless speaker



Meghan Howard, CLA, wins a 80 pc. serving set

St. Claire Regional 2014 Benefits Fair Prize Winners

Submitted by SCR Human Resources

After the fair random drawings were held for prizes. The winners are...

Ashley Cooper

MMS Clinical
12 pc. Cookware Set

Sheila P'Simer

Laboratory
10 pc. Mixing Bowl Set

Diana Blanton

Float Dept.-Unit Sec.
Seiko Wall Clock

Robin Munday

SCMG Central Billing
Ninja Blender

Meghan Howard

Laboratory
80 pc. Serving Set

Theresa Hollan

Ultrasound
Flameless Candles

Regina Pettit

OPCC
Anthem Blanket

Vanita Mabry

Patient Fin. Services
6 pc. Mason Jar Mugs

Isaac Dale Craft

Pharmacy
Jumper-Starter Car Kit

Harold Anderson

Pastoral Care
Tool & Knife Set

Shelia Logan

SCMG Central Billing
UK Wireless Speaker

Rosemary Hamilton

SCMG Central Billing
Popcorn Gift Bag

Shelia Calton

Food Services
Wax Warmer Set

Judy Roaden

HIM
Godiva Set

Andrea Campbell

Clinical Nutrition
Sonic Toothbrush

Please pick up your gifts in Human Resources.

Get Real Ministries Donates Newborn Hats and Booties to SCR

Submitted by Tami Sammons

Get Real Ministries Yarn Group donated 95 crochet/knitted newborn hats and booties to observe National Make a Difference Day on Saturday, October 25.

Get Real Ministries Yarn Group is a crochet/knitting group that provides handmade yarn items to the community. This year St. Claire Regional was chosen to receive the hand-knitted items and the ladies of the Women's Care Center joyfully accepted them. UK Medical Center will also be receiving 80 items for the Premie Neonatal Unit.

If you would like more information about handmade yarn items or other questions you may contact Tami Sammons at 606.207.0653



Members of Get Real Ministries Yarn Group (from left to right): Angela Roberts, Kathy Knight, Tami Sammons, Carla Salyer and Bonna Reed

J. Toby Arnold, DO

INTERNAL MEDICINE PHYSICIAN

& Missy Adams, APRN

"We have made Morehead our home
and we are *dedicated to your health.*"



Specializing in
prevention, diagnosis
and medical treatment
for adults of all ages
including women's
health.

**Morehead
Medical Specialists**

✦ St. Claire Medical Group

234 Medical Circle, Morehead, KY

To schedule an appointment with
Dr. Arnold or Missy Adams,
Call **606.780.5249** or **606.784.6641**.

www.st-claire.org

SCR Auxiliary Awards 3 Scholarships

Submitted by Regina Thompson

The SCR Volunteer Auxiliary recently awarded 3 scholarships to college students in the region: Lindsey McRoberts of Flemingsburg, KY, Briana Buckler of Grayson, KY and Lindsey Porter of Hillsboro, KY. Each scholarship award was in the amount of \$300. The SCR Auxiliary members would like to express our appreciation to Theresa Garvin for her assistance and guidance in choosing the recipients.



Bonnie Bennett, SCR Auxiliary President; Brianna Buckler and Regina Thompson, SCR Director, Volunteer Services



Regina Thompson, SCR Director, Volunteer Services; Lindsey McRoberts and Bonnie Bennett, SCR Auxiliary President

Lindsey Porter not shown

St. Claire Regional Honors Medical-Surgical Nurses During Medical-Surgical Nurses Week

Submitted by Charlotte Kinney

We celebrate our medical-surgical nurses for their dedication, skills and heroism.

Medical-surgical nurses focus every day on caring compassionately for patients and families. The Academy of Medical-Surgical Nurses (AMSN) has designated a special week to shift that focus to the nurses themselves - November 1-7, 2014.

Medical-surgical nurses possess specialized skills and knowledge of the entire spectrum of nursing care. They make a difference by building the profession of nursing and the medical-surgical nursing specialty, mentoring and nurturing each other, advocating for patients and families, serving their communities through care and education and improving patient care.

The week is also meant to raise awareness of the medical-surgical nursing specialty among other nurses. One of the most diverse nursing specialties practiced today, medical-surgical nurses care for adult patients in a broad range of settings, applying their expert knowledge to all body systems and disease processes.

St. Claire Regional thanks all of the Medical-Surgical nurses for their effort every day of the year!

St. Claire Regional participates in Say Boo to Drugs



Michael Ash, Marketing Assistant (Ghostbuster) and Melissa McKenzie, Behavioral Health Services, Community Education Manager, (Stay Puft) strike a pose before passing out candy at the 2014 Say Boo To Drugs event in Morehead. More than 1,100 children and 3,000 parents attended this year's Say Boo to Drugs event.

St. Claire Regional Family Medicine Recognizes November 9–15 as National Nurse Practitioner Week

and would like to recognize the Family Medicine Nurse Practitioners for their service and dedication to our patients.

Submitted by Dreama Perkins



Lisa Back, APRN



Molly Carew, APRN



Mary Caric, APRN



Jessica Duncan, APRN



Cindy Greene, APRN



Don Hughes, APRN



Lucy Mays, APRN



Glen Standafer, APRN



Michele Walters, APRN



Leslie Watts, APRN

2014 Staff Recogn



10 YEARS

Front row, left to right: Julie Stephens, Barbara Hart, Donna Johnson, Tara Mays and Brenda Moore.

Back row, left to right: Sheree Walker, Ashley Brown, Caryn Grim, Nicki Burchett, Jenny Hamilton, Beverly Penix and Sarah Newcomb.

15 YEARS

Front row, left to right: Michael Smedley, Abby Baker, Dreama Perkins, Tamara Brandenburg and Maria Terrell

Back Row: Lorey Winter, Debbie Blankenship, Allison Fultz, Kathy Hall, Howard McClain, Judy Roaden and Richard Shutt.



25 YEARS

Front row, left to right: Jo Ann Pennington, Janet Puckett, Janet Roe and Rebecca Royse.

Back row, left to right: Sherri Barker, Pamela Compton, Nancy Conn, Melinda McGlone and Jacqualine Winkleman.



30 YEARS

Front row, left to right: Susan Victor, Charlene Purnell and Sharon Perry.

Back row, left to right: Vicki Adkins, Bonnie Bausch, Jessie Conn, Theresa Hollan and Mary McKenzie.

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Recognizing SCR Staff Members for their Many Years of Service

Submitted by SCR Human Resources



20 YEARS

Front row, left to right: Diana Bentley, Don Carpenter, Edith Fields and Larry Hamm

Back row, left to right: Barbara Adams, Maria Alboszta, MD, Molly Carew, Carmen Corbin and Debra Dickerson.



20 YEARS

Front row, left to right: Stephanie Harris, Paulette Keeton, Charlotte Kinney and Wanda Pennington

Back row, left to right: Brenda Logan, Teresa Russell, Sr. Mary Juanelle Thiel and Levonda Thomas.



35 YEARS

Left to right: Gregory Bausch, Calvin Conn, John Duff, Linda Fultz and Beverly Macey.



40 YEARS

Left to right: Carolyn Brown, Sr. Mary Jeanne Frances Cleves, Mary Jones and Illene Powell.

Far right: Mark J. Neff, SCR President/CEO

When Worry Goes Beyond the Normal

Submitted by Melissa McKenzie

Life is stressful, particularly around the holidays. But for individuals with chronic anxiety, it goes beyond the norm. For these people life is a constant round of worry that disrupts sleep, productive work, relationships and even physical health.

Anxiety disorders are rooted in the fight or flight response that everyone's endocrine system engages when danger is present. In plain terms, your body gets a rush of adrenaline when your brain perceives danger; adrenaline make you more alert, more energetic, and more capable of fleeing or fighting – all very good survival skills.

In modern life the things that trigger the adrenaline response are not always life threatening or even dangerous. They may include:

- Stress caused from a too-full schedule, marital or money problems
- Panic attacks
- Post-Traumatic Stress Disorders (PTSD) may occur after witnessing or experiencing the unexpected death of a loved one; violence such as a mugging or a car accident; sexual attack like rape or child abuse; and military combat
- Depression brought on by a traumatic life event or biological imbalances (that may require medication) often go hand-in-hand with anxiety, and you must treat one in order to relieve the other events beyond your control
- Inability to stop obsessive and repetitive thinking that triggers feelings of fear, even though you know the thoughts are bad for you

According to Rashid Chaudhry, MD, Behavioral Health Inpatient Medical Director, "Chronic anxiety is a painful disorder that can rob a person of all enjoyment in life. However, there are many effective treatments so no one should suffer with an anxiety disorder."

Steps can be immediately taken to decrease anxiety and regain control.

✓ Turn off the television

- Watching continuous broadcasts of news can actually sweep an individual into a "loop" where relaxation becomes impossible because emotions and fears are constantly being whipped up.

✓ Make "down" time part of your regular schedule

- Using weekends and time off work for relaxation and enjoyment is an important way to prevent anxiety. Even fifteen minutes spent walking or meditating can break the anxiety cycle.

✓ Take a vacation

- Sometimes taking a vacation is the easiest and fastest way to stop the cycle of anxiety. It can be just for a long weekend...you don't have to plan a trip to Fiji.

✓ Choose your daily activities wisely.

- Sometimes we are our own worst enemies. If you don't enjoy cooking for a crowd, don't invite 20 people over for Thanksgiving. Avoid stacking your calendar with extraneous tasks just when you need to be focused on the tasks at hand.

✓ Learn to Visualize

- Sometimes "turning off" disturbing thoughts is as simple as visualizing a faucet. Upsetting thoughts come out of the hot water spigot, so turn it off and turn on the cold water spigot, allowing yourself to think of pleasurable things and events. It can even help to create a list of all the things you enjoy and when repetitive or upsetting thoughts crop up, spend a few minutes meditating on your list.

If you can't control anxiety on your own, don't hesitate to seek help.

For more information call St. Claire Counseling at **606.783.6805** or the Behavioral Health Unit at **606.783.6661**.

SCR Gift Shop
Cordially Invites You to Our

Holiday Extravaganza

2nd Floor Café D
November 19th 7a-7p
November 20th 7a-7p
November 21th 8a-2p

If you have any questions or need to purchase
large quantities of gift items please contact:

Roberta Gilbert
Roberta.gilbert@st-claire.org
or Call (606)783.6514

*Payroll Deduction, Checks, Cash &
Credit Cards Accepted*

 **St. Claire Regional
Medical Center**
Gift Shop

St. Claire Regional Medical Center Observes National Medical Staff Services Awareness Week

Submitted by Donna Besant

St. Claire Regional Medical Center is observing National Medical Staff Services Awareness Week (November 2-8, 2014).

In 1992, President George Bush issued a proclamation designating the first week of November as “National Medical Staff Services Awareness Week,” to acknowledge and thank medical services professionals (MSPs) for playing “an important role in our nation’s healthcare system.”

The American Medical Association-Organized Medical Staff Section also recognizes the medical services profession in a resolution that formally acknowledges “the importance and value of medical services professionals to the healthcare organization and its physician members, and recognizes their contribution and dedication in preserving quality patient care.”

When you visit a hospital, you see the doctors, the nurses and other medical personnel. What you don’t see are the people behind the scenes who make certain the credentials of all practitioners who are caring for you are correct and have been verified.

MSPs are experts in provider credentialing and privileging, medical staff organization, accreditation and regulatory compliance and provider relations in the diverse healthcare industry. They credential and monitor ongoing competence of the physicians and other practitioners who provide patient care services in hospitals, managed care organizations and other healthcare settings.

MSPs are a vital part of the community’s healthcare team. They are dedicated to making certain that all patients receive care from practitioners who are properly educated, licensed and trained in their specialty.

For more information about MSPs and the National Association Medical Staff Services (NAMSS), visit www.namss.org.



From left to right: Sue Perry, Credentialing Specialist; Donna Besant, Assistant to CEO; Abby Baker, Coordinator, Medical Staff Development

Sr. Jean Frances Cleves, SND, donated her 40 year SCR staff recognition gift, a Craftsman® riding lawn tractor, to the Sisters of Notre Dame Covington Province. Sister said she was going to get this mower to Covington if she had to drive it down the AA Highway herself.

Luckily, Sears® was able to have her lawn tractor delivered to their Covington location.



STAFF NOTICE



SCR's 2014 STAFF CHRISTMAS GIFT

All SCR Full Time and Part Time staff will receive an Eddie Bauer Full-Zip Fleece Jacket

Men's



- ✓ Made of 12-ounce, 100% polyester fleece which incorporates Low Impact Technology™ for enhanced softness and performance
- ✓ Contrast rolled top collar
- ✓ Open cuffs and an open hem

Women's



FT/PT Staff may choose between a Jacket and a \$35 Kroger Gift Card

Be sure to select your gift before November 12th

Gifts will be distributed at the SCR Christmas Parties.

Before November 12th you MUST:

STEP 1 Go to SCR's intranet site by typing "intranet" in address bar.

STEP 2 Log in to the **Employee Portal**.

STEP 3 Enter your employee ID, Last 4 digits of your Social Security Number & Date of Birth.

STEP 4 Go to **"Christmas Gift Selection"** & Follow onscreen instructions for gift selection.

STEP 5 Watch for printable confirmation page to pop up. You're done! Your selection will automatically be recorded.

Sample Jackets will be on display in the cafeteria.

*For off campus sites, sample Jackets are being routed among your office via courier.

St. Claire Regional Welcomes NEW STAFF

Philip Andrew Ashley

Cave Run General Surgery

Tosha Lea Bates

Cave Run General Surgery

Allison Brooke Crockett

Behavioral Health Unit

Amy Lea Evans

Nursing Administration

Bethany Nicole Foister

3rd Floor North

Jennifer Marie Gribbins

Environmental Services

Keith R Hall

SCR Family Medicine

Jeffrey Allen Hayes

Infusion Solutions

Ashley Renay Helton

Nursing Administration

Emily Faith Jamison

Laboratory

Dalton Mitchell Justice

Security Services

Lillie Melissa King

Nursing Administration

Tammy Meadows Maxey

Cave Run Clinic Administration

Keisha Lasha McKenzie

Behavioral Health Unit

Dawson Lee Middlebrook

Food Services

Julia Ann Neill

St. Claire Counseling Services

Kaitlynn Danielle Pack

Behavioral Health Unit

Jennifer Paige Tackett

Same Day Surgery

Shelbi Anne Vanlandingham

Nursing Administration

Norma Sue Yazell

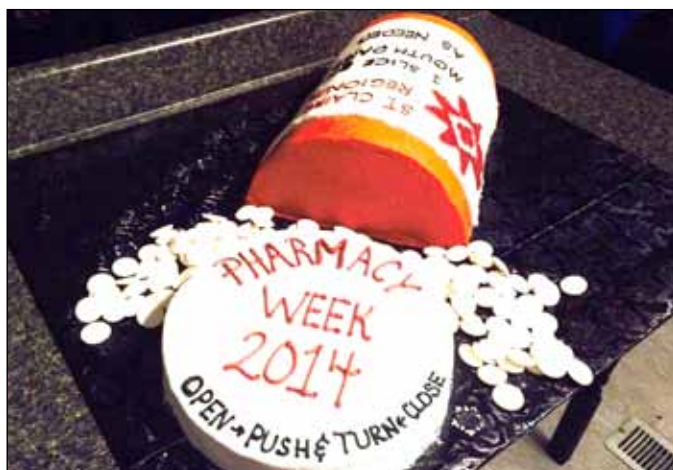
TCU

A Very Special Cake for Pharmacy Week

October 19 - 25

Submitted by Catherine Shely

Monica Zornes, CPhT, created the cake pictured below in honor of her colleagues in the Pharmacy Department during Pharmacy Week. All components are edible, including the tablets which are large mints. Monica has been a certified pharmacy technician at St. Claire Regional since 2006. The pharmacy staff often have the opportunity to enjoy her culinary skills, but this one "takes the cake"!



Pharmacy Week

Each year, the American Pharmacists Association (APhA) sponsors National Pharmacy Week during the last full week in October. The first observance was held in 1925 and was the culmination of a concept of pharmacist Robert J. Ruth, who envisioned a week during which public health would be the keynote concept. Throughout its history, National Pharmacy Week has served to educate the public on pharmacy-related topics. The event provides a forum for pharmacists to showcase their expertise in the health care system and to take pride in their profession. It is also celebrated throughout the world by pharmacists in Great Britain, Australia, Canada, and New Zealand.



UPCOMING C.E. Programs

November 7 | Tumor Board

7:30 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

November 11 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

November 21 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

December 2 | Tumor Board

7:30 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

December 3 | Journal Club

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

December 9 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

December 9 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830 or

kasandra.hensley@st-claire.org

December 17 | Interdisciplinary Grand Rounds

12:30 - 1:30 PM

SCR Library

Credit: ACPE, Category 1 AMA

December 19 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

NEWS & EVENTS



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

SCR & KNA Northeastern Chapter

COAT DRIVE

Collecting new and gently used coats, gloves, and toboggans for school age children.

October 2nd – November 17th

Items may be dropped off in Linda Conyers office on the 2nd Floor.

For more information, contact Michelle Rayburn at 606-783-6631 or Michelle.Rayburn@st-claire.org

Newborn Care Class

Presented by Alyssa Hunter, MD

Date: Tuesday, November 18

Location: Family Medicine location in Morehead

Time: 6 p.m. – 8 p.m.

For more information contact Edna Gagliano at ext. 7554 or call the Family Medicine location in Morehead at ext. 3771



St. Claire Regional is a sponsored ministry of the **Sisters of Notre Dame** Covington Province

St. Claire Regional Medical Center

NEWSBRIEF

Have an article or event to submit for the Newsbrief?

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

Visit the SCR web site at www.st-claire.org/newsbrief to readpast editions of the SCR Newsbrief

Need a Camera to Cover a SCR Event?

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



Breastfeeding Class

Presented by Franny Meritt, CNM

Date: Thursday, November 20

Location: Family Medicine location in Morehead

Time: 6 p.m. – 8 p.m.

For more information contact Edna Gagliano at ext. 7554 or call the Family Medicine location in Morehead at ext. 3771