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L-R: Sr. Mary Ethel Parrott, SND Provincial; Mark J. Neff, SCH President/CEO; Sr. Marla Monahan, SND, St. Claire Board of Directors Chair; and Joshua Hamilton, Rowan Co. Schools Director of Chors

## ST. CLAIRE HEALTHCARE

### *Lights Up With Holiday Cheer*



Staff, patients, and visitors gathered outside the main entrance of the Medical Center on Nov. 29 to usher in the holiday season during a beloved St. Claire tradition, our Annual Tree Lighting Ceremony.

The 16' tree was purchased by the St. Claire Auxiliary from Hutton-Loyd Tree Farm and decorated by SCH's facilities management team.

***See page 2 for more photos!***





# Annual Tree Lighting Ceremony



The Rowan County Senior High School Choir, directed by Joshua Hamilton, shared the Christmas spirit with their joyful carols.



Mark J. Neff, SCH President/CEO, greeted the crowd with a warm holiday welcome.



Sr. Marla Monahan, SND, SCH Board Chair, gave a beautiful blessing of the season.



St. Claire HealthCare staff and guests bundled up to take part in this beloved St. Claire tradition.



Sr. Mary Ethel Parrott, SND Provincial, had the honor of lighting St. Claire's Christmas tree!



Everyone warmed up inside with some yummy hot chocolate and cookies served by St. Claire's wonderful volunteers.



## "St. Claire Surgical Weight Loss gave me a new Appreciation for Life!"

- Adelinda Reed  
Morehead, KY



**Adelinda Before Surgery**

*Only 12 months later, she has lost 143 pounds.*

"I am so grateful that I no longer have pain in my back or my legs. And, I can breathe so much easier now. The surgery has truly changed my life for the better.

Thanks to St. Claire's Surgical Weight Loss team my health, confidence, and self-esteem have significantly improved over the past year. It's been a hard but amazing experience and I'm excited to see what the future holds for me!"

**St. Claire Surgical Weight Loss**

### Ready to change your life?

Register for a **FREE SURGICAL WEIGHT LOSS SEMINAR!**  
Visit [www.st-claire.org/surgicalweightloss](http://www.st-claire.org/surgicalweightloss) or call 606.356.4814.





**Mark J. Neff**  
SCH President/CEO

## St. Claire HealthCare President/CEO Mark J. Neff, FACHE, Recognized as Rural Health Champion

St. Claire HealthCare is proud to announce that Mark J. Neff, St. Claire HealthCare President/CEO, has been recognized as a Kentucky Rural Health Champion in the fall publication of *The Bridge*, a quarterly publication focusing on rural health issues and topics pertaining to the Commonwealth.

The Rural Health Champion recognition is presented to individuals that demonstrate leadership and expertise in direct patient care, healthcare education, administration, promotion, or public advocacy. These individuals have also played a key role in developing or implementing innovative solutions to problems or challenges for rural Kentuckians at the state, region, or local level.

To view the publication, visit [www.st-claire.org/ruralhealthchampion](http://www.st-claire.org/ruralhealthchampion). The article which highlights Neff's important role at St. Claire over the last 23 years begins on page 8 and continues on page 15.

## Molly Carew, APRN, Retires With 24 Years of Service

*Please join us in wishing Carew the best in her retirement! Her passionate spirit and dedication to patient care will certainly be missed. A reception will be held in her honor on Friday, Dec. 7 from 2 to 3:30 pm. in the St. Claire Café.*



### *My St. Claire Story - Submitted by Molly Carew*

I appreciate the many people I have had the privilege to work with, the dozens of students I have mentored, but most of all the patients I have encountered in my nursing career.

I believe it's the people that make St. Claire HealthCare such a great institution, and as I retire after 24 years of service, I wanted to share my personal St. Claire story.

I began my career with St. Claire in 1975 as a staff nurse in Home Health. These were the early days of the department. The director and founder of Home Health, Ellie Reser, had just moved on when I joined two Sisters of Charity and traveling nurses, Sr. Ann Falloon, RN, and Sr. Eileen Judge, RN. Joined by one other nurse, we set off to treat patients across five counties.

After working in Home Health for four years, I took a leave from my nursing career while my husband, Tom, and I welcomed our four children into the world. During my leave, I remained dedicated to healthcare. I trained to become a Certified Childbirth Educator and began teaching childbirth classes previously

taught by Sr. Eileen Judge, RN, who had left to further her education as a nurse practitioner. I also taught continuing education courses at the hospital in the evenings and worked with AHEC to prepare registered nurses to return to the workforce.

Once my children were all in school, I returned to St. Claire Home Health and continued my education pursuing a master's degree in nursing. After becoming an Advanced Practice Nurse Practitioner in 1999, I began my first job as an APRN at St. Claire Family Medicine.

St. Claire assisted with my master's tuition, and I agreed to work for at least two years post-graduation. Twenty years later, I am now retiring from St. Claire HealthCare. It was a good deal for both of us.

I spent 17 years at St. Claire Family Medicine - Sandy Hook before joining St. Claire's Internal Medicine team in Morehead in 2016.

It's been a great journey and now I am ready for the next step, life in retirement.



# Staff Christmas Parties

SCH Main Cafeteria

**Thursday, Dec. 13**

10:00 PM to 11:30 PM

**Friday, Dec. 14**

7:30 AM to 9:30 PM & 2:30 PM to 4:00 PM



*Stop by to visit with Santa and pick up your staff Christmas gift!*

A message from:





# 'Tis the Season for **big** Holiday Savings!

Offers valid thru Dec. 31.



## St. Claire **FAMILY MEDICAL** SUPPLY

### Check out the big savings on great gift ideas just in time for Christmas!

## 25% OFF LIFT CHAIRS

Discount does not apply to lift chair upgrades.

### Sit, Recline, Lift, or Stand all with the Touch of a Button!



## The Cirrus

Golden Technologies  
Model: PR508M - Palomino

Innovative backrest and fashion forward armrest design provide superior neck and lumbar support

Exclusive AutoDrive™ 3.0 hand control to make reclining into your favorite position a breeze

Lifetime manufacturer warranty on Golden Technologies lift mechanism

**FINANCING AVAILABLE**

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## COMPRESSION SOCKS & HOSIERY BUY 1 GET 1 50% OFF



Reduce swelling and improve circulation with our large selection of compression socks and hosiery!

## 25% OFF GEL ULTIMATES® GLOVES & BOOTIES



Moisturize and soften with the Gel Ultimate! These booties and gloves are washable and reusable.

## MEDLINE REMEDY OLIVAMINE SKIN REPAIR CREAM 25% OFF



Help protect and relieve damage related to frequent hand washing such as dryness, cracked, inflamed, reddened, and itchy skin.

## CONTOUR LIVING 10 IN ONE FLIP PILLOW 25% OFF

This versatile, soft bed wedge pillow arranges in 10 positions to support neck, shoulders, and lumbar region.



## 25% OFF FLIP PILLOW COVERS

Available in tan, navy, and seafoam green.

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Choose from over 25 lines in a variety of styles!



## 25% OFF ACTIVE, EVERYDAY & ORTHOPEDIC SHOES Choose from our selection of over 180 styles!



www.st-claire.org | 606.784.2414 | Located in the Kroger Shopping Center in Morehead

Open Monday - Friday: 8AM - 5PM | No additional discounts, promotions or offers apply. 12/18





# Want to win a One of a Kind Hand-Knitted Stocking?

St. Claire Oncology is having a raffle for these two beautiful hand-knitted stockings made by one of our oncology patients. Proceeds will benefit Morehead's Relay for Life. Each stocking is stuffed full of toys and goodies, and are valued at over \$100 each!

**Tickets may be purchased in Oncology anytime before Dec. 19**

— or —

**2nd floor hallway on Friday, Dec. 7 & Friday, Dec. 14 from 11:00 am to 1:00 pm.**



### Boys Stocking

- \$20 Gas Card
- Giant Glider
- Beanie Baby
- Paw Patrol Beanie Baby
- Star Wars Play Pack
- Nemo Pinball Game
- Tic-tac-toe Game
- Bouncy Basketball
- Puzzle Ball
- Candy, Gum & Suckers

*Tickets*  
**\$1 each**  
**6 for \$5**

*Stockings Valued at over \$100 each!*

### Girls Stocking

- \$20 Gas Card
- Cutie Beans Doll
- Glitter Wand
- LED Watch
- Hairbow
- American Girl Paper Doll
- Hatchimal Egg
- Peppa Pig Beanie Baby
- Candy, Gum & Suckers



## Humkey Receives 2018 Dan Martin Award

Mary Jane Humkey, MD, was recently named the recipient of the 2018 Dan Martin Award. Presented through the Kentucky Rural Health Association, the award recognizes an individual for their lifetime contributions to rural health in Kentucky. The award is named for its first recipient, Dr. Dan Martin of the Trover Foundation in Madisonville.

Dr. Humkey's dedication to rural medicine began 31 years ago through an obligation with the National Health Services Corp (NHSC). She began her career at St. Claire in 1985 and unlike many NHSC scholars, she didn't put her time in and leave – she made the hospital and community her home.

Dr. Humkey has worked at all of St. Claire Family Medicine's primary care/rural health clinics located in Bath, Carter, Elliott, Menifee, and Rowan counties. She has been a community-based faculty member for the University of Kentucky since she began her career with St. Claire. Numerous allied health, medical, physician assistant, and nurse practitioner students have rotated with her and learned the value of providing quality primary care to patients, while also understanding more about administrative responsibilities. In addition to patient care, Dr. Humkey served as Medical Director for Family Medicine from 1995 until 2016. She has led by example and set high expectations for the delivery of care. In 1995, Dr. Humkey obtained certification as a Medical Review Officer (MRO) and still maintains that responsibility for the hospital. She is also certified to teach ACLS and PALS.



**Mary Jane Humkey, MD**

Dr. Humkey's strong devotion to helping children led her to obtain certification as a Child Sexual Abuse Examiner. She was certified in 1988 and was the only certified examiner for multiple counties. Dr. Humkey played a key role in the planning and creation of the Gateway Children's Advocacy Center where the mission is to "coordinate services to child sexual abuse victims in the Gateway area in a safe and nurturing environment where trauma is lessened and healing is enhanced."

As part of the award presentation, colleagues were asked to provide some brief words to describe Dr. Humkey. Among the many kind words, one colleague stated, "Whether it be as a direct caregiver or in an administrative role, Dr. Humkey always considers what is in the best interest of the patient. Even with her 'mostly' retired life, she continues to teach ACLS and PALS courses to staff so they can learn and/or perfect their skills and knowledge to care for the patients of Eastern Kentucky."

Dr. Humkey received the award at the Kentucky Rural Health Association annual meeting in Bowling Green. She received a plaque and a hand-made dulcimer. Congratulations Dr. Humkey!



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Amazon will donate .5% of your purchase to St. Claire HealthCare when you shop [smile.amazon.com](https://smile.amazon.com) and select St. Claire as your charity of choice!





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 Have Been Waiting For  
 A YOUNGER LOOKING YOU!  
 HOLIDAY SALE  
 NOV. 12 - DEC. 28

**BOTOX<sup>®</sup>**  
 Cosmetic  
 onabotulinumtoxinA injection  
**\$9 PER UNIT**

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**\$50 OFF**  
 ULTRA<sup>®</sup>  
 ULTRA PLUS<sup>®</sup>  
 VOLBELLA<sup>®</sup>  
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**\$100 OFF**  
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 and  
**Restylane**  
 LYFT<sup>™</sup>  
 Buy 1 syringe get  
**\$100 OFF**  
 Buy 2 syringes get  
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**Dysport**  
 (abobotulinumtoxinA)  
**\$3 PER UNIT**

**Latisse**  
 (bimatoprost ophthalmic solution) 0.03%  
 5-mL kit  
**\$125**

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 Skin Rejuvenation OR Hair Removal  
 Get **1/2 OFF** second package  
 of equal or lesser value



the #1 medically dispensed, prescription-strength skin care system that can actually transform your skin in as little as 90 days!

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Transform Your Skin in 90 Days Bundle  
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 Engineered for men's skin to provide age defense and daily damage restoration

- \*Facial Cleanser (6oz)
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**\$145**  
 MSRP \$292



**GIFT CERTIFICATES AVAILABLE**

606.783.6760  
 Call to schedule your FREE skin consultation!  
 Connect with us to stay up-to-date on all things SCH Aesthetics!   
 Sale offers CANNOT be combined with any other offer.

**St. Claire Aesthetics**  
 Located on the first floor of the Medical Center

**St. Claire HealthCare Welcomes New Staff**

<b>Clesta N. Adkins</b> ICU	<b>Kayce C. Fraley</b> 3rd Floor North	<b>Shawna R. Lemaster</b> OPCC	<b>Gabrielle R. McCarty</b> Laboratory
<b>Emily L. Ashley</b> Behavioral Health Unit	<b>Adam S. Keaton</b> Surgery	<b>Candice D. Logan</b> Environmental Services	<b>Teresa R. Reyes</b> Infusion Solutions
<b>Lisa M. Bennett</b> Environmental Services	<b>Samantha B. Keeton</b> Laboratory	<b>Sharon E. Lykins</b> Environmental Services	<b>Haley N. Thompson</b> Environmental Services
<b>Courtney B. Bowen</b> Food Services	<b>Tiffany D. Kerns</b> Infusion Solutions	<b>Kimi S. Lyons</b> Food Services	<b>Donald Walker</b> Infusion Solutions
<b>Ashley N. Bowling</b> 3rd Floor Central	<b>Erica L. King</b> Infusion Solutions	<b>Jessica I. Martin</b> Nursing Administration	
<b>Danielle N. Craig</b> Outpatient Center	<b>Logan L. Knell</b> Counseling Services	<b>Martha N. Mays</b> FM - Morehead	



**DECEMBER 2018 EDUCATIONAL OPPORTUNITIES**

- Dec. 10 | BLS Skills Check-Off**  
8:00 AM – Noon (30 min. sessions)  
Room 353 – 3N Conference Room
- Dec. 10 | Trach Care Education & Competency for Nurses**  
8:30 – 9:30 AM  
Sim Lab
- Dec. 12 | Morbidity and Mortality**  
Noon – 1:00 PM  
St. Claire Library – Education Room  
Credit: Category 1 AMA
- Dec. 13 | Crew Resource Management**  
8:00 – 10:30 AM  
CHER 415  
Credit: CNE
- Dec. 14 | Crew Resource Management**  
1:00 – 3:30 PM  
CHER 415  
Credit: CNE
- Dec. 18 | Secure Training**  
8:00 AM – 2:00 PM  
Sim Lab  
Credit: CNE
- Dec. 18 | CATS Lecture Series: Saving Brain Cells**  
Noon – 1:00 PM  
Café A  
Credit: CME, CNE
- Dec. 19 | Interdisciplinary Grand Rounds**  
Noon – 1:00 PM  
St. Claire Library – Education Room  
Credit: ACPE, Category 1 AMA
- Dec. 20 | Secure Training**  
8:00 AM – 2:00 PM  
CHER 102 D  
Credit: CNE
- Dec. 21 | Tumor Board**  
8:00 – 9:00 AM  
St. Claire Library – Education Room  
Credit: Category 1 AMA, Nursing
- Dec. 27 | BLS Skills Check-Off**  
8:00 AM – Noon (30 min. sessions)  
Room 353 – 3N Conference Room





ST. CLAIRE HOSPICE  
3RD ANNUAL

# Holiday Food Drive

Help St. Claire Hospice patients and their families during the holiday season.

Donations of non-perishable food items like canned vegetables, canned fruits, boxed desserts, boxed potatoes, bottled water, juices etc., can be dropped off at the Hospice Office (201 Lyons Ave., Morehead).

**DROP-OFF DEADLINE:  
MONDAY, DEC. 17**

Contact Amber Stamper at 606.783.6887 for more information.



222 Medical Circle | Morehead, KY 40351



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

**free CHILD DEVELOPMENT CLASSES** designed FOR PARENTS & CAREGIVERS

**Taking Care of Myself!**

**Dec. 11 at 6PM**  
Rowan County Public Library



## NEWSBRIEF

Have an article or event to submit for the Newsbrief?

Please send articles/information to be placed in the SCH Newsbrief to [SCHcommunications@st-claire.org](mailto:SCHcommunications@st-claire.org).

View current and past Newsbriefs online!  
[www.st-claire.org/Newsbrief](http://www.st-claire.org/Newsbrief)

## Need a camera for a St. Claire event?

The Marketing/PR Dept. has several cameras available for loan.

Call ext. 6927 to reserve a camera for your event.



**Connect With Us!**