

# NEWSBRIEF

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## Fletcher Selected as One of America's Top Nurse Practitioners

*Submitted by Cheryl McClain*

Wendy Fletcher, DNP, APRN, was recently recognized as one of America's top nurse practitioners for 2018 by the Point of Care Network. She received multiple nominations during the national American Association of Nurse Practitioners conference last summer in Denver Colorado for her clinical and legislative work to advance the practice of advance practice providers in the state.

"I was not at the conference, and the nomination was a total surprise to me," Fletcher said. "When I saw the other winners, I was completely honored to be named amongst them, particularly Wendy Wright and Mimi Secor, both of whom are nationally recognized NP educators, speakers, and clinicians ... I consider them both to be mentors not only to me but our entire profession."

Fletcher joined St. Claire HealthCare in August 2017. In addition to seeing patients at St. Claire Family Medicine - Morehead, North, she serves as Clinical Director of Advanced Practice. In this role, she provides expertise and consulting services to improve the care provided by advanced practice providers, focusing on APRNs and PA-Cs.

"Wendy has been critical to the success of developing dashboards for all St. Claire providers, increasing awareness of current preventative services being offered and those being completed by our providers, as well as outcome measures regarding medical conditions such as high blood pressure and diabetes," said Cheryl McClain, MD, ACOG for Primary Care, Behavioral Medicine, Hospice, and Palliative Medicine. "She has been instrumental in implementing processes to help SCH impact our region's opioid crisis, such as individual provider data compilation and analysis relating to our providers' current practice of writing controlled substances. Wendy also helps to coordinate efforts in SCH's Controlled Substance Stewardship Committee. She also has worked tirelessly with the informatics team to improve the workflow in our recently implemented "ONE" Integrated Electronic Health Record."

In addition to the honor of being nominated and selected, Fletcher will also be placed on the Expert Advisory Board for the Point of Care Network—the largest online community of NPs and PAs in America.

Congratulations, Wendy!



**Wendy Fletcher, DNP, APRN**



# "Thanks to St. Claire Surgical Weight Loss I'm Living My Best Life!"

-Kristen Bledsoe  
Olive Hill, KY



**Kristen lost 130 pounds in only 15 months.**

*Kristen Before Surgery*

I genuinely feel GREAT! After my surgery, I am living my best life. The biggest difference that many see is the physical change; however, the biggest difference for me is the freedom. I can walk the halls of work without being out of breath. My feet don't hurt at the end of a long work day. And, I can ride roller coasters again, kayak, and go white water rafting!

The almost eight months I spent preparing for the surgery were difficult, but they were definitely worth every minute. I've spent years worrying about what my quality of life would be like as I aged. Those worries are no more! I am able to exercise and my blood pressure is under control for the first time since my early twenties.

## St. Claire Surgical Weight Loss



St. Claire Regional Medical Center is an Accredited Comprehensive Center for Bariatric Surgery

### 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**.



## PROVIDER SPOTLIGHT

St. Claire HealthCare is proud to announce the addition of the following healthcare providers to our medical staff.



### Laith Sweis, MD (St. Claire Primary Care)

*"I decided to pursue medicine because I wanted to help people and I knew that medicine was a great way to do that. I fell in love with the idea of doing both internal medicine and pediatrics in medical school and decided to make that my focus."*

Laith Sweis, MD, earned his medical degree from the University of Louisville School of Medicine where he also completed his internal medicine and pediatrics residency. He is board certified in both pediatrics and internal medicine.

"I really enjoy working with everyone at St. Claire," says Dr. Sweis. "The medical assistants, other providers, and staff have been extremely welcoming and helpful, and I love working with the people

Dr. Sweis enjoys snorkeling, bowling, hiking, collecting old medical texts, and playing tennis, bocce, badminton, and chess. After taking an entomology course, he also enjoys identifying and observing insects while hiking in nature reserves or when walking around his neighborhood. He also enjoys doing ceramics and the making, and eating, of Middle Eastern and Mediterranean cuisine.

Dr. Sweis is currently accepting new pediatric and internal medicine patients at the St. Claire Medical Pavilion. For more information or to schedule an appointment, visit [www.st-claire.org/appointment](http://www.st-claire.org/appointment) or call 606.780.5500.

### Cindi Bradley, APRN (St. Claire Family Medicine - Sandy Hook)

*"I really love working one-on-one with my patients and building meaningful relationships with them as I truly want to make a difference in their lives."*

Cindi Bradley, APRN comes to St. Claire with over 15 years of direct patient care experience in a variety of medical settings including family medicine, home health, and hospice. She began her career in the medical field as a paramedic with the local emergency services in her hometown of Flatwoods, Kentucky.

Bradley earned her Master of Science in Nursing from Walden University in Minneapolis, Minnesota and is a board certified family nurse practitioner.

Bradley enjoys spending time with her husband and two children. She also enjoys traveling, camping, kayaking, and watching her kids participate in activities.

Bradley is now seeing and accepting new patients at St. Claire Family Medicine - Sandy Hook where she joins Aaron "Parker" Banks, DO, and Diana Rose, APRN. To schedule an appointment, visit [www.st-claire.org/appointment](http://www.st-claire.org/appointment) or call 606.738.5155.



# 2019 New Parent Education & Support

All Classes Are Free!



## Our CLAN Parenting Gatherings

Being a parent is hard work! Get out of the house every third Thursday of the month and enjoy some time with other parents for a little support in your journey! Our Children Loved and Nurtured (CLAN) creates a positive, nonjudgmental environment where parents or caregivers will receive community support, grow social connections, and build parenting skills to maximize their child's holistic development.

- |             |              |
|-------------|--------------|
| January 17  | July 18      |
| February 21 | August 15    |
| March 21    | September 19 |
| April 18    | October 17   |
| May 16      | November 21  |
| June 20     | December 19  |



### No registration necessary.

Classes will be held from 6-8 p.m., on the 1st floor of the Center for Health, Education & Research located at 316 W. Second Street in Morehead.



## Childbirth Class

Having a baby is an exciting (and sometimes scary) journey! Learn what to expect and coping techniques during the first class. In the second class, you will begin preparing to make some very important decisions for you, your baby, and your family. Bring a support person or come on your own to get ready for a day you will never forget!

- |                |                |
|----------------|----------------|
| February 5, 12 | August 6, 13   |
| April 2, 9     | October 1, 8   |
| June 4, 11     | December 3, 10 |



## Breastfeeding Class

Join other expectant families to learn the benefits of breastfeeding, how to get started, and how to work through some early challenges.

- |            |              |
|------------|--------------|
| January 10 | July 11      |
| March 14   | September 12 |
| May 9      | November 14  |



For more information or to request special arrangements, email [pregnancy2parenting@st-claire.org](mailto:pregnancy2parenting@st-claire.org) or call 606.784.3771.



ST. CLAIRE'S NEW YEAR

DAY

GREYSON ALLEN BRASHEAR

## St. Claire Regional Medical Center welcomed its first baby of the New Year at 10:49 AM on New Year's Day!

Baby boy, Greyson Allen Brashear, was born to proud mom Amanda Brashear of Morehead, weighing in at 7 pounds, 1 ounce and measuring 19.5 inches long. As is tradition, St. Claire celebrated the first baby of the New Year by showering Greyson and mom with gifts including an Ingenuity Smart & Simple Playard, a car seat, newborn pod, a nursery organizer, clothing, and additional basic care items.

The family will also take home a handcrafted wooden rocking horse built by Paul Glesge, a local woodworker. Pony Express Wood Specialties, owned by Glesge, generously donates a rocking horse to the first baby of the year born at St. Claire each year. "The rocking horse is beautiful," said Amanda. "It was such a surprise to receive all of the gifts and to have the first baby of the year. I figured someone would have their baby before me so it was pretty neat."

Greyson was welcomed with love from extended family and excited siblings. Mom and baby are both doing well. "We're excited to go home and get a routine started," said Amanda.

# A Year in Review - LOOKING BACK AT 2018

St. Claire HealthCare staff provided **healthcare services** for over **700,000** patient encounters in 2018.



### SCH Awarded AORN Gold Level Recognition

SCH received gold level recognition from the Association of periOperative Registered Nurses (AORN) in February 2018 for its commitment to ensuring a surgical smoke-free environment for our perioperative team and patients.



### St. Claire Surgical Weight Loss Earned National Accreditation as a Comprehensive Center for Bariatric Surgery

In March 2018, St. Claire Surgical Weight Loss earned comprehensive center accreditation for bariatric surgery under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). The MBSAQIP Standards ensure that bariatric surgical patients receive a multidisciplinary program, not just a surgical procedure, which improves patient outcomes and long-term success.



### In Loving Memory of Sister Jeanne August 10, 1934 - March 17, 2018

Sister Jeanne Frances Cleves, SND, RN, one of the original Sisters of Notre Dame who came to Morehead in 1963 to open St. Claire, spent more than 45 years giving her heart and hands to all those who walked through our doors. Her love and generosity will continue to live in our hearts and minds forever.



### St. Claire Pharmacy Opened Second Retail Location Inside Medical Pavilion

St. Claire opened its second retail pharmacy location inside the new Medical Pavilion in May 2018 for added patient convenience.

### Integrated Electronic Health Record System Went Live



In July 2018 the "ONE" Integrated Electronic Health Record system went live creating greater focus on patient care and standardization of processes across both inpatient and outpatient care settings.



Mark J. Neff  
SCH President/CEO

### SCH President/CEO Announced Plans for the Next Phase of Life

In July 2018, Mark J. Neff, SCH President/CEO announced plans to retire in 2019 with nearly 24 years of service saying, "It is with both sadness and joy that I am announcing my retirement ... I'm sad to leave, but excited about the next phase of life as my wife, Diane, and I plan to relocate back to Notre Dame, Indiana to be closer to our children and grandchildren." Mark's compassion and commitment to St. Claire will truly be missed.



### Emergency Department Organized County-Wide Mass Casualty Drill

In October 2018, St. Claire's Emergency Department, local first responders, and the Rowan County school system conducted a training exercise to ensure all involved were prepared in the event of a real mass casualty emergency. The drill simulated the aftermath of a school bus accident with 19 patients.



### Sculpture Captured the Spirit of St. Claire

"A Lifetime of Care," installed near the entrance of the Medical Pavilion in September 2018, is a tribute to St. Claire HealthCare's heritage. The piece was created by local artist Steve Tirone, MFA, and was made possible by contributions from the St. Claire Auxiliary.

### St. Claire Medical Pavilion Opened Doors to First Patients

Our eagerly anticipated 81,000 sq. ft., Medical Pavilion, designed with patient care and comfort in mind, opened to its first patients on April 30. All specialty services previously housed in the Morehead Medical Specialists and Cave Run Surgical Specialists facilities began seeing patients in the pavilion by May 21.



### St. Claire HealthCare Welcomed Five New Physicians in 2018



Colby Holmes, DPM  
Podiatry



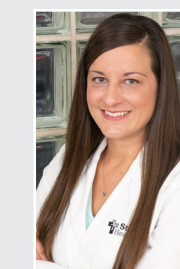
Selena Raines, DO  
Primary Care



Pamela "Tess" Smallwood, MD  
UK Morehead Women's HealthCare



Laith Sweis, MD  
Primary Care



Katrina Winkler, MD  
General Surgery

# free CHILD DEVELOPMENT CLASSES designed FOR PARENTS AND CAREGIVERS



Join St. Claire's Pediatric Rehabilitation Therapy Team Beth Reynolds, MS, OTR/L; Stacy Border, PT, DPT; Sarah Beth Bryan, MS, CCC-SLP; Kliricia Loc, MS, OTR/L; and Amber Stone, MS, CF-SLP for a series of FREE child development classes. *Childcare will not be provided.*

**Classes will focus on children ages newborn to 5 years, but everyone is welcome.**

Questions? Contact Beth at 606.783.7780 or [elizabeth.reynolds@st-claire.org](mailto:elizabeth.reynolds@st-claire.org).



MAR 12

## Hitting the Milestones

6 PM • St. Claire Outpatient Center

Developmental milestones provide important information about your child's early development. Find out what you should be looking for and when. Plus, learn appropriate play skills, positioning during play, and ways to get your kids moving.

JUN 11

## Feeding & Self-Care

6 PM • St. Claire Outpatient Center

Making sure your child is getting proper nutrition can be difficult, especially if you have a picky eater or problem feeder. Learn to help your child create healthy eating habits as well as the oral motor skills to chew and swallow. We will also talk about other self-care skills like dressing and potty training.

SEP 10

## Promoting Early Skills

6 PM • St. Claire Outpatient Center

How you communicate with your child can influence his or her early development. Learn ways you can engage with your child to help develop early language and literacy skills. We will also talk about the role of technology in child development.

DEC 10

## Appropriate Behaviors

6 PM • St. Claire Outpatient Center

Sometimes it's tough for kids to know how to appropriately respond to situations. Learn to help your child self-regulate emotions and reduce inappropriate behaviors such as outbursts and tantrums to promote safe participation in daily activities.

[www.st-claire.org](http://www.st-claire.org)

St. Claire Outpatient Center • 1028 East Main St. • Morehead, KY 40351

## Help Us Help Others! GIVE WHILE YOU SHOP



With your help, St. Claire could earn up to \$200,000 a year we can use to improve the lives of our patients and their families through Kroger Community Rewards!

*If you've previously enrolled, please update your account with SCH's new code TR893.*

With only **14** households enrolled, in the last quarter, SCH received a donation of **\$60.91**  
Just imagine the impact we could make if all of SCH's staff, friends, and families enrolled!

## ENROLL TODAY!

1. Go to [www.KrogerCommunityRewards.com](http://www.KrogerCommunityRewards.com).
2. Look for "I'm a Customer" and click "View Details."
3. Sign in with your existing Kroger account, or create a new account.
4. In the "Find an Organization" search box, enter the code **TR893** and click "Search."
5. When St. Claire Regional Medical Center pops up, simply click "Enroll."

Enroll by phone! Call 800.576.4377 and select option 3.



# SAVE THE DATE JOIN US FOR A COMMUNITY BABY SHOWER

SATURDAY, MARCH 30 • 10 AM - 1 PM  
Morehead Conference Center (111 East First Street)

**Vendor Registration is Now Open!**  
[www.st-claire.org/babyshower](http://www.st-claire.org/babyshower)

Attend **FREE** new mother and baby education sessions and be entered to win over \$2,000 in baby shower prizes!

*Healthy, happy, and safe from the start!*



# DISCOVER A MORE ACTIVE YOU THIS YEAR

We've Got What You Need to Make Your Resolutions a Reality!



606.784.2414

www.st-claire.org

Located in the Kroger Shopping Center in Morehead

Monday - Friday: 8AM - 5PM

No additional discounts, promotions or offers apply.

Valid thru 1.31.19



## 15% OFF HMR FOODS

These quick, easy, and delicious meals and snacks can help you lose weight and improve your eating habits.



## BUY 1, GET 1 50% OFF COMPRESSION SOCKS



Reduce fatigue, swelling, and pain in your legs and feet with compression!

## 20% OFF ORTHOTIC INSOLES

Choose from a variety of styles to find the maximum comfort for you.



## 25% OFF DIGITAL SCALES



We offer a variety of scales, including one that will calculate your BMI.

## 20% OFF SHOES ACTIVE • ORTHOPEDIC • EVERYDAY



## 20% OFF Pedometers



Count distance, steps, and calories with the StepMate pedometer.

## 20% OFF SCRUBS



# SALE ALL JACKETS 30% OFF

Warm Up in Style!  
NOW THRU FEB. 1



www.st-claire.org | 606.784.2414  
Located in the Kroger Shopping Center in Morehead, across from LOWE'S

Open Monday - Friday: 8AM - 5PM

No additional discounts, promotions or offers apply. 1/19



## St. Claire HealthCare Welcomes New Staff

**Richard A. Abney**  
Anesthesia Professionals

**Ekaterine L. Dameron**  
Nursing Administration

**Aubrey L. Libbrecht**  
Pediatrics

**Louis W. Pilosky**  
Food Services

**Kelly R. Bishop**  
Food Services

**Leslie M. Davis**  
Behavioral Health Unit

**Brittany D. Littleton**  
Pharmacy

**Mandy M. Roberts**  
Surgery

**Joslyn N. Black**  
Diagnostic Imaging

**Almon F. Dixon**  
Infusion Solutions

**Alissa D. Mason**  
Patient Access

**Elisha C. Smith**  
Laboratory

**Cindi M. Bradley**  
FM - Sandy Hook

**Kara D. Gerike**  
Laboratory

**Lonnie G. McCoy Jr.**  
Behavioral Health Unit

**Shannon L. Smith-Stephens**  
Family Medicine

**Kimberly A. Burton**  
Same Day Surgery

**Michael C. Helphinstine**  
Diagnostic Imaging

**Kimberly D. Mills**  
Primary Care

**Heather D. Varney**  
Environmental Services

**Michelle L. Butler**  
Environmental Services

**Crystal L. Kirk**  
Behavioral Health Unit

**Donovan L. Page**  
Environmental Services

**Zachary R. Williams**  
Laboratory

PREPARE YOUR TASTE BUDS  
FOR BATTLE!



February 2, 2019  
5:30 p.m. - 8:30 p.m.  
Morehead Conference Center

benefiting:  
GOD'S PANTRY  
FOOD BANK


Chili Wars - A Souper Bowl of Caring Event

St. Claire HealthCare is a proud sponsor of Chili Wars.

Get your tickets online at:  
[www.ChiliWars.org](http://www.ChiliWars.org)



222 Medical Circle | Morehead, KY 40351



**Interdisciplinary  
OBSTETRICAL  
GRAND  
ROUNDS**

March 7 • May 2 • Sept. 5 • Nov. 7  
SCR Library Educational Room, 8 - 9 AM



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



**CAMP FOR CHILDREN**  
Who have Lost a Loved One

**Camp SMILE** is offered to Children 7-17 years old who have suffered the loss of a loved one. The camp will be hosted from **April 26-28, at Camp Lyons in Bath County.**

St. Claire HealthCare  
**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!**