

 St. Claire HealthCare

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18TH ANNUAL COMMUNITY BABY SHOWER

St. Claire HealthCare and UK HealthCare Partner with Local Resources to Promote Healthy Pregnancies and Happy Babies

All planning, pregnant, new and adopting parents are invited to the 18th Annual Community Baby Shower hosted by St. Claire HealthCare and UK HealthCare. This FREE event will be held on Saturday, March 30 from 10 a.m. to 1 p.m., at the Morehead Conference Center.

Guests will enjoy educational sessions on topics related to pregnancy and newborn care and will have the opportunity to visit nearly 60 informational booths hosted by healthcare providers, community organizations, and local vendors providing new and expectant parents with valuable resources.

Everyone who attends at least 10 informational booths will be entered to win over \$2,000 in baby shower prizes including a car seat, pack-n-play, baby monitors, gift baskets, and so much more! Plus, expecting moms can enter to win a FREE Sneak Peek Ultrasound courtesy of Morehead State University's diagnostic imaging program.

"Parenthood can be overwhelming," said St. Claire Women's Care Nurse Manager Jon Nicole Tate, BSN, RN. "This Community Baby Shower helps provide families the tools needed for successful pregnancy and parenting."

"I look forward to this event every year because I love how the speakers and booths provide new and exciting information on how to keep our families healthy and happy," said Rebecca M. Todd, MD, OB/GYN at UK Morehead Women's Healthcare.

The Community Baby Shower is a FREE event open to all new and expectant parents.

Register in advance at: www.st-claire.org/babyshower





Offers Valid Thru Feb. 28

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Not valid with any other discounts or promotions.

St. Claire Aesthetics

Gift Certificates Available!

606.783.6760

Call to schedule your FREE skin consultation!

Located on the first floor of the Medical Center

Sale offers CANNOT be combined with any other offer. 2/19



Connect with us to stay up-to-date on all things SCH Aesthetics!

St. Claire Participates in "Aspirin for Breast Cancer" Trial

Interest in aspirin as a breast cancer treatment has been building since a 2010 research study found that women who regularly took aspirin were less likely to have their breast cancer return or to die from breast cancer.

The Aspirin for Breast Cancer (ABC) Trial is a research study seeking to find out if aspirin can keep breast cancer from coming back in people who had node-positive breast cancer before. It is the first U.S. study to try and answer this question.

We are proud to announce St. Claire HealthCare is participating in the ABC Trial and our first patient was enrolled in January, shortly after the study opened.

"The National Comprehensive Cancer Network (NCCN) recommends that every oncology patient consider participating in a clinical trial, but most of the time that means traveling to a large academic center which isn't always feasible for our patient population," said Ashley Gibson, St. Claire Oncology Research Coordinator & Patient Navigator. "Having our oncology staff registered with the National Cancer Institute allows us to give our patients the opportunity to participate in these national trials close to home."

To learn more about the ABC trial and other clinical trials at St. Claire HealthCare, contact Ashley Gibson at 606.783.7561.

The ABC Trial is being conducted by SWOG, a cancer research network which designs and conducts clinical trials with federal funding from NCI. St. Claire HealthCare is a SWOG member and participates in cancer research studies, including trials conducted within the NCI's National Clinical Trials Network. This trial is funded by the US Department of Defense Breast Cancer Research Program and NCI. More details about the study can be found online at www.abctrial.org.



Front Row (L-R): Brittany Blair, APRN, and Allen Lim, MD; Back Row (L-R): Ashley Gibson, Stephanie Justice, PharmD, BCPS, Vickie Fairchild, RN

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Amazon will donate to St. Claire HealthCare when you shop smile.amazon.com and select St. Claire as your charity of choice

You shop. Amazon donates.
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COLD & FLU ESSENTIALS

Now - Feb. 19



Neti Pot

Reg. Price - \$15.30

Rinse away irritants and gently remove excess mucus.



Therma Moist Heating Pad

Reg. Price - \$89.99

Soothe sore, aching muscles with the therma moist heating pad.



Vicks Steam Inhaler

Reg. Price - \$69.99

Get temporary relief from cough and congestion with a steam inhaler.



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Reg. Price - \$46.99



Zoo Temps

Reg. Price - \$8.40



Get quick, clinically accurate temperature results. Choose from a variety of styles.



Davy the Duck Humidifier

Reg. Price - \$39.99

Get relief from dry coughs and sinus irritations with humidifiers in styles for adults or kids.



TROUBLE BREATHING?

Join St. Claire HealthCare's Better Breathers Club!

If you, or someone you know, is living with a chronic lung disease like COPD, (which includes emphysema and chronic bronchitis) pulmonary fibrosis or lung cancer, consider joining St. Claire HealthCare's new Better Breathers Club. This welcoming support group will help you to learn ways to better cope with your diagnosis while getting the support of others in similar situations. SCH's Better Breathers Club can give you the tools you need to live your best quality of life.

The monthly meetings will cover topics such as nutrition, exercise, sleep, medication, and more with facilitators Holly Atkins, RRT, and Josh Griffith, RRT. Holly and Josh are both American Lung Association trained facilitators. All meetings will be held at 1 p.m. in the St. Claire Regional Medical Center Café.

For more information, email holly.atkins@st-claire.org or call 606.783.6750.

Join us for Monthly Better Breathers Club Meetings Covering a Wide Range of Relevant Topics!

Feb. 14	Café A	Living with Lung Disease
Mar. 22	Café B	Breathing Retraining
Apr. 18	Café C	Exercise with Lung Disease
May 23	Café A	Energy Conservation
Jun. 20	Café C	Emotional & Social Well Being
Jul. 18	Café C	Medications
Aug. 15	Café C	Preventing Infection
Sept. 19	Café C	Sleep Disorders/Testing & PFT
Oct. 19	Café C	Nutrition
Nov. 21	Café D	Airway Clearance
Dec. 19	Café D	Oxygen Therapy



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. 2/19



A letter from ...

Lerae Wilson, DNP, RN, NEA-BC
VP Patient Services/Chief Nursing Officer



To All SCH Staff:

I am writing this to you today to enlist your help. I want to specifically talk about the care and condition of the buildings that make up our enterprise from the main campus, to our off site clinics, and even the new Medical Pavilion.

St. Claire HealthCare is a special place. These buildings that we walk in and out of every day are where it all happens – where patients are seen, children are born, and special memories are made. The oldest part of SCH is the main hospital and yes, it’s getting old. But look at what character this old building has! The beautiful chapel, the stained glass windows, the rooms which are old, but still have the ability to serve patients and families.

I think of Sister Jeanne and the many Sisters of Notre Dame who walked these halls and cherished this old building. I think about our CEO, Mark Neff, who leads by example, and picks up every scrap of paper he finds on the floors. This “old building” is the heart or hub which is connected to everything our enterprise represents.

St. Claire HealthCare is composed of almost 20 buildings, 1,500 employees, and numerous students. The main building alone sees over 30,000 ED patients each year, 5,000 of which end up being admitted. Our Primary Care Clinics and Medical Pavilion see an additional patient load resulting in even more foot traffic. Our EVS and Facilities Management teams, while good at what they do, can’t keep up with everyone and everything.

We need to be more careful with our treatment of these buildings and our equipment. If walls could talk, what would these buildings say? “Hey take care of me!” “Don’t bang into my walls!” Don’t I deserve more respect than this?”

In rounding with EVS and Facilities over the past 3 weeks, I have come to understand that ALL of US have to play a part in keeping our hospital, clinics, and Pavilion clean and pristine. I encourage that we all be more conscientious in how we take care of this place. We need to be more aware of how we leave break rooms, hallways, and especially patient rooms. Be respectful of where you work and how you use the facility.

As with all things, it takes a team. I am so appreciative of everything that you do to care for our patients, community, and one another.

Best Regards,

Lerae Wilson, DNP, RN, NEA-BC
VP Patient Services/Chief Nursing Officer

HOSPITAL & CLINIC SCRUB SALES

Introducing our new Spring lines!

25% OFF

SCRUBS • SHOES • COMPRESSION



Medical Center - Café D

Wednesday, Feb. 20 • 6 AM - 6 PM
Thursday, Feb. 21 • 7 AM - 2 PM

Olive Hill

Tuesday, Feb. 26 • 9 AM - Noon

Owingsville

Thursday, Feb. 14 • 9 AM - Noon



No additional discounts, promotions or offers apply. 2/19

Register to win a \$50 Gift Certificate!

St. Claire HealthCare Welcomes New Staff

Elizabeth M. Cordle
Infusion Solutions

Amanda E. Harper
Neurology - MG

Patricia B. Moore
Environmental Services

Kyla J. Scott
Laboratory

Gregory A. Craft
Infusion Solutions

Barry L. Holland
Infusion Solutions

Vincent G. Osborne
Emergency Department

Alyssa R. Shelton
3rd Floor Central

Della J. Ferguson
Environmental Services

Darrell W. Matheny Jr.
Infusion Solutions

Leah-Ann M. Owens
Post-Acute Medical Services

Shelbi A. Vanlandingham
Pharmacy

Lesley F. Ferguson
Infusion Solutions

Stephanie M. McDaniel
Environmental Services

Rachel A. Ratliff
Laboratory

Tanya L. Weaver
FM - Morehead North

Our CLAN Parenting Gatherings



Feb. 21 • 6-8 PM

Center for Health, Education & Research
FREE - No Registration Required

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!



222 Medical Circle | Morehead, KY 40351



BEFORE

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

-Kristen Bledsoe
Olive Hill, KY



AFTER

Surgical Weight Loss Seminar March 7 | 6 - 7 PM | St. Claire Medical Pavilion

Join us for a FREE weight loss seminar to learn more about how St. Claire HealthCare Surgical Weight Loss can help you!

Register online at www.st-claire.org/surgicalweightloss or call 606.356.4814. You can also email jessica.copher2@st-claire.org for more information.



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

Breastfeeding Class



March 14 • 6-8 PM

Center for Health, Education & Research
FREE - No Registration Required

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

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.

View current and past Newsbriefs online!
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!