

Senior FRIENDS™

Lake Cumberland Area Chapter Newsletter



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LCRH is welcoming several new physicians to our team. Help us celebrate them! p. 02

WE HAVE YOUR SAFETY COVERED

Learn about all the ways we are helping to keep you, your family, and our community members safe from the spread of infectious disease. p. 02

GET VACCINATED THIS FLU SEASON

Join us on Friday, Oct. 30 for our annual drive-by flu shot event. p. 03-04

HERE COMES FALL

Summer has quickly come to an end and we starting to enjoy the sights and fragrances of fall. This issue of the Senior Friends Newsletter takes you inside our hospital for a look at what we are doing to keep our patients and guests safe when receiving care, as well as provides you with some updates on new physicians and information about our annual drive-by flu shot event.

We want you all to know that our priority has been and always will be protecting the health of our community, our patients and our employees. And we will continue to work hard to ensure a safe place of care and a healthier community for us all.

Blessings to each of you,

Melissa & Arlene



Melissa Lancaster



Arlene Mofield

WELCOME NEW PHYSICIANS

Please join us in welcoming the newest members of our medical team!



Kari Craun, DO, MPH
Urgent Care/
Family Medicine

Dr. Craun will be seeing patients at the LCMA Walk-In Clinic.



Joseph Eid, MD
General Surgery

Dr. Eid specializes in general, minimally invasive, bariatric and robotic surgery and is seeing patients at Lake Cumberland Surgery Specialists.



Michael Prostko, DO
Internal Medicine

Dr. Prostko specializes in Internal medicine and is joining the Apogee Physician team as a hospitalist at LCRH.



Ted Qualls, MD
Internal Medicine

Dr. Qualls is board-certified in emergency medicine and brings over ten years of experience to LCRH.



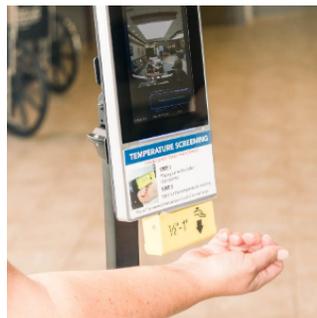
Matthew Shea, DO
Nephrology

Dr. Shea is a 2018 graduate of the LCRH Residency Program. He specializes in chronic kidney disease, kidney injury, dialysis, and hypertension.

YOUR SAFETY FIRST

Our team of infection preventionists, physicians, nurses and staff are using the best practices to keep our hospital and clinics safe for your visit. We are here and ready to care for you.

At Lake Cumberland Regional Hospital, our top priority is safeguarding the health and well-being of our patients, providers, employees and community. We continue to closely monitor the prevalence of coronavirus (COVID-19) in our community and follow state and federal guidance as we adapt our operations to safely care for and support our patients. As our community reopens, we want you to know all that Lake Cumberland is doing to prevent the spread of infectious disease.



Testing and Screening

All visitors, patients, and staff will be screened in accordance with CDC guidelines and have their temperature taken upon entry. No Visitor or staff member will be allowed if they have symptoms of respiratory infection or flu (fever, cough, shortness of breath), have recently traveled to an area with a known outbreak of the virus, or have had close contact with a person who is presumptive positive or positive for COVID-19.

Masks & Personal Protective Equipment

All visitors, patients, and staff at Lake Cumberland Regional Hospital and its affiliates as well as Lake Cumberland Physician Practices will be required to wear a facemask at all times. We've also installed plexiglass screens at many of check in desks where you could be interacting with our staff face to face. More information on N95 masks, surgical masks, and wearing a mask in public is below.



Enhanced Cleaning Protocols

We frequently and thoroughly clean and disinfect surfaces throughout all of our medical offices, waiting rooms, operating and procedure rooms, clinics and patient areas. We also clean exam, operating and procedure rooms after each patient. And, we wash our hands frequently — and have lots of hand sanitizer available for you, too.

Physical Distancing

We've redesigned many of our patient spaces and waiting areas to ensure physical distancing, which protects you, other patients, and our staff. For now, patients are limited to one WELL visitor per day, including one companion for ambulatory appointments and one support person for obstetric patients. Visitors are not allowed for high-risk, isolation, immunocompromised or respiratory patients who are under observation or test positive for COVID-19. No exchange of visitors is permitted.



KNOW WHERE TO GO TO GET THE CARE YOU NEED

Knowing where to go to get the care you need can be confusing – especially now. Efforts to slow the spread of COVID-19 have resulted in many new practices for hospitals, outpatient centers and medical offices. As we move forward, life – and healthcare – will look different, but Lake Cumberland’s commitment to providing a broad range of healthcare services won’t change.

Use your primary care provider during normal business hours for non-emergent conditions or symptoms.

Your primary care provider knows your medical history and should be your first line of defense for any illness or disease that isn’t a medical emergency. Think cough and cold, flu, stomach upset, chronic conditions like diabetes or high blood pressure, and more. They should also be your regular resource for preventive care, including annual wellness visits, routine vaccinations, smoking cessation, diet and exercise consultations, and more. It is safe to visit your primary care provider, but most will ask that you wear a mask during your visit. This helps to protect you, staff members and other patients. You may also notice that there are fewer people in the office, and that’s ok! Many providers are intentionally spacing patient visits to support social distancing measures. Your provider may be offering telehealth services during this time in an effort to support social distancing while continuing regular patient care. Providers offering telehealth may do your visit over the phone or through video conferencing. Check your provider’s website or call the office to determine if telehealth is available and appropriate for your needs.

Use an urgent care or walk-in clinic for moderate/worsening symptoms when prompt primary care is not available or after normal business hours.

Using walk-in clinic is a great option if your primary care provider is not readily available, or if it is after normal business hours and your primary care provider’s office is closed. Urgent cares and walk-in clinics commonly treat people for cough and cold, flu, ear infections and allergies, skin conditions, minor injuries and more. Our walk-in clinic x-ray capabilities onsite as well. It is safe to visit urgent cares and walk-in clinics, but most will ask that you wear a mask during your visit. This helps to protect you, staff members and other patients. Our walk-in clinic is offering telehealth services during this time in an effort to support social distancing while continuing regular patient care. Providers offering telehealth may do a visit over the phone or through video conferencing. Check the office’s website or call ahead to determine if telehealth is available and appropriate for your needs.

Use your nearest emergency room for any medical emergency.

If you are experiencing symptoms of a heart attack or stroke, have shortness of breath or are experiencing another medical emergency, call 9-1-1 or go to your nearest emergency room. To help prevent the spread of illness, you will be screened for fever and other symptoms of respiratory illnesses when you arrive. You will also be asked to wear a mask. It is important that you wear your mask until you are instructed to remove it by a staff member or until you are discharged. This helps to protect you, staff members and other patients.

It is critical that you seek emergency care if you are experiencing a medical emergency. We have procedures in place to protect the health and safety of our patients, staff members and visitors. Our standard infection prevention protocols help in preventing the spread of infectious diseases, including COVID-19, year-round. It is safe to come to the hospital, and your life, or the life of a loved one, may depend on prompt emergency treatment.

SEASONAL FLU VACCINE

(Seasonal & H1N1 Flu Combo)

Friday, October 30, 2020

10:00 a.m. to 2:00 p.m.

NO EARLY BIRD ARRIVALS!

(Last name begins with)

10:00 a.m. = A

10:30 a.m. = B & C

11:00 a.m. = D thru G

11:30 a.m. = H thru J

12:00 p.m. = K thru M

12:30 p.m. = N thru Q

1:00 p.m. = R thru T

1:30 p.m. = U thru Z

More info on back page.

Senior Friends Benefits

As a member of Senior Friends, your hospital benefits include:

- 20% discount anytime you eat in Chatters Cafe (or 10% off Subway at LCRH)
- \$5 cafeteria meal ticket for spouse/caregiver
- When available, an upgrade to a private room at no additional charge

If you are admitted to the hospital, please present your Senior Friends membership card to the admission clerk. If this is not done upon admission, you or a spouse/caregiver MUST notify our office.

If you have not received your VIP meal ticket by 12:30 pm, please advise our office so we can ensure you receive one.

If you are admitted when our office is closed, a family member can get your meal ticket by showing your membership card to the dining room cashier, before he or she rings up your meal.

WOULD YOU LIKE TO SAVE \$15 A YEAR?

It's easy...just refer three people to become a Senior Friend member and have them give us your name!



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LAKE CUMBERLAND
Regional Hospital
Melissa Lancaster,
Director of Ministerial & Volunteer Services

In order to ensure that you receive your FREE flu shot, please return your consent via mail to our office at PO Box 620, Somerset, KY 42502, NO LATER THAN October 22, 2020.

We request that you please DO NOT arrive early. Please come at the time specified by your last name according to the schedule listed on page 3. This will help traffic flow smoothly and enable us to administer your vaccine in a timely manner. Once a dose of vaccine has been reserved for you, should you decide not to participate, PLEASE CALL and CANCEL so we can give the vaccine to another Senior Friend.

If you've never participated in this event, you can find the garage at LCMHA by entering the hospital grounds from the Bogle Street entrance, which faces Hall Knob Road.

Watch for the signs!

DRIVE BY FLU SHOT INFORMATION