

Rockcastle Hospital hires new CFO

Charles David "Bud" Black, Jr. has joined Rockcastle Hospital and Respiratory Care Center, Inc. as chief financial officer. Black fills the position vacated by Steve Estes, who was promoted to chief executive officer in July.

Estes was pleased that Black chose to relocate to Mt. Vernon for the position.

"We conducted a broad search for an experienced chief financial officer and were very fortunate to find someone of Bud's caliber to join our team," Estes said. "His combination of health care experience and financial management will be an asset to us as we continue to meet the fiscal challenges all healthcare organizations are facing today."

As the county's largest employer, Rockcastle Hospital and Respiratory Care Center, Inc. manages a multi-million dollar budget each year. It's a responsibility the organization's management and board of directors take very seriously.

"This region can be proud that Rockcastle Hospital and Respiratory Care Center, Inc. is not only financially sound, but exceptionally attuned to the best fiscal practices," said Joseph I. Lambert, chairman of the Board for RHRC. "I continue to be impressed with its practical approaches to keeping costs down without compromising quality."

Quality was a factor in Black's decision that it was the right opportunity for him.

"When I asked financial experts who work with a variety of health organizations which facility had the best financial leadership and systems in place, they said it was Rockcastle Hospital. This was a good choice for me because I always welcome an opportunity to work with the best," said Black.

The location also was a plus. Once Black and his wife, Diane, find a home in the area, they will be about an hour closer to their daughter, Gina, who works in Lexington.

Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community hospital, which is accredited by the Joint Commission

on Accreditation of Healthcare Organizations (JCAHO). It operates inpatient and outpatient acute care programs, 60 long-term care beds for ventilator-dependent patients, a home health care service, and Rockcastle Health and Rehabilitation Center, Inc.

The hospital was established in 1956 and treats patients from across Kentucky, Tennessee and several other states. For more information, log on to www.rockcastlehospital.org.

Military Greetings

Your favorite person in the U.S. military (that could be you, or someone you know) can be the Big Man/Big Woman on Campus-so to speak-when a big package of fan mail is received to be shared with the unit and even with other units.

A.U.S. Marine who contacted our office during the last campaign said they "can't get enough" of those supportive cards and letters. "One of my fellow Marines recently received a package from you filled with mail... Could you please send more of these heartfelt letters... we can't get enough of them."

Your nominee for BMOC/BWOC can be stationed either in the U.S. or overseas, or assigned to a ship.

Required information includes the military member's name and complete military mailing address-be sure the address is current and complete, along with your name, address, telephone number and e-mail address (if any). All military names and addresses are kept completely confidential.

Send to: Friends of Our Troops, P.O. Box 65408, Fayetteville, NC 28306. We thank you and so will all the men and women in uniform! They "can't get enough!"

P.S. See the website www.ftroops.com for more information on the fan mail campaign.

Priceless Christmas Gifts You Can Give

By: William Jerry Ayers

The gift of caring.
The gift of love.
The gift of laughter.
The gift of understanding.
The gift of music.
The gift of forgiveness.
The gift of honesty.
The gift of sharing.
The gift of one's self.
The gift of RELIGION.



Recent State Registered Nurse Aide graduates include: Seated (from left to right) Jessica Baker, Shaina Lewis, Violet Adams, Becky Rowland, Tammy Holden and Kerrielle Barron. Standing: Jennie Carver, Jessie Clouse, Erica Gay, Jennifer Dooley, Regina Anderson, Joy Callahan, RN (instructor) and Natasha McGuire.

Twelve new state Registered Nurse Aides join workforce

Twelve people graduated this month from a State Registered Nurse Aide (SRNA) course sponsored by Rockcastle Hospital and Respiratory Care Center (RHRC). They all are employed by the Rockcastle Hospital and Respiratory Care Center, Inc. or Rockcastle Health and Rehabilitation Center, Inc.

Graduates include Violet Adams, Regina Anderson, Jessica Baker, Kerrielle Barron, Jennie Carver, Jessie Clouse, Jennifer Dooley, Erica Gay, Tammy Holden, Shaina Lewis, Natasha McGuire and Becky Rowland.

"We are extremely pleased to have these capable people join our workforce here in Rockcastle County," said Betty Purcell, nursing director for RHRC.

"They are enthusiastic, caring, and will help us continue to provide the high level of nursing care our patients have come to expect."

With a national shortage of healthcare professionals, trained nurse aides are in high demand. The SRNA graduates spent 75 hours studying theory and practical aspects of nursing care. The course, which normally costs \$400 or more from a college, is provided free to those hired for the position, and personnel are paid for the time they spend in class.

"It's a fast-paced class that covers a lot of material," said Joy Callahan, RN, training director for the hospital. "This class prepares people to take the state test, which will allow them to work anywhere that is state approved for Medicaid. Of course, we want them to keep working right here."

State Registered Nurse Aides provide a variety of services including bathing and feeding patients, making their beds, and repositioning them. Jennifer Dooley likes the job's vari-

ety and opportunities to interact with people.

"What I enjoy most is getting patients up and ready for the day, especially the babies," she said. "It makes you feel good to help them."

For some adults, it can be a little intimidating to think about returning to the classroom after years of being away. But for many, it's been worth the effort.

"It was harder than I thought. I had been out of school more than 22 years," said Becky Rowland. "But I was determined and Joy helped me. She listened to us and encouraged us."

Violet Adams saw the class as a doorway to a better future. "I've worked in factories and kitchens and wanted to do something with my career so I'd have a future for my life," said Adams, who works in the east wing of the hospital.

Many of the graduates are considering continuing their education through LPN or RN programs. But, for now, they are glad to have new positions through which they help people every day.

Rockcastle Health and Rehabilitation Center Nursing Director Jennifer Ponder, RN, said the role of the SRNA is a nurturing one.

"State registered nurse aides, like all nursing professionals, must have a caring attitude, genuinely want to help people, become part of their lives and take care of them," said Ponder. "They make a difference for each resident each day not only by meeting their physical needs, but by meeting their emotional and social needs as well. Sometimes it's as simple as listening when a resident needs to talk or holding their hand when they need it."

Ponder, Purcell and Callahan all encourage people who think they would like this type of work to learn more about it through the SRNA course. Rockcastle Hospital offers classes as well as the need for more SRNAs. For more information, or to

sign up for the next class, contact Joy Callahan at 606-256-2195.

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Golf pass first on gift giving leader board

As the holidays approach, finding the perfect gift for your favorite golfer has never been easier. Plus, when you purchase the American Cancer Society's 2003 Kentucky Golf Pass, you help the fight against cancer, too.

The American Cancer Society's 2003 Kentucky Golf Pass is the gift that keeps on giving throughout the year. The Golf Pass entitles golfers to play at some of the most beautiful locations in the state by offering five or discounted rounds at over 160 courses. The 2003 Golf Pass also offers five practice/range balls at select driving ranges. Some restriction apply.

The Golf Pass is valued at more than \$3,000, but you can get it for just a \$35 donation to the American Cancer Society. Each additional Golf Pass purchased will be offered for a \$25 donation. The Golf Pass is valid during the 2003 calendar year, with some exceptions noted on the pass.

"This year you can check off all the golfers on your shopping list with

one easy phone call," says Matt Harris, Community Representative for the American Cancer Society. "The American Cancer Society Golf Pass is the perfect gift for any golfer - it's the right size, color and style and most importantly, will place you first on the gift giving leader board! Whether you're shopping for family, friends or co-workers, the Golf Pass is guaranteed to bring good cheer."

For more information about participating courses in your area or to place an order, contact the American Cancer Society at 1-800-ACS-2345. The Golf Pass may also be purchased at the following outlets in Rockcastle County: Castle Cleaners and Community Trust Bank.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

No Paper Next Week

Due to the Christmas holiday, the Mt. Vernon Signal will not publish next week.

Our next issue will be January 2, 2003.

The Signal office will be closed

December 23-27, 2002

and will reopen December 30th.



Charles "Bud" Black

Wishing you the best and brightest of holiday seasons

The families of Jackson Energy wish your family a warm and bright holiday season. We look forward to serving you in the New Year.

Jackson Energy
A Touchstone Energy Cooperative

The Madden Family

Enjoy the Magic

No matter what your age, Christmas is a time that makes us all feel young at heart, and our hearts are gladdened by warm thoughts of good friends like you.

Happy Holidays!

Marvin E. Owens Home for Funerals and Monuments

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