

Steve's Report

As a matter of record, I would like to begin by saying: "I told you so."

There were some "Doubting Thomases" when we arrived in Carlisle in August and warned that everywhere we move, the first winter is especially hard, normally setting records. Severally of you thought we were joking.

But obviously, it's for real, folks. If you don't believe it, just take a look out the window. We can't explain our effect on the weather; it just happens. Extreme weather just seems to follow us. Before you decide to run us out of town, you should know that it's only the first year that has weather out of the ordinary. After this first winter, things should settle in nicely and return to normal.

I refuse to feel guilty about this "unusually cold winter," with all the icy weather, however. It's not like there is anything we can do to change the weather back to normal. And if we can't change it, we're obviously not responsible, so there's no need to feel guilty.

Speaking of "Guilt," several years ago, I read a letter to "Dear Abby" in which a young man described how he was suffering terrible guilt because his actions did not agree with the way his parents had raised him. Even though I was only about 16 at the time, I thought I understood the young man's choices pretty well. If he thought what his parents had taught him was correct, he needed to change his behavior, and if he thought they were wrong, he needed to let his parents know - and then continue with his behavior.

I was surprised by Abby's response. She went on a rampage against the parents, their narrow way of thinking, against their religion, and against society in general for making this "normal" young man feel guilty. She concluded by telling the young man not to worry, that it was the rest of the world that had the problem - that he should simply

Townhall Meeting

State Rep. Sannie Overly will be hosting a town hall meeting on Monday, February 2nd, to give the public an opportunity to discuss issues expected to come up during the 2009 Regular Session. The forum will begin at 10 a.m. in the County Judge's conference room on the first floor of the Nicholas County Courthouse.

"I encourage the people of Nicholas County to attend the meeting and let me know their concerns and what my colleagues in the General Assembly and I can do to help," said Rep. Overly, D-Paris. "We have a lot of challenges in front of us, with the biggest by far being the budget crisis. The more input I have, the better I can serve our community."

The General Assembly began the legislative session earlier this month by electing House and Senate leaders and appointing its committees for the next two years. Last week, Rep. Overly and her fellow members of the House Appropriations and Revenue Committee held hearings to further assess the budget and what effect further cuts could have on various state agencies.

More budget committee meetings are planned before the legislative session resumes on February 3rd. Legislators are scheduled to complete the 30-day session on March 24th.



Steve's Report
By Steve Kalf

ing us to feel guilty, many of us come up with ways to silence that voice of warning, or at least, ways to stop listening to it.

I have a friend who used to play college football. At that level, pain was just part of the game. He learned to ignore the pain and just keep playing. And so it was, he didn't realize when he pushed his knees beyond their physical limits, putting an early end to a very promising career. Nobody knew feeling guilty, just like nobody smashes their thumb with a hammer just because they like the

way it feels. But guilt isn't a bad thing. If we listen to this voice of warning, it can keep us from doing our happiness.

The problem is, just like my friend - for whom pain was the price for doing what he wanted to do - many of us accept guilt as the price for doing what we want to do. But still, just like Pain, that voice, Guilt, is there for a reason. And it makes sense to pay attention to what it tells us.

And that's my two cents, Steve Kalf

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HEALTH

Currans succeeds Root as Harrison Memorial Hospital's Chief Executive Officer

Cynthiana, KY - Harrison Memorial Hospital announces Sheila M. Currans as the new Chief Executive Officer. Currans succeeded Mr. Darwin Root who retired on January 2, 2009.

As the new chief executive officer at Harrison Memorial Hospital, Currans brings 35 years of healthcare experience in Harrison County to the table. Currans, who holds an associate nursing degree from the University of Kentucky School of Nursing and a bachelor's degree from Midway College, has dedicated her life to HMH. She was born at HMH's Pike Street facility and worked at the hospital as a candy stripper while in high school. After earning a degree in registered nursing, she worked as a staff nurse and assistant head nurse on the medical and surgical floors. During her 35-year tenure at HMH, she has served as ICU/CCU head nurse and supervisor, Director of Quality and Director of Nursing. For the past five years, she has been the Chief Operating Officer, reporting to the CEO. Currans is also a certified professional in healthcare quality and an advanced cardiac life support instructor for the American Heart Association.

Currans states that although the title of CEO has changed hands, the hospital's mission will not change. HMH continues to focus on...

- Growing programs and medical specialties based on community need;
 - Working in partnership with the HMH Board of Directors and HMH Medical Staff to continue strategic planning;
 - Strengthening our relationships with partners such as University of Kentucky's Markey Cancer Center to bring subspecialty care right to our region;
 - Recruiting and retaining top-notch healthcare professionals certified in their fields of medicine and living the model that "medical education is a never-ending process" and, most importantly,
 - Providing such benefits and services to our community, while remaining fiscally responsible.
- Greg Cooper, M.D., HMH Board Chairman, says, "Health care is a very dynamic field, with major changes happening almost every day. HMH has been able to meet the challenges and remain strong. With Sheila's promotion to the CEO position, we expect growth and progress to continue as it has under Darwin's leadership."

Currans is the daughter of Bette Marshall and the late Harry M. Marshall. She attributes much of her passion for health care to her mother, who dedicated 43 years to HMH and the care of countless patients.

Sheila and Gregg Currans have been married for 35 years and live in Cynthiana. They have three children—Kristi, Stacy and Russ—and has four grandchildren.

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Hospice of the Bluegrass
November is National Hospice Month

Study shows heart patients more likely to suffer from depression

According to a recent study, patients with heart disease are at an increased risk of depression and should be screened routinely and then referred and treated for the condition as necessary. In-hospital assessments also indicate that 20 percent of patients with myocardial infarction meet the criteria for major depression. "This research seems to validate the notion that depression is associated with at least double the risk of cardiac events over one to two years following a myocardial infarction." The study also points out that biological factors, such as impaired vascular function, reduced heart rate variability combined with behavioral factors, such as diet, exercise, tobacco use and life stress

cause the link between depression and heart disease. "As a result of this correlation, the AHA now recommends routine screening for depression in heart patients. Those with high depression scores should receive follow-up assessments during each cardiac visit. However, those with high depression scores should be referred to a behavioral health specialist for a more comprehensive evaluation and possible medication," he says. The advisory points out that treatment for depression may include any combination of antidepressant drugs, cognitive behavioral therapy and changes in diet and exercise. For more information, you may contact Dr. Faluji at 859.234.9222.

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No longer a community hospital, we've become a regional medical center with one goal in mind - using state-of-the-art technology to heal our friends and neighbors at home. Come experience medical care the way it was meant to be - with compassionate professionals committed to quality. Improving patient outcomes. Isn't that what it's really all about?

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