

Spirit of Health

SPRING 2021

A CHI Saint Joseph Health publication focused on wellness, healing and hope

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Dear Spirit of Health readers,



I cannot overstate how excited and honored I am to join this historic and exemplary ministry as the new CEO of CHI Saint Joseph Health in Kentucky.

I have a very personal connection to Saint Joseph and to this wonderful state, which is one of the many reasons I feel such a connection to this role, and to the outstanding team here. I grew up just a few miles up the road in Cincinnati, and my father was born and raised in Rockcastle County. My grandfather had a thriving dairy farm that served most of Rockcastle County from the 1940s until the 1960s.

In 1964, my father had a devastating accident (he was 12 at the time) when he was struck by a vehicle while riding his bicycle, and was taken to Saint Joseph Hospital. Over the next three weeks, the amazing clinicians at Saint Joseph literally put him back together through multiple surgeries on his broken legs.

We have often discussed in my family that if Saint Joseph had not saved my father, I would not be here today. Prior to my arrival at CHI Saint Joseph Health, I was most recently at CHI Memorial in Tennessee, and CHI St. Vincent in Arkansas before that.

All of these markets have an incredible bond of mission and purpose that dates back to our founding, by the Sisters of Charity of Nazareth (located near Bardstown in Nazareth, Kentucky). The Sisters have been such an inspiration for me professionally and personally, and their teachings and leadership continue to guide us as we make decisions that impact our patients, families and communities.

As we continue to emerge from the pandemic, we are looking forward to expanding access to care across our communities. The recent expansion of our affiliation with Cleveland Clinic Cancer Center — bringing second opinions from leading oncologists as well as the ability to participate in clinical trials — allows patients in more parts of Kentucky (Lexington, London, Corbin, Mount Sterling and Bardstown) to access this care in their own communities. We always look for better ways to care for our communities, and new technologies and innovations help us to do just that.

We also know that humankindness is a critical supplement to technology, and we are proud of our people who continue to be called to serve. In this issue, you will meet Sgt. Scott Diehl, RN, who also serves our state as a member of the National Guard; Andrea Maynard, PT, DPT, who has been inspired to help patients get back to their active lives; and Deborah Burton, MA, a PhD candidate, who is helping to bring innovative programs to our system through virtual care.

As we continue our journey through this Year of Humankindness, we hope you will join us as we celebrate those acts of kindness that may seem small, but have such an impact on the people with whom we come into contact daily. I look forward to getting to know our communities throughout Kentucky, where I know there are so many acts of kindness each and every day.

Anthony Houston
Chief Executive Officer
CHI Saint Joseph Health
President, Saint Joseph Hospital
& Saint Joseph East

Cover

Shelly Sanders, APRN, right, is the manager of CHI Saint Joseph Health – Cancer Care at Saint Joseph Mount Sterling. (Photo by Shaun Ring)

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Spirit of Health Spring 2021

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Progressive Health Care Close to Home

For leading-edge technology in health care, you don't have to go far.

At CHI Saint Joseph Health, our goal is to provide advanced, comprehensive care close to our patients' homes. Offering the latest innovative equipment and procedures while following best practices allows us to consistently provide high-quality, compassionate care and improved patient outcomes to our communities.

Technology Matters



Sheila Devine
Griffeth, MSN, RN

"The use of technology increases providers' capabilities while improving or even saving patient lives," said Sheila Devine Griffeth, RN, market vice president of CHI Saint Joseph Health for cardiovascular, stroke and surgical services, and administrator of CHI Saint Joseph Health – Outpatient Surgery Center. "Improving our patients' quality of life is one of the main benefits of integrating new innovations into medicine."



Kathy Love

CHI Saint Joseph Health provides more minimally invasive surgeries, better monitoring systems and more comfortable scanning equipment.

"Patient care technology has become increasingly complex, transforming the way care is conceptualized and delivered," said Kathy Love, market vice president of strategic development at CHI Saint Joseph Health.

"These innovations are allowing patients to spend less time in recovery and more time enjoying healthier lives. We've progressed from using technology to improve patient care and the health care industry to impacting our society as a whole."

Helping Hearts

Convergent therapy is one of the most recent cardiac procedures CHI Saint Joseph Health offers to treat atrial fibrillation, a common, potentially fatal heart health concern that can lead to stroke and congestive heart failure if left untreated. The procedure is minimally invasive — the surgeon creates a tiny incision in the patient's abdomen — and sends radiofrequency energy through an ablation

device to create small scar lines inside and outside of the heart tissue. These tiny scars divert abnormal electrical impulses from entering the heart, bringing it back to a normal rhythm.

"Convergent therapy is a great option for patients with long-standing arrhythmia who don't respond to medicine or standard catheter ablation," Devine Griffeth said. "Also, it provides a much easier recovery and less post-procedure pain for the patient."

Expanding Our Reach

To increase surgical capacity, in January, CHI Saint Joseph Health opened a new outpatient surgical center in Lexington. The 20,386-square-foot center has six operating rooms and six procedure rooms, which can help as many as 12,000 patients annually.

Some of the outpatient procedures available at the new center include injections and neurostimulators for chronic pain, cosmetic surgery, laparoscopic abdominal surgery, orthopedic surgeries and pediatric dental surgery.

Why Choose an Outpatient Surgery Center?

Outpatient surgery centers are modern health care facilities focused on providing same-day surgical care, including diagnostic and preventive procedures.

"Outpatient surgery centers offer much greater levels of convenience and accessibility to patients with fully equipped operating and recovery rooms under the care of skilled medical professionals but in a smaller clinical setting," Devine Griffeth said. "This translates to more efficiency, more predictable schedules and shorter stays for patients."

Outpatient surgery centers also improve patient flow, reduce wait times and enhance patient-doctor interaction.

"Outpatient surgery centers provide high-quality, patient-centered care and significant cost savings for our patients who enjoy outstanding health outcomes and high satisfaction," Devine Griffeth said.

To learn more about our available services visit chisaintjosephhealth.org.

World Class Cancer Care Available to More Patients

CHI Saint Joseph Health expands affiliation with Cleveland Clinic Cancer Center; program now available in Bardstown, Corbin, London and Mount Sterling.



Tosha Thomas, APRN, works with cancer patients at Saint Joseph London. (Photo by Shaun Ring)

At CHI Saint Joseph Health, we're focused on providing quality, compassionate care to Kentucky residents, which includes our commitment to continue growing and improving our services in the community. In 2019, CHI Saint Joseph Health in Lexington began an affiliation with Cleveland Clinic Cancer Center, one of America's top-five cancer providers. Patients took notice and so did staff.



Jessica Croley, MD

"When we affiliated with Cleveland Clinic Cancer Center, our outlying hospitals yearned for the same level of care," said Jessica Croley, MD, medical director at CHI Saint Joseph Health – Cancer Care Center in Lexington.

So to serve even more people in need of expert cancer care, the affiliation expanded to include the

Cancer Care Centers at Flaget Memorial Hospital in Bardstown, Saint Joseph Mount Sterling and Saint Joseph London, along with the CHI Saint Joseph Health – Cancer Care Center in Corbin.

"Expanding the affiliation will be a giant boost to our cancer services, enabling us to offer academic cancer care in a community setting."

How the Affiliation Impacts our Communities

When a rare cancer or difficult tumor is found, our oncologists will be able to consult with Cleveland Clinic Cancer Center specialists for instant, expert second opinions and treatment plans for optimal long-term outcomes and greater patient confidence.

"We are so enthusiastic to have the opportunity to work with CHI Saint Joseph because of our shared core values and priority

“ Cancer affects everyone, and CHI Saint Joseph Health is committed to elevating cancer care. Regardless of where you go inside the CHI Saint Joseph Health system, you’ll receive the best cancer care available.”

—Jessica Croley, MD, medical director at Saint Joseph Health – Cancer Care Centers in Lexington



Monte Martin, MD, medical director for CHI Saint Joseph Health – Cancer Care Center in Bardstown, talked with patient Jim Roby and his wife Jane.



Nicolas Burnett, MD, a radiation oncologist at Flaget Memorial Hospital, is excited about the expansion of the Cleveland Clinic Cancer Center affiliation to Bardstown and other communities.

for clinical excellence,” said Hetty Carraway, MD, hematology and medical oncology, Cleveland Clinic Cancer Center – Main Campus. “We look for affiliates that embrace a culture of continued learning and always are looking to provide the best quality of service to the patients we serve.”

In the event a patient needs to be transferred to Cleveland Clinic Cancer Center for care, that process is streamlined, so patients can focus on getting well instead of lining up treatment.

More Patient Perks

This exciting affiliation offers many advantages that patients might not even notice, although they will certainly benefit from them. For example, all CHI Saint Joseph Health facilities have reevaluated their practices and processes, reviewing every aspect of care and identifying opportunities for improvement. Care practices are now standardized across facilities to support the continuum of care should patients need to move from one center to another. New support staff, including dietitians and social workers, were also brought on board to ensure every patient receives a comprehensive, whole health and healing approach to cancer care.

“We want to ensure patients get the same level of care, regardless of where they go for that care,” said Greg Bodager, market director for the oncology service line at CHI Saint Joseph Health – Cancer Care Centers. “Since beginning our affiliation with Cleveland Clinic Cancer Center, we’ve developed a roadmap for growth and development that will benefit patients at our other facilities as well.”



Greg Bodager

Carraway said Cleveland Clinic Cancer Center physicians are able to provide immediate access for consultations and tumor board multidisciplinary review as needed for CHI Saint Joseph Health –

Cancer Care Centers’ medical oncology and radiation oncology physicians. This allows patients in Kentucky and its surrounding area to have quick access to second opinion input from a multidisciplinary team of experts on their treatment plan, while staying close to home.

“The definition of success is when you have two institutions that are equally enthusiastic and devoted to a shared mission, Carraway said. “From our perspective, the affiliation has been immensely successful as we have shared best practices, as well as been a resource for

second opinions and continue to develop a strong relationship with Saint Joseph cancer care.”

“We’re called to serve, and that’s the driving force behind CHI Saint Joseph Health,” Bodager said. “That’s why we’re excited about the expansion of our affiliation with Cleveland Clinic Cancer Center. It allows us to serve a broader scope of the community in an increasingly excellent way.”

Visit [CHISaintJosephHealth.org/lexington-cancer-care](https://www.chisaintjosephhealth.org/lexington-cancer-care) to learn more about the world-class cancer care available in your backyard.

“ This affiliation represents a great opportunity to grow together and capitalize on shared knowledge and multidisciplinary care for every cancer patient. Our goal is to bring the highest quality of care to patients right here in this community.”

—Hetty Carraway, MD, hematology and medical oncology, Cleveland Clinic Cancer Center – Main Campus

Doctors Commend Expanded Affiliation

Helping more patients with Cleveland Clinic Cancer Center



“ (With the Cleveland Clinic Cancer Center affiliation), we’re able to directly reach out to someone who may be the foremost expert in that rare disease ... The collaboration and actually being able to get people the treatment, get people the help they need, get people the cures that they deserve – that’s my favorite part.

— Nicolas Burnett, MD, radiation oncologist, Flaget Memorial Hospital



“ You can be in your own home, come to your own local oncology center and have the ability to get a second opinion, or first opinion, from a world-renowned oncology care center.”

— Monte Martin, MD, medical director, CHI Saint Joseph Health – Cancer Care, Bardstown

“ That connection will allow for very quick communication for myself, as a community oncologist, to reach out to specialists in a certain area of cancer at Cleveland Clinic Cancer Center and get their input. That brings a lot of value to the patient because it allows them to stay local and still get the best care close to home, which is incredibly important.”

— Michael Horn, MD, medical oncologist, Saint Joseph Mount Sterling



“ We are very excited and looking forward to this affiliation which will add more resources for our patients and community. ”

— Michael Bidros, MD, Saint Joseph London



“ Practicing hematology and oncology in this relatively small community for the last 20 years, with now having access to Cleveland Clinic Cancer Center and their expertise, is a big boost to what we can offer and provide state-of-the-art treatment options, including trials locally closer to home.”

— Muhammad Niazi, MD, Saint Joseph London

Our Spirit of Service

At CHI Saint Joseph Health, each employee leads as an embodiment of our values and faith. Many of our employees, including those featured here, answer the call to serve with compassion, integrity and humankindness.



As early as age 9, after watching his father teach a CPR class and riding along with him in an ambulance, Sgt. Scott Diehl, an RN at the Medical Intensive Care Unit (ICU) at Saint Joseph East, knew he wanted to follow in his footsteps and save people's lives. At age 17, he joined the National Guard to become a combat medic, a

post he still holds today. When not on active duty, Diehl has worked as an ER technician, phlebotomist and EMT while working toward his nursing degree. Now working in the ICU caring for critically ill patients, he also leads other nurses and students on the path to saving lives.

Read the rest of Diehl's story on page 9.

Moved to Heal

Andrea Maynard, PT, DPT, supervisor of rehabilitation services at Saint Joseph Hospital, is dedicated to helping her patients get back to their active lives.

When you are recovering from an illness or injury, rest is important. Finding ways to safely work activity back into your life is also essential. As a physical therapist, Maynard is passionate about helping people embrace movement and quality of life after a medical event.

"I want to see people live their best lives," Maynard said. "Seeing patients reach goals that they never thought they could achieve is incredibly rewarding. I am here to be their advocate and encourage them."

A native of West Virginia, Maynard earned her undergraduate degree in applied science at Marshall University, honing in on emergency medicine.

"I like the critical care component of the medical field," Maynard said. "I was drawn to the idea of being able to help people when they are at their lowest."

Maynard was also recognized as Employee of the Year for 2020 showing dedication to her patients, co-workers and outreach activities such as the Appalachian Outreach project, which delivers Christmas cheer each year.

Maynard attended the University of Kentucky, where she earned her master's degree and doctorate in physical therapy.

"I enjoy the different aspects of physical therapy," Maynard said. "As a physical therapist, I get to address everything from wound care to helping someone become mobile after being in the intensive care unit or while they are recovering from surgery."

Inspiring the Next Generation

In addition to working with her physical therapy patients, Maynard also treasures leading the clinical education program at Saint Joseph Hospital. Maynard researched and designed a 2:1 clinical model —



Photo by
Mark Mahon

2 students to 1 clinical instructor — that she currently runs while encouraging staff to follow in her footsteps. There aren't many acute care clinical sites for physical therapy students, but Maynard believes there is value in working with critically ill patients and managing invasive lines and tubes. She was also invited to Bellarmine University to speak on the 2:1 model and encourage other practitioners to attempt the 2:1 model.

Each year, the program accepts 12 students from six universities in different stages of their rotations. As part of this program, Maynard mentors students and encourages her colleagues to do the same. In 2018, the University of Kentucky recognized Maynard's contribution by naming her clinical educator of the year.

"I feel like I am shaping future physical therapists," Maynard said. "Several of them return to work for Saint Joseph Hospital after they pass their board exams. I love that the students have a rewarding experience at the hospital and we are able to retain many of them."

To learn more about physical therapy services at Saint Joseph Hospital, visit CHISaintJosephHealth.org/physical-therapy.

From Cali to Kentucky

Introducing Scott Diehl, BSN, at the Saint Joseph East Medical ICU

Born and raised in Northern California, Sgt. Scott Diehl, BSN, experienced a very different environment upon arriving in Kentucky.

“I grew up in a town of 90,000 people where we were surrounded by mountains on three sides,” he said. “In the summer, I would wake up in the middle of a 110-degree heat wave and see Mt. Shasta in the distance, covered in snow.”

While Lexington has more people and fewer snow-capped mountains, Diehl says he feels comfortable in the Commonwealth, both at home and at work in the Saint Joseph East medical intensive care unit (ICU).

Gearing Up for His Dream Job

One of Diehl’s earliest memories was watching his father teach a CPR class. When his father’s boss asked if he’d like to ride in an ambulance, Diehl jumped at the chance. What 9-year-old boy wouldn’t?

At that point, Diehl knew his life would be given to medicine. For the next five years, he rode in the ambulance as often as possible.

When he turned 17, he joined the United States Army National Guard to become a combat medic. When not on active duty, he worked as an emergency room technician, phlebotomist, emergency medical technician and other health care professions — but his

ultimate goal was to be a medical ICU nurse. After he graduated from the University of Kentucky in May 2020, he joined the medical ICU at Saint Joseph East in July 2020.

Purpose-Driven Nursing

Diehl is quick to admit that nursing isn’t always a glamorous profession. Nurses are called to serve their patients in every manner imaginable. Diehl also understands that being a nurse requires excellent patient care, even when it sometimes feels embarrassing and emotionally painful. That’s why he breaks into song in the middle of his day and works to put smiles on patients’ faces. That’s why he comes back to the ICU, day after day.

In addition to caring for patients, Diehl also works as a primary preceptor at Saint Joseph East helping new nurses and teaching students — and he enjoys all of it.

“I love being an encouragement to people,” Diehl said. “Life is full of trials, and every time you reach the top of a hill, you have a gorgeous view. You can’t get that unless you do the work to get there, and that’s what I try to do for my patients every day — get them to the top of the hill.”

When not at work, Diehl enjoys spending quality time with his wife, Tasa, playing video games, taking walks and working out.

Photo by Mark Mahon





Photo by Amanda Kelly

Putting the ‘Vital’ in Virtual Care

Telemedicine moves front and center.

While virtual doctors’ visits are a new experience for many, Deborah Burton, MA, has spent the last 25 years connecting patients to vital care by virtual means. As market director of virtual care at CHI Saint Joseph Health, Burton played a leading role during the COVID-19 pandemic when the need for telemedicine was at its greatest.

“Telehealth services evolved more in one year than in the last 25 years because of the COVID-19 pandemic,” Burton said. “The pandemic increased our focus on specialty consultations between hospitals and quickly ramped up telehealth services in our primary care clinics.”

Before the pandemic, telemedicine services developed slowly according to departmental needs, physician champions or a specific research focus.

Telehealth has made strides in accessibility since in the 1960s when telehealth used satellites and telephone lines to assist in surgery and consultations. The Saint Joseph Hospital Foundation recently received a grant that will help to expand the service even more in rural communities. Burton will oversee that expansion.

“It is very exciting to get this grant funding because it will give us the means to purchase the technology we need to enhance our communications between our hospitals, primary care clinics and home health agencies, and expand our telehealth services along a continuum of care from hospital to home,” Burton said.

Burton provides support to physicians, diabetes educators, nutritional counselors, physical therapists, pharmacists, behavioral specialists and others. She also helps patients access providers.

“It’s very rewarding and exciting,” she said.

Telemedicine Trailblazer

Burton started at CHI Saint Joseph Health in 2010 as the telehealth program manager. With 25 years of experience in telehealth, Burton said her career in health care communications technologies started in college when she worked as a research assistant on a telehealth federal grant program.

“I had known that communications technology could be a huge benefit to patients and providers and wanted to help in this area. But the only person I had heard of [at the time] was Dr. Michael DeBakey of Baylor College of Medicine, who was doing transatlantic surgery through telecommunications lines,” Burton said.

Since implementing virtual care on a massive scale at the beginning of the pandemic, Burton said she’s most enjoyed collaborating with colleagues who share her goal of bringing health care to anyone, anywhere.

“I am so blessed to work with so many dedicated people, especially those who embrace the challenge to try something new,” Burton said. “One of my great joys now is collaborating with colleagues in establishing a focus on virtual care.”

Think on Your Feet

Some foot problems can be avoided.

Walking is a complicated process for our body: every step you take requires 26 bones, 33 joints and more than 100 tendons working together in unison. Even the smallest injury can make a big impact on your day-to-day life.

“I see a variety of foot and ankle problems ranging from sprains, broken bones, deformities, arthritis and tendonitis,” said Jan Veloso, DPM, podiatrist at CHI Saint Joseph Health – Orthopedics. “If I were to pick the three most common concerns I treat, they would be ankle sprains, Achilles tendonitis and bunions.”



Jan Veloso, DPM

How to Treat Your Feet

Invest in proper shoes. “It is important to wear properly fitting shoes and shoes that have proper support,” Dr. Veloso said. “It is OK to wear more fashionable shoes such as flats, heels and sandals, but moderation is key.”

Also, if you are starting a new workout or exercise, pace yourself and remember to stretch beforehand. “I typically see an increase in the number of foot and ankle injuries in the spring,” Dr. Veloso

said. “The weather gets nicer and people are motivated to get healthy, and they may do too much too soon.”

When to Consider Surgery

While many foot and ankle conditions can be treated conservatively, sometimes surgical treatment is necessary. If that’s the case, don’t put it off or your problem could get worse.

“As a general guideline for when to consider surgical intervention, ask yourself: Is my pain level over a 5 out of 10? Is my pain or condition affecting my quality of life? Is my pain or condition affecting my activities of daily living? If you answer yes to these three questions and you have exhausted conservative care treatment, then it may be time to consider surgical options,” Dr. Veloso said.

Foot problems keeping you down? Visit [CHISaintJosephHealth.org/physician-finder](https://www.chisaintjosephhealth.org/physician-finder) to find an orthopedist.



Rehab After COVID-19

Getting back to life when rest isn’t enough.



If you had COVID-19 and are still recuperating, rehabilitation could be vital to your full recovery.

“Continuing to move and exercise, even when not feeling well because of COVID-19, can help combat the effects we see in patients’ lungs such as pneumonia and decreased oxygen saturation,” said Nathan McCauley, DPT, supervisor of rehabilitation at Flaget Memorial Hospital.

When Daily Functioning Changes

If you avoided the hospital after catching COVID-19 but are still having difficulty with daily activities, rehab can help.

“It may be more shortness of breath with household activity, fatigue from activity that was routine prior to being diagnosed with COVID-19, or for some, a mental fog,” McCauley said. “Physical, occupational, and sometimes even speech therapy for the cognitive component, are recommended. We monitor vital signs as we work to restore a person’s muscle strength, endurance and tolerance to daily activity to make sure the intensity of their rehab is in line with their current tolerance after their illness.”



Nathan McCauley, DPT

To learn more about rehabilitation services, call 502.350.5367.

Better Sleep Requires a Routine

Fall asleep, stay asleep and wake up refreshed.

Getting on a regular sleep schedule is one of the best things you can do to ensure better sleep, night after night.

“A good sleeper will go to bed and be asleep within 20 minutes, and maybe only wake up once to go to the bathroom,” said Jim Thompson, MD, sleep medicine specialist and neurologist at CHI Saint Joseph Health – Sleep Care Center. “Ideally, after around eight hours, you’ll wake up without an alarm clock because you’ve had enough sleep.”

Dr. Thompson recommends taking the following steps to get your sleep on track:

- Go to bed and get up around the same time daily, even on weekends.
- Turn off your phone/tablet/computer/television at least an hour before bed.
- Start a calming bedtime routine with habits like reading, taking a shower and writing down what you need to do tomorrow.
- Skip caffeine in the afternoon and evening.
- Avoid alcohol.
- Maintain a bedroom temperature of 65 to 67 degrees at night.
- Keep your pets off your bed.
- Swap out your mattress or pillows if they are uncomfortable.

If you're having trouble falling or staying asleep, our sleep medicine specialists can help. Make an appointment today at CHISaintJosephHealth.org/lexington-sleep-care.

Sleep Well, Live Well

Bad sleep is treatable.
Don't keep suffering.

If you've had trouble sleeping this past year, you're not alone. Even before the pandemic struck, ushering in all kinds of new worries, eastern Kentucky had one of the highest rates of sleep deprivation in the country, according to the Centers for Disease Control and Prevention.

“Poor sleep worsens your thinking, memory and mood,” said Jim Thompson, MD, sleep medicine specialist at CHI Saint Joseph Health – Sleep Care Center. “Good sleep is vital to your health, both physical and emotional. If you are tired, irritable and prone to drowsiness during the day, you may have a sleep disorder that is treatable.”

“We often see patients that report a years-long history of falling asleep throughout the day. There are a variety of conditions that can cause this. This includes very common problems such as Obstructive Sleep Apnea and Restless Legs Syndrome. Less common problems like narcolepsy are seen in our clinic as well.”

Sleep problems can co-exist with other chronic conditions and contribute to the outcomes, which is why seeing a doctor is important. Patients with sleep disorders often remain undiagnosed for years. It is important to request a referral to a sleep disorder specialist if you feel that you are sleepy or unrefreshed, regardless of how much sleep you get at night.



Photo by Mark Mahon



How We Serve

HUMANKINDNESS IN ACTION: Saint Joseph London employees donated 134 Easter baskets for children in London as part of the Child Abuse Awareness event.



WEAR RED DAY: CHI Saint Joseph Health employees wore red in February for the American Heart Association's Wear Red for Women Day. Among the teams represented were Saint Joseph Berea, Saint Joseph Mount Sterling and CHI Saint Joseph Medical Group – Cardiology in Lexington.



MOVING FORWARD WITH ADVANCED SURGERY: Saint Joseph Hospital's surgery team celebrated completing more than 5,000 robotic surgeries in March.



CELEBRATING EXCELLENCE: Flaget Memorial Hospital celebrated excellence in March for earning another A in Patient Safety from the Leapfrog Group.



Beating cancer is a team effort

Barbara Ermers witnessed her son get married and now enjoys holding her grandbaby—two things she never thought possible after a terminal cancer diagnosis in 2016.



Barbara began her cancer journey in 2014. She had a mole removed and moved on with life. But in 2016, when Barbara was 53, she began feeling achy, so she went back to the doctor and was diagnosed with Stage IV metastatic melanoma. She was only given a few months to live.

But the diagnosis was no match for Barbara's determination coupled with the prowess and compassion of CHI Saint Joseph Health – Cancer Care doctors. Within 30 minutes upon discovering her cancer, Barbara began treatment.

"Dr. [Jessica] Croley went right into action," recalled Barbara. "She got me every test I needed. She got me the results right away, and she coordinated with me to get into a clinical trial. She's willing to do anything for you. The cancer was growing so quickly that I decided to get treated at Saint Joseph. Dr. Croley already had a plan in place and started immediately."

Barbara, who called Dr. Croley her "rock star," was put on a cutting-edge combination of immunotherapy treatments, and Dr. Croley also utilized high-tech genomics research and various treatments specific to Barbara's DNA.

"We were able to get high-tech treatment and guidance right away," said Gary Ermers, Barbara's husband, who is CHI Saint Joseph Health's market director of business development.

Back on track and grateful

After three months of treatment, including radiation, Barbara's cancer shrunk. Then, she successfully worked with colorectal surgeons at Saint Joseph Hospital to deal with the cancer treatment's impact on her colon. Gary noted the remarkable collaboration between her cancer and colorectal teams, calling Dr. Croley the

"quarterback." He added, "God, through Dr. Croley, saved Barb's life."

Barbara also noted the philanthropy-funded comfort care tote bag filled with hand-picked items, which helped get her through treatments. She also appreciated the new pharmacy at the CHI Saint Joseph Health – Cancer Care Center, which allowed them to quickly retrieve medications and speak directly with the pharmacist rather than driving to Saint Joseph Hospital.

"It's small in the scheme of things, but the impact was priceless," Barbara said.

Gary points out that all patients at CHI Saint Joseph Health can expect this type of care. Patients also have access to leading national specialists thanks to the Cleveland Clinic Cancer Center affiliation. Starting at the end of May, the affiliation expanded to CHI Saint Joseph Health – Cancer Care Centers in Bardstown, Corbin, London and Mount Sterling.

The CHI Saint Joseph Health Foundations' Evening of Hope event on May 15 raised critical funding to ensure that physicians have all the tools they need and that every patient has access to world class care.

The CHI Saint Joseph Health Foundations are blessed by donors who understand this mission and participated in the Evening of Hope, so more patients can experience the best care possible in a compassionate environment.

Caring for staff

Without its people, a hospital is just a building. Whether it is through the successful treatment of cancer or other health care needs, the staff of CHI Saint Joseph Health is the lifeblood of the organization. Throughout the pandemic and tough winter conditions, our Emergency Response Fund was able to provide for many of their needs, including emotional, physical, spiritual and mental health support. The fund also met critical needs for patients.

"While the COVID-19 vaccine gives us great hope, our teams are tired and are experiencing extended traumatic stress and grief over all the loss and challenges they face each day and night," said Kathy Mattone, CHI Saint Joseph Health's market director of spiritual health. "The months of these stressors have taken a toll on all those in health care from our doctors and nurses to environmental and nutritional service workers, unit secretaries, respiratory care, physical therapists, the lab, pharmacy departments, and also managers and administration."

Our health care teams proved they have unending reserves of kindness, regardless of what they face. Employees proved their generosity by participating in our annual Dress Down Days, through which they can opt in for a small paycheck deduction to dress down on Fridays. For 2021, almost 200 employees participated and raised \$9,500 to support staff and patients during their time of need.

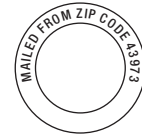
A partnership to help grieving mothers

Community partnerships provide kindness in creative ways. Kendra Scott at The Summit at Fritz Farm in Lexington is supporting mothers suffering from pregnancy and infant loss at the Women's Hospital at Saint Joseph East by donating a pendant necklace to each mother, featuring the birthstone of their child who was lost.

"We, as a brand, want to show our support to the women facing this incredible loss," said Kelsey Bruner, assistant store manager and events lead at Kendra Scott at The Summit at Fritz Farm. "We hope that the necklaces bring joy and comfort."

Kendra Scott is known for its philanthropy and is a great supporter of CHI Saint Joseph Health Foundations.

"Kendra Scott, as a brand, gives because we believe in a world in which all women and children live their brightest, healthiest and most empowered lives," said Bruner. "We believe that giving begins at home, in our local communities. We invest in them, support them, and look for new ways to grow their impact." The partnership kicked off this spring.



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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Hello Humankindness

When situations come across your path, remember that you're there for a purpose. Take every opportunity to be the best human you can be and use humankindness every step of the way.

Saint Joseph East:

“ Rachel was absolutely amazing!! Words cannot describe how thankful I was to have her through my labor and delivery process. The majority of the time I was by myself and she definitely made me feel like I wasn't alone through it all. I also would not have been able to stick with it if it wasn't for her talking me through it and encouraging me like she did. I can't thank Rachel enough!!”

Saint Joseph Mount Sterling:

“ I could never say enough about the labor & delivery and nursery nurses. Miss Rachel and Roberta were absolutely amazing and I am so grateful for Rachel who is a huge reason my baby is with me today. Truly a health care hero.”

Saint Joseph Hospital:

“ We especially were impressed by nurse Jonathan. We had him for three day shifts and really appreciated his care and attention to detail.”

Saint Joseph London:

“ All the phlebotomists were kind and gentle. One of them found me at 2 a.m. in the morning with all my lines and tubes a mess after my return from the bathroom. My nurse spent 5 to 10 minutes untangling them, resolving my angst. The male phlebotomist from Manchester came back one morning to give me weather info because I was concerned about my empty house. He didn't have to do that but was kind in his caring for someone he didn't know. I didn't know their names so hope this explains how kind both were. Your kindness isn't forgotten. Your staff was excellent.”