

# SPIRIT

FALL 2019  
*of* **HEALTH**

A CHI SAINT JOSEPH HEALTH PUBLICATION FOCUSED ON WELLNESS, HEALING AND HOPE

## Welcome Home, Mona!

p4



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 **CHI Saint Joseph  
Health**

## Dear *Spirit of Health* readers,

This is a special edition of *Spirit of Health*, because it highlights a project in which our ministry has been very involved for the past several months. At CHI Saint Joseph Health, we believe that we are called to serve, and this issue features several examples of how many members of our team donated their time and talents to help others.

In May, we joined Lexington Habitat for Humanity, LEX 18 and other partners to break ground on a new home for a deserving family, and in September, we joined the family in the blessing of their home.

Efforts by Jessica Hoskins, a community health advocate at Saint Joseph London, also resulted in a Laurel County family receiving a new home, and her story is shared in this issue's Our Spirit of Service. We also highlight the work of Barbara Baumgardner, MS, RD, LD, CDE, MLDE, and Ricky Reiter, BSN, RN, CAPA. Baumgardner coordinates the CHI Saint Joseph Health holiday giving program each year, while Reiter has answered his call to serve as a longtime nurse at Flaget Memorial Hospital.

Also in this issue, you will find the story of Roger McCombs, a World War II veteran who traveled from his Alabama home to Lexington for a heart procedure because of the expertise provided by our structural heart team — **Nezar Falluji, MD, MPH, Michael Schaeffer, MD, and Hamid Mohammadzadeh, MD.** We are proud of the care these physicians and the cardiovascular team provide at Saint Joseph Hospital each and every day.

This team was just one of several recognized during celebrations of recent awards, including from Healthgrades and



The Joint Commission. These awards are validation that the care we provide continually exceeds national standards that garner recognition from these prestigious groups.

It is important to note that our communities also recognize the work we do. We were honored with a very visual spirit of appreciation from a Lexington family when the Saint Joseph Hospital Foundation unveiled the Avery Elizabeth Fountain of Remembrance at the Women's Hospital at Saint Joseph East in July. You can read about the many ways the community has supported our work through the CHI Saint Joseph Health Foundations in this issue.

We are honored to serve you, our patients and neighbors, and we hope you enjoy this issue of *Spirit of Health*.

Bruce Tassin  
Chief Executive Officer of  
CHI Saint Joseph Health  
President of Saint Joseph Hospital

## COVER

BRUCE TASSIN, CHIEF EXECUTIVE OFFICER, CHI SAINT JOSEPH HEALTH, AND PRESIDENT, SAINT JOSEPH HOSPITAL, WITH MONA ASHBY, WHO NOW HAS A HOME SHE AND HER GRANDCHILDREN ARE PROUD OF, THANKS TO CHI SAINT JOSEPH HEALTH'S PARTNERSHIP WITH LEXINGTON HABITAT FOR HUMANITY AND LEX 18.

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## *Spirit of Health* Fall 2019

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# THE PROCEDURE OF A *Lifetime*

ONE VETERAN LEARNED  
FIRSTHAND HOW TEAMWORK  
AND FORWARD THINKING  
NURTURE MIRACLES.

**OVER THE YEARS**, the structural heart team at Saint Joseph Hospital — **Nezar Falluji, MD, MPH, Michael Schaeffer, MD, and Hamid Mohammadzadeh, MD** — has gained vast experience in two minimally invasive heart procedures, MitraClip therapy and transcatheter aortic valve replacement (TAVR).



Nezar Falluji, MD,  
MPH, Saint Joseph  
Hospital

“We have been involved in structural heart procedures for the last 10 years,” Dr. Falluji said. “We have been on the leading edge on the mitral valve, having performed the first MitraClip procedure in Kentucky as part of the seminal COAPT trial back in 2013.”

Patients at Saint Joseph Hospital benefit from its involvement in the COAPT study of the MitraClip, which has reduced heart failure-related hospital admissions by nearly 50% and mortalities by roughly 40%.

## Taking Teamwork to Heart

When Dr. Falluji was approached by a 92-year-old patient with a failing mitral valve — a valve that moves blood from the left atrium through the left ventricle toward the heart — the structural heart team carefully reviewed his case.

Roger McCombs, a World War II veteran from Alabama who turned 93 in October, had already undergone a heart valve replacement in 2002. McCombs and his daughter, Mary Richards of Lexington, researched various physicians and liked the experience of the structural heart team at Saint Joseph Hospital, particularly related to mitral valve replacement.

When the structural heart team evaluated McCombs, they found his mitral valve was narrower and was leaking.

“Mr. McCombs had multiple hospitalizations for heart failure,” Dr. Falluji said. “He had been short of breath and his health had declined over a period of six months.”

The solution was to insert an aortic bioprosthetic valve into the mitral valve. While the procedure has been done elsewhere, the team at Saint Joseph Hospital had not performed it before. Dr. Falluji said the team’s experience with TAVR, MitraClip and mitral valvuloplasty were all essential in performing McCombs’ procedure.

“We used an aortic bioprosthetic TAVR valve (Edwards S3) and placed it in a previously surgically placed, now malfunctioning, mitral bioprosthetic valve,” Dr. Falluji said.

The procedure was completed May 9. The team of doctors, including an anesthesiologist, cardiologist and cardiothoracic surgeon, had set aside a full day for the surgery. It lasted two hours, and McCombs was discharged two days later.

## Looking Ahead

By all accounts, the procedure was a success. McCombs considers it one in a series of miracles that have blessed his life.

“Before surgery, I felt like I was at the end of my life,” McCombs said. Since then, however, McCombs has had a good recovery. He’s in cardiac rehab and doing well. Also, his daughter says, “He’s thinking more clearly. He’s moving around better.”

Dr. Falluji said the future for treatments of valvular heart disease is exciting, and Saint Joseph Hospital will continue to be on the forefront.

“It is a testament to the commitment of the hospital and doctors to the advancement of heart care in central Kentucky,” Dr. Falluji said.

For more about Roger McCombs’ story,  
visit [CHISaintJosephHealth.org/blog](https://www.chisaintjosephhealth.org/blog).



# Welcome Home,



# Mona!

EMPLOYEES OF CHI SAINT JOSEPH HEALTH PARTNERED WITH LEXINGTON HABITAT FOR HUMANITY TO GIVE ONE FAMILY A WELL-DESERVED HOME.

**TAKING THE TIME** to learn a new skill outside the workplace can be a rewarding experience. Even more rewarding, however, is the opportunity to learn a new skill for the benefit of someone in need. Thanks to a partnership with Lexington Habitat for Humanity, employees at CHI Saint Joseph Health were granted that opportunity through building a home for Mona Ashby, who is raising her 7-year-old grandson, Ke'Andre Owens.

"At Saint Joseph, we believe that we are called to serve, and this project provided a wonderful opportunity to demonstrate that calling," said Bruce Tassin, CEO, CHI Saint Joseph Health, and president, Saint Joseph Hospital. "We are so proud of our team members, who have enthusiastically given of their time and talents to help a deserving family in our community."

## No Place Like Home

Leslie Sarcinella, RN, BSN, CCRN, market-based float nurse, CHI Saint Joseph Health, was especially encouraged knowing that she would be providing comfort for Ke'Andre.

"Children deserve to grow up in a safe and secure home, and I know Ms. Mona is working hard to provide that for her grandkids," she said. "I'm so happy to help provide her with a sense of security she can pass on to Ke'Andre, as well as Amere, her 5-year-old grandson, when he comes to visit her."

"It relieves the very human fear of 'Where will I go?'" added Melinda (Mendy) Short, MLS (ASCP)<sup>CM</sup>, Saint Joseph Hospital Laboratory. "Having a home in which to build your life can provide so much comfort and safety. I feel honored to provide that to Mona and her family."

## Joining Hands to Lend a Hand

Employees who helped with the build also saw the project as a chance to connect with the people with whom they serve their community every day.

"Not only did we bond as a residency class, but we gained experiences and skills that most of us would have never gotten otherwise," said Haley Busch, PharmD, clinical pharmacy specialist of opioid stewardship and pain management, CHI Saint Joseph Health. "We had the satisfaction of seeing the frame of someone's family home come together with a bit of teamwork, elbow grease and work ethic."

Nicki Shorr, manager of quality and patient safety, Continuing Care Hospital at Saint Joseph Hospital, shared a similar sentiment.

"My job requires me to be firm and corrective, so I enjoy opportunities that allow me to have fun with my colleagues," she said. "I like to volunteer to help those in need, and this was a great way to gather with like-minded folk to do just that."

Leslie Hughes, RN, CBN, bariatric nurse, Saint Joseph East, was excited about the partnership, saying that working with Habitat for Humanity was always something she had hoped to do.

"Participating with my coworkers made it even better," she said. "It strengthened our sense of having a work family, and knowing that we

were working together to provide a home for someone was a very rewarding accomplishment."

The team broke ground in Lexington on May 23, and the house received its final blessing and dedication to its new owner in late September.

## Part of the Community

CHI Saint Joseph Health employees partnered with LEX 18 and other community members — bringing the volunteer total to 234 — willing to give the more than 1,500 hours it took to build Mona's home. Several large-scale projects involved, including landscaping, interior painting and raising the walls of the house, were completed almost entirely by volunteers.

"I had never put up siding for a house before!" said Natalie Smith-Brewer, RN, BSN, market manager, clinical resource team, CHI Saint Joseph Health. "I feel that we are called to serve others as long as we are able, and to realize my team and I were able to do something as big as the side of a house gave us an amazing sense of accomplishment."

Elizabeth Mann, executive assistant, Saint Joseph East, shared similar feelings, especially after meeting Mona.

"I got to work with Mona one Saturday, and she was so kind to us," she said. "I love giving back to my community, and to see the community member I'm helping was a powerful experience. I left that day with a very full heart."

"This experience gave me the chance to give back to a beautiful family," agreed Alicia Nickerson, procurement support service coordinator, supply chain, CHI Saint Joseph Health. "The joy I feel in knowing I can give a small part of my life to a family who will have shelter for years to come is an amazing feeling."

**To learn how you can make a difference in our community, visit [CHISaintJosephHealth.org/volunteer](https://CHISaintJosephHealth.org/volunteer).**

## NANA'S HOUSE

Mona Ashby has called Kentucky home for several years of her life. She is a Mount Sterling native and moved from Virginia to Lexington in 1993. She has two adult children and is now raising Ke'Andre Owens, her 7-year-old grandson. Mona works to keep up with Ke'Andre's interests, which include basketball, swimming and playing video games. Between her grandson and her full-time job scheduling dentistry appointments at the University of Kentucky, Mona stays very busy.

She is excited for the chance to provide Ke'Andre with his own room and a space for his friends to come and play. When she moves into her new home, Mona hopes to host a big dinner with friends and family. More than anything, though, she is excited to have a place her grandchildren can call "Nana's house" — a place she owns and one that gives her great pride.



# A JOINT EFFORT



SAINT JOSEPH HOSPITAL AND SAINT JOSEPH LONDON HAVE EARNED ACCREDITATION FROM THE JOINT COMMISSION TO RECOGNIZE THE EXCELLENCE OF THEIR TOTAL JOINT REPLACEMENT PROGRAMS.

**WE'RE PROUD TO** announce that two of our hospitals have received The Joint Commission's Gold Seal of Approval for Total Hip and Knee Replacement.

"This certification is given to institutions that perform hip and knee replacements at the highest standards," said **Tharun Karthikeyan, MD**, director of the hip and knee program at Saint Joseph Hospital, and surgeon at Lexington Clinic Orthopedics – Sports Medicine Center. "These standards take into account our quality measures, patient satisfaction and low complication rate."



Tharun Karthikeyan, MD, Saint Joseph Hospital

## A Rigorous Road

To be accredited by The Joint Commission, both Saint Joseph Hospital and Saint Joseph London had to prove that all aspects of their joint replacement programs met or exceeded national benchmarks — something they'll have to prove again when they apply for recertification in two years.

"You have to meet every criteria," said **Patrice Beliveau, MD**, orthopedic surgeon at Saint Joseph London. "If you miss just one of them, you can't receive accreditation."

After applying for accreditation, both hospitals were visited by a Joint Commission representative for their final examinations.

"A specialist comes in and looks closely at every piece of the program during a day-long audit," said Liz Lyons, RN, BSN, CRRN, ONC, orthopedic nurse navigator at Saint Joseph Hospital. "If you achieve certification, that means you're a center of excellence."

## From A to Z

A Joint Commission-worthy hip and knee joint replacement program requires more than good surgeons. Our joint replacement teams include nurses, nurse anesthetists, physical and occupational therapists, and new additions called joint coaches.

"The joint coach is a friend or family member who is critical to a patient's success before and after a joint replacement," Dr. Karthikeyan said. "Joint coaches help keep patients safe during home physical therapy and also attend the Joint Academy with them."

The Joint Academy is an education session that all patients must attend before having joint replacement surgery. During the session, patients learn what to expect from joint replacement and how to prepare themselves and their homes for an ideal recovery. They are also able to ask questions and address any concerns they may have about the surgery or follow-up care.

From education to postsurgical follow-up, Saint Joseph Hospital and Saint Joseph London are ready to deliver certified excellent knee and hip replacement care for people with joint pain that affects their everyday lives.

**To learn more about CHI Saint Joseph Health joint replacement programs, visit [CHISaintJosephHealth.org/lexington-orthopedic-care](http://CHISaintJosephHealth.org/lexington-orthopedic-care).**



## CONSERVATIVE CARE

Not everybody needs a joint replacement. Before turning to surgery, our orthopedic specialists treat joint pain with medication, injections, physical therapy and more.



Saint Joseph Hospital and Saint Joseph London received The Joint Commission's Gold Seal of Approval for Total Hip and Knee Replacement. Both facilities held celebration events to recognize the work to meet national standards for care.

# 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 AND INTEGRITY.

# HOME WORK

*From the*

# HEART

COMMUNITY HEALTH ADVOCATE JESSICA HOSKINS DOES WHATEVER SHE CAN TO HELP FAMILIES IN NEED FIND SOLUTIONS TO THE PROBLEMS THEY FACE. FOR ONE FAMILY, THAT MEANT FINDING A NEW HOME WHERE THEIR CHILDREN COULD THRIVE.

**CONNECTING FAMILIES** with helpful community resources is more than Hoskins' job — it's her passion. She spends her workdays meeting with and conducting research on behalf of families whose children receive care at CHI Saint Joseph Medical Group – Pediatrics in London. She identifies and directs families to programs and services that can help with housing, transportation and medical care.

In July 2018, Hoskins learned about a student-led homebuilding project by the University of the Cumberland's Mountain Outreach, a nonprofit service organization.

"I asked the front-desk staff if they knew a family that used our practice, needed a new home and could meet Mountain Outreach's eligibility criteria," Hoskins said. "Right away, one of the ladies suggested a family to me, and I got in touch with the mother."

The mother Hoskins spoke with was part of a family of six that included four children, with a fifth child due in the winter. The two-bedroom, one-bathroom trailer in which they lived was in no condition for a growing family.

"The trailer had mold growing inside, and the roof leaked," Hoskins said. "It wasn't fixable." Hoskins was determined to help the family obtain a new home.

## Perseverance Pays Off

For months, Hoskins helped the family navigate the application process and work through eligibility concerns. She continually followed up with Mountain Outreach about the status of the family's application through the fall, winter and spring. In March, Hoskins and the family received the news they had been hoping for: The family would receive a house.

Over several weeks during summer break, students and volunteers tore down the trailer and replaced it with a three-bedroom, two-bathroom, 1,200-square-foot house. The family's children were able to start school this fall with a new home.

"The mother is ecstatic, and so thankful," Hoskins said. "She told me recently that she can't wait to buy a Christmas tree to put in the front window. For me, to be part of helping the family get a house and witness it come together step by step was truly amazing."

“

“Helping families find the resources they need is in my heart and soul. My mother raised four children, and we didn't know about the programs and services that could have helped her — and me, when I got married. It's a blessing to help other families find out what's available.”

— JESSICA HOSKINS, COMMUNITY HEALTH ADVOCATE AT CHI SAINT JOSEPH MEDICAL GROUP – PEDIATRICS IN LONDON

”

# THE **GREATEST** Gifts

FOR MORE THAN 15 YEARS, BARBARA BAUMGARDNER, MS, RD, LD, CDE, MLDE, HAS WORKED WITH FELLOW CHI SAINT JOSEPH HEALTH EMPLOYEES TO MAKE CHRISTMAS MEMORABLE FOR DOZENS OF FAMILIES AND INDIVIDUALS IN CENTRAL AND EASTERN KENTUCKY.

**BAUMGARDNER** is CHI Saint Joseph Health's project coordinator for Healthy Communities, but she has another role that ramps up each October: coordinator of the Christmas Partners Project. This nearly three-decades-old tradition at CHI Saint Joseph Health matches families in need with departments, physician practices and individuals throughout the health system that can make the holiday special by providing gifts and necessities. Baumgardner has overseen the expansion of the project from serving 20 families per year in its early years to helping 99 families and 29 individuals last Christmas.

"Early on, after we expanded the project to more than 20 families, I collected the gifts at my house," Baumgardner said. "I would drive all over eastern Kentucky delivering presents."

The Christmas Partners Project has come a long way since then — and it's truly a team effort.

## Santas by the Dozen

In October, Baumgardner sends out invitations to departments, groups and individuals to participate in the Christmas Partners Project. Participants visit Baumgardner's office on the campus of Saint Joseph Hospital to choose an individual or family to help. She also visits the

facilities to meet with employees interested in participating in the project."

"I rely on the staff at CHI Saint Joseph Health clinics in the communities we serve to submit the names of families and individuals for us to help because they know the people and their needs best," Baumgardner said. "In 2018, we took requests from six clinics, CHI Saint Joseph Health Partners Clinically Integrated Network, our cancer care services and a few CHI Saint Joseph Health managers who submitted names of their employees. Everyone who needs help at Christmas makes the list."

The Christmas Partners Project is a massive endeavor that involves dozens of departments and individuals, as well as volunteers who wrap and deliver gifts. Baumgardner finds that spirit of teamwork rewarding and is quick to give credit to the project's participants for its success.

"I wouldn't be able to do this without the help of so many departments and employees," she said. "People tell me it brings their department together, and that they look forward to it every year. We bring joy to many families, but we get so much more out of the experience."



Barbara Baumgardner has long been a leader in the Christmas Partners Project for CHI Saint Joseph Health.



## CHRISTMAS PARTNERS PROJECT BY THE NUMBERS

**27**  
years  
of helping  
people in need

**20**  
families  
received gifts  
during the  
inaugural project.

**373**  
people  
— 99 families and  
29 individuals —  
received gifts in 2018.

**108**  
departments  
from four CHI Saint  
Joseph Health  
hospitals purchased  
gifts in 2018.



Ricky Reiter, BSN, RN, CAPA, outpatient surgery charge nurse, has been a part of the evolution at Flaget Memorial Hospital, part of CHI Saint Joseph Health, for the past 19 years.

## A Community Advocate

NEW HAVEN, KENTUCKY, NATIVE RICKY REITER IS DEDICATED TO HELPING THE COMMUNITY HE CALLS HOME.

**GROWING UP IN** a family of nurses, Ricky Reiter, BSN, RN, CAPA, outpatient surgery charge nurse with Flaget Memorial Hospital, part of CHI Saint Joseph Health, has always been drawn to the idea of improving the lives of those around him.

"In school, I always liked biology and anatomy, and nursing clicked with me," said Reiter, a graduate of the University of Louisville. "The thought of seeing people when they are at their worst and helping them get better seemed rewarding."

Upon graduation from his nursing program, Reiter pursued his love for helping others by working in the telemetry unit at Flaget.

"When I started there, it was a small community hospital," Reiter said. "Everyone knew everyone. If they didn't know me, they knew my family."

Nearly two decades later, Reiter has enjoyed being part of the hospital's evolution, working in a variety of roles in the intensive care unit, infection control, education, employee health and outpatient surgery. But his dedication to service extends well beyond the hospital walls.

### Selflessness in Action

When you step onto the elevator at Flaget, you will notice a photo of Reiter gracing the doors and celebrating his love for service to the hospital and the community at large.

At Flaget, Reiter helps organize food drives as part of the Spirit Team. He is the chairperson of the hospital's Green Team, which oversees the



hospital's recycling program, and he sits on the Nursing Professional Development Program Board to help his colleagues take their careers to the next level.

Reiter is also on the board for the Rolling Fork Iron Horse Festival, serves on the local fire department's support team and is a former member of the New Haven City Council.

"I always enjoy seeing the community advance," said Reiter, who is also a father of two children, Emily and Eric. "I am proud to send my kids to the local faith-based school, St. Catherine Academy, and I enjoy bringing them to community meetings with me, as well. They are learning that service is important."

### WHEN IT'S TIME TO UNWIND

When he is not helping patients, Ricky Reiter, BSN, RN, CAPA, outpatient surgery charge nurse with Flaget Memorial Hospital, part of CHI Saint Joseph Health, enjoys camping and boating with his kids and extended family.

"There are about 60 of us when we all get together," Reiter said. "We have a good time."

# Your *Holiday Gift Guide* *for Better Health*

PICK OUT THE PERFECT GIFT FOR ALL YOUR FAMILY MEMBERS AND FRIENDS.

**ARE YOUR LOVED ONES** looking to shed some weight, enhance their spiritual health or just in need of a little self-care? The CHI Saint Joseph Health team came together to share their gift recommendations for everyone on your holiday list.

## The Exercise Enthusiast:

Running shoes, activity tracker, water bottle, wireless headphones, gift card for fitness classes or child care

“Give a gift that reiterates your loved ones’ goals to help them feel supported. You could also volunteer to join them at the gym or watch their child while they exercise.”

— *BILLI BENSON, BA, MED, EXERCISE PHYSIOLOGIST AND OFFICE MANAGER OF THE WEIGHT LOSS CENTER AT SAINT JOSEPH EAST*

“Select an activity tracker that is compatible with the receiver’s smartphone, and make sure it can track his or her most common activities, such as running, biking or swimming.”

— *PAULA FOX, BSHA, RT(R)(CV)(ARRT), MARKET DIRECTOR OF CARDIOVASCULAR OPERATIONS AT SAINT JOSEPH HOSPITAL AND SAINT JOSEPH EAST*

## The Caregiver:

Gift card for a restaurant, spa, respite care and/or cleaning services

“Caregivers often struggle to make time for themselves, so giving something that allows them to decompress and enjoy a little self-care is an excellent choice.”

— *SUSAN CARMICAL, MHA, FACHE, DIRECTOR OF OPERATIONS AT VNA HEALTH AT HOME, A SERVICE OF CHI SAINT JOSEPH HEALTH*

## The Healthy Eater:

Gift basket filled with fresh fruits and vegetables, vegetable spiralizer, gift card to a grocery store that specializes in produce

“Giving a gift basket filled with fruits and vegetables is thoughtful because the receiver can enjoy the produce him or herself or use the items to prepare an appetizer plate for an upcoming holiday party.”

— *AMANDA GOLDMAN, MS, RD, LD, FAND, FORMER SYSTEM DIRECTOR OF QUALITY AND WELLNESS OF CHI FOOD AND NUTRITION SERVICES AND DIRECTOR OF DIABETES AND NUTRITION CARE AT CHI SAINT JOSEPH HEALTH*

## The Spiritual Friend:

Journals, devotional books, audiobook subscription, plants, gift card for a spiritual retreat or yoga classes

“A lot of spirituality is about creating the time and space to reflect, so we can help nourish our loved ones by providing them a venue for that meditative reflection.”

— *RACHELE HOLMES, MDIV, CHAPLAIN AT SAINT JOSEPH BERE A*

**Remember to always consult with your provider before beginning a new diet or exercise program. Don't have a provider? Visit [CHISaintJosephHealth.org/provider-directory](https://www.chisaintjosephhealth.org/provider-directory).**

# HOW WE *Serve*



**Healthgrades Celebration** – Saint Joseph Hospital and Saint Joseph East were each recognized with Healthgrades awards for quality care in several different areas. Saint Joseph Hospital was recognized for stroke care, colorectal surgeries, pulmonary care, treatment of heart failure, COPD, pneumonia, GI bleed, sepsis and respiratory failure. Saint Joseph East was recognized for spinal fusion surgery and for treatment of pneumonia and sepsis. Saint Joseph Hospital was the only hospital in Kentucky to be named an America's Best Hospital by Healthgrades.



**Heart Health** – The team at Saint Joseph Berea provided 120 health screenings during the Berea Spoonbread Festival in September.



**EMS Conference** – CHI Saint Joseph Health was a proud sponsor of the Kentucky EMS Conference and Expo in Lexington in September.



**Back to School Bash** – CHI Saint Joseph Medical Group – Pediatrics in London held its annual Back to School Bash for students throughout Laurel County in July.



**Best Places to Work** – Flaget Memorial Hospital, part of CHI Saint Joseph Health, leaders and staff celebrated being named in the Best Places to Work list for the second year in a row.



**Renovations** – Saint Joseph Hospital recently renovated two nursing units and held a special ceremony, cutting the ribbon and blessing the units in August. Jessica Hood, a nursing unit manager, was among the speakers before the ribbon-cutting event on the two floors. Above, participating in the ribbon-cutting, are Director of Nursing Lesly Arrasmith, Saint Joseph Hospital President Bruce Tassin, Nursing Unit Manager Bonnie McCulloch, Saint Joseph Hospital Foundation Board Chair Lee Hall, CHI Saint Joseph Health Board Chair Martha Jones and CHI Saint Joseph Health CMO Dan Goulson, MD.



# Remembering Avery Elizabeth

**THE SAINT JOSEPH HOSPITAL FOUNDATION** unveiled the Avery Elizabeth Fountain of Remembrance at the Women's Hospital at Saint Joseph East on July 27, 2019 — on Avery Elizabeth Black's second birthday. The fountain is named in memory of Avery, who was born into heaven two years ago.

During the wake of such devastation, her parents, Katie and Bryan, found a shining light in Debbie Gibbons, RN, and a leader in the hospital's bereavement department, who helped make their loss as bearable as possible.

Katie and Bryan, who are passionate about keeping their daughter's memory alive, made a gift from the Avery Elizabeth Foundation through the Saint Joseph Hospital Foundation for the fountain, which is dedicated to all the babies who have left us too soon.

The centerpiece of the fountain, the mother elephant and her calf, was created by local artist Kiptoo Taurus, as there is no greater love in elephant society than the maternal bond between mother and calf. The elephant has become a symbol of Avery and the love her family has for her.

Funds donated by the Black family will be utilized by the bereavement department to provide additional support and compassionate services for families experiencing the loss of an infant.



## SUPPORTING EMPLOYEE EDUCATION

**WE ARE PROUD** to announce 64 CHI Saint Joseph Health employees received nearly \$50,000 in scholarship support thanks to donors like you!

We are so impressed with our employees who are advancing their education and the care they provide to the patients and families we serve. It wouldn't have been possible without the generosity of donors.

**To make a donation to support scholarships, please contact Anna Taylor, director of philanthropy with the Foundations, at [AnnaTaylor@sjhlex.org](mailto:AnnaTaylor@sjhlex.org) or 859.313.2015.**

# Running for Breast Cancer

THOUSANDS OF SUPPORTERS IN CENTRAL KENTUCKY HAVE BEEN WORKING UP A SWEAT TO SUPPORT THE SAINT JOSEPH HOSPITAL FOUNDATION'S YES, MAMM! PROGRAM.

**IN AUGUST**, more than 3,200 people participated in A Midsummer Night's Run, a popular Lexington 5K that raises money for the program every year. In October, hundreds more supporters filled RJ Corman in Nicholasville for the 5th Annual Yes, Mamm! 5K.

All proceeds help provide free mammography screening, diagnostic services and program support to uninsured and underinsured patients we serve throughout Kentucky.

Since the program began in 2012, donations have provided more than 3,000 screening mammograms, 700 diagnostic mammograms, 500 ultrasounds and \$5,000 in transportation assistance.

The Yes, Mamm! program also funds support groups. One participant described the group as "my refuge, my safe haven, and the place where young women of various backgrounds and lifestyles can come together and talk openly about the things we're going through, no matter how big or small, on our cancer journey."



## UPCOMING EVENTS

- ▾ **Bourbon & Bluegrass Holiday Bash**  
**Tuesday, Dec. 10, 2019**  
Bardstown Bourbon Company,  
Bardstown, KY  
[CHISaintJosephHealth.org/  
bourbonandbluegrass](http://CHISaintJosephHealth.org/bourbonandbluegrass)





This is a  
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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.

## SAINT JOSEPH BEREA

“Susanne [Zwahlen, a nurse in the infusion center] is very sweet. She always puts a smile on my face, and is the only one I feel comfortable with accessing my port. She usually gets it first try. She checks in on me regularly, and makes coming three times a week not so bad.”

## SAINT JOSEPH EAST

“Samantha, the nurse on the third floor, was very kind, listened to everything I had to say and was very attentive to my needs. She was the best!”

## SAINT JOSEPH MOUNT STERLING

“Ryan (Farthing, RN, at Saint Joseph Mount Sterling) is the first nurse in all the years of my uncle being sick that I can actually remember him saying, ‘Now that’s a good nurse.’ I stayed at the hospital in my uncle’s room at night, and no matter how many times my uncle rang that call light, Ryan was right there. He always came in the room with a big smile on his face and would joke with my uncle. He would do whatever was asked of him. We will forever be grateful to Ryan and that he has the patience to be a great nurse.”

