

# Spirit of Health

FALL 2021

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



CHI Saint Joseph Health Providers

## URGE VACCINATIONS

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The Brilliant Light

## OF LOVE AND HUMANKINDNESS

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CHI Saint Joseph  
Health

## Dear *Spirit of Health* readers,



As we continue our recognition of CHI Saint Joseph Health's "A Year of Humankindness," I want to thank you for showing kindness in our communities throughout what has been another difficult period, with the recent COVID-19 surge.

This summer, we partnered with the Lexington Humane Society to sponsor a pet adoption event and show humankindness to our furry friends. Over the summer and early fall, our employees — and many in our communities — spread humankindness through chalk art in our Chalk It Up to Humankindness challenge. Thank you for using your talents to visibly illustrate the meaning of kindness and spread good cheer to your neighbors and friends.

As always, our employees exemplify what it means to be kind. Pamela Smallwood, Mary Highley and Dr. Madeline Fisher, have all found ways to serve our patients and their communities both in their work and personal lives.

We also note the simple acts of humankindness our communities have shown to our employees. Local churches visited our facilities to pray for our patients, providers and employees, and many businesses have once again stepped up to donate food and other items to support our

employees. Thank you. We truly appreciate the kindness you demonstrate to our ministry on a regular basis.

Donors to the CHI Saint Joseph Health Foundations also make it possible to provide cancer care to those who might not otherwise have access to the vital screenings and care they need. We also recently celebrated a generous donation from Toyota Kentucky that helps our rehab patients take an important step on the road to recovery.

We are also honored to share the recognition received for our robotic surgery program at our Lexington hospitals. Saint Joseph Hospital and Saint Joseph East recently became Lexington's first accredited Centers of Robotic Surgery by the Surgical Review Corporation, a patient safety organization. As Lexington's first hospital, we are proud that Saint Joseph Hospital continues the tradition of offering leading-edge technology.

As we enter the winter months and holiday season, I pray that each of you is able to remain safe and healthy, and that the worst of the COVID-19 surges are behind us. May God bless each of you. Thank you for allowing us to share this loving connection of humankindness.

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

## Cover

John Dvorak, MD, MS, FACS, FACRS, medical director of the robotic surgery program at Saint Joseph Hospital, and Amanda Anderson, MSN, RN, unit manager for preadmission testing and post-anesthesia care unit, stand in one of the robotic surgery suites at Saint Joseph Hospital. *Photo by Julee Ducus*

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## *Spirit of Health* Fall 2021

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# Why You Should Get the COVID-19 Vaccine

*Shelley Stanko, MD, chief medical officer, Saint Joseph London, Saint Joseph Berea*

**“**The vaccine is one of our most powerful tools to help control how this virus spreads. The vaccine is not a cure. It's not going to make COVID-19 go away. However, what we see consistently is that it absolutely decreases infection rates and, if you get the virus, it decreases the severity of illness.”



*Amy Carrillo, DO, CHI Saint Joseph Medical Group – Obstetrics & Gynecology, Lexington*

**“**We know that the numbers are so much worse — pregnant women with COVID have such a greater risk of going to the (intensive care) unit, needing intubation, needing ECMO and, ultimately, they're at greater risk of dying. It is critically important that they vaccinate at any time during pregnancy.”



*Monte Martin, MD, CHI Saint Joseph Medical Group – Cancer Care Center, Bardstown*

**“**We are very fortunate to have vaccines created in such a rapid fashion that are effective in preventing significant morbidity and mortality from the COVID-19 virus.”



*James Duncan, MD, CHI Saint Joseph Medical Group – Primary Care, Lexington*

**“**Looking at the efficacy of the vaccine, we're finding that it's not perfect, particularly with the delta variant. You can still contract COVID, but the chances are much lower. When we look at our vaccine statistics, when we look at our hospitalization rates for those who have severe disease, it is much lower when you're vaccinated.”



*Thomas McCormick, MD, CHI Saint Joseph Medical Group – Primary Care, Mount Sterling*

**“**These vaccines, which have been given to millions of people, will stop you from getting sick or having serious complications. The majority of the people who have become seriously ill or died have not received the vaccine.”



THUMBNAIL T/F FROM CLIENT

CONTENT T/F FROM CLIENT

# How Robotics Is Revolutionizing Surgery in the Bluegrass Region

Saint Joseph Hospital and Saint Joseph East are two of the nation's top hospitals for robotic surgery.



**Just a couple** of decades ago, the idea of having a robotic surgery would have sounded like something out of a sci-fi novel: nothing but fantasy. Today, physicians across the globe use robot-assisted surgery to perform all types of procedures.

Used in a variety of specialties, surgical robots aren't just neat pieces of technology — they're powerful tools that offer great benefits.

Surgeons at Saint Joseph Hospital and Saint Joseph East are among the best in the country for using surgical robots. In fact, both facilities became Lexington's first accredited Centers of Excellence in Robotic Surgery by the Surgical Review Corporation (SRC), a nonprofit patient safety organization.

"For generations, we've done surgery the same way," said **John Dvorak, MD, MS, FACS, FACRS**, medical director of the robotic surgery program at Saint Joseph Hospital. "All of a sudden, robotic surgery arrived, and we experienced a paradigm shift. Our goal has always been to make life better for patients and surgeons, and robotic surgery makes that possible."

### Welcoming the Robots

Instead of large, open incisions, robotic surgery takes place through a series of tiny incisions. This means shorter hospital stays, faster recovery, less risk for infection and reduced scarring.

In 2013, Saint Joseph Hospital and Saint Joseph East adopted the da Vinci Surgical System — the most widely used robot — for use in the operating room (OR). Initially, some surgeons held a healthy skepticism about the robot, wondering if it was just a gadget with no real benefit ... until they saw how precise robotic surgery is. They also saw patients who had good results and were back on their feet faster than ever. Now, the robot doesn't just improve surgical outcomes, it also attracts the most talented surgeons who want to practice where robotic surgery is standard practice — places like Saint Joseph Hospital and Saint Joseph East.

### Understanding Robotic Surgery

During robotic surgery, the surgeon doesn't stand over the patient. Rather, the surgeon sits at a console in the OR. Nearby, video cameras and other tools are positioned at the surgical site through tiny incisions. These cameras provide a magnified 3D view of the surgical site.

"I have a lot of patients ask how robotic surgery works," said Amanda Anderson, MSN, RN, unit manager for preadmission testing, post-anesthesia care unit, outpatient surgery and COVID-19 testing clinic. "While it sounds like a robot is performing the surgery, it's 100% surgeon-controlled."

A real-time video feed guides the surgeon throughout the procedure. Using handheld joysticks, the surgeon moves the robot's arms to remove tissue, reconstruct damaged tissue and perform other tasks.

Following surgery, the small incisions are closed and covered with an adhesive bandage. Within a couple of hours, the patient transfers to a hospital room where he or she is able to walk, sit upright and eat and drink immediately. Patients who once required five or six days of hospitalization now go home in half that time. Some can even return home the same day.

### A Robot With Range

In Dr. Dvorak's colorectal surgery practice, use of the robot has many specific benefits, including the reduced likelihood of needing a future surgery. But Saint Joseph Hospital and Saint Joseph East didn't earn recognition from the SRC for colorectal surgery only. They are also the first hospitals in Kentucky recognized and accredited for robotic surgery excellence in five disciplines:

- Bariatric surgery
- Colorectal surgery
- General surgery
- Gynecologic surgery
- Urologic surgery

### Excellence Today and Tomorrow

Patients who turn to accredited facilities enjoy fewer complications and greater overall satisfaction because the SRC only accredits the best of the best. Earning this recognition doesn't come easily. Every aspect of the surgical experience is critiqued. SRC inspectors review preadmission testing and scheduling. They study the hospitals' post-surgical care and education. Most importantly, they look for great surgical outcomes on a consistent basis. According to a SRC survey, hospitals that achieve accreditation report decreased complications, improved efficacy and patient safety, and better team cooperation and patient satisfaction. So what's next for Saint Joseph East and Saint Joseph Hospital? Continued monitoring. Continued improvement. Continued excellence.

"Our highly trained physicians are committed to the best, latest and safest technology for our patients," Anderson said. "We look forward to continuing our service lines and offering even more robotic procedures in the future."

### Minimal Invasion Made Better

Minimally invasive surgery isn't available only with robots. Many procedures are performed through tiny incisions and handheld instruments. Though these techniques offer excellent results, robots provide major benefits.

**More range of motion.** The da Vinci Surgical System robotic arms rotate 520 degrees. This allows easier access to more areas.

**More arms.** Surgeons only have two hands. With da Vinci, surgeons can use up to four robotic arms at a time.

**Camera control.** Other techniques require a second person to hold the camera in place. Robotic surgery allows the surgeon to position the camera right where needed.

### Resolving an Underreported Issue

"Traditional and laparoscopic surgery are very hard on the body," said **John Dvorak, MD**, colorectal surgeon at Saint Joseph Hospital. "I've had two ruptured discs from years of standing in odd positions during surgery. With the robotics approach, I can sit down and perform surgery in a comfortable chair."

The result is that great surgeons like Dr. Dvorak have longer careers. For residents of the Commonwealth of Kentucky, greater access to experienced surgeons is good news.

# Lights, Camera, Appointment



Kevin  
Moore, MD

**These days it** seems virtual care visits are taking center stage. CHI Saint Joseph Medical Group offers telehealth for all patients, including those needing after-hours care, using the Zoom videoconferencing tool. Like many of his colleagues, **Kevin Moore, MD**, family medicine physician at CHI Saint Joseph Medical Group – Primary Care, Bardstown, has been offering virtual care visits for nearly two years. He thinks it's a value-added service that's safe and convenient for patients and works well in a variety of situations.

"Virtual care visits are great for routine follow-up appointments, especially for conditions such as depression and anxiety that don't always require examining a patient," Dr. Moore said. "I find these visits beneficial for evaluating behavioral health conditions and performing chronic disease management and medication refills."

Ready to try a virtual care visit? The next time you call your physician's office for an appointment, ask for a virtual care visit. For more information, visit [CHISaintJosephHealth.org/virtualcare](http://CHISaintJosephHealth.org/virtualcare).



## Conversation Starters

A **smartwatch** or wearable fitness tracker can help you take control of your health by providing valuable insights, but is all that data useful to your physician? Maybe — to a point. **Kevin Moore, MD**, family medicine physician at CHI Saint Joseph Medical Group – Primary Care in Bardstown, says the information you glean from a wearable device may draw your provider's attention to something worth investigating, especially if it concerns you. However, traditional, evidence-based data is necessary for a proper diagnosis.

"A smartwatch that tracks your pulse and may occasionally show something unusual can create a conversation and start a workup," Dr. Moore said. "I think these devices are useful."

Like many physicians, I'm still determining how to incorporate the information these devices provide because their use has grown so rapidly, but I think they can help us move patients toward healthiness."



## Take as Directed: Protect Your Health By Sticking to Your Medication Schedule

It's easy to miss a dose of a medication or forget to pick up a prescription refill. But falling behind on medications, or not taking them as directed, can be dangerous.

"When patients with chronic conditions, such as cardiovascular disease, do not take medication as directed, the repercussions can be severe,"



Emily Cox,  
PharmD, RPh

said Emily Cox, PharmD, RPh, a clinical pharmacist at CHI Saint Joseph Health Partners, a clinically integrated network of physicians collaborating with hospitals to deliver evidence-based care, improve quality, efficiency and coordination of care, and demonstrate value to the market. "For example, not keeping blood pressure in check can lead to heart disease, stroke and kidney failure."

According to the Centers for Disease Control and Prevention, approximately 50% of filled prescriptions are taken incorrectly, with nonadherence accounting for an estimated 125,000 annual deaths, while 20% of new prescriptions are never even filled.

Also, sometimes it can be tempting to discontinue a medication when you start feeling better. Cox says don't do it.

"It's important to consult your provider first," she said. "Your doctor can expertly taper your dose and wean you off with as few adverse effects as possible."

# 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.

Pamela Smallwood, CMA, CHI Saint Joseph Medical Group – Primary Care in Mount Sterling, is always compassionate and thoughtful to everyone she meets, but one patient in particular pulled at her heartstrings and moved her to do something extra special. While getting to know a gentleman who had come in for a doctor's visit, Smallwood listened as he shared tearful stories about his late wife. It didn't take long for Smallwood to realize that after so many years had passed, he still missed his wife terribly. What Smallwood did next left the widower feeling a little less lonely and forever grateful for her memorable act of humankindness.

*Read her story on page 8.*

*Photo by Mark Mahan.*



# The Brilliant Light of Love and Humankindness

**Loss of a** loved one leaves a lasting imprint on the human heart, and for many, the ache of emptiness never disappears. Smallwood, could not ignore the toll that loss had taken on a patient she had come to recognize at the primary care office.

"He is always so pleasant, kind and soft-spoken," Smallwood said of patient Thomas Bailey. "He came in one day and began speaking about his wife."

Smallwood learned about the trips and adventures the couple enjoyed together and the love they shared during more than 60 years of marriage.

"He became teary eyed, so I just assumed she had recently passed. As we talked more, I learned that she had passed away almost 16 years ago," Smallwood said. "My heart broke for this gentleman as he sat there with wet eyes, missing his wife so much, so many years later. It simply broke my heart for him, and I wanted him to know that I cared."

## A Community of Care

As she brainstormed ways to support him, Smallwood immediately thought of her friend and owner of a local floral service, Kristy Stephens Brown.

"Kristy shares my compassion for people and was eager to get to work helping me out," Smallwood said.

Brown created a lighted church with a note letting the patient know that he touched her heart. Bailey was overjoyed to receive the token of kindness and invited Brown into his home for sweet tea when she delivered the gift.

"When Kristy called me and told me how happy it had made the gentleman, I knew I had done the right thing," Smallwood said. "He was truly lonely and just needed to know that someone cared and was there."

During the weeks that followed, Smallwood began sketching out a plan to facilitate similar random acts of kindness throughout the community and asked Brown to join her.

"She was so happy to help," Smallwood said. "I loved knowing that we could do a little something to brighten someone's day."

Together, Smallwood and Brown have gifted tokens of kindness to multiple families facing health challenges.

When Pamela Smallwood, CMA, CHI Saint Joseph Medical Group – Primary Care in Mount Sterling, found herself face-to-face with a patient in the midst of heartbreak, she took action to fill the void.

Smallwood has also amassed a collection of Christian books to give to patients and families in need of love and support.

"You do not need to be wealthy to give back," Smallwood said. "All you have to do is be compassionate."

**Visit [CHISaintJosephHealth.org/saint-joseph-mount-sterling-foundation](http://CHISaintJosephHealth.org/saint-joseph-mount-sterling-foundation) to learn how you can give back to our community.**

Pam Smallwood, CMA, left, worked with Kristy Stephens Brown, right, to brighten the day of her patient, Thomas Bailey. That started her on a mission to spread humankindness throughout her community.





Mary Highley, the longest-serving employee at Saint Joseph Mount Sterling, joined in the celebration of 10 years at the new hospital campus in June.

# A Life of Service

Mary Highley, the longest-serving employee at Saint Joseph Mount Sterling, reflects on the 45 years she has spent at her home away from home.

**From the time** she was a child, Mary Highley, 77, has been dedicated to caring for others through acts of service.

"I was always a person wanting to help and do," Highley said. "When I was 15 and 16, I spent my summers working at a restaurant in Chicago and got to know doctors from Cook County Hospital. While my goal was to join the United States Army, health care was also interesting to me."

Upon the recommendation of a friend, Highley connected with the chief executive officer of Mary Chiles Hospital, now Saint Joseph Mount Sterling, and was quickly hired to work in the hospital's nursery from 11 p.m. to 7 a.m. The shift worked perfectly for the mother of two, who spent her days swimming and playing with her own children before heading to work in the evenings to a job she loved.

"I went to the delivery room with moms and brought babies back to the nursery where I hugged them, made them comfortable and put them to bed," Highley said. "It was a joy to look after those babies until it was time for them to go home."

## A Professional Evolution

The nursery was one of many departments in which Highley has worked during the past 45 years. During her career, she worked in the medical/surgical department, the emergency department and the intensive care unit, where she still works today.

"In the past, we did not transfer patients out like we do now, and we sometimes had to take care of heart patients and critical patients by ourselves. That was challenging, but it was wonderful. It was good, hard work we could be proud of," Highley said. "Also, today we have all of these physician specialists that we didn't have back in the day."

Now working in the new Saint Joseph Mount Sterling building, Highley serves as a telemetry, or monitoring, technician. In this role, she and her colleagues can monitor up to 27 patients at a time.

"I cannot believe all of the modern technology that we have access to now," Highley said. "Everything is so seamless. I look back and wonder how we did what we did all those years ago."

## A Legacy of Wellness

Highley is inspired by the convenience that Saint Joseph Mount Sterling offers the community, especially seniors who do not need to travel far for specialized care. She's also thrilled to be part of a facility that makes quality health care accessible to her five grandchildren.

"I am honored to work with a health care facility that provides my loved ones with the health care services they need."

**If you are interested in joining our health care team, visit [CommonSpirit.careers](http://CommonSpirit.careers).**

# Caring for Patients of All Ages

Being involved in a patient's medical care through every stage of life is what **Madeline Fisher, MD**, enjoys most about being a physician.

For **Madeline Fisher, MD**, internal medicine and pediatrics physician at CHI Saint Joseph Medical Group – Primary Care in Lexington, a typical day at work includes joyfully caring for patients from all walks of life and tending to a wide variety of needs.

"I enjoy the diversity of patients we are able to see in a day," Dr. Fisher said. "Everything is different. We'll have sick visits, adult physicals, adults with chronic medical problems who come every few months, children coming in for well visits, new babies — it's the variety that keeps things interesting."

Dr. Fisher said she knew she was destined for the medical field as early as high school, when she would shadow different health care providers in their offices and volunteer at her local hospital. But her love for medicine was definitely confirmed after attending the Professional Education Preparation Program (PEPP) at the University of Kentucky. PEPP gives high school graduates with a keen interest in health care a unique opportunity to observe and work alongside medical professionals.

"I was able to get some hands-on experience in the hospital," Dr. Fisher said. "When I worked with a Med-Peds (internal medicine-pediatrics) division in the community, I was amazed by how they would go from seeing an eight-month-old baby to an 80-year-old patient in a single day. That's when I decided medicine was for me."

## Honoring the Patient-Provider Relationship

It's not uncommon for a Med-Peds physician to provide care throughout a patient's life or care for multiple generations of the



Photo by Mark Mahan.

same family, and having these valuable skills enables Dr. Fisher and her colleagues to deliver comprehensive, individualized care to each patient.

"We always try to listen to patients and work together to make joint medical decisions with them; we help them to have a role in their care," she said. "I also love to watch some newborns that I initially cared for that are now turning a year old. It's very rewarding to go through that journey with parents and help them through children's life stages."

"Physicians are trusted to help with any medical issues," Dr. Fisher continued. "Whenever someone has to come to the doctor and is sick, that may be a regular day for the doctor since we do it every day, but it's a significant concern to the patient. We try to keep that in mind and answer questions and explain things well for patients."

**Dr. Fisher is currently accepting new patients of all ages. To make an appointment, call 859.629.7245 or visit [CHISaintJosephHealth.org/primarycarelexington](http://CHISaintJosephHealth.org/primarycarelexington).**

# It's All Fun and Games — or Is It?



Video games for kids can help *and* hurt development.



Alam Khan, MD

**Chances are,** your child plays video games — whether on the phone, computer or a gaming system like PlayStation or Xbox. Research shows between 75% to 90% of

American kids under 18 play some kind of video game at least once a week. Video gaming also increased measurably during the pandemic, as people spent more time at home.

"The good news is that video games can actually have a positive influence on child brain development," said **Alam Khan, MD**, pediatric neurologist at CHI Saint Joseph Medical Group – Neurology in London. "Many early studies that showed the negative effects of gaming on brain development have been found to be biased. However, as with many things, video games can be a double-edged sword."

## How Video Games Help Development

For younger children, video games can be educational, helping kids develop both language and motor skills.

"There are games that can help your kid learn a language, like basic Spanish," Dr. Khan said. "For shy children, gaming can be a good way to learn how to interact with other people at a safe distance."

Video games can also help teach kids how to win, lose and problem-solve.

## When Gaming Turns Dark

Despite decades of research, there is still no consensus as to whether playing violent video games increases aggressive behavior. Dr. Khan recommends parents stay involved in monitoring what their kids are playing to ensure it is age-appropriate. And no children under 2 should be playing video games at all, even on your phone.

"Parents should consult a doctor if their child won't stop gaming and their grades and mood seem to be suffering as a result," Dr. Khan said. "My son is 25 and has played video games since childhood. As long as you're involved with your kids and finding balance, gaming can be safe and beneficial."

**If you have concerns about how video games or other screen time is affecting your child's health, visit [CHISaintJosephHealth.org/find-a-provider](http://CHISaintJosephHealth.org/find-a-provider) to connect with a CHI Saint Joseph Health pediatrician.**

## Dos and Don'ts of Video Gaming for Parents

- DO limit playing to an hour a day or less, depending on your child's age.
- DON'T let your kids connect with strangers online to play games without your knowledge or permission.
- DO make sure your kids are playing developmentally appropriate games.
- DON'T forget to limit or ban in-game purchases to avoid surprise phone or credit card bills.
- DO try to play video games with your kids. It can be a fun bonding experience — and a good way to keep the lines of communication open.



# How We Serve

**Chalk It Up to Humankindness:** Our employees always display humankindness when caring for our community. During the summer, many took part in a visible display of humankindness through a Chalk It Up challenge. Among those participating were Angela Ayers of Flaget Memorial Hospital, top, Jana Jones of Flaget Memorial Hospital and Lauren Akridge of Saint Joseph Hospital.



**A Midsummer Night's Run:** CHI Saint Joseph Health was proud to once again sponsor A Midsummer Night's Run in downtown Lexington in August. The annual 5K race also included a Fastest Kid in Town run.



**Best Places to Work:** Saint Joseph London was proud to be selected as a Best Places to Work for the second straight year. Members of the team, including Debbie Moore, left; Andrea Holecek, RN, chief nursing officer; Shelley Stanko, MD, chief medical officer; John Yanes, president; Brady Dale, director, Cardiology/Ancillary Services; Sandra Turqueza, director, HR operations; Tina Nelson, RN; and Stacy Faulkner, RN, represented the "Incredibles" that work at Saint Joseph London.



**Hello Humankindness:** CHI Saint Joseph Health was proud to be a part of a special pet adoption event at the Lexington Humane Society in May. Thanks to the community for showing humankindness to our furry friends.



**Celebrating an A for Safety:** Flaget Memorial Hospital was once again recognized with an A for safety from the Leapfrog Safety Group. Employees celebrated with a special meal and visit to the ice cream truck.



# The Financial Impact of Fighting Cancer



Leslie Smart, CFRE

**Fighting cancer is expensive.** On top of battling the disease, there are so many unforeseen costs for patients during their journey, such as transportation, medical bills and child care. This is why CHI Saint Joseph Health Foundations continuously work to relieve some of that financial burden for patients — so they can focus on getting well.

In 2020, an estimated 1.8 million new cancer cases were diagnosed in the U.S., according to the National Cancer Institute. This number is staggering, and the financial burden of the disease is a heavy price to pay. A recent Federal Reserve survey found nearly 40% of U.S. adults are unable to cover a \$400 emergency bill with cash, savings or a credit card they could quickly pay off. So it's easy to see how the added challenge of multiple hospital bills related to cancer care can be overwhelming for many people.

Through our recent Evening of Hope event, we were able to raise more than \$370,000 across Kentucky for programs like Yes, Cerv! and Yes, Mamm! — initiatives that make a tangible difference for patients served by our cancer care programs.

Started in 2012 by the Saint Joseph Hospital Foundations, the Yes, Mamm! program provides free mammography screenings, diagnostic services and program support to uninsured and underinsured patients, offering everything from chemo caps to patient counseling.

During the past nine years, this program has served 2,850 patients and provided more than 6,600 breast care services and supplies. Patients have received medical services, such as screening and diagnostic mammograms, ultrasounds, X-rays, genetic testing and DigniCap scalp cooling; ancillary help, including support groups, lodging and transportation assistance; and cancer care items, including wigs and lymphedema garments. These patients no longer had to choose between paying for gas to get to the hospital or paying a medical bill.

Our Yes, Cerv! program advocates for cervical cancer awareness and promotes Pap smears, HPV vaccinations, free cervical cancer screenings, early-stage diagnoses and oncological pelvic treatment to eligible women. Kentucky has some of the highest rates of cervical cancer in the country, so this program is essential to help bring down these numbers and save lives.

Both of these programs are supported through ongoing fundraising efforts of the CHI Saint Joseph Health Foundations, the most recent of which was our Evening of Hope event. The fundraiser supports cancer care resources in Bardstown, Berea, Lexington, London and Mount Sterling, and directly benefits patients across all of the CHI Saint Joseph Health facilities.

We are making a difference in the lives of local cancer patients, and we couldn't have the impact we do without your support. Together, we can continue to leave a lasting impact on patients with cancer, and the first step begins with philanthropy and giving.

*By Leslie Smart, CFRE,  
president, CHI Saint  
Joseph Health  
Foundations*

**“Even something as simple as a \$10 gas card makes a huge difference for patients, whose needs are ongoing. A simple \$10 recurring donation can also help chip away at the need. It adds up quickly.”**

— Greg Bodager, MSN, RN, OCN, market director of oncology service line, CHI Saint Joseph Health — Cancer Care Centers

## How Your Care and Generosity Make a Difference

The news that she had breast cancer was just sinking in when Joyce Gray started to fear an even bigger battle: paying her household bills while she was undergoing treatment.

Gray, 53, would have to take a leave from her job as a housekeeper for Saint Joseph Hospital in Lexington for six months to undergo a lumpectomy, radiation and chemotherapy.

“It was just devastating,” she said. “I was just worried. How was I going to pay all those expenses?”

Then Gray received a call that she said was God answering her prayers. A patient navigator at Saint Joseph East asked if she’d like to sign up for financial support through the Yes, Mamm! program.

“With one phone call, everything changed,” Gray said. “All I could say was, ‘Oh Lord God, thank you.’ I didn’t have to focus on bills but could focus on getting well.”

Gray also had incredible support from her medical team at CHI Saint Joseph Health – Cancer Care at Saint Joseph East, including **Jessica Croley, MD**.

“She takes her time and listens to you,” Gray said. “I wouldn’t want to be treated anywhere else.”

Gray said her colleagues in environmental services at Saint Joseph Hospital also cheered her on by making a banner that said “Together we fight,” placing a crown on her head and handing her thoughtful gifts.

She said her faith in God, family, church, friends, physicians and colleagues helped her through one of the hardest times of her life.

“I don’t know what I would have done without them,” Gray said.

# Toyota Kentucky Donates Modified Camry to Saint Joseph Hospital

**Rehabilitation patients at** Saint Joseph Hospital, including total joint replacement patients, are now able to practice getting in and out of a vehicle before traveling home — which is one of the first obstacles patients face after surgery.



Joyce Gray

“We believe this is the first time Toyota worldwide has taken on such a project,” said Leslie Smart, CFRE, president, Saint Joseph Hospital Foundations. “This is one of the tangible ways Toyota is helping to make mobility a reality for many across the region.”

The modified Camry was assembled at the Georgetown plant and reassembled on-site last December inside the hospital.

“We know that mobility — the ability to walk, to take care of yourself — is one of the keys to good health,” said Tony Houston, CEO, CHI Saint Joseph Health, and president, Saint Joseph Hospital. “We’ve had the car available for several months now, and our patients have loved it.”

To learn more about how you can help, visit [CHISaintJosephHealth.org/waystohelp](http://CHISaintJosephHealth.org/waystohelp).



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# 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 Mount Sterling:

**“**Tina and the staff here are absolutely phenomenal, and I felt so welcomed. Tina never gave up on me. She truly goes above and beyond for her patients, and I appreciate that so much.”

## Flaget Memorial Hospital:

**“**Nurse Charlene went above and beyond my expectations. She truly cared and took the time to get to know me. My stay was so much better because of her.”

## Saint Joseph London:

**“**Cindy (a nurse) was so good to my mom ... I witnessed her fixing my mom's hair, hugging her, praying with her and always being a shoulder for her to cry on. I know how busy the floors can be, and she didn't have to do the things she did.”

## From Our History:

**“**When Flaget Memorial Hospital first opened, people in the community showed gratitude for the service they received in many ways. A priest had a good yield in his grapes and sent bushels of grapes to the Sisters of Charity. Others sent cakes.”