

Spirit of Health

FALL 2022

A CHI Saint Joseph Health publication focused on building healthier communities.

A Day in the Life of a Primary Care Physician

*It's much more than physical
exams and treating
common colds*

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How Providers Nurture
BODY, MIND, SPIRIT

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There's a Provider for That
**IS IT TIME FOR A
REFERRAL?**

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These Cancer Screenings
**COULD SAVE
YOUR LIFE**

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Dear *Spirit of Health* readers,



At CHI Saint Joseph Health, we recognize that the bedrock of good health begins with knowledge. Your primary care provider is one of your best resources to know what is best for your health.

Your annual wellness visits establish a baseline of care and allow you to work with your primary care provider to develop a personalized prevention plan. We know that the patient/provider relationship is critical to proper health maintenance. We're proud to offer a network of primary care providers across Kentucky who, like their patients, live and work in the communities we serve.

Like you, they have established routines to nurture their mind, body and spirit. In this issue of *Spirit of Health*, learn how some of our providers take care of their own health. You'll meet one of our newest physicians, who shares what a typical day is like in the life of a primary care provider.

Another piece of the knowledge base you can build about your health is through your health record. In October, we launched the gold standard

in electronic health records, Epic. Through the patient portal known as MyChart, you have access to test results and prescription refills. It will also make scheduling appointments and connecting with your provider easier.

As always, we are proud to share the Spirit of Service of our employees. In this issue, meet Tonya Lindsey, Pamela Thompson and Sarah Gabehart, whose life experiences have inspired them to give back to their communities; they truly embody our mission, vision and values.

We are also grateful for the supporters of our Foundations, who honor the legacy of our foundresses, the Sisters of Charity of Nazareth, by giving of the time and resources to further the mission of CHI Saint Joseph Health.

Thank you for entrusting our ministry with your health.

Anthony (Tony) A. Houston, Ed.D., FACHE
Chief Executive Officer
CHI Saint Joseph Health

Cover

Benjamin Neltner, MD, begins his day as a primary care physician with CHI Saint Joseph Health before the office opens. His day will include everything from routine physical exams to end-of-life planning and counseling. *Photo by Shaun Ring*

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Spirit of Health

Fall 2022

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How Providers Nurture Body, Mind, Spirit

Have you ever wondered what health care providers do to take care of their own health? Here's how some doctors and advanced practice RNs at CHI Saint Joseph Health stay well.



Jessica Pennington, MD,
CHI Saint Joseph
Medical Group –
Primary Care, Berea



Trina Mattingly, APRN,
CHI Saint Joseph
Medical Group –
Primary Care, Berea



Stacey Greenwell-
Osborne, APRN, CHI Saint
Joseph Medical Group –
Primary Care, Bardstown



Caresse Wesley, DO,
CHI Saint Joseph
Medical Group –
Primary Care, Lexington



Body	Mind	Spirit
<p>"I try to get plenty of sleep and to keep my sleep schedule as constant as possible, as this seems to help me sleep well."</p> <p>— Dr. Pennington</p>	<p>"I enjoy reading and playing the piano. These activities reduce stress for me"</p> <p>— Dr. Pennington</p>	<p>"I try to daily think about the many things that I am grateful for and count my blessings. My faith in God has carried me through many difficult times and has been the greatest source of strength and comfort in my life."</p> <p>— Dr. Pennington</p>
<p>"Getting outside, getting fresh air and sunshine always give me energy and help me feel more refreshed. Outdoor activities I enjoy include taking walks, hiking, working in the yard, boating and bike riding."</p> <p>— Mattingly</p>	<p>"Mindfulness helps to encourage calmness and to enjoy the little moments I would otherwise miss."</p> <p>— Mattingly</p>	<p>"Reading a morning devotional and prayer help to start my day and create balance. It is a time for self-reflection and helps to guide my day. And I intentionally spend time with my family and friends. This invaluable time is nourishment for my soul."</p> <p>— Mattingly</p>
<p>"Staying active through exercise. Even if I am only able to exercise for short period of time, I still try to complete some form of increased activity three to four days a week."</p> <p>— Greenwell-Osborne</p>	<p>"A consistent positive attitude throughout the day is very important. With a positive attitude I can be more productive and influence others to be more productive as well."</p> <p>— Greenwell-Osborne</p>	<p>"To promote spirit within my community, I assist with school activities as well as Little League sports. I am able to be a positive role model for children throughout the community."</p> <p>— Greenwell-Osborne</p>
<p>"I try to eat as clean as possible, remembering we only get one body. Food is medicine."</p> <p>— Dr. Wesley</p>	<p>"I spend time in prayer and reading the Bible with coffee. It keeps me centered on Jesus and being grateful for all that I have and am called to do."</p> <p>— Dr. Wesley</p>	<p>"My faith is everything to me and central to who I am and how I practice medicine. They cannot be divided. We are all equally loved in the eyes of Jesus. If He can show sacrificial love for us how can I not show sacrificial love to my coworkers and patients."</p> <p>— Dr. Wesley</p>

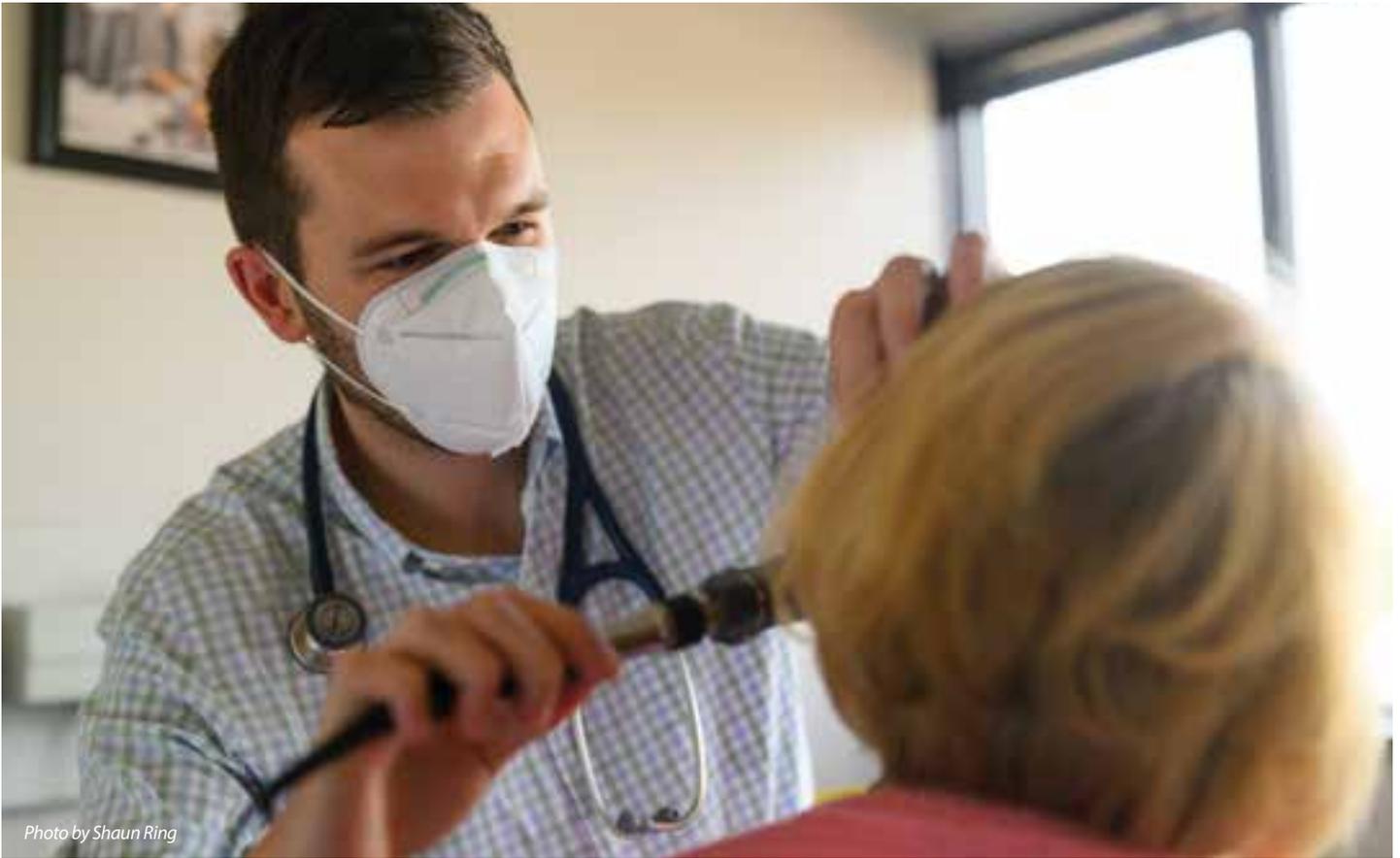


Photo by Shaun Ring

A Day in the Life of a Primary Care Physician

This is what a workday is like for Dr. Neltner.

The office opens at 8 a.m., but Benjamin Neltner, MD, primary care physician (PCP) with CHI Saint Joseph Medical Group – Primary Care, is there 45 minutes early. With coffee in hand, Dr. Neltner gets to work immediately. His first task: preparing for the day.

“I start by ‘scrubbing’ patient charts — taking notes on patients’ health and developing potential plans to discuss during their visit,” he said. “Then I review lab and imaging tests from the day before so I can give patients results as soon as possible.”

With these tasks completed, Dr. Neltner barely has time to take a deep breath. The day begins in earnest with his first patient appointment at 8 a.m. sharp, and he’s ready to go.

More Than a Dozen a Day

On a normal day, Dr. Neltner sees between 15 and 19 patients, and their needs vary widely. Because of the wide variety of expertise PCPs have, no two days are the same.

“Primary care deals with a lot more than physical exams and the common cold,” Dr. Neltner said. “We are trained to treat hundreds of diagnoses and recognize the need for specialty care.”

A routine day for Dr. Neltner may include a few physical exams, a Pap test, a corticosteroid knee injection, helping a depressed patient, weight loss medication counseling, infection testing, and end-of-life planning and counseling.

No matter why a patient is visiting, each appointment starts with Dr. Neltner reviewing his notes and asking about the patient’s goal for the visit. Based on this conversation, together they determine what ground they’ll cover — and then the journey begins. It may start with some diagnostic testing, in-depth conversations about healthier lifestyle choices and, in some cases, whether its time for a referral for specialty care.

At the end of their appointments, patients have clear steps they can take to start improving their health, and Dr. Neltner always asks

his patients if he's answered all of their questions before they head home.

"As a primary care physician, I treat patients at all stages of life and develop long-standing relationships with patients and their families," he said. "Preserving and improving the quality of my patients' lives is always my goal."

Between patients, Dr. Neltner keeps moving. He refills prescriptions, responds to patient calls and reviews findings from specialists. At some point during the day, he takes a 15-minute break to grab a bite, and then spends the rest of his lunch hour calling patients.

"It's one of the few times I have to reach patients on the phone," Dr. Neltner said. "I like to take advantage of this time to catch up with patients to give test results and make sure they're moving in a healthy direction."

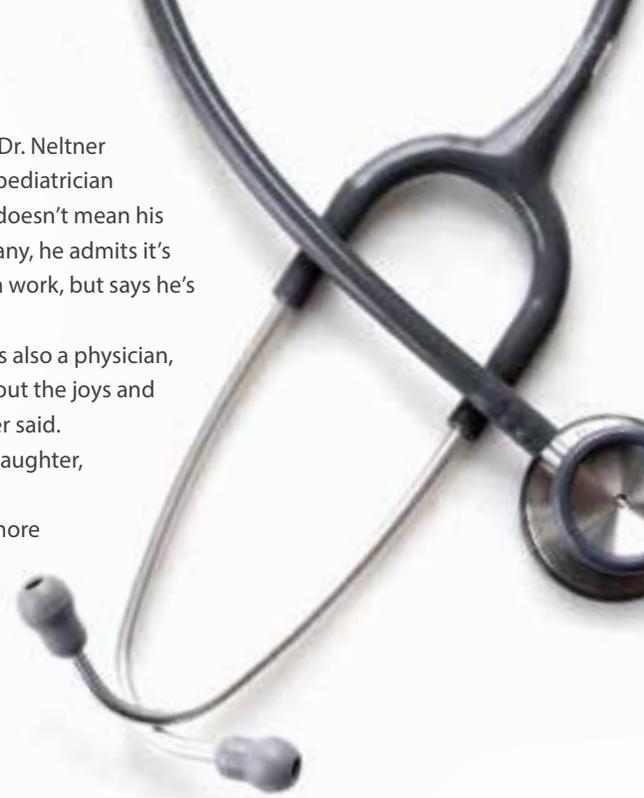
Winding Down

When the office closes at 6 p.m., Dr. Neltner heads home to be with his wife, pediatrician Caitlyn Neltner, MD. But leaving doesn't mean his doctor brain shuts down. Like many, he admits it's often difficult to disconnect from work, but says he's getting better at it.

"Thankfully, because my wife is also a physician, we can decompress together about the joys and challenges of the day," Dr. Neltner said.

He also has an 11-month-old daughter, Wylie, at home to greet him.

"Being a father has given me more perspective and appreciation for the sanctity of life," Dr. Neltner said, "and the value of quality time with loved ones."



Picking Your PCP

Experience the power of having the right provider.



Jessica Pennington, MD

Depending on your unique health needs, you may see a cardiologist, pulmonologist or audiologist. Or you may need a nephrologist, physiologist or psychologist. But if you want to obtain and maintain good health in general, it starts with your primary care provider (PCP).

"PCPs know you better than any other physician," said Jessica Pennington, MD, family medicine physician with CHI Saint Joseph Medical Group – Primary Care in Berea. "Throughout your life, they help you prevent disease, stay up to date on screenings and vaccines, and catch health issues early, so you do not have to be admitted to the hospital."

Know the Options

When choosing a PCP, consider the following:

- Family medicine physicians care for all ages and stages, infant to elderly.
- Internal medicine physicians care for adults ages 18 and older.
- Nurse practitioners and physician associates (advanced practice providers) typically work under physician oversight.
- OB-GYNs provide sex-specific care, including certain health screenings for women.

Building a Relationship

You should always feel comfortable sharing your health concerns with your PCP. Make sure your doctor answers your questions, responds to your needs and makes treatment suggestions based on your health goals and preferences.

"The main way to foster a strong relationship with your PCP is to let them know about all of your concerns," Dr. Pennington said. "Nothing should be off limits. Talk about everything. Otherwise, we don't know the complete clinical picture and we can't help you to the best of our ability."

Ready to move toward better health? To find a primary care provider, visit [CHISaintJosephHealth.org/find-a-provider](https://www.chisaintjosephhealth.org/find-a-provider).

“My favorite thing about family medicine is there’s no dull moment, always something new and interesting going on. I also get to know the whole family. It’s a special bond and one we’re thankful for.”

— Jessica Pennington, MD, family medicine physician, CHI Saint Joseph Medical Group – Primary Care



Meet MyChart

Simplify how you manage your health care with CHI Saint Joseph Health's new online patient portal.

When it comes to health care, there's a lot to keep track of, from upcoming appointments to test results and prescription refills. Now, you can manage all of that and much more with one easy-to-use tool — MyChart.

CHI Saint Joseph Health made MyChart available to patients earlier this fall with the debut of the Epic electronic health records system. MyChart is a free service that lets you organize your health care with a few clicks of a mouse or taps on your smartphone or tablet.

Prescription for Empowerment

MyChart allows you to take charge of your health care in a variety of ways. You can use this secure portal to:

- Schedule, reschedule or cancel appointments
- Check in before appointments
- View test results and appointment notes
- Message your medical providers
- See providers for video visits
- Request prescription refills
- Pay bills
- Help manage health care for family members whose accounts are linked to yours

If you have a MyChart account with another health care organization, you can connect it to your CHI Saint Joseph Health MyChart account and access all of your medical records in one portal. Need to see a provider who can't access your medical records through the Epic system? No problem. You can give your doctor temporary access using MyChart's Share Everywhere feature.

To sign up for MyChart, visit CHISaintJosephHealth.org/MyChart or use your smartphone's camera to scan the QR code.



There's a Provider for That

If you're having a health problem that won't go away, it might be time to get a referral.

Your **primary care** provider (PCP) is your go-to person for health care, but some health issues require a referral.



Melony Douglas

"A referral is an order from your primary care provider to see a specialist for a specific medical service," said Melony Douglas, practice manager, CHI Saint Joseph Medical Group – Primary Care in London. "The referral system is an important component in health care, with primary care as the foundation."

Your PCP is your health care foundation because they know you best. They have detailed knowledge of you and your health.

"Patients get to know their primary care provider and have a trusting relationship," Douglas said.

And because your PCP works closely with health care specialists, he or she will know exactly who to refer you to for the best care possible.

When Do You Need a Referral?

If your primary care provider is unable to treat a specific medical condition in their office, you may need a referral. The list of specialists is long, but here are a few examples of specialists and what they treat:

- Cardiologist — heart disorders
- Dermatologist — skin disorders
- Endocrinologist — hormone and metabolic disorders
- Gastroenterologist — digestive system issues
- Hematologist — blood disorders
- Orthopedist — bone and muscle issues
- Psychiatrist, psychologist or social worker — mental health

Think you need a referral? Find a primary care provider at CHISaintJosephHealth.org/find-a-provider.

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.

In 2013, Tonya Lindsey, AAS, CPC, a medical coder at CHI Saint Joseph Health, experienced the worst event of her life. She lost her teenage son to gun violence. The grief and agony a parent feels over the sudden, unexpected loss of a child is unimaginable to most people. The tragedy will forever change Lindsey's life and is one that could have easily sent her into a downward spiral. Instead, Lindsey used her pain to galvanize a positive movement that she, and others like her, hope will help put an end to gun violence in America. Lindsey's nonprofit organization, Sisters and Supporters Working Against Gun Violence, is here to help grieving families recover from gun violence.

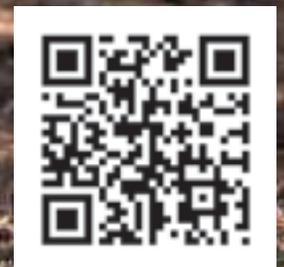
Read her story of hope on Page 8.

Photo by Mark Mahan



Interested in joining our team?

Scan the QR code to learn about our open positions.



Personal Tragedy, Powerful Mission

Helping others cope with loss and grief helps soften Tonya Lindsey's pain a little bit.



Photos by Mark Mahan

Ezavion Lindsey was an admired 16-year-old. A proud mentor to his younger brother, he worked part-time at Krispy Kreme, excelled academically and was an avid basketball player aiming for the NBA. His mother, Tonya Lindsey, AAS, CPC, a medical coder at CHI Saint Joseph Health, was his biggest fan, cheering from the stands at every game. When Ezavion died in a sudden act of gun violence, her world stopped.

"The trauma I endured was gut-wrenching," Lindsey said. "I want people to know when you pull these guns and take someone's life, you are destroying families."

Soon after her son's death in 2013, Lindsey and eight mothers who also lost children to gun violence founded Sisters and Supporters Working Against Gun Violence, or SWAG. Their mission is to promote awareness, education and prevention of gun violence in our communities in efforts to save lives, and to provide support and resources to families impacted by gun violence.

"Creating my nonprofit gave me purpose and strength," Lindsey said. "It's all about saving lives."

Creating Change Through Education

According to the Centers for Disease Control and Prevention, 321 Americans are shot every day, affecting households across the country.

"There was no support for families who had experienced this type of tragedy," Lindsey said. "We had to figure out how to provide that support."

Explaining the financial benefits of gun safety would be an important part of recruiting citizens and responsible gun owners to participate in the effort.

"Gun violence creates a financial burden on communities," Lindsey said. "After explaining this problem, people started inviting us into the community to educate different people in all walks of life. There's

a financial impact on everyone, no matter your income, faith or where you live."

Programs such as STOP THE BLEED, offered through the UK Trauma Injury Prevention coordinator, partner with SWAG to teach life-saving trauma skills in areas where gun violence is prevalent.

Partnerships and Sisterhood for Healing

Additional resources to support SWAG families include:

- **Financial support** for families with unexpected funeral costs or other expenses with funds raised from community and private donations
- **Mentoring programs** that partner with SWAG to provide emotional and community support to siblings and children who have lost someone to gun violence
- **A SWAG Resource Program** with resources for mental health support and court and law enforcement advocates
- **SWAG Socials**, which offer monthly get-togethers for members to celebrate their loved ones and share experiences

His Legacy Lives On

For Lindsey and her family, Ezavion's legacy is at the center of her advocacy work, including the annual Ezavion Lindsey Memorial Scholarship Fund. In memory of her son, who dreamed of going to college and being drafted into the NBA, the fund helps seniors at Tates Creek High School with their college tuition.

"His whole family advocates to keep Ezavion's legacy alive," Lindsey said. "I was most proud that he stayed focused and lived every day with purpose."

For families in need of support or who are interested in donating to SWAG or the Ezavion Lindsey Memorial Scholarship Fund, contact Tonya Lindsey at 859.382.0053 or swagsisters859@gmail.com.

Spreading Humankindness for Three Generations

For more than 30 years, Pamela Thompson has dedicated her life to improving the health and well-being of her patients and friends in the community.

Pamela Thompson, BSN, RN, market director, Care Management at CHI Saint Joseph Health Partners, began her career at Saint Joseph Hospital in 1988, after graduating from the University of Kentucky. But even many years before that, she knew exactly what she wanted to do professionally.

"I knew I wanted to be a nurse at age 6," Thompson said, noting that her mother and grandmother also worked for Saint Joseph Hospital. "When I graduated from nursing school at UK, I only applied at Saint Joseph Hospital. I knew that was where I wanted to be. Even after we returned from living in North Carolina for five years, I returned to Saint Joseph Hospital. It, again, was the only place I wanted to be."

Thompson and her care management team make it easier for patients to receive health care services. They follow patients after a hospital stay and throughout their care to ensure appointments are maintained, medications are affordable and any needed in-home services are provided.

"It's often necessary to have multiple providers involved in a patient's care, but sometimes this can cause confusion for the

patient," Thompson said. "Coordinating their care is one of the main benefits of care management. I love what we do and know our passion improves patient care."

Prior to her current position, Thompson worked at the Saint Joseph Free Clinic for 15 years.

"It was a clinic for low-income or uninsured patients," Thompson said. "The mission of the hospital was fully supported by the system and was the best job I ever had."

Personal Experience Drives Professional Perspective

Thompson and her husband are both cancer survivors and keenly understand the value of compassionate, coordinated care. She also knows firsthand how hard a cancer diagnosis can be and how important it is to make health care a top priority.

"I am a breast cancer survivor and my husband is a prostate cancer survivor who has been cancer-free for eight years," Thompson said. "Both cancers were found in routine exams, so I'm a strong advocate for preventive screenings."

Thompson has been cancer-free for five years and continues to actively encourage others to receive regular screenings and maintain visits with a primary care provider (PCP). Encouraging regular checkups and screenings was always a core part of Thompson's practice as a nurse, but her personal experiences take it a step forward.

"My husband and I are strong examples of how important early detection is," Thompson said. "I encourage everyone to have a yearly exam with their PCP, to develop a relationship with a provider and talk about when to schedule necessary screenings."

Making time for hobbies and other enjoyable activities also directly ties into the care management strategies she encourages her patients to develop.

"I consider myself an advocate for mental health care too," Thompson said. "Self-care is an important part of that."

“ The most meaningful part of my work is making a difference. Sharing positive patient feedback with my team is so rewarding.”

— Pamela Thompson, BSN, RN, market director of care management, CHI Saint Joseph Health Partners

Photo by Mark Mahan



From Patient to Professional

Sarah Gabehart, BSN, RN, OCN, stepped into the shoes of the nurses she looked up to as a child — and found the perfect fit.

When Sarah Gabehart, BSN, RN, OCN, manager and nursing supervisor, oncology services, CHI Saint Joseph Health – Cancer Care Center, Flaget Memorial Hospital, was 11 years old, she was diagnosed with a brain tumor larger than an egg. Although the tumor was benign (not cancer), its location and size led doctors to believe Gabehart had only six weeks left to live.

With her parents by her side, she quickly found herself in the hospital, awaiting surgery. It was a challenging, scary time. Fortunately, Gabehart lives to tell her story and says the nurses gave her great comfort throughout the journey, an experience that stayed with her long after she returned to being a seventh grader again.

“My nurses made me want to become one,” Gabehart said. “They were so caring and kind and truly put me at ease. That’s what I wanted to do for people.”

Finding Her Home

As a nursing student, Gabehart worked with patients who were being treated for cancer and she knew right away she had found her place.

“While most people go to the doctor to feel better, oncology patients come to us and receive chemotherapy or radiation treatments, which usually make them feel sick,” Gabehart said. “I wanted to help them in any way that I could.”

Gabehart has worked in cancer care for seven years and is thrilled to be a part of the oncology team at CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital. In addition to medical care, Gabehart’s patients benefit from other aspects of treatment and recovery, such as genetic testing, rehabilitation and survivorship support.

“If you receive treatment with us, you will never go through it alone,” Gabehart said. “We will be there with you every step of the way.”



Photo by Mark Mahan

“Knowing the fears, frustrations and concerns of being a patient helped me learn what kind of nurse I wanted to be. I’m a communicator, a patient advocate, a calm ear and a warm hug when patients need it.”

— Sarah Gabehart, BSN, RN, OCN, manager and nursing supervisor of oncology services with CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital

Gabehart says when she looks back on her experiences as a patient, she sees her journey as a blessing.

“Every day I get to work with cancer patients is another opportunity to make their lives better,” she said. “Now, as a manager, I not only get to help patients, I get to help staff too. I love being a nurse. And I get to work beside the most amazing group of people.”

Learn more about our cancer care services at CHISaintJosephHealth.org/flaget-cancer-center.

These Cancer Screenings Could Save Your Life

The earlier cancer is detected, the sooner treatment can start.

More people are surviving cancer today than ever before. Advanced treatments and technology certainly play a role, but early detection is key to survival. Some of the most common types of cancer can be successfully treated when detected early.

Breast and Cervical Cancer

Women at average risk for breast cancer should begin annual mammogram screenings at age 40. Women with a family history of breast cancer may need to start sooner.

"I recommend having a conversation with your clinician to discuss risk factors and determine the right age to start screening," said **OB-GYN Carmen**

Folmar, MD, FACOG, CHI Saint Joseph Medical Group. Women should begin cervical cancer screening at age 21 by getting a pap test.

"A soft brush is placed inside the cervix to collect cells for evaluation," Folmar said. "The cells are also tested for human papillomavirus [HPV]." HPV is the most common sexually transmitted infection, which can lead to cancer.



Colon Cancer

Many people with colon cancer don't have a family history of the disease or experience early symptoms.

"Colon cancer is very common and often doesn't cause symptoms until it's advanced," said **Kathleen Martin, MD**, gastroenterologist at CHI Saint Joseph Medical Group. "With a colonoscopy, we can remove polyps and prevent colon cancer from forming."

Screening should start at age 45, however, people with a family history should screen 10 years earlier than the age at which your relative's cancer was detected.

"If a parent was found to have colon cancer diagnosed at age 39, the children would begin screening at age 29," Martin said.



Lung Cancer

If you have a 20 pack-year smoking history, currently smoke, or quit smoking within the past 15 years, you should have an annual low-dose CT scan starting at age 50. These scans can detect abnormal growths before symptoms occur.

"Kentucky has the highest rate of lung cancer in the United States," said **Eliseo Colon, MD**, pulmonologist at CHI Saint Joseph Medical Group. "So, if you're a smoker or you have smoked in the past, get a lung cancer screening. The good thing is that we have the second highest incidence of screening. Thanks to this higher rate of screening, we are able to detect lung cancer at a much earlier stage."



Prostate Cancer

Men at average risk of prostate cancer should start screening, which involves a PSA blood test, at age 50. Those at higher risk, including Black men and those with a family history, may need to start at age 40 or 45.

"Prevention is the best cure for cancers," said **Brett Akers, DO**, a urologist at CHI Saint Joseph Medical Group. "The most important thing is to be open and have an honest discussion with your provider about any male health issues, so that care and screening can be performed to help you have a long and healthy life."



Find a provider for your cancer screening at [CHISaintJosephHealth.org/find-a-provider](https://www.chisaintjosephhealth.org/find-a-provider).

How We Serve



BEST PLACES TO WORK: Flaget Memorial Hospital, top right, Saint Joseph London, above right, and CHI Saint Joseph Health Partners, above left, all celebrated being named to the list of Best Places to Work in Kentucky by the Kentucky Chamber of Commerce and the Kentucky Society of Human Resource Management.

BLESSING OF THE RIGS: Hospitals across CHI Saint Joseph Health, including Saint Joseph Mount Sterling and Saint Joseph Berea, celebrated first responders during the second Blessing of the Rigs in June.





REMEMBERING GUN VIOLENCE VICTIMS: CHI Saint Joseph Health held remembrance ceremonies for gun violence victims in June. The number of recent mass shootings and other acts of violence has been shocking. Our sorrow has deepened as we learn more about each victim whose life was lost or forever changed, including relatives of CHI Saint Joseph Health employees. In June, CHI Saint Joseph Health CEO Anthony A. Houston, Ed.D, FACHE, above, spoke at Saint Joseph Hospital during a remembrance ceremony for gun violence victims. Mollie Harris, violence prevention coordinator, spoke at the Saint Joseph London event, left.



SUPPORTING EASTERN KENTUCKY: CHI Saint Joseph Health CEO Anthony A. Houston, Ed.D, FACHE, second from left, and Saint Joseph East President Kathy Love presented a \$30,000 check to benefit the victims of the devastating floods in Eastern Kentucky during an American Red Cross telethon organized by the University of Kentucky Wildcats men's basketball team in early August.

BLUEGRASS STATE GAMES: CHI Saint Joseph Health was proud to sponsor the Bluegrass State Games. Members of the cancer care team shared information about the care provided throughout Kentucky at the high school soccer games in July.



WALK TO REMEMBER: The Berea Chamber of Commerce sponsored a Walk to Remember those lost to COVID-19 in July. The event, held at Saint Joseph Berea, raised \$866 for the Saint Joseph Berea Foundation to provide assistance to patients affected by COVID-19.

A Legacy for Mother Catherine Spalding Society, Caritas Christi Urget Nos



An important legacy in Kentucky was preserved in 2015 when a statue was erected of Mother Catherine Spalding, the first woman honored in a public venue in the history of the Commonwealth.

No doubt it was not only deserving, but long overdue. She now graces the public corridor on Fifth Street in Louisville in the front of the Cathedral of the Assumption where her care and devotion to children began in 1812 and later to care for the sick and poor.

Another statue graces the entrance to Saint Joseph Hospital in Lexington. While the Lexington statue is on private property, the significance remains the same ... to honor her legacy and that of the Sisters of Charity

of Nazareth. CHI Saint Joseph Health now carries that legacy of the foundresses forward to the patients and families we serve — a ministry we take very seriously.

Their first ministry was education. Years later, when cholera struck the area, the Sisters, once again, stepped forward to meet the needs of the community. And the SCNs health care ministry was born. So, here we are, the beneficiaries of the Sisters' vision and commitment to serving others in education and health care — Caritas Christi Urget Nos — The Love of Christ Impels Us.

To once again honor her legacy, the CHI Saint Joseph Health Foundations has established a planned giving society — appropriately named the Mother Catherine

Spalding Society. It is quite appropriate that the first family to be inducted into the Society will be none other than Bill and Mary Florence Barnes. Their roots to the Sisters of Charity of Nazareth run deep.

Mary Florence was a Sister of Charity and Bill joined the priesthood with St. Joseph's



Society of the Sacred Heart and served in the Night Ward of New Orleans. He served the African American community, prioritizing social justice before civil rights emerged. He recently shared meeting Michael Schwerner at a black church service the night before Schwerner was killed during what is known as the Freedom Summer murders.

They both left their orders and continued their focus on ministry work. Later they would meet and marry as like-minded individuals.

Mary Florence and Bill both championed causes focused on vulnerable populations and social justice. Additionally, their passion for supporting health care services for the entire community is in alignment with our mission. Bill recalls the early efforts in 1945 to build a much-needed hospital in Bardstown, led by Msgr. James H. Willett and Keith Crume, MD. Mary Florence's brother, Greg, was born Jan. 1 at home, just a few days shy of the opening of Flaget Memorial Hospital.

Consequently, the Barneses have also been staunch supporters of Flaget Memorial Hospital Foundation supporting the legacy

of the Sisters' hospital, now entrusted to us. Their support through the years has been vital to our growth. Recently the Barneses stepped forward to offer a challenge gift to the community to help us cross the finish line and reach our goal of \$1.3 million to complete Project Hope. Our hope through their generosity became a reality in 2021 when we cut the ribbon on the newly expanded cancer center.

Today, they once again lead by example, offering a planned gift this year that will live into perpetuity to support critical equipment and capital needs for Flaget Memorial Hospital. Supporting generations of families to come and meeting the health care needs of their friends and family in our community. It is because of the generosity of the Barneses and members of the Haydon family, as well as others who will follow their example, that our legacy will continue to serve and our mission is made possible.

We make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Mother Catherine Spalding Legacy Society

The Mother Catherine Spalding Legacy Society will honor the founding leader of the Sisters of Charity of Nazareth.

Members of the society have made forever gifts to support the mission of CHI Saint Joseph Health. Their leadership will make a lasting impact on providing innovative care to the patients and families we serve.

Specifically, the Mother Catherine Spalding Society is comprised of individuals who have made irrevocable planned gifts of \$50,000 or more to support one or more of the CHI Saint Joseph Health Foundations.

The gifts leave a long-lasting legacy that builds healthier communities by elevating patient care through an integrated physical and behavioral health delivery system. They also set an example for others to invest in our mission.

Mother Catherine Spalding
As the foundress of CHI Saint Joseph Health, Mother Catherine Spalding is most

deserving of this important recognition. At the mere age of 19, she rose to lead an order of religious women, whose legacy of service continues today with more than 600 members worldwide.

Mother Catherine's legacy is today our legacy, and this society will provide forever gifts to continue her vision of providing compassionate, dedicated and innovative care.

The Sisters of Charity of Nazareth opened Saint Joseph Hospital in 1877 with a mission to provide compassionate care to the poor and underserved — a mission still carried out today. In 1951, the Sisters also opened Flaget Memorial Hospital in Bardstown.

Members of the Mother Catherine Spalding Legacy Society are recognized at an annual dinner. For more information, contact Leslie Smart at 859.313.1705 or Leslie.Smart@CHISaintJosephHealth.org.

Hospitals Offer Humankindness Havens

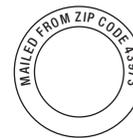
Hospitals throughout CHI Saint Joseph Health have opened "Humankindness Havens" to provide assistance to patients in need who are being discharged from the hospital. Each facility will offer a box of food for two to three days, basic clothing pieces and an informational card listing resources in the local community to help with food, transportation, clothing, housing, utilities, medication, clinics and counseling.

Humankindness Havens are a part of CHI Saint Joseph Health's commitment to demonstrate kindness in every key aspect of service to our communities. Humankindness is woven into CHI Saint Joseph Health's values of Compassion, Inclusion, Integrity, Excellence and Collaboration.

The Havens are a joint project of the CHI Saint Joseph Health Healthy Communities program and the CHI Saint Joseph Health Foundations. To donate for the program, visit CHISaintJosephHealth.org/waystohelp, click on the hospital foundation/Donate Today and choose Humankindness Havens from the dropdown menu.

Remembering Bill

Since writing this story and capturing an oral history with Bill Barnes, we are saddened to share that Bill Barnes passed away a few days later. We are blessed to have known him and honored that his legacy will be carried forward through the Barneses philanthropic giving.



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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

Humankindness is
the one word for the
connection we share, the
healing power in each of us.

Saint Joseph London

“ A college baseball player was injured during a game and was in need of medical care... Chase [Hail] was contacted by the coach after this occurred, who was asking for an update on the patient’s condition. Chase was not on-site, but [he drove] to the hospital to gather information for the coach. He went above and beyond to meet the needs of others and lend a helping hand.”

CHI Saint Joseph Medical Group – Primary Care, Lexington

“ [When] a patient with a serious issue needed to start a medication immediately that day, Marry [Jeffers] was willing to stay well past her time to wait for him... When that patient decided he couldn’t make it at all, Marry drove an hour out of her way, in inclement weather, to deliver his medication.”

Continuing Care Hospital

“ Chelsey [Reams] always goes above and beyond to make patients feel more normal. In particular, one was being discharged and that morning she fixed their hair and makeup and painted their nails. After being in the hospital for months I can only imagine how this made this person feel.”

CHI Saint Joseph Health – Cancer Care

“ Barbara [Porter] initiated a ‘new patient gift bag program.’ She provides every new patient a bag filled with comfort items: gel eye mask, lip balm, hand sanitizer, notebook and pen for taking notes during their first visit with the doctor. This small act of kindness goes a long way in relieving the anxiety of a newly diagnosed cancer patient.”

From Our History

“ This letter is to express to you and to your staff my deep appreciation for the many lovely courtesies I was shown while a patient at Saint Joseph’s. ... I shall always have a tender regard for Saint Joseph’s and the great work it is doing in service of the people of this community as well as other parts of Kentucky.”

— Letter from H.L. Donovan, president of the University of Kentucky, in 1953