

# Spirit of Health

FALL 2023

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

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Cutting-Edge

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CHI Saint Joseph  
Health



## Dear *Spirit of Health* readers,



Four years ago, we launched an affiliation with Cleveland Clinic Cancer Center in Lexington to offer additional expertise in cancer care from a nationally recognized program. With

this affiliation, our providers are able to consult with subspecialists on cases for expert second opinions, specialized treatment options and clinical trials for patients right here in Kentucky.

In 2021, we expanded that affiliation to other CHI Saint Joseph Health community cancer centers in Bardstown, Corbin, London and Mount Sterling. Our cancer centers have always provided compassionate and exceptional care, and this added level of consultations allows our cancer care team to easily connect with world-renowned experts when needed.

Sometimes, that second opinion results in a different treatment option for more complex cases or situations where patients aren't responding to treatments. Other times, it brings an added peace of mind when experts agree that additional treatments are not necessary or can be delayed with ongoing monitoring. In this issue of *Spirit of Health*, you'll meet one of those patients who benefited from a second opinion from the Cleveland Clinic Cancer Center experts working with our CHI Saint Joseph Health – Cancer Center team.

Our cancer care centers have long provided access to clinical trials and work to match qualifying patients with advanced treatment options, often in partnership with the National Cancer Institute. We have some of the best support programs around for cancer patients and survivors, and our support groups are growing and reaching more patients facing the same challenges. Additionally, our foundations work to ensure every patient who needs screenings and treatment has access to the care they need.

Also in this issue of *Spirit of Health*, you'll meet three outstanding caregivers who demonstrate humankindness every day to provide excellent and compassionate care for our patients and communities. Dr. Shelley Stanko, Carolyn Lucas and Melanie Jackson serve in different roles for CHI Saint Joseph Health, yet their commitment to compassion and collaboration is unwavering and makes our ministry stronger.

We are thankful for all of our caregivers across Kentucky who bring their gifts each day to reveal God's healing presence. We are also thankful to our many patients and friends of CHI Saint Joseph Health who entrust their health care with our ministry.

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

## Cover

Nicolas Burnett, MD, medical director of radiation oncology at CHI Saint Joseph Health – Cancer Care in Lexington, conferred with subspecialists at the Cleveland Clinic Cancer Center about Kaitlyn Carpenter's cancer. While she didn't need additional care after medical oncology, Carpenter was more at ease after they got the second opinion of a nationally ranked cancer program. *Photo by Shaun Ring*

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## *Spirit of Health* Fall 2023

**Mary Branham**  
Senior Director, Marketing & Communications

**Chris Schmitt**  
Marketing Director

# Tomorrow's Cancer Treatment Today

You don't have to travel far to participate in clinical trials, which offer the latest treatment options for cancer.

**Cancer treatment** is constantly evolving, and CHI Saint Joseph Health is committed to offering patients access to the latest clinical trials, right here in central and eastern Kentucky.



Jennifer Kohlman, RN

"Some people may not think of community hospitals as places that have research, but they do," said Jennifer Kohlman, RN, CCRP, clinical research site supervisor, CommonSpirit Health Research Institute, CHI Saint Joseph Health – Cancer Care Center at Saint Joseph East. "CHI Saint Joseph Health offers clinical trials at multiple locations, and many trials are offered in partnership with the National Cancer Institute."

CHI Saint Joseph Health is part of the greater CHI Institute for Research and Innovation, and one of only 35 recipients of an NCI Community Oncology Research Program grant (NCORP). This means patients have access to dozens of national studies that may lead to advances in medications and other treatment therapies.

## Consider Clinical Trials

One benefit of participating in clinical trials is that they could save a patient's life with a new, groundbreaking therapy. Trials of standard treatments are also important because they can help medical researchers find ways to make them more effective or easier for patients to tolerate.

"Participating in research as part of a clinical trial doesn't take away the standard of care," Kohlman said. "The trial is looking at the impact of additional therapies — is that combination better than the standard treatment patients continue to receive?"

Another plus is that patients in clinical trials get even more personalized care, with researchers following their progress along with their oncologists.

"In my opinion, participation in a clinical trial improves patient care because you always have extra eyes on your case," Kohlman said.

## Who Is Eligible?

Eligibility for a clinical trial depends on many things, such as:

- The types of trials underway
- The type of cancer you have
- The stage of the cancer
- What treatments you have already had
- Your family history of cancer or other risk factors

If you or a family member is newly diagnosed with cancer, ask your provider about clinical trials that may be a good fit.

Find out more about CHI Saint Joseph Health clinical trials at [CHISaintJosephHealth.org/research](https://CHISaintJosephHealth.org/research).



## Ongoing Oncology Clinical Trials

Several cancer clinical trials at CHI Saint Joseph Health are underway, including:

- A breast cancer trial that aims to make endocrine therapy after cancer treatment easier to manage
- An immunotherapy trial for patients with lung cancer that can't be treated with surgery
- EA8191/INDICATE, a trial to treat recurrent prostate cancer
- Freenome, a study that is designing a blood test for early detection and possible prevention of several cancer types, including breast, esophageal, liver, lung, prostate and thyroid

For a full list of trials at all CHI Saint Joseph Health locations, visit [ClinicalTrials.gov](https://ClinicalTrials.gov) and search by cancer type and location.





Nicolas Burnett, MD, medical director of radiation oncology at CHI Saint Joseph Health – Cancer Care in Lexington, said the affiliation with Cleveland Clinic Cancer Center gives Saint Joseph patients the same standard of care as the nationally ranked cancer program right here in Lexington.  
*Photo by Shaun Ring*

# A Patient-Focused Affiliation

The CHI Saint Joseph Health – Cancer Care and Cleveland Clinic Cancer Center affiliation gives patients added support and expertise.

**In 2019**, CHI Saint Joseph Health started a formal affiliation with Cleveland Clinic Cancer Center, a nationally ranked cancer program, to enhance their cancer care services.

“This partnership gives our patients immediate access to world-class oncology expertise,” said **Nicolas Burnett, MD**, radiation oncologist and medical director of radiation oncology at CHI Saint Joseph Health – Cancer Care. “Patients get the same standard of care they would receive at Cleveland Clinic Cancer Center, which isn’t available anywhere else in our area.”

This partnership does more than sound impressive. Every day, our affiliation offers real benefit to real people. One of these is 26-year-old Lexington resident Kaitlyn Carpenter.

## Cancer Took Her Breath Away

Carpenter had been healthy her whole life. She’d recently gotten serious in the gym and lost 80 pounds. Then, everything changed.

One day, she had a hard time breathing while lying down. It was easier for Carpenter to breathe while standing, but she still couldn’t take a deep, satisfying breath. In the coming weeks, she couldn’t climb stairs, and simple tasks such as folding laundry took her breath away.

“I know I should have gone in sooner,” she admitted, “but I’m not really the type that goes to the doctor.”

Six weeks after her symptoms began, Carpenter visited her primary care physician and completed some lab work. The results showed elevated D-dimer levels, which indicated potential blood clots, so she went to the emergency department where a CT scan identified a mass causing fluid in her lungs and heart. The doctor also suspected lymphoma, a disease that Carpenter’s great-grandfather had years earlier.

## Individualized Cancer Treatment

Carpenter transferred to Saint Joseph Hospital where it was confirmed she had lymphoma.

“I was devastated,” Carpenter said. “I feared life was going to change dramatically.”

For a season, it did. The week after Thanksgiving 2022, Carpenter began chemotherapy. Every three weeks, she had another session. During this time, she lost her hair and her energy levels dropped, keeping her from going to the gym except for a few times.

Carpenter completed her chemotherapy in early April and went to see Dr. Burnett. She feared she would need to undergo radiation therapy next.



“Kaitlyn had a fairly unusual type of lymphoma, which has attributes of Hodgkin and non-Hodgkin lymphoma,” Dr. Burnett said. “The standard treatment usually includes radiation after chemotherapy, but I was not sure that was the right choice for her.”

### Change of Plan

Carpenter was young — only 26 — and Dr. Burnett knew that giving her radiation therapy, which would need to be administered near her breast and heart, could have significant long-term effects. So he presented Carpenter’s pre- and post-treatment imaging exams and medical history to the Cleveland Clinic Cancer Center’s lymphoma tumor board.

Following an in-depth discussion, the multidisciplinary team reached a decision. If the cancer returned, radiation therapy may be necessary. Otherwise, Carpenter only needed follow-up scans.

“Our partnership really shines when dealing with rare cancers,” Dr. Burnett said. “It allows us to leverage the Cleveland Clinic Cancer Center’s volume and experience, and that made all the difference for Kaitlyn.”

### A Team Effort

Months after her final chemotherapy session, Carpenter is back to living her life with more ease. She breathes easily, even when exerting herself, and has plans to get back in the gym. She’s especially thankful that she wasn’t prescribed radiation and attributes her overall success to a team effort.



Kaitlyn Carpenter of Lexington conferred with Nicolas Burnett, MD, for a second opinion and was pleased that she didn’t need to have radiation oncology treatments. Photo by Shaun Ring

“Knowing there were so many doctors held in high regard making my treatment decisions made me feel safe,” Carpenter said. “I couldn’t have done this without my team, the recommendation of the Cleveland Clinic Cancer Center and my dad, who never missed a doctor’s appointment and was with me every step of my journey.”

**Looking for renowned cancer care, close to home? Get the same level of care available at academic cancer centers, right here at CHI Saint Joseph Health. Visit [CHISaintJosephHealth.org/cancer-care](https://CHISaintJosephHealth.org/cancer-care) for more information.**

## 2 Ways to a Second Opinion

Everyone who turns to CHI Saint Joseph Health for cancer care is unique. When the cancer is just as unique as you are, a second opinion from Cleveland Clinic Cancer Center helps guide complex treatment decisions.

There are two ways to get a second opinion through the Cleveland Clinic Cancer Center:

- 1. You request one.** Ask your provider, who can present your imaging and test results to Cleveland Clinic Cancer Center subspecialists. They will discuss your case and determine the best way forward. Afterward, you’ll receive a summary of the discussion and recommendations. This service is free of charge for CHI Saint Joseph Health patients and is the most common method of receiving a second opinion.
- 2. Your providers request one.** Approximately 5% of cancers diagnosed at CHI Saint Joseph Health are rare. In these cases, your provider will likely reach out to Cleveland Clinic Cancer Center. These consultations may confirm or modify your treatment plan. Either way, your team moves forward with confidence.



Jessica Jones Croley, MD

“In essentially every patient case, care is touched by our affiliation with Cleveland Clinic Cancer Center,” said **Jessica Jones Croley, MD**, hematologist, medical oncologist and medical director of CHI Saint Joseph Health – Cancer Care Centers across central Kentucky. “This is very reassuring to patients, who know they’re receiving the best cancer care available.”

“I was very pleased with the verdict from the Cleveland Clinic Cancer Center. Finally, after months of chemotherapy, I could say I was finished with treatment.”

— Kaitlyn Carpenter, patient at CHI Saint Joseph Health – Cancer Care in Lexington



# Finding Strength Together

CHI Saint Joseph Health – Cancer Care support groups provide community, education and hope.

**Cancer diagnosis and** treatment often come with different emotions and side effects, and going through that alone can be difficult. Joining a support group provides opportunities to connect with others who are going through the same thing, learn from guest speakers, and share self-care tips and other information.



Martha Keys,  
OSW-C

“There’s a deep connection when patients talk with others with shared experience,” said Martha Keys, OSW-C, oncology social worker at CHI Saint Joseph Health – Cancer Care in Lexington. “With our virtual groups, patients who don’t feel well can join from their living room.”

Research indicates participating in a support group can improve quality of life and even increase survival rates. Here are a couple of groups to consider:

## A Circle of Support With Rosie Ring

This group provides support for women with all types of cancer. The virtual group, which attracts women from different states, meets online every Tuesday at 11 a.m. ET. A new in-person group also meets at CHI Saint Joseph Health – Cancer Care in Lexington once a month.

## ‘Us TOO’ Prostate Cancer Education & Support Group

Men with prostate cancer and their significant others can join the group, which meets virtually at 6:30 p.m. on the third Thursday of every month. Guest speakers include urologists, oncologists, dietitians, physical therapists and many more.

“I encourage people to just try it once,” Keys said. “All you have to do is listen. It’s an opportunity to find hope you didn’t have before.”

**Call 859.313.4530 or email [martha.keys@commonspirit.org](mailto:martha.keys@commonspirit.org) to learn more about joining a cancer support group.**



# Early Detection Is Key



Safeguard your health with regular screenings.

**CHI Saint Joseph Health** offers a comprehensive range of cancer screenings to help you get the treatment you may need as soon as possible. When cancer is discovered early, it can often be treated before it spreads, leading to better outcomes and fewer harsh treatments.



Ashley Case, RN

“Cancer screenings are easy to push off if we get busy, but these screenings keep us healthy and aware,” said Ashley Case, RN, nurse navigator at CHI Saint Joseph Health – Cancer Care in Lexington. “They are important for our future and we want to help make that future as bright as possible.”

## Common Cancer Screenings

The screenings you need depend on your age, family history, gender and lifestyle factors. Here are common cancer screenings and when to get them:

- Cervical cancer screenings are recommended for women starting at 25.
- Colon cancer screening is recommended for men and women beginning at 45.
- Breast cancer: New recommendations encourage women to get mammograms beginning at 40.
- Prostate cancer: Starting at 50, men should discuss prostate cancer screening with their provider.

**Call the Hope Line at 844.940.4673 to schedule a cancer screening.**

## As Easy as 1-2-3

A monthly breast self-exam may help detect breast cancer early.

Follow these three steps:

- 1.** While standing, lightly press the pads of three fingers in a circle around one breast and armpit to feel for changes, lumps or thickened areas.
- 2.** Repeat this check with medium, then firm, pressure.
- 3.** Feel around the nipple and squeeze it to look for discharge.

Repeat the exam on the opposite side.

It’s also important to visually examine your breasts every month. If something looks or feels different, tell your doctor.



# Our Spirit of Service

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

Carolyn Lucas, manager, sleep study, Flaget Memorial Hospital, feels blessed to be a part of such a caring organization and surrounded by amazing coworkers. Through her interactions with patients and as part of the Spirit Team for employees, Carolyn finds ways to give back.

Singing at the hospital is just one way she shares her talent. Her goal is to brighten someone's day, whether it's helping a patient schedule a sleep study or showing a fellow employee their hard work is appreciated.

*Read her story on page 9.*

*Photo by Mahan Multimedia*

Interested in joining our team? **Scan the QR code to learn about our open positions.**





Our Spirit of Service



Primary Care

Nancy V. Morris, M.D.  
Internal Medicine

Shelley B. Stanko, MD, FACHE  
Family Medicine

Erin Kay Greer, MD  
Family Medicine

Katherine M. ...  
Family Medicine

Jessica Wh...  
Family Medicine

606.877...

Hours

Mon - Fri

FOR EMERGENCY

in proceed to an

Emergency Department



# Compassion Rising

Photo by Mahan Multimedia

Family medicine physician **Shelley Stanko** believes compassion is a prerequisite for practicing medicine. Hers was on display in the wake of the devastating 2022 eastern Kentucky floods.

## Racing to Help

**Shelley Stanko, MD, FACHE**, chief medical officer for Saint Joseph London, Saint Joseph Berea and Saint Joseph Mount Sterling, devotes much of her free time to service. She's a leader in her church, a member of the Laurel County Board of Health and the medical director of the local health department. She also uses her passion for running to help ensure girls can follow in her footsteps.

A former college cross-country runner, Dr. Stanko met her husband on the team, and their three children are runners. This fall, Dr. Stanko will compete in the New York City Marathon, her 16th 26.2-mile race, to fundraise for a nonprofit called Bras for Girls. The organization donates sports bras and provides education about breast development to increase girls' access to sports.

"One of the most common reasons girls drop out of sports is not having access to appropriate equipment, such as sports bras," Dr. Stanko said. "Bras for Girls empowers girls in middle school and high school to stay involved in athletics for the physical, psychological and social benefits it provides."

**Personally and professionally, Shelley Stanko, MD, FACHE**, chief medical officer for Saint Joseph London, Saint Joseph Berea and Saint Joseph Mount Sterling, is right at home. She lives and practices medicine in her hometown of London, Kentucky, and is based at Saint Joseph London, the ministry where she was born. Dr. Stanko views her leadership role as an extension of her clinical work.

"As an administrator, I'm still very much providing patient care, but I get to provide it across the community," Dr. Stanko said. "I see my primary responsibility as expanding access to care and ensuring the highest quality of care for my community."

## Open Doors and Open Arms

When deadly floods affected eastern Kentucky in late July 2022, Dr. Stanko, like many others in her ministry, wanted to help. When word arrived that a Letcher County nursing home needed to evacuate its residents in the face of rising floodwaters, Dr. Stanko and other leaders offered to house the residents in a soon-to-be-repurposed unit at Saint Joseph London.

"The residents rode five hours on church buses to get to us," Dr. Stanko said. "When they arrived, we practically had to carry them to wheelchairs and stretchers to take them to the unit."

Dr. Stanko and her team arranged for beds and meals for the residents and sorted their medications. Additionally, she helped secure emergency hospital privileges for the nursing home's physician, who was also displaced by the flooding, so the team could honor his patient orders. The residents stayed at Saint Joseph London for a week before they were able to return to their facility.

This summer, CommonSpirit Health honored Dr. Stanko with a Physician Enterprise Vision Award for Compassion for her efforts to help the nursing home residents.

# Country Music With a Cause

As a country rock performer, Carolyn Lucas, manager, sleep study, Flaget Memorial Hospital, brings musical talent to her passion for patient care.

**Thanks to Lucas,** caregivers at Flaget Memorial Hospital stay thoroughly entertained.

“On the Spirit Team, it’s so exciting to help plan special events for employees throughout the year,” Lucas said. “At our Christmas lunch, I play music and sing, and a lot of the employees come up and sing with me. It’s a blessing to employees that the hospital does things to show its appreciation.”

## Dream Role

Lucas worked in a very different role when she first began her journey at Flaget Memorial Hospital 11 years ago. Starting out in emergency care, Lucas rose in rank until she became supervisor of outpatient care. When a position at the sleep lab opened, she thought she would be well-suited to the role and applied. She has now been putting patients first at the sleep lab for three years.

In her current position, Lucas helps patients register and get scheduled for sleep studies, which consist of two special tests used to indicate whether a patient is experiencing sleep problems. A patient stays overnight for the first portion of the study and then remains in the sleep lab for a follow-up daytime study. Since Lucas

is in a management position, she usually only works with patients in person when they come in for daytime studies.

## Bringing Talent to Patient Care

For Lucas, providing musical entertainment has always been one of the most rewarding aspects of her job. Before the COVID-19 pandemic, she put on several special performances for patients in the cancer center. Even outside her performances at the hospital, music has always been a huge part of Lucas’s life. As the daughter of a country music artist, she developed a love for the genre and even wrote her own songs, which she recorded and performed live in Nashville when she was younger.

“It was a big thing for me at the time, and it’s a big thing to talk about now,” Lucas said. “Even though I didn’t make it in country music, I still had the privilege to do those things. I’m very appreciative that I got to.”

## A Reassuring Voice

When Lucas helps her patients schedule a sleep study and calls with appointment reminders, she aims to inform and reassure them as much as possible.

“I answer a lot of questions regarding what to expect during a sleep study,” she said. “I find everything rewarding because I’m helping patients.”

Similarly, with every concert, Lucas’s No. 1 goal is to make everyone’s day a little brighter. Lucas is grateful and excited to be able to serve the Flaget Memorial Hospital community with both her musical abilities and her passion for patient care.

**“ I know everybody here works as a team, and I feel that with everyone working together, we can make a better place to work and a better place to care for our patients.”**

— Carolyn Lucas, manager, sleep study, Flaget Memorial Hospital

Photo by Mahan Multimedia





# Changing the Current

When Melanie Jackson recognized her profession of nursing needed more people, she decided to do something about it.



Photo by Mahan Multimedia

**Years ago, when** Melanie Jackson, MA, BSN, RN, CNEcl, academic placement liaison, system clinical education at CHI Saint Joseph Health, was an Army medic, she realized something. She liked caring for people, and she decided to make it her career.

Jackson became a licensed practical nurse (LPN) through a program in Kentucky. She went on to become a registered nurse (RN) and received a Bachelor of Science in nursing followed by a Master of Arts in pastoral counseling with a focus on crisis and trauma. Her career took her from providing bedside care in the emergency room to serving as an occupational health manager. During this time, she was also concerned about the increasing shortage of nurses needed to care for America's growing population of patients.

"One day, I was complaining about there not being enough nurses downstream," Jackson said. "Then I thought, why not go upstream and help develop more?"

So, Jackson became a recruiter for a university nursing program and, later, a clinical coordinator at another nursing school.

## Helping Aspiring Nurses Launch Their Careers

In 2022, Jackson joined CHI Saint Joseph Health to help us strengthen relationships with nursing schools and connect aspiring nurses to training and employment opportunities. It's an urgent mission. Hospitals in Kentucky reported nearly 5,400 RN and LPN vacancies by the end of 2021, according to a 2022 report by the Kentucky Hospital Association.

"Kentucky gave me a path after the military with the LPN program," said Jackson, who was living in Virginia with her husband at the time. "I prayed about it, and the Lord made it clear we should be in Lexington. I was honored to come back and serve in the Commonwealth again."

Jackson is well-suited to her role as an academic placement liaison.

"I have a true understanding of the challenges facing nursing programs and their students," she said. "I create a concierge experience for nursing students by ensuring they feel welcome when they come to our ministries and letting them know I welcome feedback at all times."

When Jackson learned many nursing students were struggling to find clinical rotations, she worked to add more. As a result, clinical rotations have increased nearly 400% at Saint Joseph Hospital alone. Clinical rotations give students hands-on opportunities to interact with patients in real time.

From organizing hospital simulation and observation experiences for technical and high school students to recruiting students for the Nurse Extern program and championing this initiative, Jackson is always working to attract more nurses and nurses-to-be — and that's great news for patients.

"I like to work; it's my outlet," Jackson said. "It's always my hope that someone gets better or at least improved by something I'm involved in doing. When you read those first words of the CHI Saint Joseph Health mission statement — we make the healing presence of God known in our world — I take it as a calling, as an indicator of my responsibility every day."



Learn more about our Nurse Extern program.

Looking for a great place to start or continue your nursing career? To learn about opportunities at our ministries, visit [CHISaintJosephHealth.org/chi-saint-joseph-health/health-professionals/nurses](https://CHISaintJosephHealth.org/chi-saint-joseph-health/health-professionals/nurses).

**“A nurse educator once told me that when you're a bedside nurse, you get to affect hundreds or thousands of patients, but as a coordinator, your impact is almost limitless. I get to help develop new nurses. That's what I like about my role.”**

— Melanie Jackson, MA, BSN, RN, CNEcl, academic placement liaison, system clinical education at CHI Saint Joseph Health



# Give Your Routine Some (Pumpkin) Spice

As summer turns to fall and the leaves begin to change, it's a great time to try some new ways to stay physically active.



Haley Doyle, PT, DPT

**"Fall in Kentucky** is the perfect time to get outside and enjoy nature's beauty while also staying active," said Haley Doyle, PT, DPT, a physical therapist at CHI Saint Joseph Health – Park Physical Therapy. "The cooler weather can also make it more enjoyable to spend a longer amount of time outside compared to being outdoors during the hot summer months."

## Outdoor Adventures

Fall offers lots of creative ways to get active outside, such as:

- Biking
- Canoeing
- Hiking
- Picking apples
- Walking through a corn maze or pumpkin patch

To learn about outpatient rehabilitation services, visit [CHISaintJosephHealth.org/chi-saint-joseph-health/services/outpatient-rehabilitation](https://www.chisaintjosephhealth.org/chi-saint-joseph-health/services/outpatient-rehabilitation).

## Indoor Fun

If you would rather be inside during this time of the year or during the colder months, you could also try these indoor activities:

- Lifting weights
- Playing pickleball
- Practicing yoga
- Riding a stationary bike
- Swimming
- Taking a fitness class
- Walking on a treadmill

"Aim for 150 minutes of moderate exercise per week to maintain your health," Doyle said. "A great way to implement that is to break down the time throughout the week with a variety of activities you enjoy while also adding in some strength training two to three times a week."

# Fall Back to Sleep

When daylight saving time ends, focus on sleep to improve your health.



Pamela Combs, MD

**Sleep not only** helps you stay alert during the day, it also reduces your risk of falls or accidents and improves your mood and metabolism.

"There are so many functions linked to sleep time and clock time," said **Pamela Combs, MD**, board-certified sleep medicine specialist at Saint Joseph East. "People struggle more with spring forward, but you can ease into the fall back schedule by pushing back your sleep time in 15-minute intervals in the weeks leading up to the time change."

## Practice Good Sleep Habits

Shorter days and cooler temperatures are conducive to sound sleep. Try these year-round tips for a good night's rest:

- Avoid caffeine at least six hours before bedtime.
- Create a relaxing bedtime routine by winding down with a book, prayer or meditation, or a warm bath.
- Don't exercise too close to bedtime.
- Keep the same wake-up time and bedtime, even on weekends. Limit alcohol consumption.
- Put all screens away an hour or two before bed.

Getting plenty of morning light is also crucial.

"Light in the morning helps trigger your melatonin at night," Dr. Combs said. "Daytime sleepiness could be a sign of sleep apnea or other conditions. If you're having trouble staying awake during the day, even if you think you're getting seven to nine hours of sleep, it's time to talk to your doctor."

Make an appointment with a sleep medicine specialist at [CHISaintJosephHealth.org/chi-saint-joseph-health/services/sleep-care](https://www.chisaintjosephhealth.org/chi-saint-joseph-health/services/sleep-care).





# How We Serve



**AMAZING APRIL:** In May, the Saint Joseph Hospital Foundation held a blessing for Amazing April, which was created in memory of April M. Nease, at the CHI Saint Joseph Health – Cancer Care in Lexington. Nease’s family, friends and physicians attended the blessing of the horse, which was part of Lexington’s Horse Mania in 2022. Amazing April has a permanent home at the cancer center.



**HUMANKINDNESS GALA:** In addition to raising critical funds to provide care to patients, the CHI Saint Joseph Health Foundations’ Humankindness Gala, held in April, was an opportunity to recognize the CHI Saint Joseph Health Employee, Leader, Advanced Practice Provider and Physician of the Year. Pictured with Tony Houston, EdD, FACHE, CEO of CHI Saint Joseph Health, left, and Amanda Jumper, market director of human resources, are Crystal Thomas, leader, Christian Kemp, PA, APP, and Tyler Holley, MD, general surgeon. Summer Price, the overall Employee of the Year, was unable to attend.



**A MIDSUMMER NIGHT’S RUN:** CHI Saint Joseph Health was once again proud to sponsor the 39th running of A Midsummer Night’s Run in downtown Lexington.



**HEALTH CARE WEEK:** CHI Saint Joseph Health caregivers across Kentucky celebrated Health Care Week in May with a theme of Through the Decades. Teams from Berea and Mount Sterling were among those dressing in outfits celebrating the 1950s through the 1990s.





**NEW NICU IN LONDON:** Saint Joseph London held a ribbon-cutting and celebration of the opening of a Level II Neonatal Specialty Care Unit in May. The newly renovated 4,630-square-foot space is located next to the existing labor and delivery area at Saint Joseph London and adds critical care bays and private rooms for family-centered care and recovery. This expansion will provide specialty care access to more than 100 babies who otherwise would have to be sent more than an hour away to Lexington for access to Level II NICU services.



**PARAMEDICS CERTIFICATION:** In June, paramedics across CHI Saint Joseph Health completed a comprehensive Critical Care course to ensure they can provide the highest level of care within their licensing. Everyone in the course successfully earned the new certification.



**VIOLENCE PREVENTION EVENT:** Caregivers gathered in June to remember victims of gun violence and other acts of violence during a ceremony at Saint Joseph Hospital. As our communities face rising rates of violence, it's important to remember victims who lost their lives or who are forever changed, and to take action to address the issue. Our Creating Safer Neighborhoods initiative, led by Demetria Blair, is one program at CHI Saint Joseph Health aimed at reducing violence. Demetria is pictured alongside Humankindness Ambassadors, students at the hospital this summer helping with the patient experience.



**BEST PLACES TO WORK:** Six entities within CHI Saint Joseph Health were recognized as Best Places to Work in Kentucky during an event by the Kentucky Chamber of Commerce and the Kentucky Society of Human Resources Management in June. Flaget Memorial Hospital, Saint Joseph Berea, Saint Joseph Jessamine and Saint Joseph London, along with the CHI Saint Joseph Health – Outpatient Surgery Center and CHI Saint Joseph Health Partners, were celebrated as being among the top 100 employers in Kentucky.



**BLUEGRASS STATE GAMES:** CHI Saint Joseph Health sponsored the Pickleball Tournament during the Bluegrass State Games. Caregivers from our cancer care centers were on hand to share important information and resources for staying safe from the summer sun during the games.



**COMMUNITY HEALTH FAIR:** Saint Joseph Hospital's Creating Safer Neighborhoods initiative, in conjunction with the CHI Saint Joseph Health Partners (pictured) and CHI Saint Joseph Health, Clinical Education, sponsored a health fair at AU Associates' Victory Point Townhomes and Apartments, a neighborhood for veterans and their families, in June.





# Supporting Cutting-Edge Cancer Care Closer to Home

The newest addition at CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital is targeting cancer cells quicker and with enhanced precision, giving patients better outcomes and more time with loved ones.

Photos by Mahan Multimedia

**The Legacy Foundation** of Kentuckiana, which previously had been part of CHI Saint Joseph Health Foundations, provided \$1.3 million to purchase a new linear accelerator (LINAC) for the cancer care center, replacing the LINAC that was purchased when the center opened in 2010.



Maggie Smith,  
MSN, RN, OCN

“The new linear accelerator is truly instrumental in our ability to provide cancer care for the community we serve,” said Maggie Smith, MSN, RN, OCN, vice president of nursing and operations, Flaget Memorial Hospital. “In the last four years, the Foundations and our community have provided unbelievable support to help us expand the cancer center through Project Hope, doubling our capacity and now providing the latest technology for radiation treatment.”

Nearly half of the center’s patients receive radiation treatment, Smith said. The advanced LINAC reduces treatment time by nearly half because it can more effectively pinpoint cancer cells to deliver radiation treatment. Smith said treatments that took 30–45 minutes now take 15–25 minutes. Patients go back home sooner and have a shorter recovery time.

“Cancer care is changing,” Smith said. “We’re seeing better outcomes and more treatments available through the latest and greatest technological and medical advances.”

Smith said advanced technology is a critical part of providing cancer care in Bardstown. Patients have the choice to stay closer to home, reducing their burden with shorter distances, less travel time and more quality time at home for recovery.



The CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital is home to a new linear accelerator (LINAC), thanks to a grant from the Legacy Foundation of Kentuckiana through the Flaget Memorial Hospital Foundation. The updated LINAC brings the most up-to-date technology to treatments at the Flaget cancer center.

“We’re not just treating patients, but we’re treating our family, friends and neighbors,” Smith said. “Providing top notch care is personal here.”

### Focused on Dignity in Cancer Care

CHI Saint Joseph Health Foundations funds several programs to lessen the burden cancer patients face, from providing transportation to appointments to empowering patients with wigs or cold caps that allow them to keep hair during and after chemotherapy treatments.

Emily May, oncology services manager for CHI Saint Joseph Health – Cancer Care in Lexington, knew about DigniCap, a scalp cooling system that reduces hair loss from chemotherapy treatments, but she never thought she would need it for herself.

She was diagnosed with breast cancer in 2022 when she was nine months pregnant with her second child. After giving birth, she completed 16 rounds of chemotherapy and utilized the DigniCap for peace of mind.

“I have a toddler and a newborn, so keeping some semblance of normalcy was important for me,” May said. “We weren’t sure if it was going to work because my treatment was really aggressive, but I followed a strict regimen with how to treat my hair during my chemotherapy and didn’t lose any hair. It really helped me throughout the process.”

May said she received financial support from the Foundations to cover most of the cost for her DigniCap treatment and supplies. Any patient undergoing chemotherapy through CHI Saint Joseph Health can request support from the Foundations and the social workers at the cancer care center. The team works together to find the best solution for each patient.

For patients experiencing hair loss, the Foundations also provides wigs, hats and head coverings to help them on their cancer journey. At CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital, patients can try on different wigs and coverings in the Resource Center to find what fits them best — a reassurance during their first few chemotherapy treatments.

“Typically, at the first sign of hair loss, patients bring a trusted family member to the resource center to try on hats and



Oncology services manager and breast cancer survivor Emily May wearing DigniCap, a scalp cooling system.



Jennifer Fowler

wigs,” said Jennifer Fowler, a social worker at the cancer care center. “The medical team is often there to offer compliments and affirmations as patients try out their new looks or find a hairpiece similar to their own and spend time making it look just right.”

### Yes, Cerv! Expands Provider Network

In 2021, grant funding from the Kentucky Women’s Cancer Screening Program through the Centers for Disease Control and Prevention’s National Breast and Cervical Cancer Early Detection Program, gave a boost to Yes, Mamm!, which provides no-cost mammography screening. CHI Saint Joseph Health Foundations launched another program, Yes, Cerv!, to provide free cervical cancer screenings and treatments

for eligible women who are uninsured and underinsured.

Yes, Cerv! is expanding its network of providers to reach more women in Lexington and the communities served by CHI Saint Joseph Health across central and eastern Kentucky. This year, more patients will be able to access Pap smears, diagnostic and program support across central and eastern Kentucky.



Teresa Colon, BSN, RN

Teresa Colon, BSN, RN, program coordinator, said she’s proud of the CHI Saint Joseph Medical Group physicians and advanced practice providers partnering with Yes, Cerv! to serve more patients.

“We don’t want women to have to wait to be seen,” Colon said. “We want to accommodate as many women as we can. When we started Yes, Cerv!, we only had two OB-GYN providers in Lexington, but now we can serve women across our ministry.”



Volunteers and participants at Yes, Mamm! Yes, Cerv! 5K.

**This year, CHI Saint Joseph Health Foundations is hosting its 8th annual Yes, Mamm! Yes, Cerv! 5K on Oct. 14 at RJ Corman Railroad Group racecourse in Nicholasville, with all proceeds going to the programs. Visit [RunSignup.com/Race/KY/Nicholasville/YesMamm5KatRJCorman](https://RunSignup.com/Race/KY/Nicholasville/YesMamm5KatRJCorman) for race information or to donate.**





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# More personalized cancer care. More hope.

CHI Saint Joseph Health has been leading the way in cancer screenings, diagnosis and treatment for more than 40 years. As we continue to bring world-renowned cancer care to our communities, we've expanded our affiliation with Cleveland Clinic Cancer Center, a nationally-ranked cancer program, to reach more Kentuckians.

To schedule a cancer screening, call 844.940.HOPE (4673).



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