

SPIRIT

SPRING 2019

of HEALTH

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



Ready, Set, Run! *p3*

Our
**SPIRIT OF
SERVICE**
p7

Robotic Prostatectomy:
**HELPING PATIENTS
RECOVER FASTER**
p11

Bringing Hope to London's
TINIEST PATIENTS
p14

 **CHI Saint Joseph
Health**

Dear *Spirit of Health* readers,

It is a great time at CHI Saint Joseph Health, and I am pleased to share some positive updates with you. We continue to grow to better serve central and eastern Kentucky and are pleased with the response we have received from you and many of our patients and community members.

We are honored that Saint Joseph Hospital is the only hospital in Kentucky to receive the America's Best Hospitals Award™ from Healthgrades in 2019, which ranks Saint Joseph Hospital in the top 5 percent in the nation for quality. In fact, our Lexington facilities have received multiple awards for outstanding patient care. Saint Joseph Hospital also earned the 100 Best Hospitals recognition for Stroke Care, Critical Care and Pulmonary Care. Both Saint Joseph Hospital and Saint Joseph East achieved Five-Star and Excellence Awards in several categories.

These awards are made possible by the outstanding ministry and service of our dedicated physicians and hospital employees. This edition of *Spirit of Health* focuses on a few of the thousands of dedicated team members, in a new section, Our Spirit of Service. In this issue, you will meet the Employees of the Year from our facilities and the CHI Saint Joseph Medical Group. We are proud of the contributions they, and all of our employees, make in serving our communities.

Our calling to serve others is demonstrated inside and outside the walls of our hospitals, clinics and physician offices. In recent months, we have taken heart health out to you through our Go Red events through Saint Joseph Hospital, Saint Joseph Berea, Saint Joseph London and Saint Joseph Mount Sterling in conjunction with



the American Heart Association. We've worked to raise awareness of child abuse and human trafficking through community partnerships with Saint Joseph London. We've held community education events on diabetes and joint health, and welcomed new and prospective mothers to learn more at maternity fairs sponsored by Women's Hospital at Saint Joseph East and Flaget Memorial Hospital.

We are honored to be a part of the communities we are called to serve and will continue to expand our ministry of care.

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

COVER

ERIC MILLER, DIRECTOR OF PHARMACY FOR SAINT JOSEPH HOSPITAL AND SAINT JOSEPH JESSAMINE, IS AN AVID RUNNER. HE SHARES HIS TIPS FOR THOSE WHO MAY WANT TO RUN THE 35TH ANNIVERSARY OF A MIDSUMMER NIGHT'S RUN, SPONSORED BY CHI SAINT JOSEPH HEALTH.

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In This Issue

- 3 Ready, Set, Run!
- 4 Health From the Outside In
Just Keep Swimming
- 5 A Season for Healthy Eating
- 6 Get a Jump Start on the
School Year
- 7 Our Spirit of Service
- 8 A Lifetime of Diligence
- 9 Recognizing Those Who Serve
- 10 Man on a Mission
- 11 Urology Services Return
to London

Robotic Prostatectomy: Helping
Patients Recover Faster
- 12 How We Serve
- 14 Bringing Hope to London's
Tiniest Patients
- 15 Two Celebrations of Generosity

Spirit of Health is a quarterly publication produced by the Marketing and Communications division of CHI Saint Joseph Health for communities throughout central and eastern Kentucky and these facilities: Continuing Care Hospital at Saint Joseph Hospital, Flaget Memorial Hospital, Our Lady of Peace, Saint Joseph Berea, Saint Joseph East, Saint Joseph Hospital, Saint Joseph Jessamine, Saint Joseph London, Saint Joseph Mount Sterling and Women's Hospital at Saint Joseph East. If you have questions about the content of the publication or would like to stop receiving it, please email us at contactus@catholichealth.net.

Spirit of Health Spring 2019

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Ready, Set, *Run!*

JOIN CHI SAINT JOSEPH HEALTH AS WE PROMOTE AND SUPPORT COMMUNITY WELLNESS.

IN PARTNERSHIP WITH THE Bluegrass Sports Commission, CHI Saint Joseph Health is the presenting sponsor for the 35th Anniversary of A Midsummer Night's Run, an evening run/walk through the streets of downtown Lexington on Saturday, Aug. 10.

"A Midsummer Night's Run is a summertime tradition in central Kentucky. Runners and walkers from across the Bluegrass look forward to this special event every year," said Stephanie Sarrantonio, marketing director, CHI Saint Joseph Health. "We are honored to be the presenting sponsor for the 35th anniversary of this event, as it demonstrates our belief that we are called to serve."

In addition to the main 5K race, a one-mile fun run/walk and race for kids ages 2 to 13 (known as "The Fastest Kid in Town!") are also available for registration. Participants who are already enrolled in the Bluegrass Trifecta Race Series will be awarded a special finisher's medal after crossing the finish line.

Exercising for a Cause

CHI Saint Joseph Health is excited to be part of this family-friendly event promoting community health. Furthermore, donations made by A Midsummer Night's Run participants will help support the CHI Saint Joseph Hospital Foundation's Yes, Mamm! program, an initiative that provides free mammography screening and diagnostic testing for uninsured and underserved women and men of central and eastern Kentucky.

"This incredible program has provided nearly 4,000 mammograms and 500 ultrasounds to those in need so far, and we are just getting started," Sarrantonio said. "One hundred percent of funds are spent on patient care."

For more information and to register for A Midsummer Night's Run, visit RunSignUp.com/race/ky/lexington/amidsummernightsrun.



GETTING 5K READY

Eric Miller, director of pharmacy, Saint Joseph Hospital and Saint Joseph Jessamine, is an avid runner. He offers three tips for beginning runners preparing for an upcoming 5K race.

- **Enjoy yourself.**
"If you do not have fun while running, you are going to be miserable," Miller said. "That applies to training, as well. If you find yourself getting bored, consider listening to some upbeat tunes, taking a more scenic route or inviting some friends to join you."
- **Invest in good socks and running shoes.**
"If your feet hurt, running is going to be painful," Miller said. "If you do not already own a quality pair of running shoes, go to a shoe store that focuses on endurance athletes so they can help you select a pair that will work best for you."
- **Practice.**
While Miller began running as a result of a 12-week cardiac rehabilitation program, he said that there are many 5K training program applications available on your smartphone designed to help you slowly build up your endurance and stamina over time.



HEALTH From the **Outside** In

SUMMER IS THE SEASON OF SUNSHINE, BUT BASKING IN THE WARM RAYS MAY PUT YOU AT RISK FOR DEVELOPING SKIN CANCER, THE MOST COMMON TYPE OF CANCER AFFECTING AMERICANS.



Monte E. Martin, MD

“WHEN WE LAY out to tan, we increase our chances of developing skin cancer, especially if we are already at high risk,” said **Monte E. Martin, MD**, medical director, CHI Saint Joseph Health – Cancer Care Center in Bardstown. “If you have light skin, blue or green eyes, blonde or red hair, freckles, large moles, or a history of cancer yourself or in your family, protecting your skin is especially important.”

A Plan for Prevention

To help your skin stay as healthy as possible:

- + **Cover up.** Choose lightweight clothing that covers your arms and legs and a hat to protect your face and head when you are outside.
- + **Have a check up.** Talk with your primary care provider about regular skin cancer screenings.
- + **Lather your skin.** Opt for broad-spectrum sunscreen that has a sun protection factor (SPF) 30 or higher. Reapply throughout the day, especially after sweating or swimming.
- + **Seek shade.** Stay out of the sun during peak hours in the midday, or from 10 a.m. to 4 p.m.
- + **Keep an eye out.** If you notice a spot or growth on your skin that is new or has changed in color, size or texture, see your primary care provider.
- + **Wear sunglasses.** This favorite summer accessory can block out ultraviolet A and B rays.



To schedule a skin cancer screening, call 859.313.2255 or visit CHISaintJosephHealth.org/lexington-skin-cancer-care.

JUST KEEP **Swimming**

BETTER KNOWN AS swimmer's ear, otitis externa is an infection that can develop when water becomes trapped in your outer ear canal after swimming.



Jessica Pennington, MD

“The moist environment enables bacteria to grow,” said **Jessica Pennington, MD**, CHI Saint Joseph Medical Group – Primary Care in Berea. “You can also get swimmer's ear by placing foreign objects in your ear canal, such as cotton swabs or hearing aids.”

Swimmer's ear occurs more often in children and can cause itching, redness and a clear, odorless drainage. Pulling or touching the outer ear can also be painful for people with swimmer's ear.

To avoid this condition, clean ears with a warm cloth after taking a dip. This helps clear water, bacteria and fungi from your ear canals. Drying the outer ear thoroughly after cleaning also helps prevent swimmer's ear.

Despite your best efforts, it's not unusual to develop swimmer's ear

every once in a while, especially if you love the water.

“Swimmer's ear shouldn't prohibit you from having fun,” Dr. Pennington said. “It's easily treatable with ear drops and antibiotics, if necessary.”

If you have swimmer's ear, call 859.313.2255 to schedule an appointment with a primary care provider.

OTITIS EXTERNA CAN TURN A DAY AT THE POOL INTO A DOCTOR'S VISIT, BUT YOU CAN KEEP SWIMMING ALL SUMMER LONG WITH THE RIGHT PREVENTION AND TREATMENT TIPS.



A Season for **HEALTHY EATING**



BURSTING WITH FRESH FRUITS AND VEGGIES, SUMMER IS THE PERFECT TIME OF YEAR TO FOCUS ON EATING WELL.

THE AIR IS WARM, the sun is shining and the farmers market is rife with leafy greens, juicy melons and colorful peppers.



Amanda Goldman, MS, RD, LD, FAND

“Local produce is easily accessible during the summer months, which is wonderful for a variety of reasons,” said Amanda Goldman, MS, RD, LD, FAND, system director, CHI Food and Nutrition Services, and director of diabetes and nutrition care, CHI Saint Joseph Health. “Naturally low in calories, fresh produce grown close to home can be purchased and consumed as soon as possible after harvest when the items are most flavorful and the nutrient content is richest. It also may be less expensive than items shipped from far away.”

Smart Meal Preparation

The ingredients you buy will dictate the success of your meals, so take your time to put together grocery lists with items that are refreshing and satisfying. Think tomatoes, peppers and sweet watermelon. Or, if you have a green thumb and are teaching your children to garden, you may harvest fresh produce from your own backyard. Pick up some of your favorite seasonings, as well as sources of lean protein, like chicken or white fish.

Grilling is a great way to prepare seasonal dishes, including fruit drizzled with honey, marinated tuna or vegetable kebabs. Focus on variety — farmers markets often offer fruits and vegetables you won't find in the grocery store.

To learn about the CHI Saint Joseph Health Diabetes and Nutrition Care Program, visit CHISaintJosephHealth.org/lexington-diabetes-nutrition-care.

HONEYDEW MELON SALSA OVER TUNA STEAKS

Serves 2

Prep/cooking time: Approximately
25 minutes

Ingredients

- 1 small honeydew melon, finely diced
- ½ red chili pepper, seeded and chopped
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons fresh lime juice
- 1 pinch salt
- 1 pinch granulated sugar
- 2 5-ounce tuna steaks
- Salt and pepper to taste
- 10 fresh basil leaves, cut into thin strips

Directions

- In a medium bowl, add the honeydew melon, red chili pepper, 2 tablespoons extra-virgin olive oil, lime juice, salt and sugar. Meanwhile, heat 2 tablespoons of extra-virgin olive oil in a skillet.
 - Season both sides of the tuna steaks with salt and pepper.
 - Sear tuna steaks in skillet, about 3 minutes per side.
 - Serve tuna steaks with a heaping spoonful of honeydew melon salsa and sprinkle with basil leaves.
- This is a versatile salsa recipe that also goes well with white fish or grilled chicken.

Recipe courtesy of Catholic Health Initiatives



Get a **Jump Start** *on the School Year*

SUMMER READING? CHECK. SCHOOL SUPPLIES? CHECK.
YOUR CHILD'S HEALTH? CHECK.

WITH SCHOOL STARTING soon, many parents find themselves busy helping prepare their children for the new academic year. One vital to-do is your child's yearly wellness exam.



Clair Palley, MD

"It's always a good idea to see your child's pediatrician yearly to make sure he or she is staying healthy," said **Clair Palley, MD**, CHI Saint Joseph Medical Group – Primary Care in Lexington. "Scheduling children's exams while they are out of school is not only more convenient for parents but also helps keep children healthy in the upcoming year."

During a back-to-school visit, your child's pediatrician will check his or her development and growth, and you can address any concerns you may have about your child's health.

"These wellness visits aren't just for physical wellness," Dr. Palley said. "Doctors address children's mental and emotional health during this visit, as well."

Community Immunity

During yearly wellness visits, Dr. Palley also recommends using this opportunity to ensure your child receives all vaccinations on time.

"Vaccines not only help protect the people getting them but also the people around them from getting sick," she said. "There are some people who cannot receive vaccines, such as those who are allergic to the ingredients. Vaccinating yourself helps keep you from spreading diseases to other people."

As best as you can, adhere to your child's recommended immunization schedule. Staying up to date on vaccinations promotes wellness in both your child and community.

Growing Together

The American Academy of Pediatrics recommends children receive care at a facility from a provider who knows their full medical history and maintains a relationship with them as they grow. Back-to-school visits are an excellent way to help your child build that relationship with his or her pediatrician and will also lead to better care later in life.

"Physicians call that kind of facility a medical home," Dr. Palley said. "It's important to me to provide that for my patients. Keeping children healthy allows them to participate fully in life, and having their regular checkups helps them do so in a happy, healthy way."



ATHLETE AWARENESS

Does your child play a sport, or want to in the upcoming school year? Many schools require sports physicals before the season begins. During a sports physical, your child's provider will take a medical history and perform a physical exam. The provider can address any health concerns that may affect his or her ability to play and offer advice on how to prevent sickness or injury during the season.

Even if your school does not require a physical before your child can play sports, the Nemours Foundation recommends your child receive a sports-specific physical in addition to a yearly physical.

To schedule an appointment with one of our pediatricians, visit CHISaintJosephHealth.org or call 859.263.1280.

OUR SPIRIT *of* SERVICE



AT CHI SAINT JOSEPH HEALTH, EACH EMPLOYEE LEADS AS AN EMBODIMENT OF OUR VALUES AND FAITH. THESE INDIVIDUALS HAVE BEEN RECOGNIZED FOR THEIR OUTSTANDING PERFORMANCE AS THEY ANSWER THE CALL TO SERVE WITH COMPASSION AND INTEGRITY.



A Lifetime of Diligence

AFTER DECADES OF DEVOTED SERVICE, PAMELA HILL HAS BEEN NAMED EMPLOYEE OF THE YEAR FOR BOTH FLAGET MEMORIAL HOSPITAL AND CHI SAINT JOSEPH HEALTH.

PAMELA HILL, RN, was grateful to receive both awards this February.

"I knew some of my colleagues had been nominated, and they were well-deserving of recognition," she said. "I was surprised I was chosen."

Considering her patient-centered and compassionate approach to care, Hill may have been the only one who was surprised. She has served as the navigator of diagnostic services for almost six years at Flaget Memorial Hospital, part of CHI Saint Joseph Health, but has served her community through the facility for 42 years. Throughout her time here, Hill has embodied the core values of CHI Saint Joseph Health, which Hill said was not an accident.

"I believe in our core values: reverence, integrity, compassion and excellence," Hill said. "I try to embody those values in my work and go above and beyond for my patients. A lot of them look to their providers for guidance, so I try my best to provide that for them."

Hill's best, it seems, does go above and beyond: It is not uncommon for her to do research to better answer her patients' questions or offer her phone number so that they can reach out with concerns.

"I want to be available for my patients who have recently had surgery, or even patients who just have questions," Hill said. "I tell them to reach out anytime they need me, and I get back to them as quickly as I can."

All-Encompassing Care

Hill was excited to learn her patients recognized her dedication to their well-being, and was honored to accept both awards as Employee of the Year.

"More than anything, I'm humbled," Hill said. "It's wonderful to know my patients are so appreciative of my work, because I just treat my patients the way I would want my family to be treated."

Hill's love of her family is reflected in how she spends her spare time, the majority of which she dedicates to her husband, children and

grandchildren. Lately, she has dipped her toes into traveling.

"Since we've gotten older, my husband and I have started to take more trips," Hill said. "We try to go to the beach once a year, and we've been to Las Vegas a couple of times."

Even as Hill finds time to relax, she is never away from work for too long.

"I may be 63 years old, but I'm not retiring yet," Hill added, laughing.



“

“The best part of my job has always been the patients. I love working with them and being able to help improve their lives.”

— PAMELA HILL, RN, NAVIGATOR OF DIAGNOSTIC SERVICES AT FLAGET MEMORIAL HOSPITAL, PART OF CHI SAINT JOSEPH HEALTH

”

Recognizing Those Who **Serve**

EACH OF THESE INDIVIDUALS WAS NAMED EMPLOYEE OF THE YEAR FOR HIS OR HER OUTSTANDING SERVICE AND DEVOTION IN ANSWERING THE MINISTRY'S CALLING TO CARE FOR MEMBERS OF THE COMMUNITY.



Katy Marcum, RN, BSN, CLC, has been with **CHI Saint Joseph Medical Group – Obstetrics and Gynecology in Bardstown** since August 2010. Dedicated to patient care, she treasures the opportunity to help address the worries of her patients and make them feel at ease.

“I like having that interaction,” Marcum said. “I always try to treat patients the way I would want to be treated.”

Stefanie Diggs, CNA, health unit coordinator and patient care assistant at **Continuing Care Hospital at Saint Joseph Hospital**, has served in her current role for the past five years, and she truly loves what she does.

“My personal philosophy is to love and care for my patients like family,” Diggs said. “For 20 years, that has been my priority.”



Robin Ennis, executive assistant in administration, has been a member of the **Saint Joseph Berea** team for 15 years and enjoys meeting the needs of her patients and coworkers.

“I like working one on one with people and putting a smile on someone’s face,” Ennis said. “I was raised with a strong work ethic and like to help people in any way that I can.”



Josh Reedy, RT, R, RDMS, AB, RVT, RCDS, is the clinical imaging supervisor at **Saint Joseph East**. A sonographer for 16 years, his goal is to help patients feel comfortable.

“I always try to evaluate each situation from another point of view,” Reedy said. “If patients seem scared, nervous or anxious, I try to offer support like they are family.”



Rodney Lewis, personal care technician transporter with **Saint Joseph Hospital**, has been serving in various capacities since 1986. Whether working in the lab, radiology or surgery, he maintains a positive and professional demeanor.

“I do not leave anything undone,” Lewis said. “I enjoy helping people get well.”



Ashley Bowers, RN, nursing supervisor, medical-surgical, **Saint Joseph London**, has been with the facility for the past three years. She is inspired by the opportunity to serve as a resource for patients and colleagues.

“I always try to think about how I would want to be treated,” Bowers said. “That approach to quality care is at the heart of the CHI Saint Joseph Health mission.”

Rita Ballard, patient care assistant, health unit coordinator, has been with **Saint Joseph Mount Sterling** for 18 years. A former police officer, Ballard strives toward excellence with everything she does.

“As unit clerks, our jobs are just as important as everyone else’s in the emergency department,” Ballard said. “We are the lifeline.”



MAN on a MISSION



SPREADING THE GOOD WORD MEANS LIVING AS AN EXAMPLE OF FAITHFUL CHARITY AND SERVICE BOTH IN AND OUT OF THE DOCTOR'S OFFICE.

JAMES ROLLINS, MD, has been with the CHI Saint Joseph Medical Group – Orthopedics for three years and practiced medicine for almost two decades. He was raised in the church, and he grew closer to God following his medical residency's completion, entwining his faith with his career.

"I'm a follower of Jesus Christ, and one of his messages is to be a disciple," Dr. Rollins said. "One way I can do that is through what I do for a living, which is taking care of people."

Heeding the Call

Dr. Rollins doesn't just offer orthopedic care to patients — he often provides treatment as a member of the Post Clinic in Mount Sterling. The Post Clinic provides primary care and dental services to people without the means to pay for health care.

"I run the clinic once a month, performing surgeries for free," Dr. Rollins said. "I'm a Gideon as well, so I offer free Bibles to every patient I operate on and will pray with them. I've seen about 30 people come to Christ from that ministry."

Dr. Rollins is also president of the board for Hope Hill, a faith-based organization that helps children and young adults recover from trauma and more.

At Home and Abroad

While Dr. Rollins has made a career out of helping people in his community, he also provides aid outside of his career — and outside of the country. He has traveled to three different countries on mission trips in the past decade: Haiti in 2011, Honduras in 2013 and Africa in 2017. Dr. Rollins performed 16 surgeries while in Africa.

"The first two trips were focused on building projects, whereas Africa was a medical mission," Dr. Rollins said. "That one was the most influential for me, since I was able to go there and use my expertise to help people who walked 20 or 30 miles for care."

Dr. Rollins plans to continue his volunteer work and encourages others to do the same.

"There are 80 different churches in Montgomery County, and they all go on missions," Dr. Rollins said. "Talking to community leaders, the health department, local food coalitions and other organizations is a great way to get involved."

Are you looking for volunteer opportunities? Visit CHISaintJosephHealth.org/waystohelp to learn how you can make a difference in the community.



James Rollins, MD

THE GREAT OUTDOORSMAN

When not helping others, James Rollins, MD, CHI Saint Joseph Medical Group – Orthopedics in Mount Sterling, enjoys managing his 800-acre farm with his wife and their dog. He often takes their furry companion with him on hunting trips.

"My biggest passion outside of work and service is hunting," Dr. Rollins said. "I've trained my dog to help me on duck, deer and turkey hunts."

Urology Services Return to London

SAINT JOSEPH LONDON HAS BEEN RECOGNIZED FOR ITS SUCCESSFUL SERVICE AND PATIENT OUTCOMES AS A RURAL HOSPITAL. NOW, WE ARE PLEASED TO ANNOUNCE THAT OUR TRADITION OF PROVIDING EXCELLENT CARE TO OUR PATIENTS WILL EXTEND WITH A NEW UROLOGY CLINIC IN LONDON.



Andrew McGregor, MD



Stephen Monnig, MD

THE CLINIC HOSTS Andrew McGregor, MD, and Stephen Monnig, MD, CHI Saint Joseph Medical Group – Urology, as in-house physicians. Both will be available Mondays and Thursdays for surgeries and scheduled appointments.

“We’re in a rural area, so if we didn’t offer these services, patients would have to travel a long way,” said

Brady Dale, director of ancillary services at Saint Joseph London. “It allows our patients to receive high-quality care, but keeps them close to home with their families and community.”

The Urology Clinic in London is pleased to be able to provide for the community in this way, especially with the help of Dr. McGregor and Dr. Monnig, according to Dale.

“They’re awesome,” Dale said. “Our local physicians are excited to work with them. Patients won’t need to drive a hundred miles away from home to receive quality urology care. It’s here in their backyard.”

Robotic Prostatectomy: HELPING PATIENTS RECOVER FASTER

PATIENTS AT CHI SAINT JOSEPH HEALTH BENEFIT FROM AN OPTIMIZED APPROACH TO PROSTATE SURGERY WITH THE DA VINCI SURGICAL SYSTEM.

SINCE 2007, CHI Saint Joseph Health has been offering patients with high-grade prostate cancer a robotic-assisted, minimally invasive alternative to open radical prostatectomy, the more traditional approach to surgical prostate removal, with robots at both Saint Joseph Hospital and Saint Joseph East.

According to **Thomas Slabaugh Jr., MD,** a urologist with Commonwealth Urology who has performed more than 1,500 robotic prostatectomies, the use of the robot during prostate surgery reduces blood loss, which helps avoid the need for a blood transfusion. It also allows patients to recover faster and go home sooner, effectively lowering their risk of experiencing complications associated with prolonged hospital stays.

“Patients feel better faster and get back to work sooner because of the minimally invasive nature of the surgery,” Dr. Slabaugh said. “We are essentially able to mirror the same level of control over the cancer as with an open radical prostatectomy, but with improved outcomes from a recovery standpoint.”



PROSTATECTOMIES ARE NOT THE ONLY UROLOGICAL SURGERY PERFORMED WITH ROBOTIC ASSISTANCE. CHI SAINT JOSEPH HEALTH ALSO OFFERS MINIMALLY INVASIVE, ROBOTIC-ASSISTED KIDNEY SURGERY (FOR BOTH RECONSTRUCTION AND KIDNEY CANCER), BLADDER CANCER THERAPY AND PELVIC RECONSTRUCTION.

Need to schedule an appointment with a urologist? Visit CHISaintJosephHealth.org/provider-directory and search by specialist.

HOW WE **Serve**



Women's Hospital at Saint Joseph East and Flaget Memorial Hospital Maternity Fairs – Women's Hospital at Saint Joseph East and Flaget Memorial Hospital, part of CHI Saint Joseph Health, both held maternity fairs in April to educate women about maternal health.



Wear Red at Keeneland and Go Red Mount Sterling – Each year, CHI Saint Joseph Health works to educate women at various events in the area about the impact of heart disease. Each hospital, such as Saint Joseph Mount Sterling, holds American Heart Association Go Red for Women events. An event is also held each year during the Keeneland spring meet.



No Egg-cuse for Child Abuse – Saint Joseph London hosted a free community event called No Egg-cuse for Child Abuse to raise awareness about child abuse. The event also featured an Easter egg hunt.





Berea Dress in Blue Day – Saint Joseph Berea was among the hospitals recognizing the 11th Annual National Dress in Blue Day in March to bring national attention to colon cancer.

Diabetes Expo – CHI Saint Joseph Health held its 4th annual Diabetes and Nutrition Expo in March to provide information for those living with diabetes and those who may be at risk for developing the condition.



Diabetes 20th anniversary – CHI Saint Joseph Health Diabetes and Nutrition Care celebrated 20 years of service in March.



Saint Joseph Jessamine Anniversary – Saint Joseph Jessamine RJ Corman Ambulatory Care Center in January celebrated 10 years serving Jessamine and surrounding counties.



Flaget Memorial Hospital Best Places to Work – Flaget Memorial Hospital, part of CHI Saint Joseph Health, has once again been named as one of the Best Places to Work in Kentucky. Representing Flaget Memorial Hospital and CHI Saint Joseph Health at the awards presentation were Jennifer Nolan, president of Flaget Memorial Hospital, and Jan Ostbloom, HR representative.



Bringing Hope

TO LONDON'S **TINIEST PATIENTS**



EACH YEAR IN LONDON, BABIES ARE BORN IN CRITICAL NEED OF INTENSIVE CARE.

SAINT JOSEPH LONDON offers the only Birthing Center of its kind in the community, but it doesn't have everything necessary to help these small, sick babies who need intensive care.

Because of this, infants requiring extra care are transferred to Lexington, away from their mothers.

The Saint Joseph London Foundation is working to change that with your help. We recently started a \$1.4 million fundraising initiative to establish a neonatal intensive care unit (NICU) at Saint Joseph London to provide the much-needed care that will allow parents to stay by their fragile infants' sides as they receive specialized treatment in their local hospital.

When added, our Level II NICU will be one of only two hospitals in the entire southeastern region of Kentucky with a Birthing Center and NICU.

You have the power to make a difference in an infant's life. Please join us for this important fundraising initiative to support the tiniest patients in our community.



Visit CHISaintJosephHealth.org/hope-for-newborns to learn more, or contact Leslie Smart, CFRE, at 859.313.2055.

Two Celebrations of **GENEROSITY**

OUR DONORS IN THE LONDON AND BEREA COMMUNITIES GENEROUSLY SUPPORTED TWO ANNUAL GALAS, AND THE RESULT BROKE RECORDS.



THE SAINT JOSEPH LONDON FOUNDATION'S Gala for Hope in February raised nearly \$50,000 toward a new neonatal intensive care unit (NICU) project at Saint Joseph London. **Damian Cole, DO**, London, was awarded Physician of the Year. Neil Patil, APRN, Corbin, was named Advanced Practice Clinician of the Year.

In March, the Saint Joseph Berea Foundation's Gala for Healing and Hope raised nearly \$35,000 to support the Lights for Life Fund, helping provide emergency assistance and medications year-round for underinsured and low-income patients. Mary Ellen Shields, MD, CHI Saint Joseph Medical Group – Surgery, received the Physician Service Award.



Former Saint Joseph London President Terry Deis, left, and Leslie Buddeke Smart, CFRE, president, Saint Joseph London Foundation, are pictured with Neil Patil, APRN, Advanced Practice Clinician of the Year, top right, and Damian Cole, DO, Physician of the Year, middle right. At right, Tammy and Danny Miller, left, and Gayle and Greg Powell enjoyed the Saint Joseph Berea Gala.

Upcoming Events

Three of the CHI Saint Joseph Health Foundations have upcoming events to support the Lexington, Bardstown and Mount Sterling communities. Join us and help make an impact!

8th Annual Flaget Memorial Hospital Foundation Golf Tournament

Friday, June 7

Bardstown Country Club, Bardstown, KY
CHISaintJosephHealth.org/flagetgolf

30th Annual Saint Joseph Hospital Foundation Golf Tournament

Monday, June 10

University Club of Kentucky, Lexington, KY
CHISaintJosephHealth.org/sjhgolf

18th Annual Saint Joseph Mount Sterling Foundation Golf Tournament

Thursday, June 20

Indian Creek Golf Course, Mount Sterling, KY
CHISaintJosephHealth.org/mtsterlinggolf

5th Annual Yes, Mamm! 5K

Saturday, October 12

RJ Corman Railroad Group in Nicholasville
CHISaintJosephHealth.org/yesmamm5k



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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.

FLAGET MEMORIAL HOSPITAL

“ I went to my doctor for a kidney infection and found out I had colon cancer. Dr. Monte Martin at the Flaget Cancer Center got me in quickly, and I got right in with Dr. Mickey Anderson for surgery at Flaget. God was watching over me by blessing me with the best doctors.”



SAINT JOSEPH HOSPITAL

“ I underwent a cardiac ablation performed by Dr. Firas El Sabbagh at Saint Joseph Hospital. I just wanted to take the time to thank each and every one of the staff who took care of me. I have never had such an excellent experience at a hospital in my life. The staff was personable, friendly, knowledgeable, competent, caring and very skilled.”

SAINT JOSEPH BERE A

“ The care my mother receives in the emergency room is always extraordinary from all staff, but the special nurse, Ruth [Prewitt] goes beyond the call of duty. She is always so gentle during any procedure while protecting my mother’s integrity. She explains every task before she performs it and always makes a difficult situation more tolerable. Ruth takes her nursing career to heart and treats my mother as a whole person instead of just a number.”