

# SPIRIT

WINTER 2020

# of HEALTH

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



A Partner in Care:  
**Cleveland Clinic  
Cancer Center** *p4*

Putting Community  
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 **CHI Saint Joseph  
Health**

## Dear *Spirit of Health* readers,

2019 was a year of momentum, growth and positive change for our ministry. Last January, we returned to our Catholic heritage as we rebranded to CHI Saint Joseph Health. Throughout the year, we received overwhelmingly positive feedback from our employees, physicians, patients and the community for our Called to Serve message and the renewed energy across our system.

In October, we announced a new affiliation with Cleveland Clinic Cancer Center, rated in the top 10 in the nation in cancer care by *U.S. News & World Report*.

This new affiliation builds upon the high-quality cancer care that we already deliver by offering additional expertise from a nationally recognized program. This affiliation allows our cancer care centers to offer expert second opinions, specialized treatment options and clinical trials to patients right here in central Kentucky.

We are also working to expand cancer care at Flaget Memorial Hospital, part of CHI Saint Joseph Health, and our Foundation recently received two generous gifts that will help us exceed our fundraising goal of \$1.2 million. Thanks to Heaven Hill Brands and the Haydon family, as well as the many other benefactors, the cancer center at Flaget has installed 3D mammography and will also add infusion rooms and a compound pharmacy to serve cancer patients in the Bardstown area.

Also in this issue, you will find tips to help you overcome the winter blues and prevent colorectal cancer, as well as a schedule for preventive screenings.

At CHI Saint Joseph Health, we believe we are called to serve, and we demonstrate



that calling through involvement in our communities across central and eastern Kentucky. We are proud of our long-standing partnership with the American Heart Association, including year-round support of the Go Red for Women program for the past 12 years. We also serve our communities in countless other ways, such as health fairs and educational opportunities throughout our facilities.

We are always pleased to share the stories of our employees and how they are called to serve. In this issue, you will meet Vickie Heierman, who has been part of the Saint Joseph team for 40 years; the Rev. Rachele Holmes, who works in pastoral care at Saint Joseph Berea; and Dr. Haley Busch, our first clinical pharmacist specialist in opioid stewardship and pain management.

Thank you for your continued support of CHI Saint Joseph Health. We hope you have a wonderful winter season, and enjoy this issue of *Spirit of Health*.

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

## COVER

JACQUELINE R. MATAR, MD, MBA, (LEFT) AND JESSICA CROLEY, MD, MEDICAL DIRECTOR, ARE AMONG THE SPECIALISTS STAFFING CHI SAINT JOSEPH HEALTH – CANCER CARE CENTERS IN LEXINGTON. CHI SAINT JOSEPH HEALTH ANNOUNCED AN AFFILIATION BETWEEN OUR CANCER CARE CENTERS AND CLEVELAND CLINIC CANCER CARE IN OCTOBER.

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## *Spirit of Health* Winter 2020

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# ADDRESSING Mental Health

PRIORITIZE YOUR  
PSYCHOLOGICAL  
WELL-BEING.



**MENTAL ILLNESS**, such as depression or anxiety, affects one in five adults in the U.S. every year. While it can be tempting to put your mental health on the backburner, this can often cause symptoms to worsen and/or manifest in other ways.

"Your mental health and physical health are intrinsically linked," said **Brian Kelty, MD**, a child, adolescent and adult psychiatrist at CHI Saint Joseph Medical Group. "Research has found that individuals with mental health diagnoses have a higher risk of certain medical issues, such as coronary artery disease and diabetes. You cannot simply neglect one and focus on the other; you have to care for both."



Brian Kelty, MD,  
CHI Saint Joseph  
Medical Group

## Seeking Help

If you ever question whether what you are feeling is normal or start experiencing symptoms that are more severe (thoughts of self-harm, for example), Dr. Kelty suggests discussing your concerns with your primary care provider. He or she will be able to assess your symptoms and determine whether treatment, such as medication and/or talk therapy, would be beneficial, and if any further testing is necessary to ensure that your symptoms are not the result of an underlying medical condition.

In addition to clinical support, there are a number of lifestyle changes you can make to better care for your mental health. These include eating a healthy, well-balanced diet, exercising regularly, spending time outside in the sunlight as much as possible and maintaining a consistent routine.

"I tell people, 'Imagine the happiest, healthiest person you can and ask yourself what kind of lifestyle that person has,'" Dr. Kelty said. "Now, try to emulate that lifestyle for yourself."

For information on behavioral health care at CHI Saint Joseph Health, visit [CHISaintJosephHealth.org/lexington-behavioral-health-care](https://CHISaintJosephHealth.org/lexington-behavioral-health-care).

## IS WINTER BRINGING YOU DOWN?

Many people experience a temporary change in mood during the winter months. For some, however, this change is more persistent and/or severe. This is known as major depressive disorder with a seasonal pattern or "winter depression."

"It shares many of the same symptoms as major depressive disorder, but you experience them exclusively or more intensely during the winter months," said Brian Kelty, MD, a child, adolescent and adult psychiatrist at CHI Saint Joseph Medical Group. "It is often associated with reduced exposure to light, but there are also environmental factors. For instance, when it is cold and dark outside, you may be less likely to exercise, eat healthy, go outside and socialize. Sticking with these healthy habits year-round can make them easier to maintain during the wintertime and help keep symptoms under control."

***If you have questions or concerns regarding winter depression, it is important to discuss them with your primary care provider. To find one, visit [CHISaintJosephHealth.org/provider-directory](https://CHISaintJosephHealth.org/provider-directory).***

Scott T. Pierce, MD,  
medical oncology,  
hematology, at CHI  
Saint Joseph Health –  
Cancer Care Center  
in Lexington



## A Partner in Care: Cleveland Clinic Cancer Center

CHI SAINT JOSEPH HEALTH CAN NOW OFFER EXPERT SECOND OPINIONS, SPECIALIZED TREATMENT OPTIONS AND CLINICAL TRIALS TO OUR PATIENTS, THANKS TO AN AFFILIATION WITH CLEVELAND CLINIC CANCER CENTER.

**WE STRIVE TO** continually improve our cancer services and bring new care options to patients at CHI Saint Joseph Health. In fact, we have been recognized for our quality cancer program by organizations such as the National Cancer Institute and the American College of Surgeons Commission on Cancer. Now, we are pleased to announce a further enhancement of our program with this new affiliation.

"It's difficult for patients to travel long distances for second opinions, to see a rare cancer specialist or undergo procedures that aren't found in a community hospital," said **Jessica Croley, MD**, medical director for CHI Saint Joseph Health – Cancer Care in Lexington.

We decided that finding the right health care affiliate could help us enhance and expand our capabilities in meaningful ways while providing an extra level of convenience and comfort for the communities we serve.



Jessica Croley, MD,  
CHI Saint Joseph  
Health Cancer  
Care

After months of discussions, preparations and review, CHI Saint Joseph Health is proud to announce that we have entered into an affiliation with Cleveland Clinic Cancer Center.

### Expert Care Locally

Cleveland Clinic is a national leader in cancer care — it has one of the top 10 cancer programs in the country and is considered one of the nation's best hospitals by *U.S. News and World Report*.

"Cleveland Clinic has experts who each deal exclusively with one type of cancer," Dr. Croley said. "When they collaborate on patient cases, they refer to specialists in that exact field of expertise to find the best treatment options."

This thorough review is something our patients now have access to. When patients see an oncologist at CHI Saint Joseph Health, we consult with the team at Cleveland Clinic on their case. Specialists in breast cancer, brain tumors, sarcomas and other cancers respond to us with advice regarding care and treatment plans.

"This partnership gives us a way to consult with Cleveland Clinic without making patients travel out of the community," Dr. Croley said. "Patients are still treated in our facilities, so the convenience is there even as they receive expert second opinions."

### Rapid Referrals

Sometimes, patients may require a form of treatment that cannot be provided at CHI Saint Joseph Health, such as targeted radiation treatments, minimally invasive surgical options and experimental

treatment through clinical trials. In those cases, we can easily refer patients to Cleveland Clinic for the care they need.

“Typically, when we refer patients outside of our system, it can take weeks to get them in to see a provider,” Dr. Croley said. “This partnership gives us a seamless referral process that allows for quick appointments at Cleveland Clinic.”

Access to clinical trials is especially important for patients whose cancer has not responded to standard treatment options. Instead of traveling to Cleveland Clinic to determine if they’re eligible for trials, patients can do their prescreenings at CHI Saint Joseph Health.

### Enhancing Our Program

Though we are excited to give our patients access to services from Cleveland Clinic, we also saw this affiliation as an opportunity to improve our existing cancer program. Before we agreed to a formal affiliation, the Taussig Cancer Center at Cleveland Clinic performed a thorough review of our cancer program and gave us recommendations to enhance our services.

“Cleveland Clinic assessed our pharmacy, nursing, radiation, infusion, research and support services to see how our processes work,” Dr. Croley said. “They were most impressed by our patient education and support offerings. That includes the work done by our dietitians, genetic counselors, financial counselors, licensed social workers, psychosocial professionals, physical therapists and others.”

Based on advice from Cleveland Clinic, we will create short- and long-term goals for the enhancement of our cancer program to ensure patients continue to receive high standards of care.

“Cleveland Clinic is homed in on best practices and safety standards that we’re able to apply in our day-to-day patient care,” Dr. Croley explained. “Our hope is that our patients’ experiences are the same as they would be if they walked into Cleveland Clinic.”

**Visit [CHISaintJosephHealth.org/hope](https://www.chisaintjosephhealth.org/hope) or call 859.313.HOPE (4673) to learn more about our affiliation with Cleveland Clinic Cancer Center.**

## MULTIPLE SPECIALISTS, ONE CONTACT

Though we offer an expanded set of cancer services through our partnership with Cleveland Clinic, we want to keep things simple for patients and their loved ones. Thankfully, our new referral coordinators are available to help patients navigate their cancer care without additional hassle.

“Instead of contacting multiple offices and specialists for their appointments, patients can rely on referral coordinators as their main point of contact,” said Jessica Croley, MD, medical director for cancer care at CHI Saint Joseph Health in Lexington. “Referral coordinators determine which providers patients need to see and how we can best help them. They can gather records and test results and submit them to Cleveland Clinic for a second opinion.”



The cancer care team in Lexington celebrated the affiliation announcement between CHI Saint Joseph Health – Cancer Care Centers and Cleveland Clinic Cancer Care in October.



Monty Metcalfe, MD, is part of the medical oncology – hematology team in Lexington.



# CRITICAL CARE for Chest Pain

IF YOU EXPERIENCE THE WARNING SIGNS OF A HEART ATTACK, DO NOT DELAY. SEEK HELP IMMEDIATELY.

**WHEN IT COMES** to health, you may be the kind of person to put on a brave face and push through the pain. But if you feel sensations typical of a heart attack, getting timely medical care could mean the difference between life and death.

"The earlier we can intervene, the better your chance of a good outcome," said Jennifer Chism, MSN, RN, interim vice president of patient care services and chief nursing officer with Saint Joseph Mount Sterling. "In the case of heart attack, time is muscle."



Jennifer Chism, MSN, RN, Saint Joseph Mount Sterling

The most serious type of heart attack is known as an ST-segment elevation myocardial infarction, or a STEMI. This event occurs when a blood clot partially or totally blocks an artery that supplies blood to the heart. As a result, heart muscle begins to die.

Warning signs of a STEMI include:

- + Chest pain
- + Dizziness
- + Nausea
- + Sweating

"Call 911 immediately if you have any of these symptoms," Chism said. "We have processes in place to rapidly identify and treat heart attacks."

**Cardiac screenings are an important step to stay in tune with heart health. Learn more at [CHISaintJosephHealth.org/hospital-heart-institute-heart-and-vascular-diagnostic-testing](http://CHISaintJosephHealth.org/hospital-heart-institute-heart-and-vascular-diagnostic-testing).**

# PARTNERS for Life

CHI SAINT JOSEPH HEALTH AND THE AMERICAN HEART ASSOCIATION (AHA) LEXINGTON ARE DEDICATED TO IMPROVING THE CARDIAC HEALTH OF PEOPLE IN CENTRAL AND EASTERN KENTUCKY.

**HEART DISEASE DOES** not discriminate, impacting men and women and sometimes even babies—and it is the leading cause of death in the United States and the Commonwealth of Kentucky.

"It is important for us to have the support of the medical community to reverse that trend," said Joey Maggard, executive director, AHA Lexington.



Joey Maggard, executive director, AHA Lexington

## Community Care

Together, AHA Lexington and CHI Saint Joseph Health lead educational programs in the community and host events to raise awareness, including the annual Heart Ball in February, the Heart Walk in May and the Go Red for Women Luncheon in November. They also collaborate to enhance quality improvement programs, such as Get With The Guidelines.

"When medical professionals apply the most up-to-date, evidence-based treatment guidelines, patient outcomes improve," Maggard said. "That's the simple truth behind the drive for continuous quality improvement. Our comprehensive suite of programs can help you advance further and faster in the quest for ever-better care."

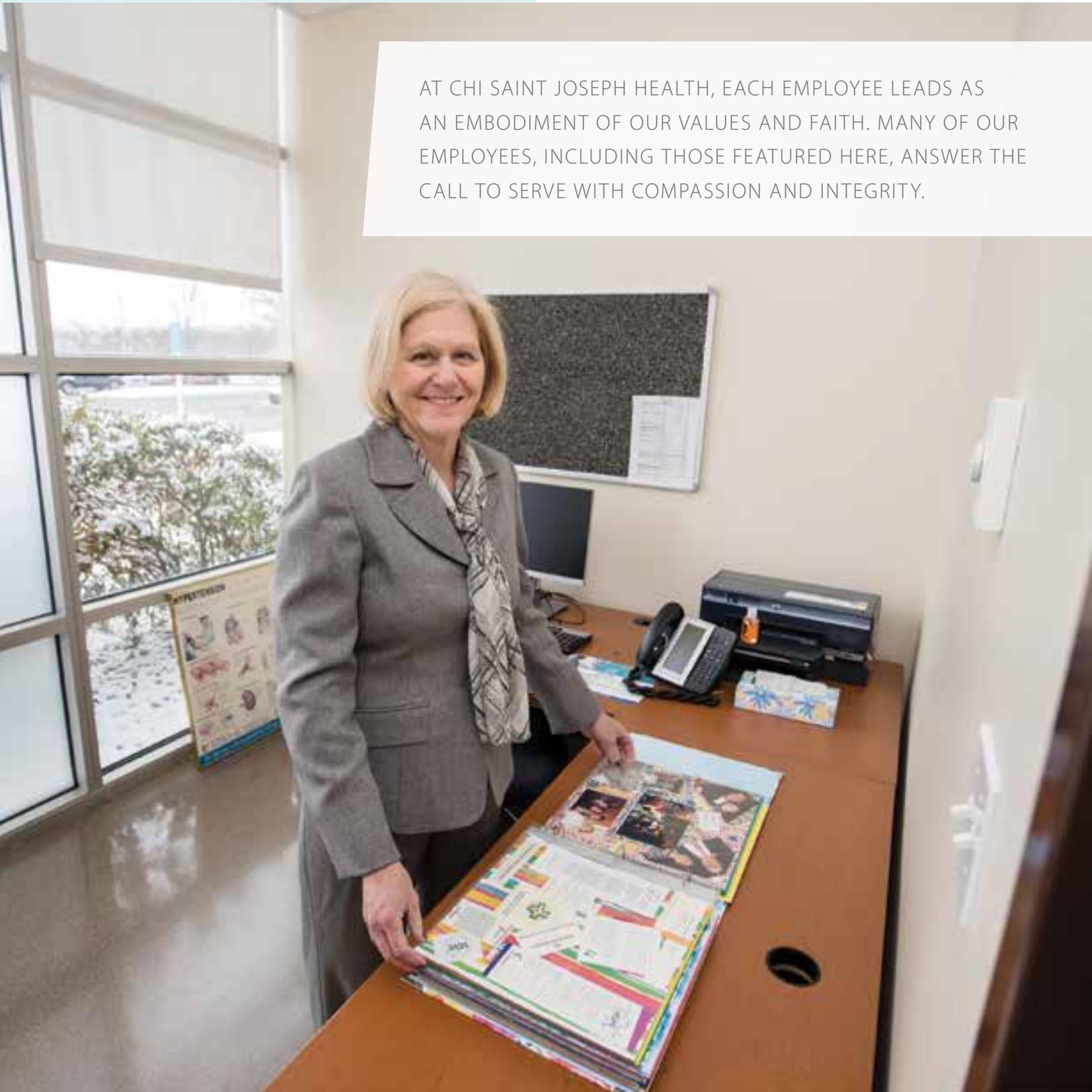
**To learn more about the American Heart Association Lexington, visit [Heart.org/en/affiliates/kentucky/lexington](http://Heart.org/en/affiliates/kentucky/lexington).**

CHI Saint Joseph Health team members provided hands-only CPR training and screenings, including those for blood pressure and cholesterol, during the Go Red for Women Luncheon in November.



# OUR SPIRIT *of* SERVICE

AT CHI SAINT JOSEPH HEALTH, EACH EMPLOYEE LEADS AS AN EMBODIMENT OF OUR VALUES AND FAITH. MANY OF OUR EMPLOYEES, INCLUDING THOSE FEATURED HERE, ANSWER THE CALL TO SERVE WITH COMPASSION AND INTEGRITY.



## Putting Community

# CENTER STAGE

WHEN IT COMES TO SERVING HER COMMUNITY, VICKIE HEIERMAN, PT, PLAYS MANY PARTS.

**HEIERMAN**, the longtime rehabilitation director at Saint Joseph Hospital and Saint Joseph Jessamine, caught the theater bug when her son was in the drama club in middle and high school.

"I was a drama club mom," Heierman said. "I traveled to festivals with my son and chaperoned many of his club's trips. Those experiences got me interested in theater. Many of the people I met volunteered at the Lexington Opera House."

Built in 1886, the Lexington Opera House hosts a variety of productions each year, including touring Broadway shows, and is home to the Lexington Theatre Company, which brings together Broadway actors, talented college students and local artists for performances. Heierman doesn't take the stage at the Opera House, but without her and her fellow volunteers, the show might not go on. About 10 times each year, Heierman volunteers to take tickets, show patrons to their seats or check VIP credentials.

"The Opera House enhances Lexington's culture," Heierman said. "Being able to see a Broadway show without having to leave town is incredible. I enjoy seeing the energy of theater when I volunteer."

### Ministry and Motion

Contributing to Lexington's cultural scene isn't all Heierman does to better her community. She's an active member of the city's First United Methodist Church, where her projects have included leading a 34-week Bible study, participating in a mission trip to Puerto Rico, helping with vacation Bible school and serving as church lay leader. Currently, she teaches Sunday school, serves on the intercessory prayer team and volunteers once per year for Room in the Inn, a church program that gives homeless men meals and a place to sleep.

Heierman combines community service with a favorite pastime: running.

"I enjoy participating in charity races," she said. "I always try to run the Shamrock Shuffle 3K, which supports Lexington Habitat for Humanity, and the Yes Mamm! 5K, which funds free mammograms at CHI Saint Joseph Health facilities. I also compete in a lot of races that support people dealing with addiction."



“

“Volunteering builds me up and makes me so grateful for what I have.”

— VICKIE HEIERMAN, PT, REHABILITATION DIRECTOR AT SAINT JOSEPH HOSPITAL AND SAINT JOSEPH JESSAMINE

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Heierman has no plans to retire — she still loves her work after 40 years with CHI Saint Joseph Health — but when she does, she plans to devote more time to volunteering. It's the role she was born to play.

# A Good Steward



FOR HALEY BUSCH, PHARMD, HER FIRST-OF-ITS-KIND JOB COMBINES PERSONAL AND PROFESSIONAL PASSIONS WITH ONE GOAL: SAVING LIVES.

**IN JUNE 2019**, Dr. Busch made history: She became CHI Saint Joseph Health's first clinical pharmacist specialist in opioid stewardship and pain management, and the first at a community health system in Kentucky. Her job places her in the thick of the campaign to curb the Commonwealth's opioid crisis.

"I provide education, consultation and updates to policies and procedures to ensure the health system manages pain appropriately, according to the latest evidence-based literature and guidelines," Dr. Busch said. "My program seeks to prevent prescribing opioids to patients who have never before been exposed to them, if possible, calls for safe use and monitoring of opioids when indicated, promotes and integrates the use of nondrug and nonopioid methods of pain control, and fosters compassionate and comprehensive care for patients with opioid use disorder."

## How a Project Led to a Career

Dr. Busch traces her passion for opioid stewardship and helping people with addiction to an honor society project during her third year of pharmacy school at the University of Kentucky. As the society's president, she and other members set up a distribution table for naloxone — a drug that reverses the effects of opioids to prevent overdose — at a local health department. Once a week, they provided the lifesaving drug free of charge, along with patient counseling. Dr. Busch and the other pharmacy students extended similar services to shelters, halfway houses and police departments.

"We worked with media and film students at the university to create two public service announcements that aired at local movie theaters and on radio stations to educate the public about naloxone and destigmatize addiction," Dr. Busch said. "We also published an academic article about the benefits of pharmacy student-led naloxone counseling."

## Meaningful Moments

Like so many other health care roles, Dr. Busch's is about people. Certain moments she shares with patients underscore that — and keep her passion for what she does burning bright.

"When speaking with a patient about naloxone use at the health department, the individual said, 'I have never before been treated like a human by any other health care professional. Thank you for making me feel human today, and for taking the time to show that you care about me,'" Dr. Busch said. "I'm blessed to have the opportunity to help save lives through my work both inside and outside of the hospital."

“

**"All patients are worth our time, attention and respect, no matter what choices they've made."**

*HALEY BUSCH, PHARMD, CLINICAL PHARMACIST SPECIALIST IN OPIOID STEWARDSHIP AND PAIN MANAGEMENT AT CHI SAINT JOSEPH HEALTH*

”



# A Profession of Faith

SAINT JOSEPH BERA CHAPLAIN  
REV. RACHELE ROYALE HOLMES  
IS COMMITTED TO PROVIDING A  
CARING, GUIDING LIGHT.

**GROWING UP** the daughter of a Disciples of Christ minister, Rev. Holmes knew she would never pursue a career in ministry.

"My dad experienced the ups and downs that go along with taking care of other people," Rev. Holmes said. "I saw how that affected his family life, and I did not want anything to do with it."

Instead, Rev. Holmes majored in English before accepting a scholarship to law school. But she could not ignore a calling to serve others through ministry.

"Throughout life, I went to church camp where songs and music became an important part of my spiritual life, supporting me through some challenging times," Rev. Holmes said. "The more I went to camp, the more I realized I had a deep love for people. God was telling me to use my hardships to help others."

## Changing Her Path

Following her spiritual revelation, Rev. Holmes attended Lexington Theological Seminary, launching a journey that would take her into ministry in a variety of settings, including hospice care in Lexington.

"Hospice is where I started seeing a correlation between music and spirituality," Rev. Holmes said. "Music was able to soothe terminally ill people in a way that I could not."

A shift in staffing at the hospice where she worked led Rev. Holmes to Saint Joseph East and then to Saint Joseph Berea, where she works in pastoral care.

"I love the work I do here," Rev. Holmes said. "When a person allows me into a part of their life, it is very humbling and rewarding."

**To connect with Rev. Holmes, speak with your Saint Joseph Berea health care provider.**

## WHEN THE CARETAKER BECOMES THE PATIENT

In October 2018, Saint Joseph Berea chaplain Rev. Rachele Royale Holmes experienced a stroke while in the car with her husband and knew immediately where she needed to be taken for care.

"He rushed me to Saint Joseph Hospital, where I received the clot-busting medication, tPA," Rev. Holmes said. "They took me to a bed in a room where I had counseled terminal patients, and I cried, thinking I was dying, as well."

Clinicians with Saint Joseph Hospital discovered a hole in Rev. Holmes's heart that had contributed to her stroke and were able to correct the abnormality.

"It is amazing that I was taken to the right place at the right time," Rev. Holmes said. "I am back enjoying time with my family, staying healthy and even ran the Saint Joseph Hospital Foundation's 5th Annual Yes, Mamm! 5K one year after my stroke. I am so grateful."



# HEALTHY *New Year*

SCHEDULE YOUR PREVENTIVE SCREENINGS —  
MAKE 2020 YOUR HEALTHIEST YEAR YET.

“**HEALTH SCREENINGS** are a way for patients to get a head start on health issues that could become something more serious,” said Teresa Lucas, BSN, RN, population health coach at CHI Saint Joseph Health Partners. “They are a simple but effective way to be proactive about your health.”



Teresa Lucas, BSN, RN, population health coach at CHI Saint Joseph Health Partners



Based on your age, here are the screenings you should receive.

- + **In your 20s and 30s:** Women should receive Pap tests every three years to screen for cervical cancer until age 30, and then they should be screened every five years with the addition of HPV screening. Everyone should have their blood pressure and cholesterol checked annually to monitor their heart health, as well as undergo a yearly skin cancer screening.
- + **In your 40s:** Both men and women should be screened for diabetes and colorectal cancer starting at age 45, and women should begin receiving mammograms by age 40.
- + **In your 50s:** Men should begin screening for prostate cancer by age 50. If you are between the ages of 55 and 74 and currently smoke or have recently quit, ask your provider if you qualify for a lung cancer screening.

“Make annual wellness visits a priority,” Lucas said. “They are an opportunity for you to touch base with your providers and alert them of any health changes or concerns.”

**A provider can help you develop a screening schedule that is right for you.  
To schedule an appointment, visit [CHISaintJosephHealth.org/appointments](https://CHISaintJosephHealth.org/appointments).**



## Millennials AND Colorectal Cancer

RATES OF COLORECTAL CANCER ARE ON  
THE RISE IN YOUNG ADULTS.

**ADULTS BORN** between 1981 and 1996, also known as millennials, are at a higher risk for colorectal cancer than adults born in 1950, according to the American Cancer Society (ACS). In recent years, rates of colon and rectal cancer have doubled and quadrupled, respectively.

“Those numbers are alarming, but there is a high chance colorectal cancer is curable if it is found early,” said Monte Martin, MD,



Monte Martin, MD, hematology and medical oncology medical director at CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital

hematology and medical oncology medical director at CHI Saint Joseph Health – Cancer Care Center at Flaget Memorial Hospital. “It can also be prevented by maintaining a healthy lifestyle.”

### 3 Steps to Help Prevent Colorectal Cancer

1. **Quit smoking.** The ACS reports that smoking increases your risk of colorectal cancer, as well as numerous other health concerns. Quitting smoking will improve your overall health and decrease your cancer risk.
2. **Watch your weight.** Obesity has been linked to colorectal cancer risk, especially

in younger adults. Increasing your physical activity and eating a healthy diet may help reduce your risk.

3. **Talk to the doc.** Annual screenings can help your provider catch colorectal cancer in its earlier, more treatable stages. Discuss other risk factors, such as your family history, with your provider. Together, you can decide when you should begin screening for colorectal cancer.

**To learn more about our colorectal cancer services, visit [CHISaintJosephHealth.org/lexington-colorectal-cancer-care](https://CHISaintJosephHealth.org/lexington-colorectal-cancer-care).**

# HOW WE **Serve**



**Pink-A-Boo** – While many were dressed in their favorite Halloween attire, many of our employees wore pink for Breast Cancer Awareness Month and shared informational materials at Pink-A-Boo events. Pictured are employees from Saint Joseph London, above, Flaget Memorial Hospital, top right, and Saint Joseph Mount Sterling, right.



**Called to Serve** – At CHI Saint Joseph Health, we are called to serve, and our employees celebrated that calling in October by collecting home items for Lexington Habitat for Humanity at Saint Joseph Hospital. Employees at facilities in other communities collected items for their local Habitat offices.



**MammoGLAM** – The Breast Care Center at Saint Joseph East held its first MammoGLAM evening, complete with screenings, entertainment and education.



**Health Fair** – Flaget Memorial Hospital, part of CHI Saint Joseph Health, held its 7th Annual Community Health & Wellness Fair in October. The event included several free health screenings and informational booths.



**Go Red for Women** – The team from CHI Saint Joseph Health – Cardiology offered hands-only CPR training, as well as screenings for blood pressure and cholesterol, during the Go Red for Women Experience in Lexington in November.



**Cancer Survivors' Day** – Flaget Memorial Hospital, part of CHI Saint Joseph Health, celebrated cancer survivors with a picnic lunch, music and art.



**Diabetes Day** – CHI Saint Joseph Health – Diabetes and Nutrition Care, along with the Montgomery County Health Department, recognized World Diabetes Day on Nov. 14 with educational sessions on managing diabetes and nutrition at Saint Joseph Mount Sterling. The hospital offered a variety of complimentary screenings at the event.



# Bringing Hope to Bardstown

ON DEC. 10, 2019, A SOLD-OUT CROWD OF 170 PEOPLE CHEERED AS HUNDREDS OF BALLOONS FLOATED TO THE CEILING.

**THE CELEBRATION**, part of the 4th Annual Bourbon & Bluegrass Holiday Bash, presented by Bardstown Bourbon Company, marked the culmination of Project Hope, the Flaget Memorial Hospital Foundation's fundraising initiative to expand the hospital's beloved cancer center.

The crowd celebrated a total of \$1.275 million being raised for both the expansion and the addition of 3D mammography, which was made possible in August 2018. A special \$200,000 gift was announced that included four donors: Bill and Mary Florence Barnes, Haydon Materials and ARMAG Corporation, Divisions of Haydon Holdings, LLC, David and Mary Stuart Haydon, and the Albert and Leona Haydon Family Foundation. The Haydons expressed gratitude for the community's support of their businesses, which allows them to give back to the community.

## Past, Present and Future

Since opening in 2010, Flaget's cancer center has brought hope to thousands of people in the region it serves. The center began by seeing 12 patients a day; now it sees as many as 80 patients — all in the same space.

Thanks to generous people from across the community, region and country who stepped up in amazing ways, the expansion work will start in early 2020 and be complete by the end of the year. The work includes the addition of five more infusion rooms, a compounding pharmacy and a private Resource Center.

The Foundation is grateful to the many people who made this possible. Every donation of every size mattered to this initiative. Cheers to you!

For more information on Project Hope, visit [CHISaintJosephHealth.org/projecthope](https://CHISaintJosephHealth.org/projecthope).

Pictured, from left: Kristie Paris, MD, radiation oncology; Jennifer Nolan, president, Flaget Memorial Hospital; David Haydon; Raffo Wimsett, chair, Flaget Memorial Hospital Foundation; Monte Martin, MD, hematology and oncology; Jim Roby, grateful patient; and Leslie Smart, CFRE, president, Flaget Memorial Hospital Foundation, celebrate during the Bourbon & Bluegrass Holiday Bash in December.



# Upcoming Events

WE HOPE YOU'LL JOIN US AT THESE EVENTS IN FEBRUARY AND MARCH!

## Saint Joseph London Foundation's Gala for Hope

+ **When:** Feb. 1, 2020  
 + **Where:** London Community Center  
 Nearly 400 guests will enjoy cocktails, live music, dinner and a silent auction. Also, prestigious awards will be given to health care professionals for excellence in leadership, innovation and service. Proceeds from the event will support the Neonatal Intensive Care Unit at Saint Joseph London.

Learn more and get your tickets at [CHISaintJosephHealth.org/londongala](https://CHISaintJosephHealth.org/londongala).

## Saint Joseph Berea Foundation's Gala for Healing and Hope

+ **When:** March 7, 2020  
 + **Where:** The Churchill Company  
 Guests will enjoy cocktails, live music, dinner and a silent auction. A prestigious Physician Service Award will also be presented. Proceeds from the event benefit the Saint Joseph Berea Foundation, which invests in outstanding patient care facilities and services, the education of health caregivers, advanced clinical research and improved access to quality medical care.

Learn more and get your tickets at [CHISaintJosephHealth.org/the-gala-for-healing-hope](https://CHISaintJosephHealth.org/the-gala-for-healing-hope).

## CAUSES WORTH CELEBRATING

### STARS Gala

The Nov. 9 event gathered nearly 500 people for cocktails, live music, dinner and a silent auction. More than \$135,000 was raised to benefit the Emergency Department Renovation Project at Saint Joseph Hospital.

The Foundation presented these awards during the Gala:

- + Community Philanthropist of the Year: The Hillenmeyer Family
- + Physician of the Year, Saint Joseph Hospital: Kevin Donohue, MD
- + Physician of the Year, Saint Joseph East: Jessica Croley, MD



Pictured, from left: Leslie Smart, president, Saint Joseph Hospital Foundation, Walter Hillenmeyer III, Chase Hillenmeyer, Seth Hillenmeyer, Stephen Hillenmeyer, Jason Adams, president, Saint Joseph East, Barbara Bennett, Physicians Realty Trust, Bruce Tassin, president, Saint Joseph Hospital

Bruce Tassin, president, Saint Joseph Hospital, and Kevin Donohue, MD



Jason Adams, president, Saint Joseph East, Jessica Croley, MD, and Bruce Tassin, president, Saint Joseph Hospital



### Yes, Mamm!

The 5th Annual Yes, Mamm! 5K on Oct. 12 and the Lexus Yes, Mamm! Brunch on Oct. 13 raised more than \$55,000 for the Foundation's Yes, Mamm! program, which provides free mammography screening, diagnostic services and program support to the underserved. More than 500 participants at the 5K enjoyed a morning of exercise, cash prizes, shirts, medals, a hot lunch and lots of giveaways. The Foundation would like to share a special thanks to the Lexus of Lexington team for their continued support of this cause and for hosting a record-breaking brunch!

**THE SAINT JOSEPH HOSPITAL FOUNDATION** had record-breaking events in October and November 2019. We are grateful for our incredible sponsors, donors and volunteers. Visit Saint Joseph Health Foundations on Facebook to see event photo galleries.



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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.

## Comments from **GRATEFUL PATIENTS**



### **CHI SAINT JOSEPH HEALTH – CENTER FOR WEIGHT LOSS SURGERY**

“ We are just beyond excited you have given us a light to the end of a lifelong struggle of trying to be healthy, and for the first time in the years [my husband] and I have been together, I see that sparkle coming back into our eyes!”

### **SAINT JOSEPH EAST**

“ The three preoperative and postoperative nurses who attended to me while I was in the hospital were absolutely exceptional. They were very pleasant, professional and comforting. These nurses, Alisha Ritchie, Jessica Schroeder and Regina Morton, are fine examples of the nursing profession. Each of them should receive recognition and applause for their exceptional care and dedication.”

### **CHI SAINT JOSEPH HEALTH – CANCER CARE CENTERS**

“ The people at Saint Joseph are so personable — they care. I always tell folks, you can be treated, but you want folks who take care of you, who care about you and who care about your progress — through the highs and the lows.”