

Spirit of Health

WINTER 2021

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



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 **CHI Saint Joseph
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Cover

Cox's Creek Elementary School students in Bardstown learned more about careers in health care as part of the Backpack Program at Flaget Memorial Hospital. Pictured on the cover are Daniel Filiatreau, left, Tucker Newberry, Rylee Jones and Madison Wethington.

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, 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 Winter 2021

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Our Call to Serve – Hello Humankindness®

At CHI Saint Joseph Health, we believe we have been called to serve. As a part of our communities, we know that goes beyond the health care we provide at our hospitals, clinics and provider offices.

We are proud of the work we do to keep our communities safe both inside and outside those walls. By educating future generations of health care providers, providing nutritious food programs for students and adults, teaching critical parenting skills and educating the community about important health care issues, we focus on the ways we can benefit our communities.

Through these programs and others, we are following our mission, guided by our vision, allowing us to live our values. As part of CommonSpirit Health, we remain committed to building healthier communities, advocating for those who are poor and vulnerable, and innovating how and where healing can happen — both inside our hospitals and out in the community.

We believe that is humankindness in action.

Learning About Health Care

Fourth grade students in Nelson County Schools had the opportunity to go behind the scenes to learn more about health care careers at Flaget Memorial Hospital. Through the Backpack Program, students were able to tour the hospital and begin designing a few projects in collaboration with their student body and Flaget leaders.



Madison Wethington, left, Tucker Newberry, Daniel Filiatreau and Rylee Jones, students at Cox's Creek Elementary School, were among students who participated in the Backpack Program at Flaget Memorial Hospital to learn more about health care careers. *Photos by Shaun Ring.*

The program grew out of the Teacher Externship Program, a partnership with the hospital that invited teachers to tour the hospital and learn more about different career paths in health care as they educate their students about possible future opportunities.

“As a community hospital, it’s our responsibility to participate in these types of programs,” said Jennifer Nolan, president, Flaget Memorial Hospital. “The staff got excited and really liked to show off their pride for their careers and the hospital. It was a win-win.”



Jennifer Nolan,
president,
Flaget Memorial
Hospital

children living below poverty level and as many as one in five children experiencing hunger, the Berea Summer Food Service Program provides nutritious breakfast, lunch, snacks and drinks to students as part of the ongoing solution to battle food insecurity and childhood hunger.



Christy Begley

The partnership connects Saint Joseph Berea’s community health advocates with families in the area who are in need of other programs offered through grants from Saint Joseph Berea Foundation.

“We treat people physically, but so many people’s needs go deeper than just the cut on their hand or the bellyache or headache they have. Our goal is to find and treat all underlying needs,” said Christy Begley, community health advocate – Saint Joseph Berea.

Addressing Food Insecurity



Barbara
Baumgardner

During the past year, community health workers with CHI Saint Joseph Health provided nearly 5,000 pounds of food to at-risk households across central and eastern Kentucky. CHI Saint Joseph Health’s Community Health Needs Assessment revealed food insecurity as a prevalent cause for poor health outcomes for patients in those areas. With the Total Health Roadmap initiative, funded through a grant from CHI Saint Joseph Health Foundations, community health workers partnered with God’s Pantry Food Bank to provide an emergency food supply box to patients who are food insecure.

“Our community health workers are incredible at identifying our patients’ needs,” said Barbara Baumgardner, community health coordinator, CHI Saint Joseph Health. “The results have been amazing, from the solutions they’ve found to get people where they need to be, to providing them with emergency food boxes and connecting them to resources.”

Filling the Education Gap

The summer of 2020 brought unique challenges for students who needed extra help during the break, especially with the school year going virtual at the end of the last school year. But the COVID-19 pandemic forced the Consolidated Summer Enrichment Program to change course.



Hannah Woggon

In partnership with Consolidated Baptist Church, the CHI Saint Joseph Health Violence Prevention Program in Lexington offered virtual classes and activities via Zoom. The Violence Prevention Program was funded through a grant from the Saint Joseph Hospital Foundation

“Our grant focuses on creating healthy, safe communities in Lexington,” said Hannah Woggon, violence prevention coordinator, CHI Saint Joseph Health Lexington.

CHI Saint Joseph Health also provided supplies to build activity packs for students. Everything they needed to follow along with interactive science experiments, cross-stitching lessons, and critical curriculum in math, science and literature was included.

“With a concentration on two neighborhoods, we had it in our grant to create a summer camp, but we decided to partner with the Consolidated Summer Enrichment Program instead of designing a new camp,” Woggon added.

Feeding the Needs of Children

During the summer of 2020, Saint Joseph Berea community health advocates Christy Begley and Emilee Hood teamed up with Berea Kids Eat and Berea Independent School System to pack more than 200,000 meals to feed children from the community. With 30 percent of area

Nurturing Parents to Better Care for Children

Since its inception in 2016, the Nurturing Children Program at Saint Joseph London has worked to empower parents with skills to reduce the incidence of abuse and neglect. It uses the evidence-based Nurturing Parenting Program to educate parents and community members and to establish intolerance of abuse and neglect as the norm through behavior modification.



Mollie Harris

With the COVID-19 pandemic shutting down in-person gatherings, the program moved to the virtual platform in mid-2020.

“What I like to tell our parents [who say] ‘I’m a parent. I don’t need parenting education,’ is that our education course takes you back to the basics of parenting. It allows you to forget all of the negative parenting you’ve learned and pass down the good things you’ve learned to your children,” said Mollie Harris, violence prevention coordinator, Nurturing Children Program, Saint Joseph London.

Working Together for a Healthier Community

In early 2020, Saint Joseph Mount Sterling joined with the Montgomery County Health Department and Sterling Health Care to develop public service announcement (PSA) radio spots aimed at educating the community about important health topics. Their theme: Working Together for a Healthier Community. CHI Saint Joseph Health’s Community Health Needs Assessment indicated a need to provide more health information in the community.

WMST radio station in Mount Sterling offered the 60-second spots, which are aired multiple times each day. The topics are relevant to the types of health issues Montgomery County residents are facing in their everyday lives and raise awareness of significant issues in health care in the area.

“We try to be relevant with information. We try to tie it into what is going on in people’s everyday lives ... what might be significant to them to be thinking about for their health care needs,” said Sister Janet Carr, chaplain, Saint Joseph Mount Sterling, and a member of the PSA team. “We are doing this for the health of the community.”



Sister Janet Carr

To learn more about these programs, read our 2020 Community Benefit report at chisaintjosephhealth.org/ [healthycommunities](https://chisaintjosephhealth.org/healthycommunities) and visit chisaintjosephhealth.org/blog to read our blog about these programs.

The Social Network

Try to stay connected, despite the pandemic.



Brian Kelty, MD

For many people, living through the COVID-19 pandemic means putting your social life on hold. Even if you can't get together like before, it's still possible — and important — to stay in touch with your friends.

"The link between social isolation and mortality appears similar in magnitude to well-known public health concerns like obesity and smoking," said **Brian Kelty, MD**, a psychiatrist at CHI Saint Joseph Health – Behavioral Medicine. "While the health effects of isolating during this pandemic will take more time to understand completely, it has undoubtedly taken a toll already."

Dr. Kelty said a lack of social contact can cause people to slip back into unhealthy habits.

"We typically lean on our social supports to help get through difficult times, but right now, we can't do that easily," Dr. Kelty said. "Still, any sort of communication is more beneficial than none at all, even a simple phone call."

If you should choose to socialize in person, Dr. Kelty said to follow the guidance of public health officials, pay attention to the level of community spread in your area and consider your household's vulnerability to the virus versus the risk of the activity.



Getting Unstuck From Anxiety



Here's what to do when you're feeling wound up.



Rick McClung

Whatever it is you may be stressed about — money, COVID-19 or something else — know that you are not alone. Many people are experiencing high levels of anxiety right now.

"When anxiety impedes our functioning, it affects our quality of our life," said Rick McClung, LCSW, M.Div., mental health therapist, CHI Saint Joseph Medical Group – Behavioral Medicine. "Being stuck in an anxiety spiral can make you feel helpless."

McClung offers the following tips to help calm your mind:

- Realize when you are catastrophizing things and reframe your thinking.
- Understand that you can't control everything.

"Practice acceptance and remember we're all in this together," McClung said. "Acceptance is where the power lies."

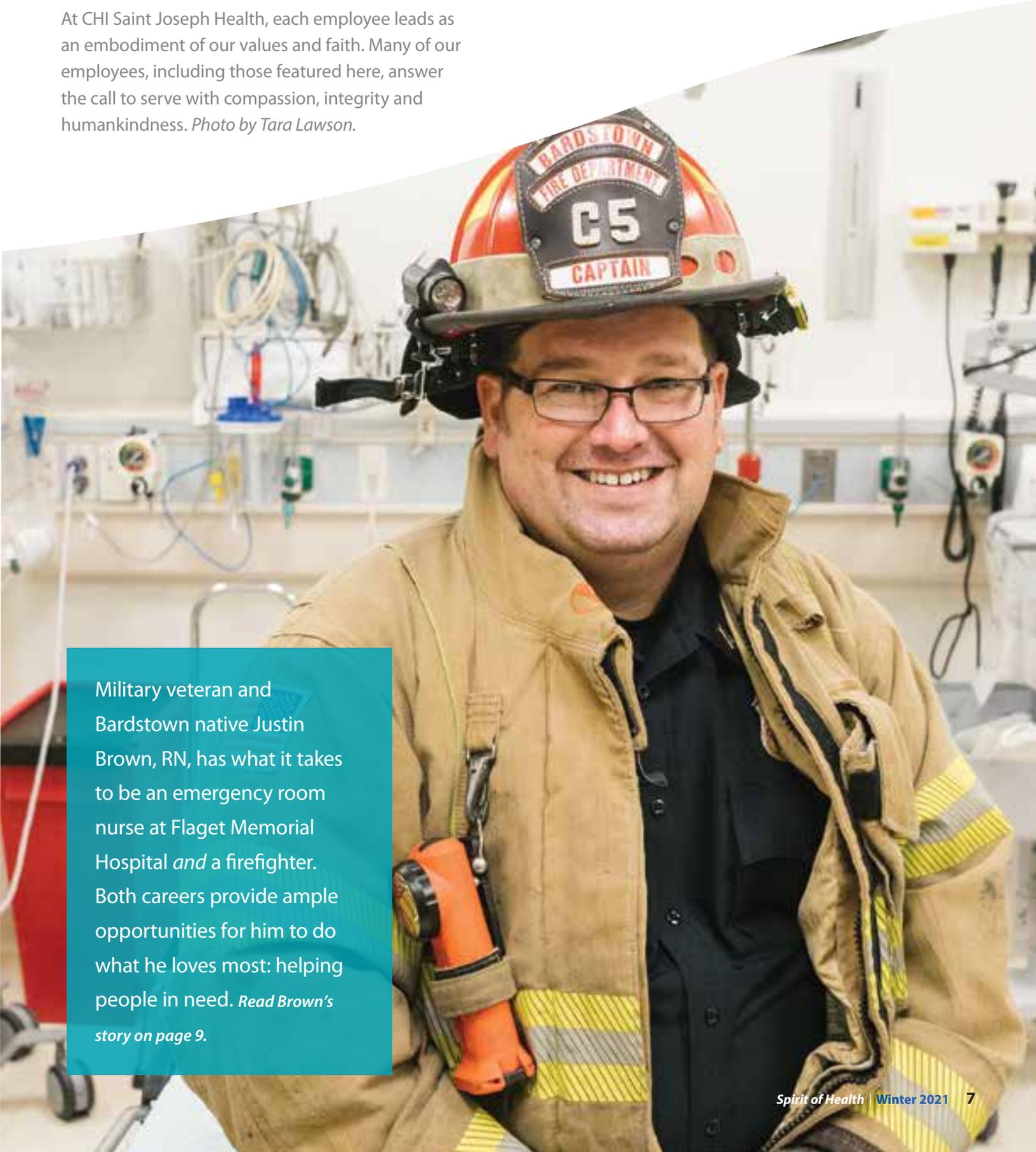
- Take deep breaths.
- If you're too anxious to breathe deeply, focus on what is happening in the present moment using all of your five senses. What do you see? What do you smell? This short mindfulness exercise can help snap your perception back to a calmer state.
- Don't use drugs or alcohol to calm down. Avoid other unhealthy coping mechanisms, such as emotional shopping or eating.

"Generally, as humans, we don't fix things until they are broken," McClung said, adding that seeking help from a professional might be a good idea. "Talking to a therapist gives you a safe place to unpack your problems and develop positive strategies for dealing with them."

If you're feeling overly stressed or anxious, make an appointment with one of our therapists today. Call 859.313.3515.

Our Spirit of Service

At CHI Saint Joseph Health, each employee leads as an embodiment of our values and faith. Many of our employees, including those featured here, answer the call to serve with compassion, integrity and humankindness. *Photo by Tara Lawson.*



Military veteran and Bardstown native Justin Brown, RN, has what it takes to be an emergency room nurse at Flaget Memorial Hospital *and* a firefighter. Both careers provide ample opportunities for him to do what he loves most: helping people in need. *Read Brown's story on page 9.*

Succeeding through Adversity

Life changed her plans, but April Clayton still finds success in health care.

Coming from a family of caregivers, April Clayton, certified medical assistant (CMA) at CHI Saint Joseph Medical Group – Primary Care, Berea, says she has always been drawn to the medical field.

Becoming a surgeon was her top choice at first, but having started her own family at a young age, she decided to earn her associate degree and become a CMA. That was 15 years ago.

A Family of Caregivers

Clayton said her mother worked for the American Cancer Society, and that really made an impression on her to give back.

“I want to help people,” Clayton said. “I want to help people feel better.”

As a CMA, Clayton said her role is similar to that of a nurse in a family practice clinic. She fills medication orders, gives injections, takes vitals and develops a relationship with each patient.

“We engage with patients and make them feel comfortable,” Clayton said. “I love getting to know patients and their families.”

The desire to help people continues across generations in April’s family. Her daughter Dayzaughn, an activist and graduate student at Eastern Kentucky University, is following in her mother’s footsteps in the medical field, working to become a doula.

Eye-Opening Experiences

As a woman of color working in a rural environment at the Berea primary care clinic, Clayton has become increasingly more aware of the unique challenge she faces, especially after a year of protests surrounding the Black Lives Matter movement.

“There’s not a lot of [racial] diversity among the patients, and there’s not a lot of diversity in the people they see taking care of them,” Clayton said. That lack of diversity has created challenges for her, as some patients want a different CMA. “That’s been the biggest challenge.”

She recounts the names that have spurred a movement, and notes how they have impacted her.

“Breonna Taylor was two years older than my daughter; I have a stepson that is Trayvon Martin’s age right now; and George Floyd could have been my dad,” Clayton said. “I think people don’t see themselves in the injustice — they see the reaction. Rioting is never the answer, but I understand the rage.”

In her free time, Clayton is an avid reader. She also spends time with her husband, three children and 3-year-old granddaughter.



April Clayton, certified medical assistant
Photo by Amanda Kelly



Service Before Self



From global conflict zones to the town where he grew up, Justin Brown, RN, has one goal: helping others.

“Being able to adjust and think on your feet and handle a high-stress atmosphere is pretty paramount.”

That’s how Bardstown native Justin Brown, RN, explains what it takes to care for patients as a nurse in the emergency room (ER) at Flaget Memorial Hospital, where he works on an as-needed basis. Those words could also describe the qualifications for his full-time job as a firefighter with the Bardstown Fire Department. A family tragedy led him to both roles.

“When I was in high school, my younger brother and I were helping a neighbor move a piano, and it fell on my brother,” Brown said. “We lost him, but I saw how hard the emergency medical services (EMS) crew worked trying to revive him. I wanted to do something to help people.”

A Doubly Essential Worker

Brown joined the military after high school and served tours in Iraq and Afghanistan. Between overseas deployments, he joined the fire department as a volunteer, earned certification as an emergency medical technician and began working for the local EMS. After leaving the military, Brown was drawn to health care. He entered nursing school and worked toward his degree while working full time for the fire department. In 2015, the newly minted nurse began his career in the ER at Flaget Memorial Hospital.

“The most gratifying thing about my nursing career is where I’m working,” Brown said. “This is my hometown. I know a lot of the folks who come in the ER. Being able to treat people and help them and their families through rough times is very fulfilling.”

Challenging but Worth It

Brown admits it can be difficult to balance being a nurse and a firefighter, but he’s driven to serve and has an understanding family that includes wife, C.J., 10-year-old daughter, Leah, and 6-year-old son, Benson.

Like nursing, firefighting is exciting and satisfying but also challenging. Brown learned that lesson early in his 15-year career.

“Barely two years into my career, I was close to hanging it up after a tragic fire in which a family of 10 perished,” he said. “A seasoned firefighter helped me get through that difficult time.”

Despite the challenges, Brown cherishes both roles he plays in his community.

“I’m blessed with two rewarding careers,” Brown said. “My son tells me he wants to do just what his daddy does. That really hits home for me.”



Photo by Tara Lawson

“I’ve always had a desire to help others because I was raised to put their benefit ahead of mine.”

— Justin Brown, RN



Kelly Toponak, RN
Photo by Mark Mahan



A Lifelong Learner Leads the Way



For Kelly Toponak, RN, new challenges are always welcome, especially if they involve championing women’s health.

In nearly 20 years with CHI Saint Joseph Health, Kelly Toponak, RN, has moved from the bedside to the administrative side of health care. She started as a nurse in the emergency room (ER) at Saint Joseph Hospital before becoming shift manager and then unit manager. When opportunities arose to lead breast care services and then the Women’s Hospital at Saint Joseph East, she took them.

“Enthusiasm to learn and take on new things is just part of who I am,” Toponak said. “I enjoy a challenge, and I’m a perfectionist. I want to do a job right, and once I learn it, I’m ready to learn something new.”

Sure enough, last fall, Toponak’s career took her to Nicholasville, where she became director of operations for the Saint Joseph Jessamine, RJ Corman Ambulatory Care

Center. Toponak enjoys her new role supporting her fellow employees at Saint Joseph Jessamine and ensuring they have what they need to provide the best possible care to patients.

“It’s been exciting to have a new population of patients to focus on,” Toponak said. “I’m from a small town in West Virginia, so I like the small-town atmosphere in Nicholasville.”

Helping Women on the Job and off the Clock

Toponak is also manager of the CHI Saint Joseph Health – Breast Care Center in Lexington, a role she describes as “near and dear to my heart.”

“I love to help and promote women,” Toponak said. “I want them to take care of

themselves and enjoy long, healthy lives. Women make most health care decisions in families. If we can get them to prioritize their health, we can reach men, too.”

Toponak is an enthusiastic participant in the Saint Joseph Hospital Foundation’s Yes, Mamm! Program, which provides free mammograms, diagnostic services and support to vulnerable patients. She typically presents awards and medals to the finishers of the annual Yes, Mamm! 5K race.

During her spare time, Toponak continues working to uplift and support women as a member of the Bluegrass Junior Woman’s Club. Her work with the club includes volunteering with GreenHouse17, a Lexington-based organization that seeks to end intimate partner abuse.

“As a leader, my goal is to show kindness, grace and compassion. I want to paint a vision so everyone can see where we’re going, and then go there with a kind heart.”

— Kelly Toponak, RN, director of operations at Saint Joseph Jessamine and manager of the Breast Care Center at CHI Saint Joseph Health in Lexington

Comforting Nourishment

The foods you crave during the winter months do not have to sabotage your diet.

When the weather is cold and the days are short, you may be tempted to indulge in calorie-laden winter comfort foods. Traditionally, many of these options are also filled with simple carbohydrates and saturated fat that can cause you to feel sluggish and gain weight. However, with small tweaks to your menu, you can create dishes that are both healthy and cozy.



Alison Huber, RD, LD

“Balance is the key to preparing meals that are satisfying and nourishing,” said Alison Huber, a registered dietitian at CHI Saint Joseph Health – Center for Weight Loss Surgery. “If you establish a regular routine of making sound nutritional decisions, you can still enjoy your favorite holiday dishes without feeling deprived.”

Build a Healthier Plate

Your healthy winter meals begin with a plate that is divided into sections filled with the foods your body needs. At each meal, set a goal to:

- Fill one-fourth of your plate with lean sources of protein, such as beans, fish or poultry.
- Fill half of your plate with non-starchy vegetables, such as mushrooms, onions, peppers and spinach.
- Fill one-fourth of your plate with whole grains.

Also, try minimizing your portion sizes and reducing the amount of sugar you use in your cooking.

Smart Substitutions

Swapping out a few key ingredients as you prepare different recipes can help save calories. For example:

- Instead of sour cream, try plain yogurt for a velvety and creamy texture.
- Instead of butter, try heart-healthy olive oil.
- Instead of white rice, choose chopped cauliflower.

By opting for ingredients that are rich with healthy nutrients, you can decrease your intake of fat and sugar while still preparing a delicious meal.



Healthy and Delicious Sheet Pan Dishes

Make nutritious and complete one-dish meals in endless combinations using a sheet pan. Start by choosing a lean source of protein and your favorite vegetables cut into bite-size pieces. Try pairing salmon and broccoli, turkey sausage with peppers and onions, or chicken with cauliflower and spinach. Preheat the oven to 400 degrees, lightly coat ingredients with olive oil, and add in fresh garlic or other favorite spices. Distribute mixture evenly in the pan and bake, turning every 10 minutes with a spatula until done. Plate and enjoy!



“Your health and diet are not made or broken in one meal or one day,” Huber said. “If you make healthy choices most of the time, you can enjoy special holiday meals. If you look forward to pumpkin pie, have a slice. You can get back on track by eating more vegetables the next day.”

To learn about how our Healthy Lifestyle Centers can help you live well, visit [CHISaintJosephHealth.org/healthy-lifestyle-centers](https://www.chisaintjosephhealth.org/healthy-lifestyle-centers).

Stay Safe This Season



Here's how you can avoid injury this winter.

Winter brings icy conditions and harsh weather that may lead to injury.

"Accidental injury is steady throughout the year, but when we transition into winter, we see patients with wrist and hip fractures and shoulder injuries," said Graham Gandee, market director for Rehabilitation Services and Sports Medicine at CHI Saint Joseph Health. "Slippery sidewalks can cause falls, and people may be outside doing activities their bodies aren't accustomed to."



Graham Gandee, PT

Gandee gave tips for how to be safe during these common winter activities:

Shoveling Snow

- Pace yourself. Watch for signs of overdoing it, such as sweating or shortness of breath.
- Take frequent rest breaks to avoid overheating.
- Push the snow with a shovel off the walkways. Avoid lifting the shovel up and using a twisting motion to dump the snow.

Hitting the Slopes

- Always warm up and stretch before the activity.
- Don't forget to cool down after the activity.
- Go with a buddy who is familiar with the slopes.

Walking on Icy Surfaces

- Wear boots with good traction.
- Walk slowly and avoid sharp turns.
- Avoid carrying too much, which can throw off your balance.

Outdoor Exercise

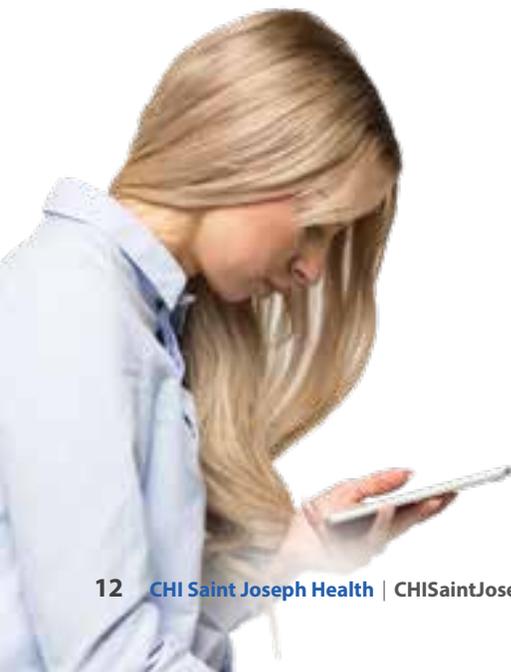
- Wear appropriate layers. The innermost layer should be moisture wicking, middle layer should be insulating, and outermost layer should be thin and waterproof.
- Stay hydrated.

"No matter if you are going out to ski or just to enjoy the fresh air, prepare your body for each activity," Gandee said. "In most situations, this is the best way to stay safe this winter."

To learn more about outpatient rehabilitation services at CHI Saint Joseph Health, visit chisaintjosephhealth.org/otptspeech.

Let's Talk About Spine Health

Here are a few changes to make for a healthier spine.



Your spine is important — it keeps you upright, flexible and moving. **Vincent DePalma, DO**, an orthopedic spine surgeon at CHI Saint Joseph Medical Group — Orthopedics in London, shared three tips to ensure better spine health.



Vincent DePalma, DO

1. **Put out the cigarettes.** You may not consider blaming tobacco smoke for your back pain; however, smoking affects all areas of your health — including your spine. "Smoking decreases blood flow to the spine and causes disc degeneration," Dr. DePalma said. "It takes serious dedication to quit, but you may see improvements in your blood circulation after only a few weeks of giving up smoking."
2. **Exercise.** Exercise keeps your spine healthy by strengthening your back and abdominal muscles. "Try including more aerobic exercise into your routine, such as a daily brisk walk or jog," Dr. DePalma said. "Stretching and core strengthening exercises are also beneficial."
3. **Watch your posture.** Hunching over at a desk and sitting too long can hurt your spine. To save your posture, take frequent breaks throughout the day to stand up for a quick stretch.

"Remember, it may be helpful to see a specialist for ongoing back pain that lasts longer than four to six weeks," Dr. DePalma said. "This is especially true if you also experience weakness or pain in your legs and sweating or chills at night. A provider can check for something more serious."

To learn more about orthopedic services and specialists at CHI Saint Joseph Health, visit chisaintjosephhealth.org/lexington-orthopedic-care.

How We Serve



Celebrating Veterans: Several CHI Saint Joseph Health facilities celebrated Veterans' Day with recognition of veterans who have been called to serve, including Eric Miller, right, market director, pharmacy, and Jennifer Smith, market director, system clinical information, left, pictured with Leo Fain at Saint Joseph Hospital. Staff at Saint Joseph Jessamine also celebrated Veterans' Day.



Learning Experience: Saint Joseph East opened a simulation center to provide continuing education for staff, including nurses, respiratory therapists and nursing support staff, as well as students. The lab includes cardiac monitors, manikins and equipment, which allow learners to practice and develop clinical expertise without any risk of patient harm.

Covid-19 Vaccines: Roberta Butler, supervisor of nursing at Saint Joseph Mount Sterling, was among the first to receive the COVID-19 vaccine at Saint Joseph Mount Sterling in December from Lesly Arrasmith, MSN, RN, CNML, director of nursing at Saint Joseph Mount Sterling.



Special Blessing: Father Vitner Martinez of St. William Catholic Church in London blessed staff at the new Medical Office Building at Saint Joseph London in October. The new building, on Saint Joseph London's campus, includes several medical offices to make it easier for patients to access the care they need.



Grand Opening: CHI Saint Joseph Health has expanded options for outpatient care and increasing surgical capacity with the January opening of an outpatient surgery center in the Saint Joseph Office Park on Harrodsburg Road.



Volunteer Appreciation: Flaget Memorial Hospital and the Flaget Memorial Hospital Foundation recognized volunteers at a drive-through ceremony in October. Each hospital foundation sponsored similar events throughout the fall.

New Neonatal Intensive Care Unit Will Serve Southeastern Kentucky



Mother-baby bonding at birth is critical for the physical and emotional health of new moms and infants alike.

For babies in the neonatal intensive care unit (NICU), bonding may happen through hearing their mother's voice, feeling her presence or receiving breast milk. If a baby is hours away receiving care, however, this important work is not as easy to achieve.



John Yanes, FACHE, President, Saint Joseph London

"Infants born at Saint Joseph London in need of specialized care now must be taken to a facility with a NICU more than an hour's drive from their families to get the care they need," said John Yanes, president, Saint Joseph London. "This creates a significant hardship for the mother and family."

Last fall, the Saint Joseph London Foundation received a \$990,510 grant from the Appalachian Regional Commission (ARC) to establish a Level II NICU at the hospital. Combined with \$243,000 in funding from WHAS Crusade for Children and proceeds raised through the London Gala for Hope the past three years, the NICU project is now fully funded.

"The new NICU will serve southeastern Kentucky and will allow those babies to stay close to home and close to their parents for that important bonding time in the early days of their lives," Yanes said.

Construction on the \$1.4 million project is expected to begin in the next few months. Saint Joseph London will be one of only two hospitals in southeastern Kentucky with both a birthing center and NICU. The NICU will provide highly specialized clinical services to more than 100 patients annually who would otherwise have to be transported 90 miles away to receive treatment.



Leslie Smart, CFRE

"We undertook a significant fundraising initiative to construct, equip and staff the Saint Joseph London neonatal intensive care unit because of the dire need for this level of specialty care for medically fragile infants and their families living in Appalachia," said Leslie Smart, CFRE, president, Saint Joseph London Foundation. "A NICU will have a life-changing and positive impact for our tiniest patients."

With the construction and renovation of the 4,630 square foot space adjacent to the existing labor and delivery area, there will be

an additional six beds in private rooms to foster family-centered care and recovery. The project also includes construction of four critical care bays and two private rooms. It will equip the rooms with necessary equipment to serve babies born prematurely or with special needs, such as neonatal abstinence syndrome.



Charles Barton, MD

Charles Barton, MD, an OB-GYN in London, said the London area includes many mothers who have risk factors that make a NICU so critical, including maternal diabetes, hypertension, drug addiction and teenage pregnancy. The new NICU will also allow for the hospital's staff to educate new parents and teach them skills like swaddling and high-risk infant care.

"It's just amazing for the moms who don't have a lot of the skills to take care of these babies. We can offer them the opportunity to learn," Dr. Barton said. "Now they can learn those skills and take them home."

Before the NICU's completion, Saint Joseph London was equipped to handle babies who were at least four pounds and at 35 weeks gestation, while smaller babies had to receive care elsewhere. Now, more babies can soon receive care close to home.

The teaching capabilities of the new NICU and presence of a nearby neonatal intensive care will make a profound difference in the London community.

"These are women who really need help and are really thankful," Dr. Barton said. "I think we'll be able to see the positive outcomes for years to come."



Join Us May 15, 2021, for an Evening of Hope



As spring approaches, we are excited to turn our attention to a new philanthropy event that we are hosting across Kentucky as we pivot from our remaining large events to smaller gatherings during the pandemic.

We are excited to unveil an Evening of Hope, which will allow us to come together through intimate dinner parties across the Commonwealth. Mark your calendars for May 15, 2021, at 6:30 p.m. to benefit our cancer patients and families through the CHI Saint Joseph Health Foundations. The evening will include a silent auction, a mission moment and a special message of inspiring stories of hope, all with the aim of elevating the level of cancer care. This is a major focus across all five of our foundations, and we are thrilled to have your support.

With more than 26,000 estimated new cancer cases in Kentucky in 2020, CHI Saint Joseph Health knows the importance of having exceptional cancer care close to home. Our affiliation with the Cleveland Clinic Cancer Center allows our patients the opportunity to consult with a leading subspecialist. Plans to expand programs to address a variety of oncology needs across CHI Saint Joseph Health will give our patients access to the same level of expertise with the compassion and comfort of staying in their community.

We hope that this event will allow you an opportunity to celebrate a new year while helping us raise critical dollars for a lifesaving mission.

If you are interested in getting involved through sponsorship, silent auction donations or hosting a party, please contact Stephen Clatos at StephenClatos@sjhlex.org.



Honoring Those Who Make Our Ministry Thrive

Each year, we take time to honor our physicians, advanced practice providers, nurses, staff and leaders across our ministry.

The strength of our ministry is in our employees, and without their dedication, CHI Saint Joseph Health could not deliver high-quality care every day.

“We recognize the outstanding commitment of our employees and providers who work together to ensure that we maintain our mission through programs such as the scholarship fund, the DAISY, BEE and ROSE winners, and the physicians, leaders and employees of the year,” said CHI Saint Joseph Health Foundations President Leslie Smart, CFRE.

The DAISY, BEE and ROSE awards recognize nursing and clinical support staff for exemplary service to patients. The physicians, leaders and employees of the year winners were nominated by colleagues and peers from across CHI Saint Joseph Health.

“The recipients of these awards demonstrate our core values of compassion, inclusion, integrity, excellence and collaboration on a daily basis,” Smart said.

She also touted the employee scholarship fund, which provided \$55,000 in scholarships last year. Donors and their families have made these scholarships possible: The Bruce A. Klockars Employee Scholarship, The Lillian Regan Nursing Endowment, The Robert and Donna Hewett Nursing Endowment, The Phyllis Cronin Nursing Scholarship, The John R. Gaines Scholarship for Medical Excellence, The Linda Culp Memorial Scholarship and Patti Mink Scholarship.

Starting this year, an important leader in the formation of Saint Joseph Hospital, Sister Michael Leo, will be remembered through a new scholarship fund named the Sister Michael Leo Scholarship.



This is a
recyclable product.

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.

Saying Thanks:

Patients and family members share their appreciation for
CHI Saint Joseph Health

Saint Joseph Berea:

“When my mother was at Saint Joseph Berea, Stephanie (Alexander, RN) was very kind and caring to her and our family really appreciated it. When I was admitted into the hospital, she was very helpful and that meant a lot to us.”

Saint Joseph Hospital:

“Amanda (Wilson, RN) went above and beyond to comfort and take care of my mother. She took some of her precious and busy time to spend with me. Amanda is very compassionate and giving. If only this world had more people like Amanda in it, what a wonderful world it would be.”

Saint Joseph Mount Sterling:

“Phyllis Martin, RN, makes herself available, not only for the orthopedic patients, but every patient or situation where a question or need for help arises.”

Flaget Memorial Hospital:

“Sara (Downs, CNA) always has a wonderful attitude and a joyful disposition, which has a profound impact on you when you're not feeling well. Sara is a true asset to the skilled nursing unit at Flaget Memorial Hospital.”

