

Spirit of Health

WINTER 2023

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



Your New Year's Guide to Diet and Exercise

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Long COVID
FAST FACTS
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New NICU
**'A BLESSING' FOR
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Dear *Spirit of Health* readers,



Each new year enters with the promise of opportunity to continue our efforts to be our best selves. January often brings an abundance of

resolutions, with many focused on improved health.

In this issue of *Spirit of Health*, our providers share a few tips and some motivation to help those who make resolutions about diet and exercise keep them. We all know that a good diet and regular exercise are critical to a healthier lifestyle, but we each have our own unique challenges in establishing those routines. The tips our providers offer may be just the right inspiration to get you going.

The new year is also a good time to review your health status and focus on prevention of disease through vaccinations. While we are seeing fewer cases, COVID is still with us and keeping your vaccinations up to date is one way to protect yourself and your family. Now that we are a few years into the pandemic, we have seen the long-term effects of the disease. Long COVID can affect people for months or even years.

Vaccines can prevent serious illnesses, and this issue includes a recommended timeline for protection.

In each issue of *Spirit of Health*, we share inspiring stories of our people who give their time and talents both within the walls of Saint Joseph and outside in our communities. In this issue, you'll meet Demetria Blair, Lauren Lunsford and Lesly Arrasmith. Their displays of humankindness each and every day help to create the fabric of who we are as a ministry.

Our foundations help to connect the spirit of humankindness from our communities to our ministry. Read about how our communities have helped to fund the new neonatal intensive care unit at Saint Joseph London, and a unique opportunity to get involved.

We are also pleased to share the ways in which CHI Saint Joseph Health is helping to build the health care workforce of tomorrow.

Thank you for entrusting your health care to us. We wish you a joyful and healthy new year.

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

Cover

Frank Taddeo, MD, a primary care sports medicine physician at CHI Saint Joseph Medical Group and competitive body builder, offers tips to help you keep your New Year's resolutions related to diet and exercise. *Photo by Shaun Ring*

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Keep Your Resolutions | Diet and Exercise



Four experts offer their takes on goal-setting success.

“Fad diets can be tricky because they encourage an “all-or-nothing” mindset and are generally not sustainable. Instead, I would recommend tackling one small change at a time so you can continue it in the long run. An example might be adding a vegetable to each meal. So, “Taco Night” might become “Taco Salad” night. Or “Steak and Potato” night might become “Steak and Potato and Green Bean” night.



Alison Huber, RD

*Dietitian
CHI Saint Joseph Health –
Center for Weight Loss Surgery*

“We know the benefits of a healthy diet on the body but there is a growing field of evidence about the effect diet has on the brain. Some observational studies have shown a correlation between eating more fruits and vegetables and higher levels of subjective happiness and life satisfaction. Other studies have shown that people who follow a Mediterranean diet are less depressed and anxious than people who eat a Western diet. Exercise also plays a vital role in mental well-being. It decreases people’s level of stress and anxiety. Find something that you like to do so you are more likely to stick with it.



Nicole Goodin, MD

CHI Saint Joseph Medical Group – Behavioral Health

“Try not to stress about sleep too much. When we sit in bed and worry about getting a good night of sleep, we are training ourselves to use our bed as a place to go to worry, which is the most common cause of chronic insomnia. Get out of bed at around the same time each day, and pick a time that is close to your natural wake-up time. Our bodies have natural circadian rhythms that we should listen to. The best time to exercise and get sunlight exposure is about 30 minutes after waking up, which will reinforce your circadian rhythm. If your sleep is not refreshing because of sleep apnea, you will crave simple carbohydrates, and this is a common cause of weight gain. Be sure and come see us at the sleep lab if you suspect unrefreshing sleep could be contributing to weight gain.



Cas Arnold, MD

*Board Certified Sleep Physician
CHI Saint Joseph Health – Sleep Care Center*

“When people are not following a healthy diet or lifestyle, they are prone to chronic diseases, such as hypertension, Type 2 diabetes and obesity. They are developing illnesses that can lead to coronary artery disease, which can put people at risk for heart attack and stroke. Diet and exercise play a big role in heart health, and it’s very important to be proactive and lead a healthy lifestyle to prevent the development of these illnesses. If you are trying to modify disease risk factors, give yourself three to six months to see a significant impact of lifestyle changes. Whatever lifestyle changes you make, eventually, you’ll gain the benefits, as long as you are consistent and following the doctor’s recommendations.



Ali Elfandi, MD

CHI Saint Joseph Medical Group – Cardiology

Your New Year's Guide to Diet and Exercise

If you're ready to make healthy changes, we've got some tips.



Frank
Taddeo, MD

Want to start a workout routine but don't know how? **Frank Taddeo, MD**, primary care sports medicine physician at CHI Saint Joseph Medical Group in Lexington — and competitive body builder — is here to help.

Benefits of Diet and Exercise

"There are a slew of things that can be significantly improved by diet and exercise," Dr. Taddeo said. "The biggest benefit is that they decrease overall mortality risk."

Improving your diet and exercising also:

- Boosts brain health and keep your brain sharp
- Decreases feelings of depression and anxiety
- Helps you maintain a healthy weight
- Helps you sleep better
- Improves strength and endurance
- Reduces your risk of heart disease, Type 2 diabetes and certain cancers
- Strengthens your bones
- Supports your immune system

Carve Time for Cardio

When planning your workout routine, Dr. Taddeo recommends keeping weekly goals in mind. The American Heart Association recommends at least 150 minutes of moderate-intensity cardiovascular activity, 75 minutes of vigorous-intensity cardiovascular activity, or a combination of the two every week.

"Your exercise sessions can be broken up to best fit your schedule," Dr. Taddeo said. "Some people prefer 10 minutes a few times a day, and some people like to do 30 minutes all at once."

Cardiovascular activity is anything that gets your heart pumping, such as running, cycling, dancing and walking. Pick an activity you like, and if it gets you into a target heart rate for your age, you're good to go. Your primary care provider can help you determine your target heart rate.

Strengthen Your Muscles

Strength training includes lifting weights and body weight exercises. Fit at least two days of strength training into your workout schedule, resting no more than two days in a row. However, rest doesn't mean doing nothing.

"On active recovery days, keep yourself moving instead of sitting on the couch," Dr. Taddeo said. "Maybe you're not running a mile or two, but you're taking your dog for a walk or throwing a Frisbee around at the park."

Clean Up Your Diet

Although the "right" diet varies from person to person, keep these points in mind when planning a healthy diet:

- Avoid foods with added sugars, sodium, and saturated and trans fats.
- Focus on lean sources of protein, such as poultry, seafood, beans and lentils.
- Make fruits and vegetables the foundation of every meal.
- Opt for fat-free or low-fat dairy products.
- Switch out refined grains, such as white rice and pasta, for whole grains, such as brown rice and whole wheat pasta.

Avoid These 5 Motivation Breakers

The stresses of daily life can make it hard to stay on track. Dr. Taddeo suggests avoiding these motivation breakers:

- 1. Unrealistic goals.** "This is the No. 1 way to break motivation," Dr. Taddeo said. "No one is going to lose 10 pounds in a week." Instead, set smaller, realistic goals, such as making it your mission to go to the gym five times this week.
- 2. Doing too much, too soon.** It's natural to feel excited about a new routine, but pace yourself. Exercising too intensely or for too long at the start can lead to burnout and injury. Instead, build up slowly and make changes based on your improving strength and endurance.
- 3. Social media.** "Stay off social media," Dr. Taddeo said. "Comparison is the great thief of joy, and you can lose motivation when comparing yourself to others. Those people use Photoshop or other things that make them look that way." Also, everybody's genetics are different, and not everyone responds to dietary and exercise changes the same way.
- 4. Social pressure and family traditions.** Your mom makes a delicious casserole every Sunday, but it no longer fits into your diet plan. That's OK. You don't have to avoid family dinners and other gatherings. Occasional splurges are fine, as long as you don't have them every day.
- 5. Travel.** Whether for vacation or work, travel can be tricky. Dr. Taddeo recommends planning ahead to stay on track. Most hotels have gyms, which allow you to maintain your exercise routine. You can also exercise in your room (see Don't Forget to Stretch) and go for walks. Before eating out, review the menu and know what healthier options are available.



Frank Taddeo, MD, is a primary care sports medicine physician at CHI Saint Joseph Medical Group in Lexington and a competitive body builder. He says a good diet and a healthy amount of exercise can decrease your overall mortality risk.

Don't Forget to Stretch!

Stretching can help you avoid injury and increase flexibility. Here's how:

Warm Up

Perform dynamic stretches before you exercise.



James Rhodes, PT, DPT, MPA, MHA

"Dynamic stretching should mimic the activity or the movement that you will be performing as you exercise," said James "Mike" Rhodes, PT, DPT, MPA, MHA, physical therapist at CHI Saint Joseph Health in Mount Sterling. "It involves performing repeated movements for around 10 to 12 repetitions."

Dynamic stretches can include:

- Arm circles
- Lunges
- Marching in place
- Squats
- Shoulder rolls

Cool Down

After your workout, cool down with some static stretches or a five- to 10-minute walk. Both can help reduce muscle soreness and stiffness.

Static stretches involve moving a joint as far as it can comfortably go and holding it stretch for 30 to 60 seconds, according to Rhodes. A physical therapist or fitness

professional can show you how to stretch properly so you can gain the benefits of a good stretch without hurting yourself.

Finally, stay hydrated before and during your workout. Water can be just as helpful in avoiding post-workout pain as warming up and cooling down.

Need help planning your workouts?

Visit [CHISaintJosephHealth.org/chi-saint-joseph-health/services/outpatient-rehabilitation/physical-therapy](https://www.chisaintjosephhealth.org/chi-saint-joseph-health/services/outpatient-rehabilitation/physical-therapy) to make an appointment at a physical therapy location near you.

If you need more help with healthy lifestyle changes, make an appointment with your primary care provider. Visit [CHISaintJosephHealth.org/find-a-provider](https://www.chisaintjosephhealth.org/find-a-provider) to find a provider near you.

Long COVID Fast Facts



Most people who get COVID-19 recover within a few days to a few weeks. However, it's possible to feel the effects for several months or years.

Long COVID, medically known as post-acute COVID syndrome, occurs when someone has ongoing symptoms or develops new symptoms after recovering from a COVID-19 infection.



Regina Kaur, MD

“Long COVID or post-acute COVID-19 syndrome involves a variety of symptoms that people experience more than four weeks after getting COVID-19,” said **Regina Kaur, MD**, CHI Saint Joseph Medical Group – Primary Care in London. “Symptoms can be new or returning, and in some people it can last over several months.”

Symptoms of Long COVID

Long COVID-19 symptoms vary widely and may come and go. Some people have mild symptoms. Others have symptoms that can significantly impact daily life.

Common symptoms include:

- Anxiety or depression
- Chest pain
- Cough
- Diarrhea
- Difficulty concentrating
- Dizziness or lightheadedness
- Extreme tiredness
- Headache
- Joint or muscle pain
- Menstrual cycle changes
- Pounding or rapid heartbeat
- Rash
- Shortness of breath
- Sleep issues

Long COVID may increase the risk of developing other conditions, such as postural orthostatic tachycardia syndrome (POTS). POTS affects the autonomic nervous system, which manages bodily functions that happen automatically.

Managing Long COVID

There are no standard treatments for long COVID. If you get COVID-19, it's not possible to entirely prevent long COVID. However, getting a COVID-19 vaccine can lower your risk.

“The best way to avoid long COVID complications is to prevent infection from coronavirus,” Dr. Kaur said. “Practicing hand hygiene and staying up to date with COVID-19 vaccines and boosters are effective ways to avoid getting COVID-19.”

To learn more about long COVID, find a CHI Saint Joseph Health provider at [CHISaintJosephHealth.org/find-a-provider](https://www.chisaintjosephhealth.org/find-a-provider).

Powerful Protection

Here's what you need to know to keep up with immunizations.

Vaccines can prevent serious illnesses and could even save your life. They are also required for children to attend public schools, summer camps and, in some cases, to travel abroad. The vaccines you need may depend on your current and past health history — people with certain medical conditions may need to get some vaccinations more frequently and avoid others. Your CHI Saint Joseph Health primary care provider (PCP) is your best source of information about which vaccines your family needs, but the Centers for Disease Control and Prevention recommends the following vaccines for healthy children and adults.

Everyone 6 months and older:

Annual flu shots every fall;
COVID-19 vaccination

COVID-19 boosters as recommended by the CDC or your PCP

Babies:

Hepatitis B; rotavirus; Hib; diphtheria, tetanus, and pertussis (DTaP); pneumococcal; polio

Age 1:

Measles, mumps and rubella (MMR); hepatitis A; varicella (chickenpox)

Age 4:

DTaP booster; MMR booster; polio booster; varicella booster

Age 11:

Tdap; HPV; meningitis

Age 16:

Meningitis booster

Age 18 and older:

Tdap booster every 10 years and/or when pregnant; MMR boosters if born after 1957; varicella boosters if born after 1980; Hepatitis A and B if you did not receive them as a child; HPV if you did not receive it as a child and only if your doctor recommends; meningitis and/or boosters if needed

Age 50 and older:

Shingles vaccine

Age 65 and older:

Pneumococcal vaccine



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.

Demetria Blair, MBA, violence prevention manager, Creating Safer Neighborhoods Initiative, CHI Saint Joseph Health Healthy Communities, says, "This is my hobby as well as my job." Blair is heavily invested in making sure children in the community are supported, cared for and exposed to positive, life-enhancing opportunities. Her mission revolves around lifting young people up, reducing negative behaviors and setting the stage for them to grow into kind, responsible adults who lead meaningful and productive lives. The increasing amount of violence kids are exposed to via television, social media and other platforms is of particular concern to Blair, who says she "spends a lot of time thinking of ways to positively influence youth." *Read her story on page 8.*

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



Preventing Violence, Changing Lives

Demetria Blair works hard to give youth in Lexington a better life.

Demetria Blair, MBA, leads the Creating Safer Neighborhoods Initiative, CHI Saint Joseph Health's youth violence prevention program. The initiative encourages youth and community members alike to establish an intolerance for violence with a vision to create a safer and healthier Lexington community.

"The youth are our future," Blair said. "These boys and girls will become the men and women who will lead and care for us in the very near future. It is in our best interest that we help create a healthy and hopeful community in which they can live, dream and become the very best version of themselves."

All too often, exposure to violence places young people at risk for academic underachievement, substance abuse, and mental, physical and behavioral health issues. That's why the initiative, a partnership between Saint Joseph Hospital Foundation and CommonSpirit Health's Mission and Ministry Fund, has worked to provide positive programs in Lexington for more than 10 years.

Partnering to Make a Difference

Blair joined the Creating Safer Neighborhoods Initiative after years of service at Fayette County Public Schools. She has built collaborative relationships with faith-based organizations, local government, businesses and the school community.

"We cannot be effective if we work in a silo," Blair said. "We must build upon the collective strength of the community to guide youth forward and ensure there are consistent supports in place to handle negative feelings that may lead to violence."

Some of the programs offered include:

- **Nourish Youth Program** — provides healthy, nutritious snacks and meals to youth
- **Mentoring Youth to Employability Programs** — connects youth with positive adults who help prepare them for college and careers
- **Apprenticeship Program** — provides opportunities for employment with community partners
- **smArts Program** — provides youth an outlet for self expression through art

"We aim to provide something productive that will help children beyond these critical years," Blair said. "We are truly on a mission to improve the health of the most vulnerable in our city — our youth."

Making Time for Family

When Blair is not working to improve the lives of children in the community, she and her husband enjoy spending time with family. One of their favorite pastimes is following the University of Kentucky sports teams.

"I am originally from Ohio so I didn't become a fan of Kentucky sports right away. After living in Lexington for over 20 years, I had no choice but to convert," Blair said. "While I'm not a fanatic, I do enjoy watching a good game."

Find out more about the work CHI Saint Joseph Health Healthy Communities is doing at CHISaintJosephHealth.org/healthy-communities.

It Takes a Village

The Creating Safer Neighborhoods Initiative is made possible with the help and support of its partners:

- Amachi Central Kentucky
- Box2Box
- City of Lexington Parks and Recreation
- Fayette County Public Schools
- Kentucky Horse Park
- Lexington Police Activities League
- Lexington Public Library
- On the Move Art Studio
- Partners for Youth
- Sisters and Supporters Working Against Gun Violence (SWAG)
- YMCA of Central Kentucky

Photo by Shelly Fryman/Mahan Multimedia



Coaching Connections

Working with pediatric patients as a physical therapist helps Lauren Lunsford relate to the young soccer players she coaches. She also takes lessons from the soccer field back to the clinic.



*Photo by Shelly Fryman/
Mahan Multimedia*

A physical therapist at Saint Joseph Berea for four years, Lauren Lunsford, PT, DPT, is passionate about educating patients and helping them heal. She works with people of all ages, including children. It's a patient population she admits she didn't envision treating when she entered the field. Over time, however, she became more comfortable working with young patients, and it helped with her other passion — coaching soccer.

"Working with kids in the clinic, learning what motivates them and how to speak to them effectively, has really helped me better engage with them," Lunsford said. "It's enhanced my ability to reach the kids I coach."

Getting Her Kicks

A former soccer player herself, Lunsford was motivated to get into youth coaching when her daughter, Josie, expressed interest in playing. Now in her third year of coaching, Lunsford leads Josie's coed U7 (younger than age 7) team with the Madison United Soccer Association. The team finished its fall season last October and is gearing up for the beginning of the spring season in March.

"Coaching is fun," Lunsford said. "What's neat is the kids' capacity for growth. I expect more out of my players than just kicking and running. We work on specific skills that will help them at each age level, like recognizing when a teammate is open. We practice these skills as the players mature and develop. It's so rewarding to see them demonstrate in games the skills that we spend time practicing."

It's an end-of-season tradition for Lunsford to bestow a unique title on each player that reflects his or her growth.

"I might tell a player, 'When we needed you scoring or playing defense, I knew you were going to do your best,'" Lunsford said. "I like to highlight their strengths."

The Power of Positivity

Motivating young soccer players can be tough. So can persuading children to work on building strength and range of motion after an injury or surgery. Leading her daughter's soccer team helps Lunsford get through to young patients who'd rather be doing almost anything other than physical therapy.

"Using positive language is important," Lunsford said. "Switching the conversation from 'No, don't do that' to 'Here's what we can do' is huge in both soccer and physical therapy. I stay on the positive side of things."

“When I invest time with a patient or player and see growth and development, it's beautiful. That's why I'm a coach and a physical therapist.”

— Lauren Lunsford, PT, DPT, physical therapist at Saint Joseph Berea

Here for the Long Run

Meet Lesly Arrasmith, a long-time CHI Saint Joseph Health employee and current Saint Joseph Mount Sterling director of nursing.

A lifelong Kentucky resident, Lesly Arrasmith, MSN, RN, didn't plan on a career in medicine. That changed when she got an offer she couldn't refuse.

Fresh out of high school, she was offered a full scholarship to Midway University.

"I always loved numbers and math and wanted to become an accountant," Arrasmith said. "But when I got into nursing at Midway, I never considered accounting again."

Saint Joseph Health Since '89

When Arrasmith began nursing school in 1989, she became a nursing assistant at Saint Joseph Hospital. When she earned her associate degree in 1991, she decided to stay put.

Over the next three decades, Arrasmith drove from her Mount Sterling home to Saint Joseph Hospital. Occasionally, she helped out at Saint Joseph East, also in Lexington. At different times, she took on roles as assistant, secretary, bedside nurse and charge nurse. She served patients in oncology, medical/surgical and post-op surgery units.

Then in 2009, she began a master's degree program at Walden University. Soon after, she became director of nursing at Saint Joseph Hospital, overseeing critical care and telemetry units.

Coming Home

A couple of years ago, Arrasmith made a massive change. More than 30 years after starting at Saint Joseph Hospital, she became director of nursing at Saint Joseph Mount Sterling, where she is in charge of four units. On top of managing employees, she oversees patient care, looking to improve patient experience and outcomes.

Outside of work, Arrasmith enjoys relaxing by the pool, waterskiing and working on home projects with Greg, her husband of 30 years.

While her current position is a world apart from her early nursing days, Arrasmith is still doing what she loves.

"I miss providing bedside care and earning patients' trust as I help them improve," Arrasmith said. "Thankfully, I still get to help patients. I'm just doing it from behind the scenes now."

Photo by Shelly Fryman/Mahan Multimedia



Advanced, Personal Care; A Changing Era

The past three decades brought major changes to medicine. According to Lesly Arrasmith, MSN, RN, director of nursing at Saint Joseph Mount Sterling, two advances stand out.

New techniques and technologies help patients spend less time in the hospital and recover faster. Electronic medical records allow primary care providers and specialists across CHI Saint Joseph Health to access all of your information with the push of a button. While technology has changed medical care for good, Arrasmith is here for a different, more personal reason.

"After all these years, the people keep me coming back," she said. "It's so wonderful to be here at Saint Joseph Mount Sterling, where I take care of the people I grew up with."

How We Serve



YES, MAMM!: October is always a busy time as we recognize Breast Cancer Awareness Month. The Yes, Mamm! Yes, Cerv! 5K on Oct. 15 was held in person again at the RJ Corman Railroad Group race course in Nicholasville. Funds raised at the event support the Yes, Mamm! program, which helps uninsured and underinsured women across Kentucky with screenings and services. The Yes, Mamm! Brunch, sponsored by Lexus of Lexington, is another fundraiser held the Sunday after the 5K race.

THANKSGIVING BASKET BRIGADE: Saint Joseph London employees volunteered with God's Food Pantry on Nov. 5 to pack 1,000 baskets to feed local families a complete Thanksgiving meal this year. Saint Joseph London sponsors God's Food Pantry's annual Sharing Thanksgiving initiative. The baskets include a turkey, bag of potatoes, gallon of milk and nonperishable canned goods for families to enjoy this holiday season.



CAREER PATHWAY: Saint Joseph London sponsored a career pathway fair in September. The event, organized by Shaping our Appalachian Region (SOAR), was held to raise awareness among high school students of career opportunities in southeastern Kentucky. In addition to sponsoring this event, Saint Joseph London employees provided a hands-on educational session on Stop the Bleed.





Building the Health Care Workforce for Tomorrow

As health care continues to evolve, CHI Saint Joseph Health has taken a proactive approach to building the workforce for tomorrow.

“We’re building relationships with hundreds of institutions, including many Kentucky colleges and universities, and working directly with students to create a diverse and inclusive workforce,” said Melanie Jackson, academic placement liaison, CHI Saint Joseph Health.

One example is a partnership with Kentucky State University that started last summer. CHI Saint Joseph Health committed \$2.5 million in scholarships and program support for the KSU School of Nursing. Qualified students can earn scholarships and have guaranteed placement at one of the hospitals in the ministry.

Lexington resident Heather Murray is one of the first scholarship recipients to benefit from the alliance. She will graduate in May and has a position waiting for her at Saint Joseph Hospital in either the ICU or emergency department.

“It’s nice to have this opportunity because it gives me security, both with having a job lined up after I graduate and financially with the scholarship,” Murray said. “I appreciate Melanie [Jackson] for helping me prepare for this job. She was always in contact with me every step of the way.”



Stephanie Niece, RN, Saint Joseph Hospital, top, and Alex Madden Mason, RN, Saint Joseph London, are among the many talented caregivers across CHI Saint Joseph Health.

Melissa Bennett, DHA, RN, CPPS, NEA-BC, FACHE, market vice president of operations and chief nursing executive, CHI Saint Joseph Health, said the alliance with KSU is one of many steps the ministry is taking to ensure Saint Joseph continues to deliver high quality care into the future. That includes support for clinical rotations for students and relationships with both KSU and Lincoln Memorial University in Tennessee.

“We are also developing new models of care delivery through virtual nursing and paramedicine programs at Saint Joseph Hospital,” Bennett said. “We are providing

new opportunities for employees to grow in their professions, and we are recruiting more nursing externs and developing those relationships from the beginning of their careers.”

John Yanes, FACHE, CPPS, president of Saint Joseph Berea and Saint Joseph London, said open communication lines, flexible scheduling and collaboration with local colleges has helped Saint Joseph London create a robust nursing extern program.

“We developed creative and flexible scheduling for all schools so that clinical rotations can be accommodated, including night and weekend shifts,” Yanes said. “It’s exciting to witness health care organizations and universities share a greater appreciation for joint efforts to develop innovative and lasting solutions to develop a needed workforce.”

In some cases, the connection begins before students reach college.

Jennifer Nolan, president of Flaget Memorial Hospital and Saint Joseph Mount Sterling, continues to connect with the local school system through programs, such as a teacher summer externship program, the Nelson County Schools Backpack Leaders, health and career fairs, and other initiatives, to develop interest in health care sciences among students ages 5 to 18.

“We enjoy hosting students and community leaders because we get to showcase what we do,” Nolan said. “Students are inspiring with their awe and curiosity, and it’s great to educate them on the difference they can make in their community.”

In addition to focusing on future employees, CHI Saint Joseph Health also supports the growth of current team members pursuing educational and career advancement, including through tuition reimbursement, loan forgiveness, professional development and academic scholarships.



Ready to join the team? Visit
CHISaintJosephHealth.org/careers.

“ It’s very encouraging and energizing to witness key stakeholders communicating, listening and eager to pool resources to address the increasing workforce challenges and position the health care industry to address the immediate and evolving needs.”

–John Yanes, FACHE, CPPS, president, Saint Joseph Berea and Saint Joseph London

“ We are excited about this opportunity to form a transformational and lasting relationship with Kentucky State University to help educate the next generation of nurses across the commonwealth and to build on the quality nursing team we have across Kentucky at CHI Saint Joseph Health.”

–Anthony A. Houston, EdD, FACHE, CEO, CHI Saint Joseph Health

“ When you’re in college, you worry about finding a job after graduation and how much experience you need to get a job. With this scholarship, I not only have a job lined up, but I also have opportunities to grow within it, and I love that.”

–Heather Murray, Kentucky State University College of Nursing scholarship recipient

Programs of Note

Investing in Our Future

CHI Saint Joseph Health plans to invest \$2.5 million in tuition assistance and program support of the Kentucky State University School of Nursing over the next five years. The alliance includes direct job placement for nurses upon completion of the KSU nursing program. To learn more, visit kysu.edu/nursing.

Hands-On Opportunities

CHI Saint Joseph Health hospitals support clinical rotations and externships for students from several Kentucky colleges and universities, including University of Kentucky, Eastern Kentucky University, Kentucky College and Technical System, University of the Cumberlands, Lincoln Memorial University (Tennessee), Galen College of Nursing, and many others.

Externships and clinical rotations support several areas, including doctor of osteopathy, nursing, radiology, pharmacy, medical technologist, physician assistant, nurse practitioner, occupational therapy and respiratory technologist.

New NICU Will Be “a Blessing” for London Area

When Nathan and Aaron Gilpin were born two months early in 1979, they had to be transported to a neonatal intensive care unit (NICU) in Lexington, where they stayed for more than a month.



Dane Gilpin was 11 when his twin brothers were born. They weighed just over 3 pounds.

“The part I remember was the burden my parents felt during that time,” Gilpin said. “During the first week, my parents stayed overnight in the waiting room because it was touch and go.”

For the next several weeks, Gilpin said his father worked during the day and his mother called the NICU nurses often to check on his brothers.

“Every day, my dad would come home from work, and they would drive to Lexington to stay as late as possible visiting with my brothers before driving back home that night,” Gilpin recalled.

The experience makes the project to build a Level II NICU at Saint Joseph London even more personal for Gilpin Construction Company.

Nathan and Aaron Gilpin are now part of the family business and will oversee construction of the NICU as project manager and site superintendent, respectively, Gilpin said.

“It’s a blessing to have this kind of facility in London,” Gilpin said. “It would have made it easier on families like mine who had to travel to Lexington to get care for sick babies.”

Almost Finished

Work on the NICU began in fall 2022 and is expected to complete this spring.

Soon, Saint Joseph London will be able to offer specialized care for the more than 100 premature newborns born each year to families in Laurel County and the surrounding area.

Humankindness Gala — Save the Date

Join CHI Saint Joseph Health Foundations on April 15, 2023, as we come together for the first time as a ministry to celebrate humankindness and health equity at the inaugural Humankindness Gala.

Enjoy an evening of dinner and dancing, with entertainment provided by one of Atlanta's top bands, City Heat, and a performance by a children's choir directed by Dr. Everett McCorvey and Dr. Michael Precely from the University of Kentucky's College of Fine Arts School of Music. There will be a silent auction benefiting CHI Saint Joseph Health Foundations. Shuttles will be provided for guests traveling from Bardstown, Berea, London and Mount Sterling.

CHI Saint Joseph Health Foundations also will honor the Employee of the Year, Leader of the Year, Physician of the Year and Advanced Practice Provider of the Year at each CHI Saint Joseph Health facility during an awards presentation.

To purchase tickets, contact Meredith Herald at Meredith.Herald@commonspirit.org. Scan the QR code to learn more about the Humankindness Gala.



Gilpin Construction Company, based in London, was selected to build the 4,630-square-foot space adjacent to the existing labor and delivery area.

The \$1.4 million project includes construction of four critical care bays and two private rooms. The unit will be equipped with advanced technology, such as GE incubators and warmers to help infants who cannot maintain their body temperature on their own, ventilators to help babies breathe with less effort, and GE CareScape monitors to measure the heart rate of neonatal and pediatric patients.

The project was announced in 2020 when the Saint Joseph London Foundation received a nearly \$1 million grant from the Appalachian Regional Commission, as well as support from the

WHAS Crusade for Children in 2020 and 2021. The Saint Joseph London Foundation also worked with generous donors in the community to ensure the hospital has the best services to provide to its tiniest patients.

"We are thankful for the support from donors across the Laurel County area who are helping to make this project a reality," said John Yanes, president, Saint Joseph London. "Providing this vital level of care to the residents of Laurel County and surrounding communities is consistent with one of our top priorities to enhance access to care close to home. We are eager to recognize NICU Awareness Month this September with the local families who have been impacted by the community support."



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Hello Humankindness

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

Flaget Memorial Hospital

“ Brooke has been an amazing nurse. She has been so helpful and very sweet. You can tell she is very passionate about her job and treats her patients with kindness. She’s very attentive and always checking in. She made this process so much easier with her helping hands and kind heart.”

Saint Joseph Mount Sterling

“ All of the nursing staff were very friendly, caring and always met me with a smile. Gabby and Tiffany were my main caregivers, and they were the absolute best.”

Saint Joseph London

“ Patient experience coach Tyler Morgan has a huge heart for his work, his patients and everyone around him. Tyler is amazing with patients and always puts their needs first. Anytime you meet Tyler, he will greet you with a smile and ask how you are. Tyler took the initiative to acquire 300 free Frosty treats and personally delivered them to employees as patients acknowledged them for exceptional care.”

Saint Joseph Hospital

“ This is my husband’s second experience with Barbie over the past couple of months. She has always been extremely helpful and friendly as well as compassionate. I cannot express just how much we appreciate her, and we were fortunate that she was his nurse.”