

# Berea

## Community Heart Care

Saint Joseph Berea Heart and Vascular Care places community heart health screenings as a top priority in their efforts to bring wellness, healing and hope to all. Since opening in September of 2012, the heart team has screened more than 500 attendees at events they coordinate throughout the year. The team has a strong sense of obligation to engage in community outreach, as many community members do not have easy access to appropriate care.



The annual Go Red for Women Lunch and Learn Series, Spoonbread Festival, and a special tribute to local city service men and women are among the popular events that feature heart health screenings including heart rate, blood pressure and oxygen saturation, as well as cholesterol and glucose readings. These events also offer an opportunity for the team to provide education materials on high cholesterol, diabetes, obesity, exercise, nutrition and smoking cessation.

This year, the heart team realized that many city employees such as fire fighters, police officers, utilities and road crew workers, as well as City of Berea administrative officers and staff rarely have the opportunity to attend screenings as they are working to ensure public safety. As a “thank you” for their services, the heart team held a special screening event for city employees at City Hall. The positive response led to the commitment to make the City Hall screenings an annual event.



Commitment to these outreach efforts is redoubled each time an at-risk patient receives potentially life-saving information and follow-up care. For instance, a screening participant at the most recent Spoonbread Festival presented with extremely high blood pressure.

Upon his follow-up conversation at the screening, he revealed that he could no longer afford his diabetes medication, had lost his insurance, had a strong family history of heart disease, and was not under a doctor's care. The heart team was able to refer him to a cardiologist while the financial assistance team worked with him so that he could get assistance for needed tests. The cardiologist was able to prescribe affordable blood pressure and diabetes medications.

The heart team's ultimate goal is to encourage everyone in the community to understand the risk factors for heart disease and take a proactive approach in leading a heart healthy lifestyle.

Common Good for the Commonwealth



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**Saint Joseph Berea**

TO BRING  
*wellness, healing*  
& **HOPE**  
to all

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### Life is Cool!

Saint Joseph Berea clinicians use real organs to teach kids about their bodies



Clinicians from Saint Joseph Berea took part in a Kentucky Organ Donor Affiliates event at Berea College in April that showed 400 elementary school children that “Life is Cool!”

Saint Joseph Berea staff members, most of them registered nurses or respiratory therapists, manned 10 learning stations that used iced pig organs to show how diet and exercise affect health. The hospital provided lunch for 75 volunteers who assisted with the event.

Life is Cool demonstrated, for example, “how your liver filters out toxins,” said Katie Heckman, who handles public relations for Saint Joseph Berea. “The overarching thing was to show how these organs work to keep us healthy, and how you can make choices to help your body stay that way.”

The children, who had just completed a curriculum about the workings of the human body, showed great interest in this brief course, she said.

“IT’S ONE WAY TO GET KIDS THINKING ABOUT HEALTH CARE CAREERS EARLY. THIS WAS JUST PART OF THE COMMUNITY OUTREACH THAT WE DO.”



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[KentuckyOneHealth.org/HealthyCommunities](https://KentuckyOneHealth.org/HealthyCommunities)