

Spirit of Health

WINTER 2025

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



Streamlining
EMERGENCY CARE
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Consolidated Cancer Care
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The Future of Surgery at CHI Saint Joseph Health

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Advancing Care through Technology and Humankindness



As the new market president for CHI Saint Joseph Health, a member of CommonSpirit, I am thrilled to be serving our ministry in Kentucky. Before

moving to the commonwealth, I served seven years with Trinity Health System, which is also part of the South Region for CommonSpirit Health.

Over the past few months, I've been able to spend time with our caregivers and leaders across Kentucky getting to know what Saint Joseph means to our communities. I've seen the commitment of our people to providing the highest quality care across the commonwealth and I am excited about where we are today and more importantly, where we are headed.

I am pleased to share this issue of Spirit of Health showcasing advances in technology, the humankindness of our caregivers and some health tips to get or keep your health on track for the new year.

Two of our facilities – Saint Joseph Mount Sterling and Flaget Memorial Hospital – have added the use of robots in orthopedic surgeries, and Saint Joseph London has a new robotic system for use in abdominal surgeries. At Saint Joseph Berea, a new nuclear medicine camera will help doctors find disease, target treatment and monitor treatment progress for patients.

The investment we make in all of our facilities is aimed at providing better care for our patients. We've made changes in our emergency departments across Kentucky to decrease the time it takes for patients to see a provider and improve patient experience. Our foundations have invested in our cancer care center in Lexington, allowing us to consolidate our medical and radiation oncology care in one convenient location.

Technology and physical space are just part of the recipe for high quality care. Our caregivers are dedicated to Saint Joseph Health and to the communities we serve. In this issue, we introduce you to three people who are making a difference, both within the walls of our facilities and in their communities. Stephanie Fields, Chelsea Johnson and Heather Smith represent the best of us, spreading humankindness and care.

As we look to the future, strengthening our ministry, growing our commonwealth and building on our partnerships to improve the health of the people we serve is our shared calling and commitment. Thank you for allowing CHI Saint Joseph Health to play a part in your good health.

Matt Grimshaw, MBA
Market President
CHI Saint Joseph Health

On the Cover:

James Rollins, MD, left, and Anup Chattha, MD, CHI Saint Joseph Medical Group – Orthopedics, are excited to bring new robotic technology to enhance the patient experience for those having orthopedic surgery at Saint Joseph Mount Sterling.

Photo by Shaun Ring

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CHI Saint Joseph Health is a member of CommonSpirit.

Spirit of Health Winter 2025

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Time to Go Pro

Make prebiotics and probiotics part of your healthy eating plan for the new year.



Salem Hanna, MD

Our bodies are full of tiny microorganisms. Some of these can make us sick, but some keep us healthy. Probiotics are friendly bacteria that help regulate gut health. They are often found in fermented foods such as yogurt, sauerkraut and kombucha, but they are also available as over-the-counter supplements.

“Probiotics may help regulate your bowel, support your immune system and decrease inflammation,” said Salem Hanna, MD, internist at CHI Saint Joseph Medical Group – Internal Medicine. “Probiotic-rich foods should be a part of every healthy diet.”

Prebiotics: Food for Good Bacteria

Prebiotics are different from probiotics. They’re not living things, but rather special compounds in food. These compounds feed the good bacteria in our gut, helping them grow and work better. Common prebiotic sources are foods high in fiber — think fresh fruits, vegetables and whole grains.

“Both probiotics and prebiotics are important for a healthy gut,” Dr. Hanna said. “I recommend eating a wide variety of fresh foods to promote a greater diversity of microbes.”

Supplements that contain prebiotics or probiotics may benefit some adults, but you should discuss taking them with your primary care provider first.

Your CHI Saint Joseph Health primary care provider has more healthy eating advice. Find one at CHISaintJosephHealth.org/find-a-provider/t/primary-care.



Eat Away the Winter Blues

The right foods can boost your mood — and your health.



Regina Kaur, MD

Cozy winter comfort foods may improve a gloomy day, but a short-term pick-me-up might have the opposite effect in the long term.

“Foods that are high in refined sugars can cause rapid spikes and crashes in blood sugar, which may lead to irritability and mood swings,” said Regina Kaur, MD, internal medicine, geriatrics

and palliative medicine provider at CHI Saint Joseph Medical Group – Primary Care in London. “In contrast, foods such as whole grains, lean proteins and healthy fats help stabilize blood sugar, supporting steady energy levels and a balanced mood.”

Healthy Winter Staples

Changing your diet to incorporate mood-boosting healthy foods isn’t an instant fix, but over time, eating foods that support mood regulation may have an impact. Foods to try include:

- Avocados
- Bananas
- Leafy greens
- Legumes
- Pumpkin seeds
- Turmeric
- Whole grains

“These foods have nutrients that support healthy brain function and provide stable sources of energy for a consistent mood,” Dr. Kaur said. “Sleep, exercise, stress management and social connections are also crucial for maintaining a positive mood.”

If your mood stays low no matter what you eat, call your primary care provider (PCP), as underlying psychological or medical factors may be at play.

Get more healthy eating tips from a CHI Saint Joseph Health PCP near you at CHISaintJosephHealth.org/find-a-provider/t/primary-care.



Dr. James Rollins works with a rep to set up his preferences on the new Mako robot to be used for orthopedic surgeries at Saint Joseph Mount Sterling. *Photo by Shaun Ring.*

The Future of Surgery Is Here

Three new surgical robots offer exciting new options across CHI Saint Joseph Health.



Sanjiv Mehta, MD

Patients at Saint Joseph Mount Sterling, Saint Joseph London and Flaget Memorial Hospital now have access to surgical technologies that offer faster recoveries with fewer complications.

“We are so excited to offer robotic-assisted surgery to our patients,” said Sanjiv Mehta, MD, MHA, orthopedic surgeon at Flaget Memorial Hospital. “I’ve done about 350 knee replacements at my previous job using a surgical robot, and I am firmly convinced that it makes me a better surgeon and provides a better outcome for patients.”



Nicholas Capal, DO

Three different robots are coming to the hospitals this winter. Flaget Memorial Hospital now has ROSA, or Robotic Surgical Assistant by Zimmer Biomet, a tool to help with orthopedic surgeries. Saint Joseph

Mount Sterling will get a Mako SmartRobotics system to also help with orthopedic surgeries, and Saint Joseph London will have a da Vinci Xi robot for abdominal surgeries.

“The Mako system is a great asset for our patients,” said James Rollins, MD, orthopedic surgeon at Saint Joseph Mount Sterling. “I think it will really make a difference with recovery time.”

How Surgical Robots Work

Different robotic surgery systems provide different benefits during procedures, but your surgeons are always in charge — no robots are performing the surgery on their own.

“Using the da Vinci Xi is like having two extra hands in the operating room,” said Nicholas Capal, DO, general surgeon at Saint Joseph London. “I guide the instruments via a console while looking through an advanced 3D vision system that gives me a better view of the anatomy.”

The ROSA and Mako systems work differently. The machines are tools the surgeon uses to better provide precision outcomes.

“Robotic surgery helps us customize the exact needs for the patient’s anatomy,” Dr. Mehta said. “With a surgical robot, you can feed information about minute anatomical differences between

patients into the robot, and the robot will help you navigate even complex structures.”

Benefits of Robotic Surgery

Robotic-assisted procedures have many benefits, such as:

- Faster healing time
- Less pain after surgery
- Lower rates of complications
- Smaller scars

“Advances in technology, including AI, are continuing to improve the robots and hopefully will continue to make outcomes even better for patients,” Dr. Rollins said.

Types of Surgery Available

The da Vinci Xi is a robotic surgery system that uses several small incisions to view and access organs during minimally invasive surgical procedures, including abdominal and hiatal hernia repair, appendectomy, and gallbladder surgery.

“We will be using the robot for all types of abdominal and gastrointestinal procedures, except for bariatric surgery,” Dr. Capal said. “Patients can expect much less postoperative pain than traditional open surgeries, reducing the need for opioid pain medications, even after more involved hernia surgeries.”

The ROSA and Mako robots will be used for orthopedic procedures, including partial and total knee replacements, total hip replacements, and total shoulder replacements.

“We will be starting with both types of knee replacement surgeries,” Dr. Mehta said. “In the future, we plan to offer hip and shoulders. I am very proud that we can actually bring this leading-edge technology here.”

All surgeons operating the robots have received extensive training on the specific technology. Nurses and operating room staff have also been trained.

“Our goal is to bring as many types of procedures as possible to our community, so our patients with complicated medical concerns don’t feel like they have to travel out of town for surgery,” Dr. Capal said.

Learn more about surgical options at all our CHI Saint Joseph Health locations at [CHISaintJosephHealth.org](https://www.chisaintjosephhealth.org).



Part of the robotic system is a display that shares details of the surgery. *Photo by Shaun Ring*

New Nuclear Imaging at Saint Joseph Berea

Saint Joseph Berea has offered nuclear medicine for decades, but the hospital recently upgraded its equipment. Thanks to a \$350,000 federal grant, the hospital now has a leading-edge GE NM 830 nuclear medicine camera.

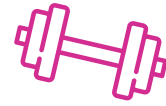
During nuclear medicine procedures, small amounts of radioactive materials (known as tracers) are injected, ingested or inhaled into the patient’s body. The tracers collect in specific areas, and a nuclear imaging camera allows cardiologists, oncologists and radiologists to capture high-quality, real-time changes in target tissues, organ systems or bones. As a result, doctors can find disease, target treatment and monitor treatment progress for patients.

“The new camera allows us to acquire studies in half the time or do half-dose imaging, which reduces radiation exposure to our patients without sacrificing image quality,” said Rhonda Anglin McMaster, MBA, CNMT, RT(N), cardiovascular services and nuclear medicine manager at Saint Joseph Berea. “We want our patients to know that we now have unrivaled high-quality diagnostic imaging closer to home.”

The nuclear camera can aid in detection of many conditions, including cardiovascular disease, cancer, liver issues, gallstones and thyroid disease. It also can image and identify disease processes in the central nervous, endocrine (thyroid and parathyroid), gastrointestinal and pulmonary systems, as well as provide infection, tumor and skeletal imaging.



Saint Joseph Berea held a ribbon-cutting event. Participating in the event were Tiffany Stratman, nuclear medicine technologist, left, John Yanes, president, Congressman Andy Barr, Rhonda McMaster, cardiovascular services manager, Mayor Bruce Fraley, interim Market President Christy Spitsner, and CHI Saint Joseph Board Chairman Winston Griffin. *Photo by Mary Branham*



Get Out of a Winter Workout Rut

Ease into an exercise routine with these tips.

Getting more exercise is always a great New Year’s resolution. But as winter weather settles in, it can be easy to let your motivation slip.

“Starting a workout routine isn’t always easy,” said M. Brennan Royalty, MD, family medicine provider at CHI Saint Joseph Medical Group – Primary Care. “The main goal in exercise should be to strengthen your heart, lungs and body for years to come, and that takes time.”

One way to keep moving is to break exercise up throughout your day.

“A good starting goal is 30 minutes of daily exercise, but not everyone can do that,” Dr. Royalty said. “However, the 30 minutes does not have to be consecutive. Start with what you are capable of, which may be 10 minutes of walking in the morning, 10 minutes at lunch and 10 minutes after work.”

5 Tips for Staying Active

Removing hurdles to exercise can help you retain motivation. Try these tips:

1. Choose a gym close to your work or home so extended travel time doesn’t keep you from working out.
2. Choose activities you know you enjoy.
3. Don’t buy exercise equipment you don’t already know how to use.
4. Find partners who can help you maintain your program.
5. If you fall short one week, don’t shame yourself for failing, just get back to it.

“You don’t need to join a gym to exercise,” Dr. Royalty said. “Walking, body-weight exercises such as squats and lunges, and jumping rope are all great exercises that can strengthen your body and heart.”

Ask your CHI Saint Joseph Health primary care provider for more exercise advice. Find a provider at CHISaintJosephHealth.org/find-a-provider/t/primary-care.



M. Brennan Royalty, MD

Tips for Injury-free Exercise

Starting a new exercise routine in the new year can have unintended consequences if you do too much too soon or don’t vary your routine.

“Overuse injuries from repetitive movements are very common,” said M. Brennan Royalty, MD, family medicine provider at CHI Saint Joseph Medical Group – Primary Care. “Switch up your movements to use different muscle groups.”

If you are doing cardio at a gym, move between the treadmill, stationary bike and elliptical machines on different days. If you’re a runner, cross-train to strengthen additional muscle groups.

“If you’re going back to a sport you love but haven’t played in a while, make sure to start slowly,” Dr. Royalty said. “You may try to play these sports as if you never stopped, which often leads to injuries. Start with drills and noncompetitive efforts to allow your body to become accustomed to the movements and speed.”



Our Spirit of Service

At CHI Saint Joseph Health, each caregiver leads as an embodiment of our values and faith. Many of our caregivers, including those featured here, answer the call to serve with compassion, integrity and humankindness.

Saint Joseph Berea nurse Stephanie Fields sees the value of compassion every day in her work as an emergency room nurse. When she's volunteering in the community with her four search and rescue dogs, Fields sees how compassion is even more valuable.

Read her story on page 8.



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



Canine Humankindness: Stephanie Fields

Saint Joseph Berea nurse Stephanie Fields helps heal broken hearts through her volunteer work with search and rescue dogs.

The way Fields looks at it, she flips a switch when she goes from her emergency room job to her volunteer work with search and rescue dogs.

“When you’re a nurse, you’re working toward saving somebody, providing care and improving their health. This is flipping the switch,” she explained. “To be able to give a family closure and you’re not fixing or healing the physical wounds or the illnesses people have — you’re helping to heal a broken heart.

“You see them grieve and you give them answers that they hope they don’t get, but yet they thank you, because now they know. You’re giving back to that person something that’s as valuable as life; you’re giving them the answer that their loved one has found peace, although it may not be in this world or this life, and returning them home.”

Giving Back to the Community

Fields has been at Saint Joseph Berea for six years and was a flight nurse for a private company before that. She is a member of the London-Laurel County Rescue Squad and does their canine training.

Her work with search and rescue dogs started three years ago when she was looking for a dog to be a running partner and adopted Willow, a cattle dog. Through a chance discovery at obedience school, where the instructor also did scent training, Willow proved herself adept at scent work, specifically for human remains.

“It’s a game to her and she loved it,” Fields said.

Willow was followed by a trio of Belgian Malinois — Maggie, who is a “live find” air scent dog; Ginger, an animal shelter rescue who specializes in human remains detection; and Remington, a tracking dog who was the last of his litter and was given to Fields for free.

She and the dogs receive training together through the Federal Emergency Management Agency (FEMA) and U.S. Department of Homeland Security. The team works with the London-Laurel County Rescue Squad, as well as Kentucky State Police, Kentucky Emergency Management and sheriff’s departments throughout the state.

Most recently, Ginger took just four minutes to find a body in the aftermath of a house fire, and she was honored by local agencies and the Green River Animal Shelter where she had been surrendered. All Fields’ dogs were given up by owners who couldn’t handle the energy that is characteristic of these working breeds. Their energy was redirected into a skill to locate humans for either recovery or return to safety.

“All of my dogs are throwaway dogs,” Fields said. “I have never purchased a dog, period.”

Compassion in Action

A bit like her dogs, Fields has a lot of energy, which is why she likes being a nurse in the ER.

“I’m a very high-energy person, so I like a lot of change and the turnover of the ER. You’re not locked into one patient population,” she said. “You get everything from infants who are just released from the hospital to the elderly who you’re doing palliative care for. And I like that variation.”

Far from creating stress, working in the ER keeps her from being fixated on any one thing. Fields said.

“Actually, my job is a stress reliever for me, because it occupies my mind,” she said. “I have to be thinking constantly.”

Saint Joseph’s value of Compassion is especially meaningful in her rescue work, Fields said.

“When I go out on those scenes and I have a family that is on the sidelines watching me and my dog work, I hurt for them,” she said. “I also hurt for them when I am standing there and the coroner gives them the news that their loved one has been recovered.”

Fields and her dogs perform rescue work on a volunteer basis; only FEMA-led disaster recovery provides compensation. Her local rescue squad has offered to pay for some expenses, but she has turned it down.

“To me, that’s just taking away from the community because they are a nonprofit; they’re funded by donations and fundraisers,” she said. “If I can afford it, I’m going to pay for it. I don’t want to take from the community — I want to give back to it.”



Humankindness in Action

Chelsea Johnson, the 26-year-old communications supervisor for Saint Joseph East and Saint Joseph London, packs a mean chainsaw.



When Hurricane Helene hit in September 2024, Chelsea Johnson spent three weekends with volunteer groups in the hollers and mountains of eastern Tennessee and western North Carolina — and is planning to return. She’s used that chainsaw on fallen trees, cut tree roots from collapsed water lines and drove her SUV to isolated areas to assess needs and pass out supplies.

“I am all of 5-foot-1 with the audacity of a 6-foot-tall NBA player,” Johnson said.

Besides working switchboards, her job at Saint Joseph encompasses the mass communications and emergency management systems — and she is no stranger to natural disasters. Johnson, who grew in California, is familiar with wildfires, has provided security for Baylor St. Luke’s Medical Center in Houston following 2017’s Hurricane Harvey and helped with Saint Joseph London’s efforts to shelter eastern Kentucky residents following July 2022 flooding.

“Responding to things like this and volunteering for them has been part of my life for a very long time,” Johnson said.

She started as a security guard at Saint Joseph East before moving into communications five years ago. Johnson, who has certificates in criminal justice and security, calls herself a “Jack of all trades” and enjoys the challenge of her job. “It keeps things interesting — I always have something new to work on and problems to solve.”

The Trips

Johnson’s first post-Helene trip was to east Tennessee with Richmond Boy Scout Troop 118 — her little brother’s troop. They helped a pastor in Chuckey, Tennessee, after the initial influx of volunteers left when water and power services were restored. Johnson then went to Fletcher, North Carolina — accompanied by her Saint Joseph co-workers Brittany and Seth Gonzalez — with a chainsaw team from The Church of Jesus Christ of Latter-day Saints. For her third trip, in early November, Johnson went to Black Mountain and Swannanoa in North Carolina with Cajun Navy Relief volunteers. She was tasked with finding people whose needs had still not been met.

The work is made easier by being part of “a big enough team that you have people to lean on,” she said. “So I’m never short of help when I’m out there working.”

Johnson’s Message

Throughout her trips to provide disaster relief, Johnson has taken Saint Joseph’s values to heart.

“I have had multiple moments while I’m out there where I’ve remembered our values. This is what we are talking about when we say ‘the spirit of service.’ This is humankindness.

“It really brings it home just how important the little things are — serving those who are disadvantaged, where there are additional barriers. Even the language we use as an organization to talk about roadblocks and things our patients run into trying to receive care and how we can alleviate those. It is the same approach: You go there and you offer aid and you are there to serve. And it’s not about you as a person, it’s about this community as a whole.”



Photos by
Mahan Multimedia

Treating Patients With a Listening Ear and Kindness

Nurse practitioner Heather Smith has learned a lot about her patients and their barriers to health care by simply taking the time to talk.

Smith, who works in the gastroenterology department at Saint Joseph East in Lexington, is known for not rushing her patients.

“A lot of times I sit down in the room with a patient in a chair, talking to them like I’m their friend, because I think it’s important for them to feel heard,” said Smith, Advanced Practice Provider of the Year at her hospital. “That’s how I would want to be treated and my family to be treated. So I try to treat everyone as if they were my loved one.”



Photo by Mahan Multimedia

Besides building a rapport that helps with patient care, that communication leads to learning about their lives and struggles that may impede their treatment, such as lack of transportation to appointments or financial constraints.

“You learn what barriers your patients have when you sit down and talk with them,” she said. “I reach out to case management a lot to see if they can help in any way. And it makes me try my best to take care of them after their hospitalization.”

Making a Career of Helping

Smith knew going into college at University of Kentucky that she wanted a career in a helping field, such as teaching, social work or nursing.

“I landed on nursing because it gives you a variety of ways to help people.”

She has been a nurse practitioner since 2016, starting as a float provider in the Saint Joseph system in family medicine before joining the gastroenterology group at Saint Joseph East in 2019. Prior to that, she was an emergency room (ER) nurse at Saint Joseph Hospital in Lexington.

Smith, who earned her master’s degree in family practice from Eastern Kentucky University, decided to become a nurse practitioner because she wanted to take care of the whole person, not just their acute emergency problems in the ER.

“I wanted to be more of the provider and the caretaker, and take care of people from start to finish, including prevention,” she said. “I wanted to be first-line care.”

Smith also has a reputation for being calm in the middle of chaos — an attitude that was forged in part by her ER work, but also in the realization that “ultimately we can help better when that adrenaline is used in a calmer fashion. I feel like being calm and cool is the best way to take care of patients.”

Smith said she tries her best to practice Saint Joseph’s values daily with her patients: “We need to be open, to realize we all come from different walks of life — we’re not all the same, we have different histories, different socioeconomic statuses, different jobs, different social lives. And we should be respectful of everyone and take care of everyone the best we can.”



Faster Emergency Care for You

Changes at our emergency rooms (ERs) will decrease the time for patients to see a provider.

When You Need an ER

Seek medical help promptly if you experience any of these symptoms:

- Bleeding for longer than 10 minutes
- Breathing difficulties
- Broken bones
- Chest pain or discomfort
- Drooping on one side of the face, weak limbs or other signs of a stroke
- Head injury
- Seizure
- Severe abdominal pain
- Sudden disorientation or confusion
- Throwing up blood



Lori Coots, MBA

When you head to the hospital for emergency medical care, it can feel frustrating to wait to be seen. CHI Saint Joseph Health has now implemented a new system in all seven ERs' triage assessment areas, where the level of care that patients need is determined.

"We now station nurse practitioners and physician assistants in triage during peak times," said Missy Hicks, MBA, BSN, RN, market director of emergency services at CHI Saint Joseph Health. "So when a patient comes in and goes to triage, they actually see the triage nurse and provider at the same time. The provider can order lab tests and imaging to expedite care, and critically ill patients are identified more quickly."

The new process means that some patients will never see a room during their visit — they may be treated in triage and released.

"We understand this is a big change, but it's intended to speed up patient care so you can leave faster," said Lori Coots, MBA, BSN, RN, CEN, SANE, EMT-P, director of emergency services at Saint Joseph

London, Saint Joseph Berea and Saint Joseph Mount Sterling.

CHI Saint Joseph Health is now working on next steps to continue to improve emergency care.

"From the time you come in to the time you leave, we're looking at every aspect to see where we can make improvements, thereby decreasing the amount of time you have to spend in the ER," Hicks said. "We want you to let us know how we can improve your experience."

Trust CHI Saint Joseph Health for your next emergency. Find a location near you at [CHISaintJosephHealth.org/chi-saint-joseph-health/services/emergency-care](https://www.chisaintjosephhealth.org/chi-saint-joseph-health/services/emergency-care).

Since April 2023, **CHI Saint Joseph Health has partnered with Lexington Clinic** to bring contracted ER providers to our emergency rooms. This has allowed us to see more patients, reducing wait times and improving your overall experience.

How We Serve



STEM ACADEMY: CHI Saint Joseph Health and the More in Common Alliance, in partnership with the Morehouse School of Medicine and Kentucky State University, held a summer program last summer focused on STEM and health careers for Kentucky middle school, high school and college students.



ART OF HUMANKINDNESS: CHI Saint Joseph Health's Creating Safer Neighborhoods Initiative, funded through CommonSpirit Health's Mission and Ministry Fund and led by Violence Prevention Manager Demetria Blair, in September presented grants to seven Fayette County elementary school art teachers to support projects encouraging kindness and creativity through various art forms. The Art of Humankindness Grants are designed to promote kindness, empathy, compassion and friendship within local schools.



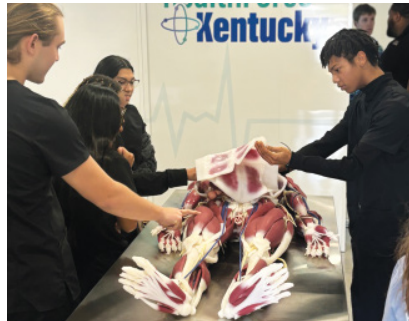
THANKSGIVING BOXES: Lexi Raney, a nurse at Saint Joseph London, joined other caregivers from the hospital to pack food boxes for God's Food Pantry for the Thanksgiving holiday.



CELEBRATING NURSES: In August, CHI Saint Joseph Health celebrated nursing students who completed their summer externships across the ministry. These 177 students worked alongside registered nurses at our facilities across Kentucky to apply the knowledge they have gained in their academic program to the clinical setting and to experience different areas of interest.



MISSION POSSIBLE: Members of the CHI Saint Joseph Health Mission team participated in the Habitat for Humanity build in Lexington. Several departments from across the ministry helped to build a home for a local family.



HANDS-ON LEARNING: HealthForce Kentucky held an educational medical academy at Bryan Station High School, left, and Mary Todd Elementary in November. The academy included a mobile technology center complete with simulation medical labs and classrooms for students to experience live healthcare demonstrations on-site. This initiative was made possible through the Saint Joseph Hospital Creating Safer Neighborhood initiative.



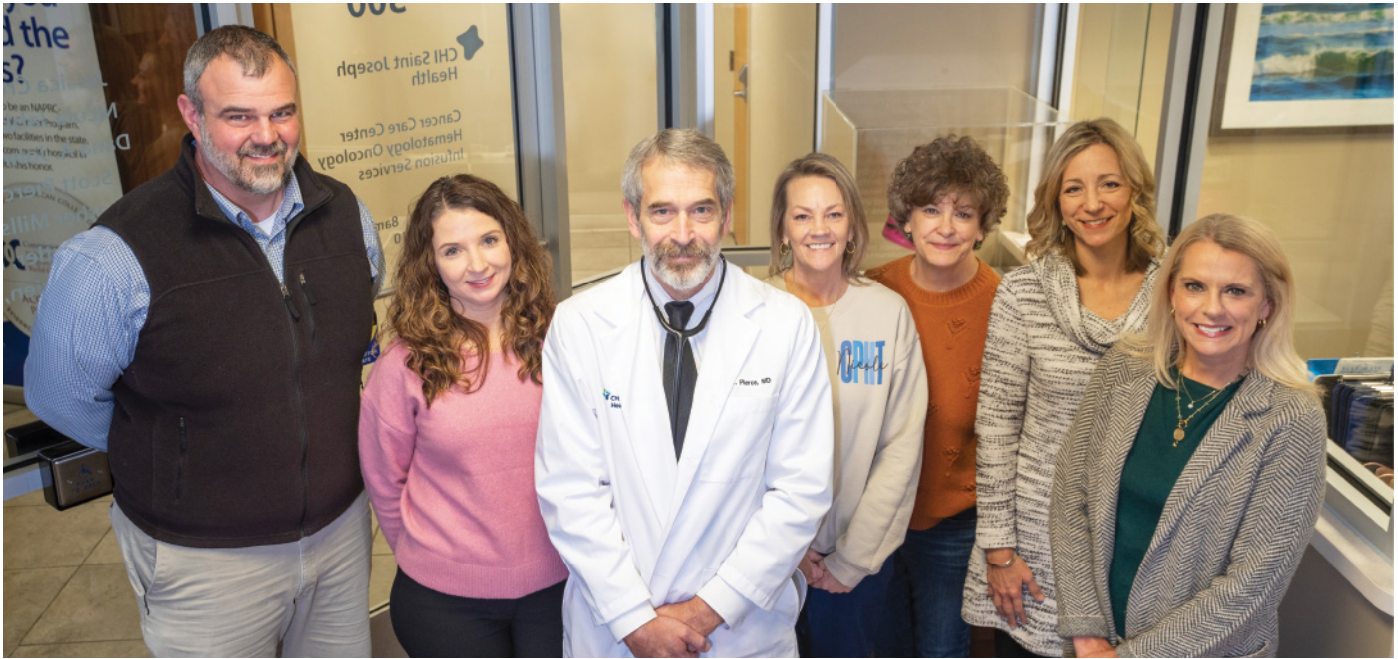
BLESSING OF THE RIGS: Hospitals across CHI Saint Joseph Health again held the Blessing of the Rigs. Caregivers from Saint Joseph Mount Sterling, top photo, Saint Joseph Berea and Flaget Memorial Hospital greeted first responders and blessed their rigs during the event in November.

PINK OUT: The radiation oncology team at Saint Joseph Hospital, left, and caregivers and leader at the hospital dressed in pink to show support for breast cancer awareness in October.



RUNNING FOR A CAUSE: The ninth annual Yes, Mamm! Yes, Cerv! 5K was held in October at the RJ Corman Railroad Group Headquarters in Nicholasville.

Stronger Together: Consolidated Cancer Care in Lexington



Pictured inside the newly renovated CHI Saint Joseph Health – Cancer Care Center on Blazer Parkway are Josh Parrish, director, oncology operations, Amy French, manager, oncology services, Dr. Scott Pierce, Nicole Milby, specialty pharmacy liaison, Ellie Cook, support services, oncology, Bethany Kelly, genetic counselor, oncology services, Delaine Thiel, vice president, philanthropy. *Photo by Mahan Multimedia*



Jessica Croley, MD

Last September, CHI Saint Joseph Health – Cancer Care opened a newly renovated and consolidated medical oncology space at Saint Joseph East.

“At Saint Joseph East, we are best positioned to take care of and be accessible to the most patients,” said Jessica Croley, MD, medical director at CHI Saint Joseph Health – Cancer Care. “And since Saint Joseph East is our accredited breast center location, where we support patients from screening to diagnosis to treatment, it made sense to combine all levels of inpatient and outpatient services at that location.”

Now, with the continued help of the CHI Saint Joseph Health Foundations, the center will expand further, adding a consolidated radiation oncology program.



Delaine Thiel, CFRE

“We hope to open the renovated space in 2026, although the precise timeline is still to be determined,” Dr. Croley said. “We are forever grateful to the Foundations for helping make this happen.”

Phase 2: Beautification

The new radiation oncology program will feature leading-edge treatment equipment. Before it's installed, however, the center will undergo an aesthetic transformation.

“Phase Two is transforming the space into a true healing environment,” Dr. Croley said. “We want to provide a beautiful space that is a place of healing, restoration and peace.”

The CHI Saint Joseph Health Foundations are leading fundraising efforts for the project, after raising almost \$400,000 over the past three years for the capital campaign.

“We have supported this important infrastructure work since 2021,” said Delaine Thiel, CFRE, market vice president of philanthropy at CHI Saint Joseph Health Foundations. “A great deal of research shows the importance of the environment for patient outcomes and the positive effects on healing.”

The Foundations are launching an Arts and Healing campaign on World Cancer Day in February.

“We hope to work with LexArts and some of Central Kentucky's



Patients and visitors to the CHI Saint Joseph Health – Cancer Care Center on Blazer Parkway are greeted by one of the horses from Horse Mania 2022. The horse was donated by friends of the late April Nease, who continued to inspire throughout her battle with cancer. *Photo by Mahan Multimedia*

How to Get Involved

There are many ways to support the growth of CHI Saint Joseph Health – Cancer Care at Saint Joseph East.

“We are always looking for people who want to volunteer in our hospitals and other areas,” said Delaine Thiel, CFRE, market vice president of philanthropy at CHI Saint Joseph Health Foundations. “We have Humankindness Ambassadors and volunteers for a variety of areas including gift shop shifts, hospital greeters, clinical support areas and external events. Anyone interested can contact our community engagement coordinator.”

The Foundations are also looking for people to join the Arts and Healing Campaign Committee to help oversee the beautification efforts.

“We will be reaching out to former oncology patients and other prospective donors in early 2025 to form the committee,” Thiel said. “If someone is interested in supporting our efforts with this, they are welcome to reach out to us to express interest.”

Financial donations are also always welcome.

Learn more about CHI Saint Joseph Health Foundations at SupportCHISaintJosephHealth.org.

most talented artists to raise funds for this space,” Thiel said. “Our 2025 gala for CHI Saint Joseph Health Foundations will focus on promoting local artists, hopefully with an art auction.”

Phase 3: Leading-Edge Technology

Consolidating radiation therapy at Saint Joseph East will be a multimillion-dollar construction project, but it will make advanced equipment available to patients.

According to Dr. Croley, Saint Joseph East will be purchasing a new linear accelerator that will allow the cancer center to perform standard radiation, stereotactic body radiation therapy (SBRT) and stereotactic radiosurgery (SRS).

“SRS is an advanced treatment for brain tumors, and SBRT can offer precision therapy for pancreatic and lung cancers with less damage to surrounding tissue,” she said. “We are excited about bringing this technology to Lexington.”

One Stop for Everything

The consolidated center doesn’t just make it easier to get

treatment — support services are also all in one place. This makes it easier for patients and families to access social services, financial care, dietitians and genetic counseling.

“For patients who are seeing multiple specialists, which is the norm for someone with cancer, we’re trying to minimize extra visits and travel by providing care all in one place,” Dr. Croley said. “Coordination of care for cancer patients is one of the most important and most complex things to do well. Having all our departments and support services in one place will enhance our level of communication between providers, improving quality of care.”

As the consolidated center changes and grows, Dr. Croley hopes both patients and staff will benefit.

“One of the things that I love about our cancer services is how we marry resilience and compassion,” Dr. Croley said. “When our team members come in every day, they are truly there to serve and to bless and to take care of every patient that comes through our doors.”

Make a donation to support improvements at the new cancer center at SupportCHISaintJosephHealth.org/giving.

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One Saint Joseph Drive
Lexington, KY 40504

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