Climbing Kilimanjaro

Gene Woods touches the ‘roof of Africa’
Dear Saint Joseph Family,

This winter has not been without its challenges for Saint Joseph Health System. In January, we all struggled through the ice storm that left many of us and our patients and communities without power.

Flaget Memorial Hospital and Saint Joseph - Berea both lost electricity for several hours, but were able to continue providing care through the use of backup generator power. The other facilities weren’t impacted as severely, but all had challenges with staffing and deliveries of supplies. However, the common theme at all of our facilities during the storm was teamwork. Employees, physicians, volunteers and the community did whatever necessary to ensure that our patients continued to receive the care they needed.

At Saint Joseph - Mount Sterling, the weather was a secondary concern when The Joint Commission arrived for a survey that was two months earlier than expected. The team at Mount Sterling immediately stepped into action and received excellent overall results. The Joint Commission team was very complimentary, and commented that Saint Joseph - Mount Sterling is a hospital with “heart.”

Also in January, we shared the good news that our construction projects at Saint Joseph East, Saint Joseph - London and Saint Joseph - Mount Sterling could resume progress. This was exactly the news we needed to lift our spirits, as we are now able to continue building for our future, and can look forward to the grand opening of these new facilities. While we are all concerned about the global economy, we cannot waiver in our commitment to take care of our patients, and these projects will allow us to deliver care for generations to come.

Additionally, we recently released the new 2009-2014 strategic plan for Saint Joseph Health System. This plan outlines our mission, vision and direction for the next five years and beyond, and I look forward to working with all of you to accomplish these important and critical goals for the benefit of our patients in communities throughout the state.

This issue of Common Thread is a special one for me. I was able to share some of the details of my own personal challenge of climbing Mount Kilimanjaro in Africa. It was one of the most difficult adventures of my life, and upon reflection, was also one of the most rewarding. Before I left on the journey, I had discussed with my sons the potential of returning with them in a few years when I turn 50, and they are 19 and 13 years old. After the experience, I think a safari might be more realistic!

As always, this edition is filled with uplifting stories about you and your colleagues across Kentucky. We have received many positive comments about this publication for one simple reason: we focus on the extraordinary people of Saint Joseph Health System, who are inspirational to all of us, both personally and professionally.

Gene Woods
CEO
On the cover: Gene Woods tested his physical and emotional strength when he climbed Mount Kilimanjaro, the highest point in Africa. Read about his life-altering journey and mountain top experience on page 6.

**table of contents**

2 **Inside Out** View snapshots of Saint Joseph events and happenings inside and outside our walls.

4 **New Threads** Keep informed of late-breaking news.

6 **Feature** Gene Woods’ grueling five-day journey to reach the ‘roof of Africa’ tested his physical, emotional strength.

8 **Common Sense** Vicki Hamilton transforms her life one step at a time.

10 **Health Care Hero** Dr. James Shoptaw puts the ‘care’ into health care.

11 **Mission Moments** Stacey Hurst honors patients and families during end-of-life care.

12 **Welcome to My World** Ken Page burns the midnight oil as a house administrator.

14 **Noteworthy** Celebrate news, notes and praiseworthy accomplishments.

16 **Common View** Jeff Amburgey shares his lifelong love of numbers.

*A $75 gas card could be yours if you can answer this question correctly:*

Who plays “mystery golf”? Somewhere in this issue of Common Thread you’ll find the person who said it is a mystery where the ball goes when he/she hits it. Submit your answer at SaintJosephCommonThread.org. Correct answers will be entered into a drawing on Mar. 30 for a chance to win one of three $75 gas cards. Only employees can enter this challenge. Congratulations to previous winners Barbara Hancock (Martin), Estelle Kernen (Nazareth) and Herminio Veneracion (Lexington).
During the ice storm Judy Harris in hospitality services at SJB grilled hot dogs and hamburgers outdoors for employees, visitors and patients when the hospital lost power.

Pat Patton, SJB VP for patient care, offered refreshment from the TLC Cart to health information management employees Mary Jo Napier and Samantha Flannery (right), and Donna Harris of hospitality services (left).

Laboratory MTs at SJJ, from left, Hermie Veneracion, James Hensley, Ella Spears, Pamela Feger, Pamela Atwell, Tammy Jones and Kimberly Williams, gave tours during an open house.

SJH employees on the 3A post-op surgery unit held a beach party to cure their winter blues. Pictured, from left, are Krystel Dean, Melinda Kestler, LaJava Chenault, Lesly Arrasmith, Denish Patel and Robin Hendrix.

Robin Tumpak, case management (left), lost 4.1 percent of her starting weight during a Weight Watchers session at SJL, and Tammy Sizemore, telemetry, lost 7.6 percent.

SJL employees held a retirement reception for Phyllis Lewis, cardiothoracic unit secretary (center), to celebrate her 32 years of service.
FMH hosted a pizza party to celebrate being named one of the Best Places to Work in Kentucky. Serving, from left, are Ben Wiederholt, Jade McKenzie and President Bruce Klockars.

Saint Joseph Heart Institute employees Tamara Dail, Margaret Kramer, Ed Jutt (director), Teresa Fightmaster and Shannon Evans offered education and blood pressure screenings at a Go Red For Women event at Macy’s.

Saint Joseph Heart Institute staff at SJH sported shades of red on National Wear Red Day to show their support and raise funds for the Go Red For Women movement. SJHS is the central Kentucky sponsor of the program.

SJB employees celebrated National Wear Red Day to help raise funds for the American Heart Association’s Go Red For Women movement. SJHS is the central Kentucky sponsor of the program.

SJMS employees participated in National Wear Red Day to show their support of the fight against heart disease among women.

SJM employees united in red for National Wear Red Day—a day that brings awareness to women and their susceptibility to cardiovascular disease.
Stay informed on the latest Saint Joseph Health System news by reading “New Threads” in every issue of Common Thread.

Growth

26 Stoplights Closer

On Jan. 2, Jessamine County’s long wait for a 24-hour, seven-day-a-week emergency care facility was over when Saint Joseph - Jessamine RJ Corman Ambulatory Care Center (SJJ) proudly opened its doors to the public. During the grand opening celebration, Saint Joseph benefactor RJ Corman, of RJ Corman Railroad Group, shared a striking statistic of the need for such a medical facility in Jessamine County. He said there are 26 stoplights between SJJ in Nicholasville and the closest Lexington Hospital — a long drive if you need immediate medical care, but the former route for many Jessamine County residents.

SJJ features emergency services, diagnostic imaging, laboratory services and offices for physicians and staff. It is located at 1250 Keene Road in Nicholasville, at the corner of US 27 and Route 169 on the Nicholasville bypass.

Strategic Plan Unveiled

Saint Joseph Health System’s (SJHS) strategic plan for 2009-2014 is intended to provide clear guidance and direction for the newly created organization. The plan aligns SJHS’s efforts in the coming years by strengthening the organization’s ability to create healthier communities and transform the way care is delivered across Kentucky. SJHS’s core strategies within the plan are:

People: To develop top talent and a culture of leadership in health care practices

Quality: To achieve leadership in person-centered care

Stewardship: To invest and innovate to excel in meeting our communities’ needs

Growth: To grow and diversify locally and nationally to extend our ministry

Download the new strategic plan at www.sjlex.org/strategicplan.

Construction Projects Restart

Saint Joseph Health System (SJHS) placed three major construction projects on hold in late November: Saint Joseph East (SJE), Saint Joseph - London (SJL) and Saint Joseph - Mount Sterling (SJMS). This decision was made after Catholic Health Initiatives (CHI) completed an analysis of the current construction projects across the national system, and an evaluation of the current national economic situation, combined with CHI’s budget performance year-to-date.

In January, CHI released the three projects from hold status, and they resumed in various capacities. SJL and SJE have resumed the construction process, and SJMS is continuing the design phase for a replacement facility. CHI has released access to capital funds for the remainder of fiscal year 2009 for these three projects, and SJHS will learn further details about access to capital for 2010 in the coming months.

Milestones

Maternity Fair Turns 10!

Lexington’s largest maternity event is celebrating a milestone this year as it turns 10! Saint Joseph East’s (SJE) 10th
Annual Maternity Fair will celebrate parents-to-be and those interested in having a baby by offering the very best in education and health awareness among women before, during and after pregnancy. For 10 years, the fair has improved women's health and brought families together by offering innovative workshops, invaluable information and resources at no cost to the community.

The 10th Annual Maternity Fair will be held May 9 on the SJE campus from 8:30 a.m. to noon. Festivities include tours of the hospital’s maternity facilities, lectures from experts, workshops with exciting displays and products, a live radio remote and plenty of prize giveaways. The grand prize includes free delivery of a baby at SJE. Special surprises are in store for this special anniversary! Employees, friends and family may register for this free event at SaintJosephMaternityFair.com.

15,000 and Counting
Saint Joseph East (SJE) reached a milestone as it entered into 2009 when the 15,000th baby was born at the hospital. In fact, as of the end of January 2009, 15,151 babies have been welcomed into the world by the caring maternity staff of SJE. Since the founding of SJE in 1998, the hospital has experienced enormous maternity growth, frequently breaking records for the number of babies born in any given month.

With The Women’s Hospital at SJE currently under construction, the hospital will be able to accommodate even more women who choose to deliver at SJE. The new addition to the hospital will be dedicated exclusively to women and have a capacity of 3,000 deliveries annually.

Awards
Best Places to Work
Saint Joseph Hospital (SJH), Saint Joseph East (SJE) and Flaget Memorial Hospital (FMH) were selected as “Top 25 Work Communities of Choice” in Kentucky in the Fifth Annual “Best Places to Work in Kentucky” competition. The annual competition, hosted by The Kentucky Society for Human Resource Management State Council, in conjunction with the Kentucky Chamber of Commerce, released the results in January. The selection process was based on an assessment of companies’ employee policies and procedures and the results of an internal employee survey. The hospitals will find out where they rank on the list of the state’s best places to work at an awards ceremony on April 21. This is the third consecutive year SJH and SJE have received this honor, and the first year for FMH.

A Community Partner
Saint Joseph - Berea (SJB) received the Corporate Partner Award from the Berea Chamber of Commerce for its involvement and financial support as a sponsor for a number of events and projects in 2008, including the Spoonbread 5-K Run. Last year’s run (Sept. 20, 2008) saw a record of more than 400 participants and marked the first time the run was held at the hospital, although SJB has sponsored the event for several years. SJB is now working on a healthy living and wellness event to take place in the spring of 2009.
After Woods reached the foothills of the mountain, he prepared for the steepest and most difficult part of the route to the summit.

Michael Rowan and Gene Woods (right) embarked on a five-day journey to reach the highest point in Africa, Mt. Kilimanjaro. Thousands of people attempt to climb the mountain each year; only one in four make it to the top.

Porters accompanied the climbers, often carrying 100 pounds of supplies on their heads. They accompanied the climbers on their ascent, providing them with food and water, and assisting them in navigating the difficult terrain.

Woods and the team took rest breaks periodically to acclimate to the increasing altitude and limited oxygen during the ascent. The journey was physically demanding, but the climbers persevered, inspired by the beauty of the mountain and the challenges they faced.

The climb involved five different ecosystems, including rainforest, heath, moorland, alpine desert, and glaciers. Each ecosystem presented its own unique challenges and rewards, as the climbers encountered diverse flora and fauna along the way.

By reaching the summit, Woods and his team achieved a remarkable feat, not only for themselves but also for the cause they were supporting, which was the promotion of environmental conservation and awareness.

In conclusion, the climb to the summit of Mt. Kilimanjaro was a testament to the determination and resilience of the climbers, who faced physical and mental challenges in their quest for a dream. The adventure not only provided them with a lifetime of memories but also served as a powerful reminder of the beauty and fragility of our planet.
We have to sometimes wake ourselves up out of the normal routine of life to grow. I look for adventures to test the physical and test the spirit. This one seemed to have all of that and then some.”

Gene Woods, CEO of Saint Joseph Health System, is referring to his trip to Tanzania, Africa, last October to climb Mount Kilimanjaro, the highest point in Africa, estimated at 19,300 feet. It is the largest freestanding mountain in the world and is often referred to as the “roof of Africa.”

The grueling five-day journey to reach the highest point of the mountain tested Woods’ physical and emotional strength more than any event in his life. But he was determined to return home having accomplished his goal.

Each year, thousands of climbers from around the world make the trek up the mountain. It is estimated that only one in four make it to the top.

“It was like a virtual U.N.,” said Woods about the journey. “I saw people from Britain, Spain, Ireland and Africa; I’ve never been in a place where so many nations were represented.”

He added, “Someone joked that if the world leaders would make this trek together, we would have a much better world.”

Last summer, Woods and Michael Rowan, chief operating officer of Catholic Health Initiatives, were attending a meeting in Colorado. Rowan invited Woods to join him on a mountain climb while they were there. During that relatively “easy” climb of 10,000 feet, Rowan asked Woods if he would like to join him in Africa three months later.

Woods had never considered climbing Kilimanjaro, but started his research quickly. After talking with colleagues and friends, and with encouragement from his wife, Ramona, Woods agreed to accompany Rowan and the others on the journey.

With only a few months to go before departure, he started the physical training that most climbers have a year to complete. A successful climb requires a person to be in excellent cardiovascular shape, from aerobic training and hours of walking.

“It’s challenging to train appropriately in Lexington, since we primarily have flat land,” Woods said.

Once in Tanzania, Woods and eight others (Rowan, two other climbers and a support team of six) started the climb of four days before even reaching the base of the mountain. “You find out pretty quickly that this is potentially more than you bargained for, and think, ‘why did I decide to do this?’ You realize that this is not going to be easy and the worst is yet to come,” Woods remembered.

Once at camp, the group prepared for a night climb so they would not be moving up the mountain in the hottest part of the day, allowing them to reach the top when the sun was up. The ultimate goal was to make it to Uhuru peak (the highest point), with a reported breathtaking view.

The reality of the journey ahead became even more apparent to Woods. At 11:30 p.m., the group started to walk up the mountain.

“It’s pitch black. We can only see with head lamps, and it’s extraordinarily hard to breathe,” Woods said. “At that altitude, there is literally half the oxygen you would normally have. One of
One of Vicki Hamilton’s goals this year is to run a mini-marathon — 13 continuous miles of her sneakers hitting the pavement. She trains every day by running, swimming, playing racquet ball and eating healthy. A year and a half ago, her goals were a little less ambitious as she first climbed on a treadmill, 140 pounds heavier, determined to change her life one step at a time.

“I had been a diabetic for years. I had hypertension, cholesterol issues, manic depression. My weight kept increasing,” said 48-year-old Hamilton, a registered nurse in the emergency department at Saint Joseph - Berea.

As a nurse, Hamilton knew she was on the wrong track. Aside from the obvious health conditions, she was tired of carrying around the extra weight. When she began having chest pain and palpitations, she feared heart disease. But a surprisingly clean heart cath inspired...
her to take action. "It was my wake-up call," she said. "I got a second chance."

Hamilton decided to attend a local Weight Watchers meeting. In September of 2007, she joined the program and began transforming her life. Her daughter, who also was overweight, joined as well.

"We came home and emptied the cabinets, refrigerator and re-shopped. We learned how to change recipes to make them healthier," said Hamilton, who now regularly substitutes ingredients with healthier choices when following a family recipe.

Hamilton eats three meals a day, snacks in between and chooses from a variety of foods. She watches portions and uses the Weight Watchers' point system to track her calories. A typical breakfast can include oatmeal, whole wheat pancakes, turkey sausage, cereal with yogurt, fruit or a reduced-fat cheese, egg beaters omelet with green peppers. For lunch, she usually grabs a big salad with veggies or a wrap. She’ll snack on grapes, popcorn, nuts, fruits and veggies at work. Dinner meals are diverse and include lean meats, homemade sauces and healthy ingredients.

Hamilton admitted to sometimes feeling like giving up at first. "That’s a human thing," she said. "I had to lose a lot of weight. That’s overwhelming. But I was determined and I set small achievable goals along the way."

Hamilton said her daughter, Ashley, helped motivate her and lost 60 pounds in the process, and was able to conceive after experiencing previous difficulty. "I needed to do it for me," Hamilton said. "But more than anything I wanted to do it for my daughter. I don’t want her to have diabetes [and other health problems like I had]."

Hamilton’s new lifestyle inspired her to join a wellness committee at Saint Joseph - Berea to explore ways to encourage employees to live healthier. The committee is in the planning stages of developing a Wellness Center that offers employees a holistic approach — body, mind and spirit — to living a healthy life. The center will include a gym and classrooms for education and workshops.

"The project has become near and dear to my heart," Hamilton said. "We looked at our employees’ health compared to the rest of the county and nationwide, and we think this will be so beneficial for them."

She added, “This is a lifestyle change. This is how I plan to live the rest of my life. I want our employees to live healthier and happier too.”

### Vicki’s Healthy Recipes

#### Pasta Sauce
- 1 cup chopped onions
- ½-1 cup chopped bell peppers
- 1 clove chopped garlic
- 1 tablespoon extra virgin olive oil
- 1 can diced tomatoes (or fresh tomatoes)
- sliced mushrooms optional

**Directions:** Sauté chopped onions, bell peppers and garlic in olive oil. Add diced tomatoes and salt and pepper to taste. Simmer until bubbling. The sauce is excellent served with pasta or rice (recommended: whole wheat pasta or brown rice).

#### Broccoli Casserole
- 2 10 oz. packages of frozen chopped broccoli
- ½ cup egg beaters
- ½ cup fat-free or skim milk
- 1 can 98% fat-free cream of celery soup
- 1 cup fat-free mayo (recommended: Kraft)
- 1 cup fat-free cheddar cheese (recommended: Kraft)

**Directions:** Defrost broccoli for 15 minutes at 60% power in the microwave. Mix eggs, milk, soup, mayo and cheese in separate bowl. Pour mixture over broccoli and bake at 375 degrees for 30 minutes, or microwave for 20 minutes.
It’s not enough that Dr. James Shoptaw is a top cardiovascular surgeon performing a procedure new to Saint Joseph - London (SJL) and the region (abdominal aortic stent grafting). It’s not enough that his skills have helped the hospital earn recognition as one of the 100 top cardiovascular hospitals in the nation. It’s not enough that he works 12-hour days, yet still treats patients and co-workers like beloved family members. It’s not enough that he’s a devoted husband (to Helen) and father of three boys (soon to be four).

This past Christmas the 46-year-old surgeon volunteered with fellow church members at Hawk Creek Baptist and the hospital staff to put on a huge event for needy families in Laurel County. “There’s a lot of poverty in this county,” Shoptaw said. “At Christmas we fed 900 kids and parents; the hospital co-sponsored the event with our church. When the families left, each kid got a coat, shirt, two pairs of pants, shoes, a Bible and a toy. The family got a gallon of milk and a week’s worth of food.”

SJL donated manpower and money to the effort, said the surgeon, who is chief of medical staff at the facility. “If the hospital is truly going to meet their ministry in this area, they have to meet the physical needs, the spiritual needs and the medical needs of the community,” Shoptaw said. “The mission of a hospital doesn’t stop at the hospital.”

Shoptaw is part of a new breed of surgeon. He’s an employee of the hospital. “My practice is owned by the hospital,” he said. “That’s becoming more commonplace with doctors. There’s a lot of responsibility to running a surgical office. With reimbursements going down and expenses going up, you may see more and more doctors working for hospitals.”

Helen Bruner, his office manager, has been with him since 2002. “He’s a wonderful physician as well as a wonderful person,” Bruner said. “I’ve watched how he deals with patients and staff members. He always shows caring, concern and compassion. That’s just the way he is. You can’t say enough good about him.”

Tonya Lewis still talks about the triple-bypass heart surgery Shoptaw performed on her mother last year. “He has such a caring bedside manner,” Lewis said. “He made Mom so comfortable. He explains everything about the surgery in such great detail that he makes you feel part of the process.”

He explains everything about the surgery in such great detail that he makes you feel part of the process.”

Her mother was a very sick woman before surgery, Lewis said. That’s why “I truly feel he saved her life.”

As cardiothoracic unit manager, Dwight Martin, R.N., works closely with Shoptaw. “Dr. Shoptaw is very concerned about the quality of patient care,” Martin said. “He wants to be sure patients have excellent outcomes. He’s here every day making rounds to make sure.”

The cardiovascular surgery team is like family, Martin said. Shoptaw “gets along great with the staff. He is excellent at teaching new staff members. And he’s wonderful with his patients. He’ll even pray with them.”

Shoptaw sees the cardiovascular team’s expertise and dedication as vital reasons why SJL has been chosen one of only 100 top cardiovascular hospitals in the U.S. (Thomson Reuters, 2008). “They’re committed to patients and their outcomes,” he said. “It takes someone who has an interest in being the best

Continued on page 13
I f you ask Joe Ann Mattingly how she feels about dying of lung cancer, she’ll tell you her focus is on life. “I don’t have a deadline here,” the Hospice of Nelson County patient said. “I know I have to face death. But you never know – I might get to feeling better and go back to the gambling boat.”

The spunky lady is a patient of Hospice of Nelson County, which is a service of Flaget Memorial Hospital in Bardstown. She has plenty of experience with end-of-life care: Her mother, mother-in-law, sister — and recently, her husband — have all been Hospice of Nelson County patients.

“I think Hospice is great,” Mattingly said. “They make you feel so comfortable — like you’re part of their family. When you’re down in the dumps and depressed, you can call the nurse any time of the day or night. No words could explain how great they are.”

Mattingly’s Hospice nurse is Stacey Hurst, who makes two weekly visits to assess Mattingly’s condition. When these two sit chatting on Mattingly’s living room couch, they’re like old friends telling tales and joking with each other. “Joe Ann is just so full of life,” Hurst said. “She always has a smile. She lights up a room with her positive energy. That’s one reason she’s done so well.”

Mattingly calls Hurst one of her angels. “Stacey always has a smile, too,” the patient said. Sometimes Mattingly reminisces about her husband, Fabian. “He was my sixth-grade sweetheart,” she said. “I sure do miss him.”

Mattingly often wonders how Hurst can face so much death. “I see more of life,” her nurse said. “I get to see the love your family gives you. Life is the biggest part of it.”

Later, after the women have wrapped each other in a warm hug, Hurst makes her way to another patient. “For these people to be in their own house, their own bed, surrounded by their family — that has so much dignity, so much grace,” the Hospice nurse said.

There are many ways Hospice nurses can support patients and caregivers, the nurse said. “We call the doctor and get orders for medical equipment or prescriptions,” Hurst said. “We work to control pain, anxiety, agitation, skin breakdowns and infections. We deliver nutritional supplements if the patient is having trouble eating.”

Hurst said Hospice nurses can also get a trained volunteer to care for the patient while the caregiver goes out for a break. “We take call and answer questions in the middle of the night. We can summon the social worker if they are struggling with bills, or the chaplain if they have spiritual needs,” she added. “Our goal is to...”
Ken Page, House Administrator

By Kathie Stamps

As one of six house administrators who cover every hour of every day at Saint Joseph Hospital, Ken Page works 7 p.m. to 7 a.m. and has many stories to tell about the night shift. He has worked in critical care and the emergency department for 25 years, the last 17 at Saint Joseph since he moved to Lexington from Louisiana. Ken is an R.N. with a B.S. in health care administration. He is ACLS, PALS, ENPC and TNCC certified.

What do your duties include?
Adjusting staffing for med-surg, telemetry and critical care; bed assignments for surgery patients, ED patients, cath lab patients and direct admits that need telemetry or critical care beds; responding to Code Blues, Code Reds, Code Grays. We talk with Kentucky Organ Donor Association (KODA) about potential organ donation when there is a death. It is almost like being a conductor of an orchestra because you usually have multiple areas that need your attention at one time.

What makes you good at your job?
You have to be versatile and not afraid to make decisions. Ninety percent of my job is talking to people. I try to treat everyone the way I would want to be treated, and no matter how stressed the job can be I try to treat everyone with respect.

What changes have you noticed over the years?
All aspects of health care have become more complex and technical. The patients are all much higher acuity with multi-system problems. The staff has to have a higher skill level to care for the higher acuity and all of the different equipment used. I believe burnout rate is higher also. As the average age of the population is getting older, end-of-life issues are being addressed more openly. We are fortunate to have chaplains on duty 24/7 to help with these issues.

What keeps you going?
My job is always interesting and I feel that I am helping to make a difference in people's lives. God has truly allowed me to be part of the ministry here. We have such an excellent staff and they make my job look easy. Gayle, my wife, has always been very understanding and supportive of my working night shifts and weekends. She has always supported me spiritually and emotionally.

What do you do away from work?
I enjoy home projects and activities at church. I am a family person; whatever my family is doing is usually...
they can be every day they come to work. That’s the way this team is. I think God has blessed us here. We’ve been shown favor to create quality care in the region.”

One of Shoptaw’s goals is to make SJL the only tertiary care hospital between Knoxville and Lexington. That means developing a trauma service, adding a neonatal intensive care unit to upgrade OB services, and hiring an on-call surgeon for the emergency department, among other improvements.

“That way we can treat just about everything – and not ship people out,” he said.

If the surgeon had a motto, it would come from Proverbs 3:5:

“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”

That “motto” helps Shoptaw leave his patients and his life in God’s hands, he said.

“If you follow that, you can go to bed satisfied you’ve done a good day’s work.”

Welcome to My World provides a brief walk in another Saint Joseph employee’s shoes. Do you know someone who is outstanding in his or her job? Nominate them at SaintJosephCommonThread.org.

Bardstown
Relay For Life
American Cancer Society’s annual 24-hour walk-a-thon fundraiser
May 2-3, Nelson Co. High School
Sign-Up/Donate: Pat Russman, 502.350.5105

Berea
Get Healthy Berea
Cycling, 5-mile trail run, health screenings, vendors/exhibits
June 6, Saint Joseph - Berea
Watch for more details.
Sign-Up/Info: Greg Gerard, 859.986.6366

Lexington
Heart Walk
American Heart Association’s heart-healthy fundraiser
April 25, Commonwealth Stadium
Sign-Up/Donate: Julie Coffey, 859.313.4561

March for Babies
March of Dimes’ fundraiser for community programs that help moms have healthy, full-term pregnancies.
April 25, Coldstream Park, 10 a.m.
Sign-Up/Donate: Kelly Johnson, 859.967.5705

London
Relay For Life
American Cancer Society’s annual 12-hour walk-a-thon fundraiser
June 19, 7 p.m.-June 20, 7 a.m., London Optimist Club Sports Center
Sign-Up/Donate: Candice Fox, 606.877.6133

Martin
Relay for Life
American Cancer Society’s annual 12-hour walk-a-thon fundraiser
May 29, 7 p.m.-May 30, 7 a.m., Archer Park, Prestonsburg
Sign-Up/Donate: Mary Martin, 606.285.6590

Mount Sterling
Relay For Life
American Cancer Society’s annual 12-hour walk-a-thon fundraiser
June 26, 7 p.m.-June 27, 7 a.m., Easy Walker Park
Sign-Up/Donate: Lynn Lockridge, 859.497.7749.
Upcoming Events

Taste of Bardstown
The annual “Taste of Bardstown” food tasting will be held on Apr. 13 to benefit Flaget Memorial Hospital’s Hospice of Nelson County and the Bardstown-Nelson County Hospitality Association. The event, which will be held from 5:30-7:30 p.m. at the Blue Grass Entertainment and Expo Complex, offers a feast of meats, elegant salads, vegetables and desserts, all cooked and donated by local restaurants. Nelson County High Key Club students will donate fanciful baskets for a silent auction that benefits Hospice.

Bowl for Kids’ Sake
Saint Joseph - Mount Sterling (SJMS) will participate in an annual fundraiser for Big Brothers Big Sisters of the Bluegrass on Apr. 19 at Sterling Lanes. “Bowl for Kids’ Sake” raises money to help provide the resources needed to put mentors in the lives of children that need and want a Big Brother or Big Sister. Everyone can get involved as a bowler on a SJMS team or as a financial supporter. Family members and friends are welcome to join the fun. Call Cindy Clark at 859.497.7746 for more details.

Baby Fair
The Flaget Memorial Hospital Baby Fair, organized by Flaget Birth Center nurses and sponsored by the hospital, will be held at the Bardstown Baptist Church in Bardstown on Apr. 25 from 10 a.m.-1 p.m. The fair offers free information for moms and dads about pregnancy and child care, displays, demonstrations and door prizes, free refreshments, and fun for the whole family. A Diaper Derby rewards the baby with the fastest crawl.

Maternity Fair
Saint Joseph East’s (SJE) 10th Annual Maternity Fair will be held on May 9 on the hospital campus from 8:30 a.m. to noon. Parents-to-be and those who are planning to have a baby in the future are invited to enjoy the festivities, including tours of the maternity facilities, lectures from experts on pregnancy/baby topics, local merchants with exciting displays and products, a live radio remote, breakfast goodies and plenty of prize give-aways. The grand prize includes free delivery of a baby at SJE. Employees, friends and family may register for this free event at SaintJosephMaternityFair.com.

If you’d like to volunteer during the event, call Angela Florek at 859.967.5781.

Golf Tournaments
Mark your calendars for two golf tournaments this June, which will benefit programs of the Saint Joseph Hospital (SJH) Foundation and the Saint Joseph - Mount Sterling (SJMS) Foundation. On June 5, the 8th Annual SJMS Foundation Golf Tournament will be held at the Mount Sterling Golf and Country Club. For player or sponsorship information, contact Chris Peck at 859.497.8855. On June 15, the 20th Annual SJH Foundation Golf Tournament will be held at the University Club.

Faces of Cancer
Faces of Cancer, an exhibit of photos of cancer survivors, will have its unveiling at My Old Kentucky Home State Park in Bardstown in the Grand Ballroom on June 28 from 2-4 p.m. The event is intended to inspire cancer patients and survivors. Speakers will include an oncologist and a cancer survivor. Free refreshments will be served. Sponsors are Flaget Memorial Hospital, The Kentucky
Cancer Program, the Patient Advocate Foundation and Lakeview Photography.

**Call to Volunteers**

**Caring Partners Needed**

The Saint Joseph - Berea (SJB) Auxiliary is looking for volunteers who want to partner with the hospital to help make its ministry richer by giving their personal service to patients and families. Auxiliary members work in various areas throughout the hospital and support important programs like the Lifeline Emergency Response System and Henrietta Child Fund Committee. The Auxiliary has recently been asked to reinstate host service to the second floor surgery/ICU waiting area and to provide reception service to administration, but needs more volunteers to accomplish this. If you or someone you know would like to find out more about joining the SJB Auxiliary, contact Katie Heckman at 859.986.6535.

**Accolades**

**Waneta P. Newsome Award**

The latest winner of the Waneta P. Newsome Employee Recognition Award at Saint Joseph - Martin is Larry Robinson, a member of both the materials management and plant services teams. This award recognizes those individuals whose performance on the job gives special meaning to Saint Joseph’s core values of Reverence, Integrity, Compassion and Excellence.

**Daisy Award**

Congratulations to the second quarter 2009 recipients of the Daisy Award for Extraordinary Nurses. The award program is currently in place at Saint Joseph Hospital, Saint Joseph East, Saint Joseph - Berea and Saint Joseph - Mount Sterling to recognize nurses who provide a remarkable patient experience. To learn more or to nominate someone for this award, visit SaintJosephNurses.org.

**Congratulations to the Recipients:**

Kristy Carter, RN: 5A Acute Stroke Unit, SJH
Vanessa Harris, RN: Med/Surg, SJMS
Allison Manning, RN: CCH
Frances McKeenan, RN: Pre-Op Surgery, SJB
Linda Underwood, RN: Telemetry, SJE
Susan Webb, RN: Same Day Surgery, SJMS

**Saint Joseph Boasts an Author**

Karen McKnight, RD, LD, was recently published as a co-author in an article titled "From Trays to Tube Feedings: Overcoming the Challenges of Hospital Nutrition and Glycemic Control" in Diabetes Spectrum, a national publication of the American Diabetes Association (volume 21, number 4). McKnight, director of the Saint Joseph Diabetes & Nutrition Center, is also listed as a contributor to "CQI: A Step-by-Step Guide for Quality Improvement in Diabetes Education," published by the American Association of Diabetes Educators (second edition, 2008).

**Announcements**

**Final Weigh-in in Bardstown**

The “Trim Down, Bardstown!” community-wide weight-loss program’s final weigh-in will be Apr. 9. Those who have lost seven percent of their body weight during the nine-week program (the "Biggest Losers") will have their names entered into a drawing for donated prizes such as free gym memberships.

**Employee Wellness Initiative**

Saint Joseph Health System will offer its employees a new wellness program called “Spark4Life” beginning this March to encourage healthy living. Watch for more information, including the program’s exciting incentives!

**Kick the Habit Graduation**

Flaget Memorial Hospital’s “Kick the Habit” 13-week Cooper-Clayton smoking cessation course graduation will be Apr. 1. Former graduates who are still smoke-free will join new quitters to celebrate.
Adding it Up
Jeff Amburgey’s lifelong love of numbers
By Kathie Stamps

Jeff Amburgey has put his lifelong love of numbers to good use, both for Berea College, where he is the vice president for finance, and for the Saint Joseph Health System board of directors, where he chairs the Audit and Compliance committee. He was involved with the board on a local level since 2000 when Saint Joseph - Berea was known as Berea Hospital. He also chairs the finance committee for the board of directors of the Saint Joseph - Berea Foundation.

In 1994 Amburgey joined the staff of Berea College as associate controller. By March 2005 he was promoted to VP for finance. Berea College is one of only eight “work” colleges in the country. “Here, every student gets full tuition,” he said. An endowment pays all of those tuition fees and funds 80 percent of the school’s general operating budget. It’s his job to make sure the endowment remains healthy.

He oversees the accounting and financial operations of the college, including administration of all financial policies, strategic financial planning, endowment and investment oversight, internal and external financial and tax reporting, budget development and monitoring, insurance, cash management, general accounting, accounts payable, accounts receivable and purchasing.

In the last few years Amburgey has been a faculty member of the College Business Management Institute (CBMI). He also serves as vice chair of the Association of Independent Kentucky Colleges and Universities (AIKCU) Business Officers and is the treasurer of the Berea Credit Union board of directors.

A native of Mount Sterling, Amburgey received his undergraduate degree in accounting at EKU and a master’s of science in accounting at UK. “When I was little I probably wanted to be a farmer,” he said. “My dad was an entrepreneur. He owned a farm equipment tractor dealership.” Amburgey was around the family business his whole life and in high school he started doing some bookkeeping for the company. “I like math,” he said.

Away from the calculators and spreadsheets, Amburgey enjoys reading financial literature. He also likes to work outside, especially in the vegetable garden at his house in Richmond. His wife, Janie, also has a degree in accounting. Their daughter, Meagan, is a student at Madison Central High School. The Amburgeys attend Richmond Church of Christ, where he is a deacon and the chair of the church’s finance committee.

Growing up, Amburgey learned a strong work ethic from his father. “He instilled it in all his kids,” he said. “There is dignity in all work, regardless of what it is, and you need to do it well.” Responsibility, accountability, integrity and trust — in no particular order — were other very important teachings from his dad. “All those good core fundamental Christian principles helped lay the foundation for my professional career.”

“There is dignity in all work, regardless of what it is, and you need to do it well.”
Climbing Kilimanjaro

the climbers became very sick, and had to turn back.” Woods later became sick himself, but continued on.

In addition to the extreme temperature (Woods was wearing six layers and was still cold), the terrain itself created another challenge. The ground was sandy, a result of the volcanic activity of years past. “If you can imagine walking in beach sand, up a very steep hill, with little oxygen, that will give you some sense of what it was like. One writer described it as a soul destroying trudge,” he said.

When the group started on day one, it was approximately 90 degrees. By the time they were on the mountain, it was well below zero.

Woods remembered, “You really have to think about that next step. You cannot think of the top. It takes every ounce of energy that you have to move on.”

“You think about family. I have two boys that were excited that I was going and telling their classmates that their father was climbing the mountain. I had to make it to the top for them,” he added.

After seven hours that seemed like seven days, Woods and the others reached Uhuru peak at 6:30 in the morning.

“You get to the top, and the guide says, ‘it’s extremely cold up here and we can only stay for five minutes. So take your pictures, and we have to go back down,’” Woods said. “The problem for us is that you could not see. One of the payoffs of getting to the top is the beautiful view. But we couldn’t even see the glaciers next to us because it was so cloudy that morning.”

The group started the journey back down the mountain, making it to their starting point in one day (instead of the five-day climb).

Woods said that he did not have the energy to reflect until he was returning to the States. “The sense of accomplishment really didn’t hit me until the plane ride home. Climbing up Kilimanjaro is just as much a spiritual journey as it is a physical one. Isaiah talks about the house of the Lord can be found at the top of the mountains. You do feel a greater Presence in that majestic environment.”

Woods relates the experience to the beginning of Saint Joseph Health System’s journey. “Martin Luther King used the reference of having been to the mountain top, and it’s a wonderful analogy for the challenges we face in other areas of our lives, or even with Saint Joseph, and how we play a part of solving the health care crisis in this country.”

Woods added, “We’ve come such a phenomenal distance in the year that we’ve been together as a system. To me, that represents the four-day climb that it took to get to base camp. In order for us to get to that next level will require all of us to do more than we ever thought we were capable of. But like our founding sisters before us, I have every confidence that we will reach the summit guided by God and our mission. We have many people counting on us to do so.”
inspiration

“IT MAKES ME FEEL WE’RE ON ONE ACCORD. WE’RE EQUAL.”

Monica Tucker grew up listening to stories about segregation from her mother and grandmother. As African-Americans living in a segregated Kentucky, they were forced to use separate public bathrooms and sit in the balcony at movie theatres. As a little girl in the late 50s-early 60s, Tucker attended an integrated school in Sacramento, Calif. But when her family returned to Lexington, Ky., she experienced segregation firsthand when she was forced to attend a separate school for black children.

“Kentucky was still segregated and it wasn’t until the fourth grade when we integrated,” recalled 54-year-old Tucker.

When Tucker stood on the National Mall in Washington, D.C., on Jan. 20 to witness President Barack Obama’s inauguration, she remembered those stories and all the heroes who participated in the fight for civil rights.

“I kept thinking about my grandmother and other relatives who are gone, that they were not here to experience it,” said Tucker, a registered nurse at Saint Joseph Hospital.

Tucker didn’t think America would elect a black president in her lifetime.

“For me, it shows America has changed. It makes me feel we’re on one accord. We’re equal,” she said.

Aside from a desire to be part of history, Tucker wanted her 14-year-old grandson to experience the moment.

“I want him to know you can do what you set your mind to do,” Tucker said.