Extreme Makeover
Lisa Payne helps ABC show rebuild a family’s home

Prayer Power
Passion for our Planet
Little Miracles

Win a $75 Visa Gift Card!
See Details Inside
Dear Saint Joseph Family,

This year is shaping up to be one of the most exciting in our history. With multiple growth and quality improvement initiatives in place across Saint Joseph Health System which will continue to strengthen our reputation across the Commonwealth, we are also preparing to celebrate the grand openings of The Women’s Hospital at Saint Joseph East, Flaget Cancer Center and Saint Joseph - London.

As our growth continues across the state, so does the outreach and tremendous work that our Saint Joseph family is performing on a daily basis.

This month’s cover story features Saint Joseph East RN Lisa Payne. Lisa and her family recently volunteered their time and traveled to her hometown of Owensboro to help build a home for ABC’s Extreme Makeover: Home Edition. The wife in the family who received the new home also worked in the health care field, and had experienced some very difficult times over the last few years.

Also this month, you will read about Dr. Merchant at Saint Joseph East, who became a spontaneous Santa figure to a needy family in the emergency room this past Christmas. At Saint Joseph Hospital, RN Trudy Paynter and Chaplain Scott Buck started the employee prayer ministry, creating a network of employees who volunteer their time to pray over employee and patient requests.

At 92 years young, retired physician Dr. Everett Schaeffer volunteers his time at Saint Joseph - Berea and is a shining example for all of us to live “greener” every day. Over at Saint Joseph - London, Nursing Assistant Michelle Powell welcomes us to her world where she takes care of newborns and assists in their delivery on the maternity unit.

At Saint Joseph - Martin, Sam Forsyth (radiographer in nuclear medicine) shares his story of traveling through treacherous winter weather to make it to the hospital and take care of patients. Finally, our board member spotlight this month focuses on Mount Sterling resident Miller Hoffman who believes in the philosophy of listening to all sides of the story before making important decisions.

These stories are shining examples of the mission of Saint Joseph Health System. I continue to be humbled by how our employees live this mission not only while at work, but also in the communities where you live. In fact, the next issue of Common Thread will focus specifically on the wonderful mission and advocacy efforts by many of you to help those in need in our local towns, and across the world.

Gene Woods
CEO
Saint Joseph Health System
Lisa Payne returned to her hometown of Owensboro, Kentucky to volunteer on the "Extreme Makeover: Home Edition" national TV show. Her children in tow, Payne was involved in the fast-paced, behind-the-scenes action and rubbed elbows with a few celebrities. She said it was an exciting and humbling experience as she watched a family find hope again. Read about her experience on page 10.

**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 **Health Care Hero** Dr. Ketan Merchant plays Santa to a 4-year-old boy in the ED.

7 **Mission Moments** Trudy Paynter offers employees spiritual support through new prayer ministry.

8 **Welcome to My World** Michelle Powell helps welcome babies into the world as an OB Tech.

9 **Role Model** Sam Forsyth embarked on a four-hour, snowy trek to make his shift on time.

10 **Cover Story** Lisa Payne helps a popular ABC show rebuild a family’s home in her Owensboro hometown.

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

14 **Living Green** At 92, “Doc” Schaeffer is still living out one of his life’s passions: saving mother earth.

16 **Common View** Miller Hoffman puts himself in another’s shoes as he serves on the SJHS board.

To submit your story ideas or news to Common Thread, visit SaintJosephCommonThread.org.

A $75 Visa gift card could be yours if you can answer this question correctly:

Who joked about wanting to be an astronaut? Somewhere in this issue of Common Thread you’ll find the answer. Submit your answer at SaintJosephCommonThread.org. Correct answers will be entered into a drawing on April 9 for a chance to win one of three $75 Visa gift cards. Only employees can enter this challenge. Congratulations to previous winners Lisa Ison (Saint Joseph Hospital), who won the Wii Fit, and Dora Skidmore (Saint Joseph - Mount Sterling), Tiffany Adams (Flaget Memorial Hospital), Sherry Wilson (Saint Joseph - Berea) and Fredia McIntosh (Saint Joseph Hospital), who all won fitness DVDs.
The robotics team at SJH celebrated its 500th case using the advanced da Vinci technology. Dr. Magdalene Karon (OB/GYN) performed the 500th case—a hysterectomy.

Bruce Klockars accepted the permanent position as president of SJMS, in addition to his role as president of FMH. Employees celebrated the news by throwing him a cake party.

Several clinicians surprised LaJava Chenault (holding book) with a party to celebrate her promotion to vice president of nursing for SJH, SJE and SJJ.

At SJE, Sister Laura Wadage (left), Becky Rose, RN (center) and Dianna Davis, RN (right) said a prayer with nurses worldwide on Jan. 1 as part of the Million Nurse Global Caring Project.

Julie Hawkins, RN (left) with Saint Joseph Heart Institute volunteered at the Macy’s Wear Red Day event Feb. 5, helping to give free blood pressure screenings and heart-healthy information.

The 3B surgical telemetry nursing staff at SJH collected $500 for Shriners Children Hospital in Lexington. Staff members Trinia Drisker, Heather Giles and Fannie Smith (three in center) delivered the gift.
SJL President Virginia Dempsey (left) presented the U.S. Commerce Association’s “2009 Best of London Award” to the manager of Seton Home Health, Margaret Hamblin (right).

SJH case managers (from left) Wanda Shepherd, Carrie Rogers and Rhonda Brewer wore red to show their support for the Go Red for Women movement, which SJHS sponsors in central Kentucky.

Saint Joseph Heart Institute staff members at SJH sported shades of red on National Wear Red Day to support the fight against heart disease.

From left, Flora Washburn, Katie Heckman, Pat Patton (CNO) and Greg Gerard (president) received three recent awards from the Berea Chamber of Commerce for SJB’s commitment to improving the health of its community.

Saint Joseph Heart Institute staff members at SJH sported shades of red on National Wear Red Day to support the fight against heart disease.

Carol Jo May performed free blood pressure screenings and handed out information during SJM’s Wear Red Day event for visitors and employees.

SJL President Virginia Dempsey (left) presented the U.S. Commerce Association’s “2009 Best of London Award” to the manager of Seton Home Health, Margaret Hamblin (right).

Dr. David Faber modeled his favorite red dress in FMH’s Wear Red Day fashion show. Employees voted on who they wanted on the catwalk to raise money for the American Heart Association.

Carol Jo May performed free blood pressure screenings and handed out information during SJM’s Wear Red Day event for visitors and employees.
New Threads

Stay informed on the latest Saint Joseph Health System news by reading “New Threads” in every issue of Common Thread.

Save the Dates

Women’s Hospital Opening at Saint Joseph East
March 23, 2010
Ribbon-Cutting Ceremony at 10 a.m.
Open House at 5 p.m.

March 29, 2010
Official Opening/Accepting Patients

May 8, 2010
Grand Opening
Celebration & Maternity Fair,
Special Guests to be announced
8:30 a.m.-Noon

Growth

Women’s Hospital Opens March 29
Saint Joseph East (SJE) will open its new Women’s Hospital on March 29. The 60,000-square-foot addition, dedicated exclusively to women’s services, will accommodate the enormous maternity growth that SJE has experienced during recent years and be the first of its kind in Kentucky. The $60 million facility, connected to the hospital by pedway, will house labor/delivery/recovery rooms, neonatal intensive care, a large nursery and all other aspects of maternity care. It will have a capacity of 3,000 deliveries annually.

The Women’s Hospital will feature patient-centered design and amenities, with the entire family’s comfort in mind. For example, there will be a special waiting area for expecting dads and an education center, gift shop and courtyard. Throughout the facility will be original artwork by local artists with a common theme of mothers, babies and families.

See sidebar (above) for grand opening events. To learn more, visit SaintJosephEastKy.org or call 859.967.5000.

Flaget Cancer Center
Flaget Memorial Hospital (FMH) is opening a new, full-service cancer center that will offer a first for its community: radiation cancer therapy. Radiation treatment will be delivered through cutting-edge technology that targets a tumor more precisely, spares healthy tissue, and results in fewer side effects and greater comfort for patients.

The center will be housed in a 2,800-square-foot addition to FMH’s Medical Office Building (MOB). The center will also include 4,800 square feet of renovated space in the MOB that will be used for new, private chemotherapy rooms, intravenous therapy treatment for patients with diseases other than cancer, patient education areas, employee work spaces and other amenities. Flaget Cancer Center will be completed this summer.

Technology

da Vinci Makes Open-Heart Surgery a Closed Case
Saint Joseph Heart Institute is offering a remarkable new procedure that utilizes the da Vinci robotic technology in place at Saint Joseph hospital to change the way heart surgery is performed—making open-chest surgery a closed-chest procedure (in certain cases), which means less pain, faster healing and a shorter hospital stay.

Traditional “open chest” surgery involves a 10-inch incision, splitting the patient’s breastbone and spreading the ribs with a retractor. Patients undergoing da Vinci robotic heart surgery usually have just three tiny incisions less than 1 cm, and the chest is not “cracked open” at all. The benefits are clear: no open chest, less pain and trauma and a shorter recovery and hospital stay. Visit HeartCare-Breakthrough.com to learn more and to watch our new TV commercial.

Wireless EKG will Benefit Rural Heart Attack Victims
At Saint Joseph - Mount Sterling (SJMS), a new program, CODE STEMI, slashes the time it takes to diagnose and treat the most serious type of heart attack, known as a STEMI (ST-Elevation Myocardial Infarction). When paramedics from the Montgomery County Fire/EMS are summoned for a possible heart attack victim, they now perform a rapid EKG at the scene.
EKG results are transmitted wirelessly to the SJMS Emergency Department, where a physician reads them. If a STEMI is confirmed, the physician can activate the cardiac catheterization team at Saint Joseph Hospital in Lexington, where the patient can be transported via helicopter. Visit StJosephMountSterling.org to learn more.

**Milestones**

**25,000 and Counting!**
January 2, 2010 marked the one-year anniversary of Saint Joseph - Jessamine. RJ Corman Ambulatory Care Center (SJJ).

Since opening more than a year ago, the facility has seen a steady increase in volumes demonstrating the need it’s fulfilling in Jessamine County. In its first full year of operation (calendar year 2009), SJJ treated 25,274 patients in its emergency department. That number is quickly increasing in 2010. Additionally, in its first year, SJJ exceeded budget by 28 percent.

**Creating a Healthier Community**
Saint Joseph - Berea (SJB) received three awards at the annual Berea Chamber of Commerce Awards Banquet. Greg Gerard, president of SJB, won the “Health Care Professional of the Year Award” and SJB won the “Business of the Year Award” and a “Corporate Partner Award.” These awards reflect the many community events and sponsorships by SJB to improve the health of its community.

**Best of Local Business**
Saint Joseph - London's Seton Home Health was selected for the “2009 Best of London Award” in the Home Health Service category by the United States Commerce Association (USCA). The USCA's "Best of Local Business" award program recognizes outstanding local businesses throughout the country.

**Leadership**

**VP of Mission**
Michael Garrido is the new vice president of mission integration for Saint Joseph Health System. He also serves as the on-site mission leader for Saint Joseph Hospital, Saint Joseph East, and Saint Joseph - Jessamine.

**Controller**

Bruce Klockars has accepted the permanent position as president of Saint Joseph - Mount Sterling, and will retain his position as president of Flaget Memorial Hospital.

**COO/CNO of FMH**

Bruce Klockars has accepted the permanent position as president of Saint Joseph - Mount Sterling, and will retain his position as president of Flaget Memorial Hospital.

**COO/CNO of SJB**

LaJava Chenault was promoted to vice president of nursing for Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine.

**President of SJMS**

Bruce Klockars has accepted the permanent position as president of Saint Joseph - Mount Sterling, and will retain his position as president of Flaget Memorial Hospital.

**VP of Nursing**

LaJava Chenault was promoted to vice president of nursing for Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine.

**COO/CNO of FMH**

Sue Downs is now serving as chief operating officer and chief nursing officer of Flaget Memorial Hospital.

**COO/CNO of SJB**

Pat Patton is now serving as chief operating officer and chief nursing officer of Saint Joseph - Berea.
This past Christmas Eve, when a mother arrived at Saint Joseph East’s (SJE) Emergency Department weakened, unwashed and very sick—trailing her little boy behind her—Dr. Ketan Merchant got his chance to play Santa.

The young woman was vomiting and had a raging kidney infection. To add to her woes, she was pregnant.

“She looked down when I told her,” said Merchant, an ED physician with Team Health, an agency that staffs emergency departments. “The pregnancy was not happy news for her. There wouldn’t be enough resources to go around.”

While the mother was being treated, her 4-year-old remained completely calm.

“He was so well-behaved,” Merchant said. “When we saw that we would need to admit the mother for a few days, we asked her who could come get the child. She said she had no one. We had the option of calling Child Protective Services. But the boy wanted to stay with his mother.”

The woman refused to stay if her child couldn’t be with her. For a few minutes, the physician considered taking the unwashed boy home to his own two sons. But Merchant didn’t have custody.

The physician appealed to Pat Wilson, SJE house administrator, to let the boy stay. Wilson was doubtful at first, she said. After all, SJE is not a pediatric facility. But Merchant “really pleaded his case,” she said. “When he told me about the desperate situation of this mother, I asked that an exception be made.”

Nursing Director Deb Bryant granted permission. Nurses took the boy for a shower, and then “we all fed him,” Wilson said. Then the house administrator arranged for the staff to put a pull-out bed in the mother’s room for him.

Jessica Collins, RN, an ED nurse, felt concern for the child.

“It was looking like the mother would be in the hospital through Christmas, and everyone was sad for the little boy,” Collins said. “He might not get a visit from Santa.”

But Merchant wasn’t about to let the child go without. An hour after the mother and son were settled in, the physician came through the ambulance bay doors laden with Sponge Bob pajamas, clothing and toys.

“I didn’t do anything any other doctor wouldn’t have done,” he said. “The ED is the safety net for the indigent of

Sometimes the poor don’t lead the lives we would want for them. But if you don’t judge them, you may be able to affect them in a good way. I like to think we treat all people as family.”

Continued on page 17
If you work at Saint Joseph Hospital or Saint Joseph East you have an extra benefit that you’re not likely to find in any workplace handbook. It is a prayer ministry created to give employees spiritual support when facing difficult times.

“It is powerful to know you have a group of people praying for you and bringing your request to the Lord,” Trudy Paynter explained. Trudy is a RN with a 20-year career at Saint Joseph Hospital. She and Chaplain Scott Buck initiated the employee prayer ministry. They both hope it grows to encompass every sister hospital within Saint Joseph Health System.

How it started

“I give God all the Glory, nothing I have done, but everything he has done,” Paynter said. “We work at a Christian-based institution. Regardless of what area we work in, every employee is focused on taking care of the patient. But, who takes care of the employee?”

“Employees come in the front door and whatever burdens, whatever sorrows they are going through, they have to drop at the door. They switch gears because they are here to make our patients’ lives better.”

Paynter often witnessed her co-workers coping with personal pain or trials and she would ask herself who is praying for them? Who is ministering to them?

God gave her the answer. She said, “The Lord placed it on my heart that somebody needed to be praying for our co-workers.”

Paynter went to Chaplain Scott Buck for guidance to start a prayer ministry for employees. Buck said, “I thought it was a great idea.”

He also felt a calling to minister to employees even before Paynter came to him with the idea. The chaplain shepherded the idea through the approval process. Paynter said, “Without Scott, this would still be a prayer.” When the executive board granted approval, Paynter and Buck realized that many people were being called in the same direction.

As the prayer group’s adviser, Buck worked out details, carefully developing a policy to protect confidentiality and meet HIPAA regulations. It was important that the prayer team members volunteer their own time to meet, during a 15-minute break, so their work would not be interrupted. A confidential voice mail was set up for employees to leave prayer requests. And, requests written in the chapel’s prayer book were to be included for prayer, as well.

Prayer Power
Trudy Paynter offers employees spiritual support through new prayer ministry
By Kym Russell

Trudy Paynter recites two verses as building blocks for the employee prayer group:

Mark 11, Verse 24: Whatever things you ask when you pray, believe and you will receive it and you will have them.

Colossians 4, Verse 2: Devote yourself to prayer, being watchful and thankful.

Prayer line numbers:
Saint Joseph Hospital 859.313.3444, ext. PRAY (7729)
Saint Joseph East 859.967.4673, ext. HOPE (4673)
Michelle Powell helps welcome babies into the world

By Kathie Stamps

A native of London, Ky., Michelle Powell graduated from South Laurel High School (Go Cardinals!) and began her health care career at Corbin Nursing Home in 1996, where she received CNA training and certification. As a certified nursing assistant, she joined Marymount Medical Center in December 1998, which became Saint Joseph - London in January 2008. Powell’s first job at the hospital was in the Transitional Care Unit (TCU); she transferred to the obstetrics unit in June 1999 where she is an OB tech and loves it. Each year, Powell goes the extra step and contacts local businesses to put together prizes for the New Year’s Baby. The first baby of 2010 received more than $1,500 worth of goodies from area merchants, thanks to her efforts.

**What do your duties include?**

Taking care of newborns, assisting in deliveries and assisting moms with breastfeeding, diaper changes, baths and teaching them to take care of their babies. I worked the day shift until March 2009, then I went to night shift. I like the night shift mainly because you can do more hands-on care with the patients.

**What makes you good at your job?**

I love my job! I love taking care of people no matter what age. Watching and taking care of little miracles is such a joy to me. Labor and delivery is not for everyone; it takes a special person with a caring heart. I treat every mother the same, whether they are kin or if I just know them or not.

**What is a typical day for you?**

It’s either feast or famine in the OB unit. It is always a surprise when I come into work. Every day is different.

**Is it true more babies are born during a full moon?**

I can’t really tell about the full moon thing, but sometimes it is true. Here lately it’s been a full moon all the time. We are busy.

**What do you do away from work?**

I like spending time with my family, going to church, working on scrapbooks and taking pictures.

**What inspires you?**

The love that God put in my heart to care for others and the joy that I receive to be able to participate in the arrival of God’s big miracle. Every delivery is heartwarming, but I would say the most heartwarming are the ones that have the umbilical cord tied in a true knot when they are born. That sends chills all over me.

Continued on page 17
Abominable Snow Storm
Sam Forsyth’s four-hour, snowy trek to make his shift
By Kathie Stamps

Sam Forsyth began his career at Saint Joseph - Martin (SJM) in August 2007 after training at Saint Joseph East in Lexington. He is a staff radiographer, the nuclear medicine person at SJM. Everyone in the system is dedicated to the patients and staff, but sometimes it takes a little extra human effort just to get to work.

On Friday, December 18, 2009, forecasters warned of a bad snow storm for eastern Kentucky all day. Forsyth was scheduled to work a 16-hour shift the next day. The snow started about the time he left work that Friday. His wife and 16-year-old daughter were Christmas shopping in Lexington. “I called and told them to be making their way home and to keep me posted on their progress,” he said. Forsyth made it home without incident, but the roads were getting bad.

By 6:30 that evening, it wasn’t snowing in Lexington and his wife hadn’t left yet. “I told her that I was going to her mom and dad’s, where our 7-month-old twins were, and that I would wait for her there.”

By 10:30, beside himself with worry, Forsyth called his wife and said he would pick them up in Harold. They all arrived at her parents’ house an hour later. “We sat around a few minutes and talked and I said I bet the power would go out. Almost on cue, the lights went out.” That was the last they saw of electricity until Christmas Eve. Forsyth went to bed around 1 a.m. The hospital called him three hours later to do an X-ray on a patient. He put on his scrubs, grabbed a flashlight and headed out the door. “What I saw outside was something I had never seen in my life,” he said. It was pitch dark and the snow was thick and heavy, clinging to everything.

“That’s when I heard the sounds and I stood and listened for a moment. All around me the trees in the hills were moaning and cracking. I heard a few large crashes as some of them were obviously falling. It was very eerie.”

He warmed up the truck but before he could make it out of his in-laws’ hollow,

“What I saw outside was something I had never seen in my life…All around me the trees in the hills were moaning and cracking. I heard a few large crashes as some of them were obviously falling.”

Continued on page 17
Lisa Payne goes behind the scenes to help ABC show rebuild a family’s home

By Kym Russell

About Extreme Makeover: Home Edition and the Mattingly Family

A car incident severely injured Steve Mattingly, leaving him with memory loss, migraines and limited mobility. Melissa Mattingly continued her job as an EMT. When both of the couple’s daughters were hit with health problems, Melissa switched jobs to massage therapy, for a more flexible schedule. The national show came to Owensboro, Kentucky to give Steve and Melissa Mattingly and their children a new home and a fresh start. The family went on a cruise. And, Extreme Makeover went to work. Hundreds of community volunteers signed on to help with the project. Even country singer Clint Black pitched in with the makeover and welcomed the family back home with a concert. The Mattingly family returned home to find a truly one-of-a-kind, personalized home.
Lisa Payne and her teenagers, Tabitha and Trevor, arrived at the Owensboro worksite around midnight for their roles as volunteers to help ABC’s *Extreme Makeover: Home Edition* crews create a one-of-a-kind home for the Mattingly family. The entire street was blocked off and lit with bright floodlights as a frenzy of round-the-clock construction and activity charged non-stop to meet the national TV program’s schedule.

The family traveled from Lexington to Payne’s hometown to join her sister and brother-in-law, Adina and Calvin Bailey, to lend a hand behind the scenes. Payne and her husband, Perry Payne, both work at Saint Joseph East. Payne, an RN and OR Systems Administrator, decided to take vacation time and the kids out of school for a few days of Hollywood-style community volunteering.

Payne recalled the excitement, “You could feel the adrenaline rush with so much happening at once. Crews were organized by the color of their hardhats, volunteers wore different color T-shirts, and everyone had to have a badge to pass security. There were tents for the decorators, for crews, even a massage tent for workers to get relief from putting in long hours.”

The Paynes were assigned to work in a food tent. Local restaurants provided food for the crews and volunteers 24 hours a day. Payne said her family came and went, working some days and some nights. “At night, there were fewer people so we could walk through the house and see what was happening.”

Payne didn’t know the Mattinglys personally, but she knew their story. Steve Mattingly, a volunteer firefighter, had been seriously injured in a car accident. His wife, Melissa, was an EMT and happened to be the first responder to the accident scene. In moments, the family’s lives changed dramatically. Steve’s injuries left him unable to work. Then, both of the couple’s daughters became ill with serious health issues. Melissa had to quit her EMT job and worked as a massage therapist to keep a flexible schedule. Meanwhile the family’s temporary home, a mobile home, needed major repairs.

Instead of fixing the mobile home, the *Extreme Makeover* crew moved it to a local raceway and demolished it with monster trucks. “It was amazing. Not only did they take down the trailer, they moved the hillside and put in a retaining wall and put an in-ground pool in the backyard. That part wasn’t shown on TV,” Payne said.

Volunteers were called on for unexpected help. “For instance, the designers wanted to create a princess mural for one of the girl’s rooms and asked Tabitha to pose,” Payne said. “But, plans continued on page 17

**Behind-the-Scene Out-takes**

- For the Owensboro project, the family didn’t get to move into their new home for a few days. Filming continued to capture the Mattinglys’ tour of their new house.
- Construction crews also returned to complete work and finishing touches.
- The family could not invite anyone into the home or share pictures of the interior until the show aired in November.
- Payne and her sister plan to make a scrapbook of photos for the family of the project progress—as the family didn’t get to see the behind-the-scenes action first-hand.
In the Community

Going Red For Women
On November 6, the second annual “Go Red for Women Luncheon and Symposium” was held at the Marriott Griffin Gate Resort in Lexington. A national initiative of the American Heart Association, the Go Red for Women movement is focused on women’s heart health awareness. Saint Joseph Health System (SJHS) is the central Kentucky sponsor of the movement, and helped coordinate the symposium, working together with national sponsors Macy’s and Merck to help women recognize and prevent heart disease.

The event included a moving heart disease survivors’ fashion show which included a few SJHS employees with a personal tie to heart disease: Jerri Passo, a registered nurse in the OR at Flaget Memorial Hospital who had a heart valve replaced as a result of mitral valve prolapse (Jerri is the wife of cardiologist Dr. Thomas Passo); Ronda Felty, a radiologic technologist in the cath lab at Saint Joseph Hospital who had her aortic coarctation repaired; and Shannon Evans, manager of the cath lab at Saint Joseph Hospital, whose daughter Reece has supraventricular tachycardia.

Redbud Ride
On April 17 Saint Joseph - London will participate in the Redbud Ride, a local bicycle ride with four different courses and distances. Riders will start peddling at 8 a.m. at the London Farmers’ Market and proceed through and around London, depending on the course. Rest stops will be offered along all course routes and volunteers are needed. For information on how you can ride or volunteer, call Sharon Hershberger at 606.330.3135.

Community Movie Night
Saint Joseph - Berea (SJB) is hosting a Community Movie Night series beginning April 22. Family movies will be shown outside under the stars on the SJB campus on a large inflatable screen. Movies begin at sundown and are free for everyone. SJB and system ads will run before and after the movie. Watch for movie titles to be announced.

Baby Fair
The Flaget Memorial Hospital Baby Fair, organized by Flaget Birth Center nurses and sponsored by the hospital, will be held April 24 at St. Gregory Church in Deatsville 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.

Maternity Fair
Saint Joseph East’s (SJE) 11th Annual Maternity Fair will be held May 8 on the SJE campus, in front of the new Women’s Hospital, from 8:30 a.m. to noon. Festivities include tours of the new Women’s Hospital, innovative workshops and lectures from experts on pregnancy/baby topics, local merchants with exciting displays and products, and a host of prize giveaways. The grand prize includes free delivery of a baby at SJE. Special surprise guests to be announced. Employees, friends and family may register for this free event at SaintJosephMaternityFair.com.

Golf Toursneys
Mark your calendars for two golf tournaments this June, which will benefit programs of the Saint Joseph Hospital (SJJ) Foundation and the Saint Joseph - Mount Sterling (SJMS) Foundation. On June 18, the 9th 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 14, the 21st Annual SJH Foundation Golf Tournament will be held at the University Club of Kentucky. For player or sponsorship information, contact Anna Taylor at 859.313.2055.

Wellness

Lexington Half Marathon
Saint Joseph Health System (SJHS) is forming a team for the State Farm Lexington Half Marathon, a 13.1 mile running event March
28 through the region’s famed horse farms. Accompanying the half marathon will be a 5K (3.1 mile) and 1 Mile Fun Runs, which all start and finish at the world renowned Fasig-Tipton on Newtown Pike just off of I-75. Visit LexingtonHalfMarathon.com to learn more. If you would like to join the SJHS Team, contact Stephanie Sarrantonio at 859.313.2297.

Nurses Pass CPEN Exam

Three nurses at Saint Joseph - Berea have taken and passed the CPEN (Certified Pediatric Emergency Nurse) exam. This is a certification that is recognized by the American Nurses Credentialing Center and demonstrates that a nurse has extensive experience and knowledge related to pediatric emergency nursing. Congratulations to Patty Sturt, Vicki Hamilton and Darcy Maupin. These three nurses have also taken and passed the CEN (Certified Emergency Nurse) exam.

Evidence for Transformational Care

Saint Joseph Health System employees are invited to the annual evidence-based practice spring seminar, “Evidence for Transformational Care” on April 23, 8:30 a.m. to 4:30 p.m. at Saint Joseph Hospital (Blakley Auditorium). Registration begins at 8:00 a.m. Special guest speaker will be Jim D’Alfonso, COO & CNO for the Watson Caring Science Institute. For more information or to register, visit SaintJosephHospitalKY.org or call 859.313.2187. (Employees can register through LEARN; keyword: EBP).

Pharmacists Receive Awards

Congratulations to Saint Joseph Hospital pharmacists Russ Judd and Marinha Short for their recent awards from the Kentucky Society of Health-System Pharmacists (KSHP). Russ Judd was named Resident of the Year for 2009 and Marinha Short received the New Practitioner of the Year Award for 2009.

Accolades

Cath Lab Passes STEMI Exam

To ensure the Saint Joseph - London (SJL) staff is trained in the recognition and treatment strategies for STEMI (ST-Elevation Myocardial Infarction), all staff within the cardiac cath lab have completed the American Heart Association’s STEMI Provider Manual and passed the exam. The American Heart Association recommends that patients suffering from STEMI receive reperfusion treatment within 90 minutes of entering the hospital. SJL has an average door-to-reperfusion time of 61 minutes.

Partnership with Saint Mark Catholic School

Saint Joseph - Berea (SJB) has entered into a partnership with Saint Mark Catholic School in Richmond, KY. Both Catholic education and Catholic health care have missions rooted in faith, social justice, and outreach to the community as an extension of the Body of Christ. There is tremendous opportunity for both SJB and Saint Mark’s to further their missions with the support of one another. SJB will provide education on healthy living to the school while Saint Mark’s students will work on projects to enhance the experience of SJB patients.

Father Jim Sichko gathered Saint Mark’s School students and staff with Saint Joseph - Berea President Greg Gerard and staff for a presentation of toys, English and Spanish books and DVDs, and hand-crafted “get well” cards for Saint Joseph - Berea patients.
At 92, ‘Doc’ Schaeffer is still living out one of his life’s passions: saving Mother Earth

By Amy Taylor

At 92, Dr. Everett Schaeffer is no longer practicing medicine. After delivering thousands of babies, stitching up wounds and ministering to untold numbers of patients, the family physician retired at 76.

The senior citizen is still more motivated than most people half his age, however. He still exercises with vigor, delivers the local newspaper to Saint Joseph - Berea (SJB) patients in their rooms, and operates a one-man recycling program that brings him to SJB twice a week.

To see “Doc,” as he’s affectionately dubbed, pull up to the hospital in his Ford Contour to pick up aluminum cans and paper never fails to bring a smile to the face of Joann Melton, SJB supervisor of materials management.

“Dr. Schaeffer is the most wonderful person I’ve ever known,” Melton said. “I fell in love with him the day I met him. He loves to talk about how he used to doctor in the old days, when babies were delivered at home without electricity or running water. I could listen to him for hours.”

For decades Doc cared for needy patients in the mountains of southeastern Kentucky at the Redbird Mission. Then, for a few years, he provided health care for Berea College students, working on campus.

At 92, some folks would be content to sit at home in the recliner. But Schaeffer is still living out one of his life’s passions: to save our planet from being buried under tons of trash. If ever a person was into “living green,” Schaeffer is that person, according to Katie Heckman, SJB community relations manager.

“This man is all about recycling,” Heckman said. “He’s done all this on his own; we didn’t ask him to do it. If someone throws a piece of paper away, he retrieves it. He’s always cramming the trunk of his car with recyclables.”

In one case Doc collected enough aluminum to help raise funds for a Habitat home for a struggling family. He began recycling because “I felt like there were so many things that could
Planet and its People

be reused,” he said. “If they’re thrown away, they’re just filling up the dumps. I felt like I could save some trees, and it would be good for the environment.”

The retired physician has his garage set up as a mini-recycling operation. Once the recyclables are sorted, he delivers them to the appropriate sites.

Even his exercise classes, which he and his wife, Roberta, attend religiously three times a week, involve renewal and recycling. The husband and wife are constantly renewing their 92- and 94-year-old bodies through low-impact exercise at the “Body Recall” sessions, which allows them to stay in shape for their active lifestyle. And the folks who exercise with them bring them magazines to recycle.

Recently, at 94, Roberta turned over all driving to her husband. Yet the husband and wife take care of their home, cook, clean, grocery shop and maintain independence. Doc still climbs a ladder to clean the gutters.

“I had heart surgery a while back, so they won’t let me mow the lawn,” he said. “But I still trim trees and things like that.”

The Schaeffers belong to the Berea United Methodist Church, where they both help out with church socials and wash dishes when the dinners are over. They have four children: two sons who are preachers, one daughter who’s a social worker, and a daughter who’s a nurse. The nurse, Ruth Walker, has worked at Saint Joseph - Berea for 35 years.

As if recycling paper and cans weren’t enough, Doc collects medical supplies that are out of date or not being used—such as sutures, needles, IV tubing and orthopedic equipment. He has a physician friend who travels to Kenya, Nigeria and Uganda three times a year to care for people there. The supplies are sorely needed.

“I delivered supplies to her years and years ago at the Redbird Mission,” he said.

Recently, while Doc was delivering a newspaper to a patient’s room, the patient recognized him as the physician who delivered all five of her children.

“I’ve learned a lot about babies I delivered,” he said. “I send a lot of Christmas cards to them. I try to keep in touch. Sometimes I even go to reunions.”

The retired physician has only one way to explain his service to the planet and its people.

“We’re Christians, and we have the joy of the Lord in our hearts, and the love of people, and of serving people,” he said. “I’ve talked with the Lord about this, and he feels it’s OK that I keep on doing it. It’s a lot of fun to meet a lot of people and create a good rapport with them. That gives me so much pleasure.”

Visit SaintJosephHealthSystem.org (About Us>Working Green Living Green) to learn more about Saint Joseph Health System’s “Working Green, Living Green” Team. Celebrate Earth Day with us on April 22! Watch for information about Earth Day activities at your hospital!
Wearing another’s Shoes

Miller Hoffman uses his talents to benefit those served by SJHS

By Kathie Stamps

“...I think it’s good to put yourself in the other person’s position and try to listen. God gave us two ears and one mouth for a reason.”

J.J. Miller Hoffman serves on the strategic planning and audit committees of the Saint Joseph Health System (SJHS) board of directors. The SJHS strategic planning committee looks at the system “from 40,000 feet,” according to Hoffman. “We are involved with strategy as opposed to tactics.”

He previously chaired the Gateway Regional Health System’s board before Mary Chiles Hospital became Saint Joseph - Mount Sterling. He said he feels privileged to have been part of the system as it came together. “The leadership team is absolutely top-notch,” he said. “I’m eagerly awaiting the construction of the new hospital in Mount Sterling and hope I’ll be able to contribute to the continued success of the system.”

Being a member of the SJHS board of directors is rewarding for Hoffman on several levels, including the dedication everyone has. “I like being involved with people who have a positive outlook and who are trying to help people,” he said.

Throughout the work week, Hoffman is in the insurance business, serving both individuals and companies, at the family business he joined in 1981. He is the managing member of Limestone Agency, a multi-line independent insurance agency with three locations: Hoffman-Robertson in Mount Sterling, Woodford-Hill-Thompson in Paris and Carpenter Insurance Agency in Flemingsburg.

A lifelong resident of Mount Sterling, Hoffman was always good at math and science in school. “For a while there I wanted to be an astronaut,” he said. “Then I went to second grade...”

When he received a B.A. from the University of Kentucky in 1980 and they handed him his diploma, “No one would hire me but my father.” Hoffman’s great-great-grandfather started the insurance agency in 1847.

Hoffman and his wife, Debbie, have three children, two of whom are still at home. They live on a farm in Montgomery County and have a couple of horses, or “hungry pets,” as he calls them. Hoffman enjoys taking care of the yard and a small vineyard he has started, along with keeping the weeds at bay in a vegetable garden. “We are always dying for that first tomato, and by the end of August you can’t give them all away.”

He and Debbie like to travel, to places like the Greek Isles and Italy. In his spare time, Hoffman plays an occasional game of golf and takes digital photos of people and animals. He belongs to the Rotary Club and is in his third year as the treasurer for First Christian Church, where he is a member of the board of elders.

One of the life skills Hoffman respects most is being a good listener. "I think it’s good to put yourself in the other person’s position and try to listen," he said. "God gave us two ears and one mouth for a reason."
Extreme Makeover: Home Edition
Continued from page 11

changed and the designers went another route."

And, just a couple of hours before the family was scheduled to return to their new home, Payne and her sister, Adina, were tapped to pick out and develop photos to decorate a wall. "We drove like crazy to Walgreens with a disc of pictures. We punched and picked out pictures in all sizes and ran the photos back to the site for the designers to frame."

The action switched gears for show-time and taping. "At first we were star-struck. We saw all the stars. They waved and talked to the volunteers and we got one of the designer's autographs," Payne said. "It was very, very different than what you see on the 60-minute show. There were a lot of re-takes and practices."

But, when the bus arrived and the Mattinglys got their first look at their new home, Payne had a front row view. "I could see their reactions and it was a very touching, tearful moment."

Not only did individuals volunteer their time and skills, the community donated all the construction supplies, food and services needed to build the 3,200-square-foot house. Payne's brother-in-law, Calvin Bailey, is a construction supervisor for Thompson Homes, a homebuilder and major contributor to the project. "I didn't know it before, but ABC doesn't fund any of this, everything was funded by the community and run by volunteers. That's a big thing for a small community like my hometown," Payne reported.

Payne said she believes the volunteer project united the whole community to be more aware of others in need. After the Extreme Makeover wrapped up, the experience continues to spark more community involvement.

As for community outreach, Payne said she believes that while publicity may have drawn people's attention at first, "There's no way you could be there and not feel the pull of love for your neighbor. The personalization sets in, that this is a real family and it was all done for them. It really hits home when you're involved."

health care hero
Continued from page 6

the county. Sometimes the poor don't lead the lives we would want for them. But if you don't judge them, you may be able to affect them in a good way. I like to think we treat all people as family."

Merchant didn't present the gifts personally. He let the nurses play Santa. "I figured that if the hospital gave this, the mother wouldn't feel obligated," the physician said. "I just know it put a smile on my face. I had forgotten what it's like to help the truly needy. Since then, my wife and I have decided to take our kids to a shelter every year or donate toys for children. I'm going to try to instill the spirit of giving in my kids."

Merchant's generosity was a lesson for Collins, the nurse said. "He was the little boy's Santa Claus and the mother's Christmas angel. I'm sure that family will always remember Dr. Merchant for his kindness. He went above and beyond just caring for his patient—and showed all of us what the Christmas season really means."

welcome to my world
Continued from page 8

Why do you enjoy working at SJL? Not only do I love my job, but I love my co-workers. They are the greatest people you would ever want to meet. We are like one big family.

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.

mission moments
Continued from page 7

With the foundation of the new ministry in place, an announcement was made asking for volunteers to serve—and provided information on how to contact the prayer ministry (see sidebar on page 7).

The prayer ministry began in July, 2009. Today, 11 employees volunteer on the prayer team. And, a similar ministry has taken root at Saint Joseph East.

Employees have embraced the idea and use the prayer line to leave requests. The team prays specifically for each request daily for a week from 10:30 to 10:45 a.m. They also pray universally for the hospital administration and departments, people who must make complex decisions to keep the hospital running smoothly.

The team rarely hears about outcomes of their prayers. "It is our faith and trust in the Lord that when we pray for a request and we turn it over to His will, that prayer is answered," Paynter said.

Personally, Paynter said she believes, "Praying is the greatest honor I feel like anyone can do for someone else."

role model
Continued from page 9

a large apple tree fell. He went back in to change out of his scrubs and called the hospital to say it might be a while before he got there. With the help of two neighbors, the fallen tree was cleared in about 30 minutes.

On his way to the hospital, Forsyth came across other felled trees that needed to be moved off the road. It was an obstacle course but he finally made it to the hospital at 8 a.m., which was his scheduled start time.

"The patient they called me out for was shipped to another facility," he said. "But, I made it to work on time, albeit very tired."

"Sam was on call that Friday when the big snowstorm hit," said Kevin Hall, Forsyth's director. "It took him four hours to get here but on Saturday he worked a 16-hour shift. That's pretty dedicated."
The 11th edition of Sacred Stories was recently published and features contributions from several Saint Joseph Health System employees: Katherine Vaughan, Saint Joseph Hospital; Flora Washburn, Saint Joseph - Berea; Ed Shei, Saint Joseph Hospital; Rose Rexroat and Barbara Baumgardner, Saint Joseph Hospital; Sandy Johnson and Melissa Sanchez, Saint Joseph - London; Renee Chandler-Hall, Saint Joseph - Martin; and Jan Cornett, Saint Joseph - Mount Sterling.

The publication of Sacred Stories provides a glimpse into the lived spirituality of our ministry culture and has become a hallmark of Catholic Health Initiatives. These collections of stories are often seen in office areas and waiting rooms and are frequently used for reflections at meetings.

Below is an excerpt from Katherine Vaughan’s story about her mission trip to Bolivia, titled “Saving Edwin.” Katherine works as a tech in the emergency department at Saint Joseph Hospital, and was recently featured in Common Thread.

“Early one morning, we were woken up and told we were needed in the emergency room. A bus had wrecked in La Paz. There was one man I will never forget. His name was Edwin. Edwin’s hands were mangled and so was his head. The nurses inserted an IV for fluids, then wheeled him to X-ray.

In the X-ray room, another volunteer hung the bag of saline on an ER bed; however, the radiology tech didn’t see it and when she pushed the bed out of the way, Edwin’s IV needle came with it. There was no one available to insert the IV needle again, as the nurses were attending to the rest of the critically injured patients.

Nothing in me hesitated, because I knew it had to be done. At that moment, God worked through me and became my hands. There’s no way I could have done it alone, especially because I’m not trained to start IVs. But, God had a different plan. In any situation, if you rely on God you’ll never go wrong.”

Look for the new Sacred Stories book in your hospital. To request a copy, contact Mike Garrido’s office at 859.313.1717. You can read Sacred Stories online at SaintJosephHealthSystem.org (under “About Us”).