Dear Saint Joseph Family,

The fall season is upon us, which means that the holidays with Thanksgiving and Christmas are just around the corner. As you spend time with your loved ones this year, please remember our patients and their families, our co-workers and physicians in your prayers as well.

We certainly have many reasons to give thanks this year at Saint Joseph Health System. We recently celebrated the grand openings of the new Saint Joseph - London and Flaget Cancer Center. In just a few weeks, we will also open the Saint Joseph Cancer Center in Lexington. The new patient experience in the emergency rooms of Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine (No Wait ER) have proven to be very successful, and we look forward to implementing at all Saint Joseph facilities by the end of the year. Our recent partnership with the television broadcast of the World Equestrian Games, and our presenting sponsorship of Spotlight Lexington have provided us another avenue to connect with our patients across central and eastern Kentucky.

Common Thread continues to be an important and inspiring publication that highlights our employees and their deliberate and thoughtful dedication to our mission in our hospitals and communities, and this issue is no exception. In the cover story, Saint Joseph Free Health Clinic nurses Pam Thompson, Samantha Todd and Ellen Cook share their story about “Charlie” – a homeless man who died in June. Before his passing, the team cared for Charlie for 10 years, as they grew to love and appreciate him like family.

Also in this edition, Allison Miller finds a way to turn her struggle with alopecia outward so that it helps others; Wanda Shepherd honors her late husband (and beloved, former Saint Joseph family member) through a charity event; Carol Fulkerson demonstrates her love for patients through her hands by creating blankets of warmth and healing; Mary Martin breaks the language barrier and provides home care to a Russian immigrant; Lynn Prickett welcomes us to her world as a lab assistant; and exemplifying our mission of providing care to those who need it most, Jennifer Erena has helped create the organization “Faith Feeds,” which provides local, fresh food to the underserved.

Once again, these stories of compassion inspire me each and every day. At Saint Joseph Health System, we are truly making a difference in our patients’ lives and our communities through your dedication and selflessness. Thank you for never settling for mediocrity, and setting Saint Joseph apart in how we live our mission.

Common Thread is published quarterly by the Communications/Public Relations/Marketing department of Saint Joseph Health System for employees and their families. Visit SaintJosephCommonThread.org to submit news, story ideas or photos. Or, write to us at Saint Joseph Hospital, C/O Kara Fitzgerald, 1590 Harrodsburg Rd., Lexington, KY 40504. You may reach our office at 859.313.1845.

Gene Woods
CEO

SJHSPresident’s Council
Gene Woods, CEO, SJHS
Ed Carthew, CHRO, SJHS
Gary Ermers, CFO, SJHS
Mike Garrido, VP, Mission Integration, SJHS
Jackie Kingsolver, Associate Counsel, CHI
Jim Parobek, President, Physician Enterprise, SJHS
Mark Streety, CIO, SJHS
Daniel Varga, MD, CMO, SJHS
Virginia Dempsey, President, SJL
Greg Gerard, President, SJB
Ken Haynes, President, SJH/SJE/SJJ
Bruce Klockars, President, FMH/SJMS
Kathy Stumbo, President, SJM

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

What became an almost scared symbol for one of the nurses featured in this magazine? Hint: She received it as a gift from a very special patient. Submit your answer at SaintJosephCommonThread.org. Correct answers will be entered into a drawing on December 1 for a chance to win one of three $75 Visa gift cards. Only employees can enter this challenge. Congratulations to previous winners Mildred Vickery (Saint Joseph Hospital), Kim Sanders-Castle (Saint Joseph - Martin) and Marintha Short (Saint Joseph Hospital).
expanding our ministry

At the ribbon-cutting ceremony for Flaget Cancer Center, held Aug. 5, left to right were Dr. Jacqueline Matar, Bardstown Mayor Dick Heaton, Dr. Monte Martin, Flaget President Bruce Workman, Oncology Coordinator Pat Russman, Nelson County Judge Executive Dean Watts, Saint Joseph Health System CEO Gene Woods, and Dr. Jacob Vincent.

Bardstown Mayor Dick Heaton spoke during the dedication and ribbon-cutting ceremony for Flaget Cancer Center. The mayor, who recently finished cancer treatment for which he had to travel to Louisville, said having a comprehensive cancer facility in Bardstown was a quality-of-life issue.

Natural lighting, soft wood stain and soothing paint colors have been incorporated throughout Flaget Cancer Center to create a healing environment. The front lobby features a waterfall wall and a library of educational resources.

The front entrance of Saint Joseph – London features a warm, open atrium area with natural colors and materials. In large letters are the words, “Reverence, Integrity, Compassion and Excellence” welcoming visitors.


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On Aug. 5, Saint Joseph - Martin held a ribbon-cutting ceremony for the new Saint Joseph Senior Renewal Center. From left to right are Loretta Jude, program nurse; Kathy Stumbo, president; Tammy Aliff, program director; Martha Roberts, program therapist; Lisa Rutherford, VP of mission; and Billie Turner, VP of clinical operations/CNO.

The new operating rooms at Saint Joseph - London offer a green lighting option, allowing surgeons to see in high-definition.

Saint Joseph Wound Center opened at Saint Joseph - Berea in April. Selena Horn (left), office coordinator, and Robin Blanton, RN/case manager, prepared the hyperbaric oxygen chamber for a patient with a chronic wound.

Saint Joseph East opened a new surgical suite dedicated exclusively to urology on Aug. 10. The urology suite features advanced technology. From left to right are Regina Ramsey, surgical scrub tech; Dr. Mark Beard, urologist; and Carol Dooley, RN, clinical manager.

Saint Joseph Health System CEO Gene Woods (left) and Catholic Health Initiatives CEO Kevin Lofton (center) joined Saint Joseph - Mount Sterling (SJMS) President Bruce Klockars in signing the final beam that was placed atop SJMS’s new replacement hospital, expected to open next summer.
Growth

Saint Joseph - London Now Open

After more than a year of training, planning and preparation, the staff of Saint Joseph - London (SJL) transferred patients to the brand new hospital August 19. Both hospitals remained operational as patients were moved one-by-one from the former downtown hospital to the new replacement facility located off I-75 at Exit 38. The orchestration of detail and manpower was planned down to the minute to provide seamless and uninterrupted patient care. The entire move took about four hours.

SJL partnered with Ambulance Inc. of Laurel County, Jackson County EMS, Whitley County EMS and Knox County EMS to transfer patients by ambulance, at no cost to them. Patients were transferred to the new replacement hospital every three minutes.

Flaget Cancer Center Now Open

Flaget Cancer Center at Flaget Memorial Hospital in Bardstown is dedicated exclusively to the treatment of cancer care. The center’s staff members and medical and radiation oncologists guide patients through the whole process offering treatment, support and resources in one convenient location. Flaget Cancer Center is the first full-service cancer center in Nelson County, removing
the need for local residents to travel out of town for radiation cancer care.

The center is equipped with a fully digital linear accelerator that allows clinicians to deliver radiation treatment precisely to the site of a tumor. The 7,600-square-foot Flaget Cancer Center also includes private chemotherapy rooms, patient education areas and employee work spaces in a calming setting that uses natural colors and materials.

In November, a cancer center will open in Lexington on the Saint Joseph Hospital campus. Saint Joseph Cancer Center, located in the Saint Joseph Office Park, will also be dedicated exclusively to the treatment of cancer, offering an integrated and multi-disciplinary approach to care. An oncology services leader will be appointed to further integrate cancer care across Saint Joseph Health System.

**2011-2016 Strategic Plan**

This fall, Saint Joseph Health System (SJHS) will share its 2011-2016 strategic plan with all employees, physicians and stakeholders. The plan is the organization’s roadmap for the next five years, defining our course in the areas of people, quality, stewardship and growth.

The SJHS Strategic Plan will be an extension of Catholic Health Initiatives’ (CHI) Strategic Plan and will be fully aligned and integrated with the One CHI Vision: living our mission and core values (Catholic), improving the health of the people and communities we serve (Health), and pioneering models and systems of care to enhance care delivery (Initiatives). Watch for the SJHS Strategic Plan to be posted at SaintJosephHealth-System.org.

**Partnerships**

**Cardiology Associates of Kentucky**

Cardiology Associates of Kentucky (CAK), one of the most experienced and respected group of cardiology physicians in the state, has officially and exclusively joined Saint Joseph Health System (SJHS) and is now known as Saint Joseph Cardiology Associates.

This partnership between CAK and SJHS, two exemplary providers of heart care, will allow the newly formed team to increase access to and improve the quality of heart care in central and eastern Kentucky.

The CAK physicians and staff will remain in their primary location at the Saint Joseph Office Park in Lexington, and will also continue to see patients at their satellite locations in Winchester, Harrodsburg, Flemingsburg, Georgetown and Danville.

**New Services**

**Saint Joseph Outpatient Anticoagulation Clinic**

The Saint Joseph Outpatient Anticoagulation Clinic, now open at Saint Joseph - Martin, offers anticoagulation therapy management. Anticoagulant medicines, like Warfarin (Coumadin®), are commonly prescribed for people with a variety of heart conditions to help prevent excess blood clotting and bleeding. Since disease states, and other factors like diet, can affect a patient’s response to these medications, frequent blood tests and medication adjustments are required.

Staffed by pharmacists who are clinically trained to monitor anticoagulation therapy, and under the medical direction of a board-certified cardiologist, patients can visit the clinic to ensure their blood tests are in the appropriate range and to receive education about their treatment. Call 606.285.6443 for more details, or visit SaintJosephMartin.org.

**Technology**

**PharmNet is Live in Lexington**

On August 15, Saint Joseph Health System became Catholic Health Initiatives’ (CHI) first MBO this year to go live with Cerner PharmNet. As part of the Clinical IT Strategy, CHI is implementing PharmNet in three MBOs by the end of November 2010 (Saint Joseph Health System in Lexington, Mercy Medical Center in Des Moines, IA, and St. Vincent Health System in Little Rock, AR). The installation of PharmNet is an important step in laying the foundation for the fully integrated, comprehensive inpatient electronic medical record.

PharmNet is a software application for medication management, primarily for acute care settings. Now live at Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine, the application enables clinicians to electronically capture and bring together key patient information – including home medications, allergies, height and weight – for improved medication reconciliation and patient safety.

**CHI Connect is Live in Mt. Sterling**

Saint Joseph - Mount Sterling (SJMS) is live on CHI Connect. Now, every facility within Saint Joseph Health System is connected to the same tools, information and processes that standardize business functions in human resources, core accounting, accounts payable, payroll and supply chain management system-wide.

For example, SJMS employees can now enjoy the ease of using HR/Payroll Connection, our online resource for information and transactions related to benefits, employment and payroll.

Above: With the implementation of PharmNet, nurses at Saint Joseph Hospital and Saint Joseph East now use bedside mobile workstations to dispense medication safely and effortlessly to their patients. The carts allow caregivers like Kate Brown, RN the freedom of mobility and cut down on trips to the nurses’ station.
Sewn with Love

Carol Fulkerson’s handmade blankets cover patients in prayers

By Amy Taylor

When Carol Fulkerson was learning to sew in her high school home economics class, she never dreamed that one day she’d be sewing prayer blankets to soothe dying hospital patients.

Today, as a CNA on the Skilled Nursing Unit (SNU) at Flaget Memorial Hospital in Bardstown, Fulkerson keeps a closet on the unit supplied with pretty cotton blankets in case a terminally ill patient should want one.

“I’ve been sewing these for about a year,” she said. “I got the idea from a patient whose daughter had been sick, and a church had given the daughter a prayer blanket. When the mother was sick and came up to SNU as a patient, the daughter gave the blanket to her mother. I guess the daughter thought the mother needed it more than she did.”

The blanket contained a comforting Bible verse that had been stitched onto it. Fulkerson found a way to make these attractive covers using two yards of cloth apiece. She even found a store that carried Bible quotations and spiritual messages on squares of fabric that look like quilt blocks.

Diane Elliott, RN, who works on the unit, has seen her co-worker’s blankets bless patients and families with comfort.

“It’s a gift that you don’t need to give or have to give. You give it simply because there’s a common bond between us all, and a prayer blanket is symbolic of that bond.”

“I was able to give one to my brother-in-law’s mom,” Elliott said. When the elderly lady passed away, Fulkerson’s blanket was draped over her as she lay in the casket.

“The family really loved that blanket,” the nurse said. “It gave them something to hold onto when they left the hospital.”

Fulkerson has been sewing for years, everything from prom dresses, to her daughter’s wedding dress, to covers for doll house furniture. She has fashioned at least 100 scrub tops to wear to work. But making prayer blankets with inspirational sayings on them is especially satisfying, she said. That’s because patients and families enjoy them.

“I don’t tell everybody I make them,” the CNA said. “I tell them it’s from SNU. I don’t want all the credit. Everyone here deserves credit; there is such a caring quality to the people on this unit. The prayer blankets are an extra way of communicating that caring.”

Hospital Chaplain Karl Lusk, who blesses the blankets before they are given away, agrees. The chaplain has gone into patient rooms in SNU where family members point out a prayer blanket and tell him how much they appreciate it.

“It’s a gift that you don’t need to give or have to give,” Lusk said. “You give it simply because there’s a common bond between us all, and a prayer blanket is symbolic of that bond.”

The chaplain’s prayer over each cover is also symbolic of this bond of love, he said.

“I ask God to bless these blankets as instruments of God’s love mirrored through the hands of the one who made them. May each blanket be an aid to our patients and a comfort to their families.”
Lab support assistant Lynn Prickett has been with Saint Joseph - Berea (SJB) since 2000, when it was known as Berea Hospital. Her first job at the hospital was in housekeeping. Within a year, without any prior experience, she was hired as a phlebotomist in the lab. Today she is adored by her patients so much they will wait for her, if at all possible. Prickett is known for being the best at the “hard stick” for blood work. She is always in the top of the Top Performers at SJB for patient satisfaction. She is also on the hospital’s newly formed mission council.

What do your duties include?
I perform blood collections from patients and provide direct patient care to patients of all ages. I am also responsible for tracking order accuracy.

What makes you good at your job?
I would have to say that the absolute grace of God is what makes me good at my job. He put me here for a reason.

What is a typical day for you?
I wake up around 5 a.m. to get ready for work and get my three children up for school. This year I have one child in elementary school, one in middle school and one in high school, so things are already a little hectic! I work in the outpatient lab from 7 a.m. to 3:30 p.m. We take care of anywhere from 40 to 100 patients a day. Then, it’s back home to being a wife (to Frank) and mother to Haley (15), Tyler (11) and Kaycee (6).

Why do you enjoy working at SJB?
SJB is an absolute blessing to work at. I love my co-workers and patients so much! I live about 20 minutes away, which is where I was raised, so I know a lot of the people that come in. It truly does feel like one big group of friends and family here.

What inspires you throughout the day?
My cousin Jan always says these two little quotes and they just stick with me: “Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.” And “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” (The first quotation is attributed to Ronald Reagan; the second to Maya Angelou.)

What do you do away from work?
I love spending time with my family and friends, and I love going to church.

Tell us about a recent rewarding experience.
This summer I had a co-worker bring in her 8-year-old son for his yearly lab work. He remembered me and wanted me to be the one to take care of him. Just to know that I had gained the trust of a child made me feel so good.
Mary Martin doesn’t speak Russian. Despite that fact, the licensed practical nurse was able to provide home health care for a Russian immigrant recovering from heart surgery.

Paul Sheftel was born and lived most of his 80-some years in Moscow, a world away from Kentucky. His son, who had always dreamed of living in the United States, recently convinced his parents to move with him to Lexington. It was a struggle for the father and his wife to adjust to their new land; English was a major barrier. Shortly after the move, Paul needed heart surgery, which was performed at Saint Joseph Hospital. Not understanding English made their health care experience especially nerve-wracking.

Paul was referred to Saint Joseph-ANC Home Care for physical therapy and nursing care so he could continue his recovery at home. It soon became clear to the home health staff that because the Sheftels spoke so little English, they were frightened of strangers coming into their house.

Mary Martin was his nurse – or his angel in disguise.

“It was a challenging situation from the beginning because of the lack of communication,” according to Shannon Monroe of Saint Joseph-ANC Home Care. “Mary did a lot of things to help the Sheftels understand. If it took her two hours, she took two hours.”

Martin was assigned to monitor Paul’s oxygen level, his vital signs and the healing of his incision. Because of the language barrier, she had to come up with new ways to reach the Sheftels.

She couldn’t talk fast or use big words and expect to gain their trust, she said. So “I learned to slow my mouth down and look into their eyes and talk directly to them. That made all the difference.”

Continued on page 21
A Man of Value

Dr. Ralph Alvarado lives our mission of serving others

By Kathie Stamps

Saint Joseph’s commitment to quality and serving underprivileged people in Kentucky is not geared toward the bottom line; it’s about serving others.”

Ralph Alvarado, M.D., grew up in San Francisco. He traveled south for college (southern California, that is) to Loma Linda University, where he received a B.S. in biology at age 20 and finished medical school at 24. Then it was on to UK for his residency and four years later, in 1998, he opened a practice in Winchester, Ky. “It has been a quick pace, that’s for sure,” he said.

He and his wife, Dawn, fell in love with Kentucky right away. They have two children, both born here. Nathan is 12 and Sarina is 10.

Dr. Alvarado is chief of staff at Saint Joseph East (SJE), which is an elected role. “The medical staff votes on this,” he said. “They pick you to be the medical staff leader.” He was asked to be the physicians’ representative on the Saint Joseph Health System (SJHS) board of directors. “I help facilitate communication between doctors and the board,” he said. This board position is rotated on an annual basis.

He has been most impressed with the board’s commitment to the mission of SJHS and Catholic Health Initiatives. “The mission really transcends this entire organization,” he said. “Other hospitals have a mission statement but people don’t pay much attention to it. Everything at SJHS is with that mission statement in mind.”

All businesses, hospitals included, need to make money, of course, but Dr. Alvarado is happy to report that “Saint Joseph’s commitment to quality and serving underprivileged people in Kentucky is not geared toward the bottom line; it’s about serving others. It’s neat to see.”

Dr. Alvarado is board-certified in pediatrics and internal medicine, which is a pretty rare combination. “It’s primary care,” he explained. “I’m one of the last of a dying breed. I have an old-fashioned practice in that regard.” He takes care of his patients the way he would want his family members taken care of.

His parents were immigrants to North America from Argentina (his mom) and Costa Rica (his dad). “They weren’t wealthy,” he said. “They were hard-working people who instilled a hard work ethic in my brother and me.”

In addition to his medical practice at Winchester Medical Associates and SJE, Dr. Alvarado sees babies at The Women’s Hospital at SJE and helps out at Saint Joseph - Mount Sterling. Every month he donates his medical services for Rapha Ministries, a faith-based volunteer health clinic in Clark County serving the uninsured.

In his spare time, Dr. Alvarado enjoys spending time with his family and the kids’ activities. A devout Christian, he is active with his church family at Grace Baptist Church in Winchester. He is also running for the state senate, district 28, in November.
If you started working at a Saint Joseph Health System (SJHS) facility in Lexington this year, you’ve heard the “funnel of compassion” story from Mike Garrido, vice president of mission integration for SJHS. Every other Tuesday, during employee orientation, he tells this special story of a patient and his health care professionals that exemplifies the SJHS core value of compassion.

The patient, a homeless man we’ll call “Charlie,” started coming to the Saint Joseph Free Health Clinic 10 years ago, when it was still a mobile service in Lexington. Samantha Todd, family nurse practitioner and advanced registered nurse practitioner, was one of the first people he met.

“He told us that he was homeless, and homeless by choice,” Todd said. Charlie was a college graduate who had traveled and had held jobs in exciting professions, but had lived an “independent” lifestyle since around 1997.

“He was pretty frank about the fact that he was an alcoholic,” Todd said. “He just wanted to get some basic health care.” She told him he had to stop drinking, of course, but Charlie would just shrug and say that wasn’t what would kill him.

Charlie was treated at the Free Health Clinic for various conditions. His appointments were scheduled every three months; sometimes he would show up and sometimes he wouldn’t. At times he lived on the street, in a tent in the woods or in an abandoned car.

In October 2009 Charlie was diagnosed with terminal cancer. He began losing weight. “He had a feeding tube but he was afraid of taking care of it himself,” said Ellen Cook, RN. He wasn’t getting nourishment on a regular basis (alcohol and sodas were about the only things he would swallow). “But he loved to eat,” Cook said.

She brought in food she made at home: mashed potatoes, rice and a soup he enjoyed. In return, Charlie would bring in...
things for her to fix: packages of sauces, for example, although it was questionable where they had come from. He didn’t mind the Ensure Plus shakes, and Cook would add milk, whey protein and peanut butter for extra calories.

“I told him, we’ve got to do something more than what we’re doing for you, so you will stop losing weight,” she said.

He carried everything he owned in a backpack. It became harder as he got weaker, but he would take his special milkshakes with him and keep them cold in the winter weather. Charlie watched as Cook would try to pour the shake mixture, and her homemade soup on other days, into plastic water bottles for him to take.

“He came in one day and handed me this funnel,” Cook said. “It was real metal, but it looked like it had been stored or buried somewhere,” she said. “It was in pretty bad shape.”

Charlie thought the funnel might make it easier for her to take care of him. Cook accepted it, and instead of throwing it away because it was dirty, she cleaned it and used it. The funnel became an almost sacred symbol for her.

When he came in with cold feet one day, Cook put tepid water in a wash basin for him. The next time he returned he brought his own container, the base of a big flower pot, so he could soak both feet at the same time. “He put water in it, right here in the middle of the lobby,” Cook said, “with towels and water strewn all up and down the floor.”

She would also take food to him at his car from time to time and even washed his clothes at home and brought them back to him.

“We are living our core values through examples like this,” Garrido said. “We are not forgetting our founding sisters, who themselves reached out to everyone, not just those who were able to pay but especially those who couldn’t.”

For the most part, Charlie was happy and pleasant, but he could be cantankerous and loud when he was intoxicated. “He established a level of trust with Ellen that he didn’t really have with anyone else in the medical profession,” said Todd, who was eventually accepted by Charlie, but just because she worked with Ellen Cook.

By summer 2010, Charlie was linked up with the Hospice Care Center at Saint Joseph Hospital. He was concerned about his animals. Who would take care of his dog and his fat mama cat while he was in the hospital? The dog was eventually picked up by the pound, but Ellen Cook convinced Charlie to let her take in the “fat” mama cat, who turned out to be pregnant.

Continued on page 20
When Wanda Shepherd speaks of her late husband, Steve, she’ll tell you that “most people saw him as larger than life. He was honest, very strong, and full of integrity.”

Steve died February 16, 2008, after a seven-month battle with lung cancer. He was 59.

His doctors suspected the cause of the disease was exposure to Agent Orange during his service in Vietnam as a helicopter pilot. Even so, “he never complained or blamed,” said Wanda, the care coordinator for the open heart surgery unit at Saint Joseph Hospital. “He was a brave soldier, and very brave with his diagnosis. He had a strong belief in God. He told me, ‘If God wants me to live, I will. If not, I’m ready to die.’”

That year in October, the registered nurse and her sons, Jesse and Bane, along with members of Steve’s family, set up a golf outing in memory of her husband, who had loved golf. The $800 they raised was donated to local charities. The idea for the fundraiser came about when Wanda’s...
family and Steve’s family were gathered in North Carolina, their home state, for his funeral. When October rolled around, “all of Steve’s family came to Lexington for the golf outing,” Wanda said. “We may have had ten teams playing. I think it helps the boys and me to honor Steve. I know he would have been very grateful.”

In 2009 the event grew bigger. Wanda received help with organizing the outing from Hospice of the Bluegrass, whose staff members had cared for Steve in his final days.

“They were so good,” Wanda said. “We donated the entire proceeds from that year – $2,500 – to Hospice of the Bluegrass.”

The Stephen P. Shepherd Invitational was held for the third time October 1 of this year. Once again, there was a great turnout at the Picadome Golf Course in Lexington.

Before disease claimed him, Steve was a helicopter pilot for the Air Methods service that transports injured patients to Saint Joseph Health System hospitals. He had helped to start the service in 1990, moving Wanda and the boys to Lexington from their North Carolina home. He was also a retired colonel in the U.S. Army Reserve, and an airplane pilot.

Chris Maya, RN, MSN, chief operating officer and chief nursing executive for Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine, was “privileged to know Steve professionally and personally,” she said. “As a pilot, Steve was a perfectionist. He wanted everything done right.”

But he was a family man first, Maya said. “He absolutely adored his wife and two boys. He was very involved in every aspect of the boys’ lives. He was the example of what a father should be.”

Marilyn Swinford, director of emergency services for Saint Joseph Hospital and Saint Joseph - Jessamine, will always remember Steve as “a man with a smile as big as a mountain. He always watched over the safety of his crew. If there was any question about safety, he would not take off in that helicopter.”

He wasn’t directly responsible for patient care during a flight, Swinford said. Flight nurses and paramedics had that job. But Steve showed patients great kindness. “He was just endearing to patients,” Swinford said. “He was the best man you could meet. When you needed a helping hand, he was always there. He would come to the ER and comfort the staff, which helped so much, since our setting can be so difficult. I wish everyone could have known him.”

Before Tammy Andrews, RN, joined the emergency department at Saint Joseph Hospital, she was a flight nurse who flew many times with Steve as the pilot. Tears well up when she talks about her friend. “Steve was the most positive person I have ever encountered,” she said. Near the end of his illness, “I called him up on Christmas Eve, but I was kind of hoping not to have to talk to him, just to leave a message. What do you say to someone...

Continued on page 21
Allison Miller has an autoimmune disease, alopecia areata (al-oh-PEE-shah ar-ee-AH-tah) that causes sudden hair loss. While she still had a full head of hair, she decided to shave it off to raise awareness and funds for the Children’s Alopecia Project. She donated her hair to Locks of Love.

Allison Miller discovers God’s purpose for her alopecia

By Kym Russell
Allison Miller was a normal 5-year-old until the day her hair fell out in clumps. Within 24 hours, she lost most of her hair on her head. Her dermatologist didn’t know why she was suddenly bald – he supposed it could be allergies. Not knowing what was happening or why was terrifying. Her family finally learned that Miller had alopecia, an autoimmune disease. It is not life-threatening, but alopecia can be devastating emotionally.

As a child, Miller was teased relentlessly by other children. Adults would mistake her for a cancer patient and offer their sympathy because of her appearance. Eventually, Miller’s hair grew out, thick and beautiful. She thought the bizarre disease was behind her.

Fast forward: Miller is a student at Midway College and she works in the communications department at Saint Joseph Hospital. She is passionate about helping young people with alopecia.

Why? Last year, she reached to scratch her head and a clump of hair the size of a quarter came out in her hand. Within hours, the patch was much larger.

“To have hair one day and not another is hard. As women, we associate hair as part of being feminine. I grieved that loss, that part of me,” Miller said. “I was upset because I wanted to be pretty.”

There are few effective treatments for alopecia. However, Miller tried steroid injections into her head for three months. It was too painful to continue.

“I really believe in scripture that God heals. I was praying a lot and asking the Lord, ‘why aren’t you healing me?’”

Then, Miller changed her prayer. She asked God what He wanted her to do with her condition.

“That’s when I started thinking of other people who have it and the hundreds of little girls who are losing their hair and they don’t know why. I thought about how to help them rather than be upset about myself. And, I found a way to help myself overcome the fear of losing my hair. I decided to shave it off on July 4 and donate my thick beautiful hair to Locks of Love.”

Miller started a Facebook page to build awareness of alopecia and support children with the disease by raising $1,000.

“…To celebrate the 4th, I am shaving my head ... I am OK with having no hair. However, there are thousands of kids who are going through the same torture I did. I am donating my hair, and I am going to ask for your help, too. Make a donation to CAP (Children’s Alopecia Project), the only non-profit organization focused on helping children with this condition: childrensaloeociaproject.org.”

– From Miller’s Facebook page, Allie’s CAP

Continued on page 21
Saint Joseph Health System employees are captured at various community events and internal celebrations throughout the system in this photo gallery. Thanks to everyone who volunteered and/or participated in these events.

**Photo File**

Saint Joseph - Mount Sterling (SJMS) has completed the “family phase” of their One Heart, One Hospital capital campaign: a $2.25 million project to build and equip a cardiac catheterization lab in the new hospital (opening June 2011). Raising more than $300,000 from employees, the hospital council and the Foundation’s advisory committee, the campaign will now begin rolling out into the community. Pictured, in their campaign T-shirts, are only a fraction of the SJMS employees who alone gave almost $100,000 to the campaign!

Saint Joseph Heart Institute professionals provided heart-healthy education and free screenings at the 74th Annual Lexington Junior League Horse Show July 8 at the Red Mile. Pictured, left to right, are Carla Zacher, Amy Price, Jodi Manley and Shannon Young in their “Go Red” feather boas. Saint Joseph Health System is the central Kentucky sponsor of the American Heart Association’s Go Red for Women movement.

Saint Joseph - Mount Sterling (SJMS) received an award during Catholic Health Initiatives’ 2010 Corporate Responsibility, Quality & Risk Management Conference for a poster presentation, titled “Transforming Cardiac Care in a Rural Setting.” This body of work led to the implementation of the Rapid Response Team, wireless transmission of EKGs from the field to the hospital, bedside registration in the ED, and Chest Pain Accreditation. Pictured with the award, left to right, are Linda Skidmore (case mngt.), Bruce Klockars (president), Donna Rhodes (quality), Kim Henson (education) and Cinda Fluke (COO/CNO).
Representing Saint Joseph - Berea, Lisa Johnson helped provide blood pressure screenings at a local school health fair. Also providing screenings and health education were Darcy Maupin (center) and Sonja Merritt (right).

From left to right are Tim Livesay, director of environmental services at Saint Joseph Hospital/Saint Joseph East/Saint Joseph - Jessamine (SJH/SJE/SJJ); Dent Smith, VP of ancillary services (SJH/SJE/SJJ); Allen Clark, manager of safety & security (SJH/SJE/SJJ); and Chris Bowe, administrator of SJJ, who played in the 9th Annual Saint Joseph - Mount Sterling Foundation Golf Tournament June 18.

Saint Joseph - London surgical services staff members enjoyed the Nurses’ Week celebration in the old cafeteria this summer before the new hospital opened. Now, they enjoy grabbing a bite in the new Fountain View Café.

Gene Woods presented Ben Wiederholt (right) with the Spirit of Saint Joseph Servant Leadership Award for consistently demonstrating our mission and core values. Ben, the first recipient of this award, is the VP of mission for Flaget and Saint Joseph - Mount Sterling.

During a PharmNet preview party at Saint Joseph Hospital, Eric Miller (director of pharmacy) and Chris Mays (CNE/COO) performed a “Green Acres” inspired skit about the project. Visit Saint Joseph Health System’s YouTube channel to view the skit.

Saint Joseph - Martin hosted a Go Red for Women Lunch & Learn in June. From left to right are Billie Turner, VP of clinical operations/CNO; Dr. Earl Perrigo, cardiologist; Tammy Dail, Saint Joseph Heart Institute; and Joey Maggard, American Heart Association.

Saint Joseph - Martin nurse managers/directors hosted picnics for National Nurses’ Week in May. From left to right: Billie Turner (VP of clinical operations/CNO), Teresa Bailey, Carla Hayes, Melinda Stumbo and Mary Little.

The 53rd commencement ceremony for the 2010 graduating class of the Saint Joseph Hospital Radiography Program was held May 14. Back row, left to right: Dr. Mitchell Housenick (program director), Allison Roe, Jake Loveland, Samantha Miller, Leah Brockman, Shannon Coomer, David Gilles and Stephanie Brenda (radiography instructor). Front row, left to right: Erin Shields and Rebekah Wells.
Jennifer Erena has worked for Saint Joseph Hospital for 20 years, the last two as nurse manager at the Saint Joseph Wound Center. She loves to garden and last year she started a vegetable garden in an open field next to her church, Central Baptist Church. It comprises five raised beds in the shape of a cross. Next spring she hopes to plant Easter lilies around the outline. Nepali refugees help Erena tend the tomatoes, beans, kale and herbs. “This fall they will plant broccoli, cabbage and spinach. “There’s a weed that I always knew was edible but it was nothing I would ever eat,” Erena said. “The Nepalis love it and it’s growing everywhere!”

For a couple of years Erena has been attending how-to classes called the Edible Garden Series, led by John Walker, a research scientist at UK. One day in May, Erena and Erica Horn, a member of Beaumont Presbyterian who tends her own church garden, hung around after class and got to talking with Walker about the need to collect fresh food and deliver it to the poor and hungry. Last year Walker founded the Lexington Urban Gleaning Network, to deliver surplus harvest items to those in need. An impromptu discussion led to a steering committee, which has led to a movement. Isn’t it amazing how these things work?

Erena, Walker and Horn called their little group “Faith Feeds.” As in, this is what faith does – it feeds people. They began meeting with others who grow fresh food for distribution, such as Seedleaf and In-Feed, both of whom grow small urban gardens in and around downtown.

“A lot of focus is downtown and the north side of town where there are no grocery stores and lower-income people,” Erena said. “Fresh foods are not necessarily within their reach.” Seedleaf and the Martin Luther King Neighborhood Association
started the London Ferrell community garden on Third Street. “They have garden space for people who live downtown, without a yard, to sign up for a plot and have their gardens,” Erena said. “There’s all kinds of neat stuff going on. We’re building a network.”

The Faith Feeds steering committee met with God’s Pantry and made a list of other emergency food agencies, including Catholic Action Center, Lexington Rescue Mission, Lighthouse Mission, Maxwell Presbyterian Church, The Rock/La Roca United Methodist Church, and the Men’s and Women’s Hope Centers.

Faith Feeds has two main missions: to deliver fresh food to churches and emergency food agencies, and to provide education for people who want to grow their own food. In just two months, Faith Feeds collected 12,000 pounds of fresh fruits and vegetables that otherwise would have gone to waste. Reed Valley Orchard in Paris and the Lexington Farmers’ Market locations have donated abundant amounts of produce by allowing volunteer “gleaners” access to their surplus.

Between June 17-Sept. 1, Faith Feeds has gleaned 16,000 pounds of food, mostly from the Lexington Farmers’ Market. A significant amount has also come from gleaning at Reed Valley Orchard in Paris. The collected food is donated to agencies that feed the poor.

“Faith Feeds grew into a faith-based initiative because a lot of churches are getting into community gardens,” Erena said. “We are regular people who got together because of our interest in getting fresh food to people who do not have access to it or the income to purchase fresh food.”

Organizations that feed the poor, such as God’s Pantry, have an interesting dilemma. They are always willing to accept food donations, but if they’re feeding 150 people they really haven’t been able to justify sending someone out to collect one basket of tomatoes. “It’s hard for organizations to accept smaller amounts and incorporate into their bigger meal plans,” Erena said.

Faith Feeds is turning those small bushels into pecks and pounds and truckloads. Gleaning from the local farmers’ markets and coordinating efforts with church gardens has created a large amount of food on a regular basis. “Fresh food is great but when it’s here, it’s here,” Erena said. “It’s easy to get overwhelmed with quantities.”

Prior to the recent donations of fresh food, many meals through these food organizations were made up of spaghetti or other canned goods. “Now they’re getting a crazy amount of fresh produce and different varieties,” Erena said.

Another food source for Faith Feeds is through home gardens. “When the harvest is coming in, sometimes people have more than they can use,” Erena said. “They bring their extra produce to work. They’re trying to find people to take it off their hands.” Faith Feeds is spreading the word to home gardeners so they know their extra fruits and vegetables will go to people who will graciously accept them.

Preserving fresh food for later use is another activity being promoted by Faith Feeds. The steering committee is looking at ways to network with churches that have nice big kitchens so they can plan canning sessions.

Visit faithfeeds.wordpress.com for more information or e-mail Jennifer Erena at jennifererena@sjhlex.org.

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2 Corinthians 9:6-8 (RSV)
The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully. Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.
called her “Cat” and Cook renamed her “Mama.” Cook’s daughter took the kittens when they were born.

Charlie passed away in June. At the visitation, attended by about a dozen people, an estranged family member thanked Todd and Cook for taking care of him and apologized for his alcoholism and inability to turn his life around. “I said, ‘we accepted him where he was,’” Todd said. “There was no need to apologize.”

It’s easy for most people to dismiss someone like Charlie. “Particularly somebody that doesn’t smell good, and someone you perceive you have nothing in common with,” said Rose Rexroat, manager of community services and administrator for the Eastern Kentucky Mobile Health Service. “Everyone has a story,” she said. “They have feelings, they have concerns, regardless of whether they’re poor or not.”

Rexroat is glad she met Charlie. He was appreciative of everything people did for him. “He never felt entitled,” she said. “He just never gave me the indication that he ever felt he was owed something.” Rexroat also feels blessed to be working at SJHS. “Did the patients see Jesus in us today? That’s what it comes down to,” she said. “Being in a faith-based organization is like you’re being paid to be a missionary to your own community.”

The vision for the Free Health Clinic began in the 1990s with Sister Dorothy MacDougall, who was vice president of mission at the time. To serve the uninsured and underserved in Lexington/Fayette County, the Saint Joseph Free Health Clinic began on Aug. 21, 1997, as a mobile health service. On Oct. 1, 2007, the Free Health Clinic moved to a fixed facility on the campus of Saint Joseph Hospital. There is still a mobile health service in eastern Kentucky, delivering health care services to the underserved in Morgan, Wolfe and Lawrence counties.

You can make a tax-deductible donation to the Free Health Clinic through the Saint Joseph Hospital Foundation: SaintJosephFoundation.org.
Allie’s CAP
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“I felt that God was showing me my purpose in having alopecia,” Miller said.
Miller raised $400 and a lot of attention. A former Saint Joseph employee and photographer, Nina Mullins, took pictures of Miller having her head shaved on July 4.
The director of the Children’s Alopecia Project e-mailed to thank Miller. And, another organization, Alopecia World, featured her story online.

“It’s been really good for me to understand that I’m not defined by my hair. I’ve had a crash course to be confident about my appearance. I want to help other girls on their journey. It means a lot to me to be able to show others that it is not all about appearance.”
Miller’s campaign is not over. You can make a donation to the Children’s Alopecia Project. Learn more about Miller’s journey on her Facebook page, Allie’s CAP.

What is alopecia areata?
Alopecia areata is a common autoimmune skin disease resulting in the loss of hair on the scalp and elsewhere on the body. It usually starts with one or more small, round, smooth patches on the scalp and can progress to total scalp hair loss or complete body hair loss. It is highly unpredictable and cyclical. Hair can grow back in or fall out again at any time, and the disease course is different for each person. –From the National Alopecia Areata Foundation.

Flight Path of a Star
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who’s dying?”
Steve called her back that night with words of encouragement.
“He said, ‘Any day you’re not in the obituaries is a good day,’” Andrews said.
“He was a trooper. Never once did I hear him complain.”

Andrews and her husband, Dan, were present with Steve’s family when he quietly passed away. Later, at his funeral, she was surprised to hear people speak of the many ways Steve had served his fellow man.
“He had done so much, and he never bragged about any of it,” the nurse said.
“He was just wonderful to be around. He was a pretty amazing man.”

Steve’s wife will never forget the special sign that appeared the night her pilot died. After Steve had taken his last breath, “his youngest brother went outside, and then he called us all out there, because there was a huge ring around the moon, and one little star,” Wanda said. “It made us feel OK – like that little star was Steve taking his last flight – he was on his way to heaven.”

Later, when Wanda told the story to Father Dennis Knight, the priest at Saint Joseph Hospital and Saint Joseph East, the clergyman told her that what the family saw has been explained in some ancient traditions.
“He said that if you ever see a ring around the moon – you know that a holy man has died.”

Health Care Hero
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in the world.”
Communicating also involved “a lot of sign language” and pantomime. What helped was a handheld computer that Paul had. Martin would write a question for him, and then he would convert it to Russian with the machine. In addition, Mrs. Sheftel had a Russian-English dictionary that she thumbed through constantly.

Though they could barely speak English, they showered Martin with gratitude, she said.
“They are the sweetest things that ever was. They’re great people – so easy to love.”
In time the nurse began trading recipes with the Russians. For their family reunion, she took them a batch of banana pudding. Mrs. Sheftel paid her back in banana bread.
“She was so afraid it wouldn’t be American enough,” the nurse said. “But it was so good!”

Eventually Martin became like a family member. She still checks in with the Sheftels, she said.
“They accepted me, and trusted me, and trusted my judgment,” she said. “These people put their lives in your hands. It’s not just a job. The patients know you’ll do your very best for them.”

Monroe could tell when she visited “how much the Sheftels adored her,” she said of Martin. “She is such a good nurse. Patients love her. She is irreplaceable!”

To submit your story ideas or news to Common Thread, visit SaintJosephCommonThread.org.
Saint Joseph Health System
One Saint Joseph Drive  Lexington, KY 40504

Saint Joseph Health System (SJHS) recently invested in and expanded the presence of the Foundations located at all facilities (except Saint Joseph - Martin). The Foundations raise funds through several different venues to support our mission and improve the quality of lives of our patients and their families.

Monies raised are used for equipment and technology, education, and mission and outreach programs such as the Patient and Family Assistance Fund (PFAF), Employee Emergency Financial Assistance Fund (EFAF), the Appalachian Outreach Program (AOP) and Nursing and Allied Health Scholarships.

Barry A. Stumbo serves as the vice president of development for SJHS and helps facilitate the fundraising efforts at each institution.

Saint Joseph - Berea Foundation (SJBF)
SJBF is currently conducting an employee campaign to raise funds for EFAF, PFAF and where most needed. The campaign goal is 30% participation and runs through Nov. 5. Contact Chris Schill at 859.986.6498.

Saint Joseph Hospital Foundation (SJHF)
SJHF’s employee campaign kicked off Sept. 13 at Saint Joseph Hospital, Saint Joseph East and Saint Joseph - Jessamine; it will conclude on Nov. 5. Employees can designate funds to EFAF, PFAF, AOP, the Free Health Clinic, the Fitness Center or where most needed. The participation goal is 50%. Contact Anna Taylor at 859.313.2055.

Saint Joseph - London Foundation (SJLF)
With the opening of the new hospital on Aug. 19, the SJLF is conducting a naming opportunity campaign, “Building for Tomorrow, Committing to the Future.” Donors can make tax-deductible gifts to place a name on a specific room, department or area of the new hospital in someone’s honor. Proceeds benefit cardiovascular services, pulmonary services and emergency services. Contact April Nease at 606.330.6008.

Saint Joseph - Mount Sterling Foundation (SJMSF)
SJMSF is conducting a $2.25 million campaign, “One Heart, One Hospital” to build a cardiac catheterization lab for the new hospital which opens in the summer of 2011. Employees have already given nearly $100,000. Contact Chris Peck at 859.497.8855.

Flaget Memorial Hospital Foundation (FMHF)
FMHF is leading the efforts to raise $300,000 from the community to bring digital mammography to Flaget Memorial Hospital. Contact Di Boyer at 502.350.5058.

Barry Stumbo,
SJHS Vice President of Development

Fall Giving
Campaign updates from our Foundations

Visit SaintJosephCommonThread.org and tell us your news and story ideas, plus upload your photos.