

February 2019



Good Samaritan

HEALTH & WELLNESS CENTER

*Restoring Health. Saving Lives.*

## February is National Heart Health Month

Watch for an announcement in the coming weeks about our new Cardiac Wellness Program! Individuals with hypertension will be invited to sign up for a FREE 8-week exercise/nutrition program to help bring their blood pressure under control.

Did you know

**473,000**  
people in Georgia  
have coronary heart disease?

Small lifestyle changes can lead to a healthier heart.  
Learn more about heart disease and risk factors at [hearttruth.gov](http://hearttruth.gov)

www.hearttruth.gov © 2017 National Heart, Lung, and Blood Institute

Click here for 2017 Good Sam HWC Patient Profile Data

Heart disease is a leading cause of death in the United States. Most middle aged people (90 to 95 percent) and young adults (75 to 80 percent) have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having more than one risk factor increases your risk for heart disease much more than having just one.

**In 2017, 75% of Good Samaritan HWC's patients were on Lipid treatment for coronary heart disease. 32% had hypertension, compared to 27% of patients across all national health centers.**

Commit today to making the following heart healthy lifestyle changes:

- Get physically active.
- Achieve a healthy weight and maintain it.
- Eat heart healthy foods.
- Quit smoking.

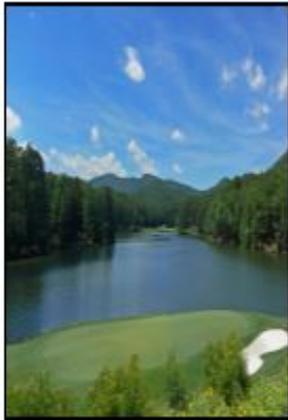
## Next Month: Colorectal Cancer Awareness Month in March

Be sure to speak with your provider about colorectal cancer screening at your next appointment...and let's kick cancer's butt!



**2019  
Good Samaritan  
Ed Delaney  
Memorial  
Golf Tournament**

**Monday, April 29th  
Big Canoe Golf Club**



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**SAVE THE DATE**

The annual Good Samaritan / Ed Delaney Memorial Golf Tournament will be on **MONDAY, April 29th**. We are currently seeking sponsors and players for this annual fundraising event which helps us serve more patients and helps our community get healthier!

[Click Here to Register and/or Become a Sponsor!](#)

**Tournament Day Monday,  
April 29th**

- 4 Player Scramble
- Check-in begins at 10:00 am
- Shotgun Start at 12 Noon
- Men and Women
- Chic-fil-A lunch at 11:30 am
- Dinner following play
- Tournament Prizes
- Raffle Prizes



*Other Upcoming Events*

**Monday, February 18 - President's Day- Good Samaritan Closed**  
Tuesday, February 21 - Team Leader (CTL) Meeting - 1:00 pm

**Service Spotlight**

A special ***Thank You*** to Jean Lomax, who since 2013 served as editor of the quarterly newsletter. In addition to her countless hours creating and distributing the newsletter, Jean and her husband John have been loyal supporters of Good Samaritan. Jean has volunteered across MANY departments at Good Samaritan, and we all wish her well as she and John move to North Carolina to be near one of their sons and his family.

## Spread the word!

We're excited to announce that we're looking for a high-energy, detail oriented team member to join the Good Samaritan family as a part-time program coordinator. This individual will provide administrative and communications support for our new cardiac clinic and hypertension program. The best candidates will have an interest in wellness, marketing communications, and/or strong interest in learning about clinical program measures. This position will be part-time and will have variable work hours though there will be some mandatory work hours beginning in May when our new exercise/nutrition program kicks off! Interested candidates can contact us at [development@goodsamhwc.org](mailto:development@goodsamhwc.org)

**WE'RE  
HIRING!**