



Good Samaritan

HEALTH & WELLNESS CENTER

Restoring Health. Saving Lives.

March is National Colorectal Cancer Awareness Month

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**National
Colorectal Cancer
Awareness Month**



**Over 50?
Family History?
Get Screened!**



Visit www.screen4coloncancer.org to learn more.

Colorectal cancer is the second leading cause of cancer deaths for men and women in the United States. Every year, about 140,000 Americans get colorectal cancer, and more than 50,000 people die from it.

Risk increases with age. More than 90% of colorectal cancers occur in people who are 50 years old or older. Many don't get screened out of fear or squeamishness. But learning later down the road that you have an inoperable tumor is much scarier!

In 2017, only 2.3% of Good Samaritan HWC's patients were screened for colorectal cancer. Talk to your provider about getting a smear.

What You Can Do

- If you're 50 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 50 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, ask your doctor if you should be screened.
- Be physically active.
- Keep a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

[Click here for 2017 Good Sam HWC Patient Profile Data](#)

Next Month: Alcohol Awareness Month in April

Be sure to share with your medical provider your level of alcohol consumption and ask for help if needed. Your and others' lives may depend on it!

SEEKING SPONSORS AND PLAYERS!!

**The 2019 Good Samaritan
Ed Delaney Memorial
Golf Tournament
April 29, 2019 @ Big Canoe Golf Club**

We are currently **seeking sponsors and players** for this annual fundraising event which helps us serve more patients and helps our community get healthier!

For the past several years, a group of volunteers has held a charity golf tournament to raise money to support the work of the Center, and this year's goal is to raise \$25,000. Below is a listing of sponsorship opportunities and our 501(c)(3) letter will be made available upon request. Checks for your contribution should be made payable to Good Samaritan Health and Wellness Center, 175 Samaritan Drive, Jasper, GA 30143. Please designate "golf

tournament" on your check.

Not a golfer? You can [make an online donation](#), in any dollar amount, and mark it "golf" to help us achieve our financial goal.

Questions? Contact Brad Herren @ 610-909-6200 or bradherren55@gmail.com

TOURNAMENT SPONSOR OPPORTUNITIES

Diamond Level \$1,000.00

- 4 Players Entry Fees
- 2 Hole Sponsor Signs
- Special Recognition & Banner Placement

Platinum Level \$750.00

- 4 Players Entry Fees
- 2 Hole Sponsor Signs
- Banner Placement

Gold Level \$500.00

- 2 Hole Sponsor Signs
- Banner Placement

Hole Sponsor \$200.00

- 1 Hole Sponsor Sign

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

2019
Good Samaritan
Ed Delaney
Memorial
Golf Tournament

Monday, April 29th
Big Canoe Golf Club



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Other Upcoming Events

Monday, April 8 - Friday, April 12: National Volunteer Appreciation Week

Saturday, April 27: Annual Health Fair at Appalachian Tech

Monday, April 29: Charity Golf Tournament at Big Canoe Golf Club

Service Spotlight

Welcome to our two new staff members who have joined Good Samaritan's behavioral health team!

Carol Spencer, LCSW, is our new Licensed Clinical Social Worker. She reports that she's very happy to join us and is impressed with the caring hearts and open arms that have welcomed her. Carol heard about Good Sam from her sister, a registered nurse who lives in Canton. She spoke about the good reputation and positive work being done here, and Carol decided it's a good match for her personal philosophies of what she wanted to do with her career. Carol received her master's degree at the University of Central Florida and became a LCSW there. She decided the summers were too hot and the hurricanes were to be avoided, so she moved to Georgia to be closer to the mountains with their cooler summers and be nearer her sister.

When she's not at work, Carol enjoys reading, gardening, sewing, needle-crafts and rock hunting. Her dog Bernie is her companion, and a sense of humor helps keeps her sane. She also loves to travel and has been to many places around the world including Russia, China, Japan, Great Britain, Sweden, Finland, Estonia, Denmark, Germany, Italy, Greece, Turkey, Mexico, Guatemala, Honduras and in February visited Egypt. If you get a chance, stop by Carol's office to say hello. She just might have some photos from Egypt to show you!

Tom Carberry entered the substance abuse and recovery field in a professional capacity several years ago. He previously worked as a recovery chemical technician and admissions counselor at Sunrise Detox in Alpharetta. There, he learned to work closely with clients to get to know them, their substance abuse history, if they suffered from any type of medical disorder, their living situation, financial stability, whether or not they were contemplating suicide, as well as talking to their insurance companies on

their behalf. He then worked as a case manager at Hope Quest, a 90-day residential treatment facility which helps individuals deal with their addictions. There, he helped them find counseling, therapy, support groups and a place to live or a job when needed.

Personally, Tom has been in recovery and sober since September 9th, 2005 so he can bring his own life experience to our mission of treating patients with respect and dignity. He plans on using and applying all of his knowledge and experience at Good Samaritan. He says his main goal is to help those find the necessary resources they need to function throughout their everyday lives.



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