

May 2019 Newsletter



JumpStart launches first groups!

Classes have started and run until December 2019.

More than 40 individuals have signed up as part of the first cohort of participants for this free, new program. Participants are learning to manage their blood pressure through education, exercise, and nutrition in weekly two-hour groups that are meeting on Monday nights and Tuesday mornings.

Good Samaritan is leading the development, administration, and clinical education for this exciting new program, and we're partnering with several others to make it happen:

- New Beginning Therapeutic Services - health coaching and exercise;
- University of Georgia Extension Service - nutrition education;
- Pickens County Recreation Center - classroom facilities; and
- Kaiser Permanente - program funding

Take the first step now to a healthier lifestyle through JumpStart. Contact Helen Harris by email at jumpstart@goodsamhwc.org or call (706) 250-2508 to sign-up for our July groups.



Amicalola EMC's Operation Round-Up Strengthens JumpStart

Funding from community helps improve our community's health

The Amicalola EMC Trust recently donated \$500 to Good Samaritan Health & Wellness Center with funds made available through its Operation Round-Up program. Funds are generated through Amicalola EMC's Operation Round-Up by 'rounding-up' the power bills paid by participating members by rounding up to the nearest dollar. We sincerely appreciate Amicalola EMC's donation and will use the funds to support JumpStart and to strengthen this program focused on improving public health and reducing chronic diseases.

What's Your Why?



Suzanne Gerhing

Role: Bookkeeper

Good Sam service: 4 years

How heard about Good Sam: Jack Kelly (former Accounting Treasurer).

Suzanne's Why: "I started volunteering when Jack fell ill and have stayed on to become an employee! I'm honored to help serve our patients and community in a place that really cares."



Jack Hedrick

Role: Chief Financial Officer

Good Sam service: 5 months

How heard about Good Sam: Indeed

Jack's Why: "I was attracted to Good Sam by the mission to reach out to those in need, providing healthcare to all."

Everyone has a story. What's yours?

Email your photo and story to us at development@goodsamhwc.org.

May is Stroke Awareness Month

80% OF STROKES ARE PREVENTABLE!

As part of Stroke Awareness Month, Good Samaritan encourages you to educate yourself

and your loved ones about the prevention and warning signs of stroke.

There are many risk factors for stroke, the front runner being high blood pressure. Below are other factors that put you at risk:

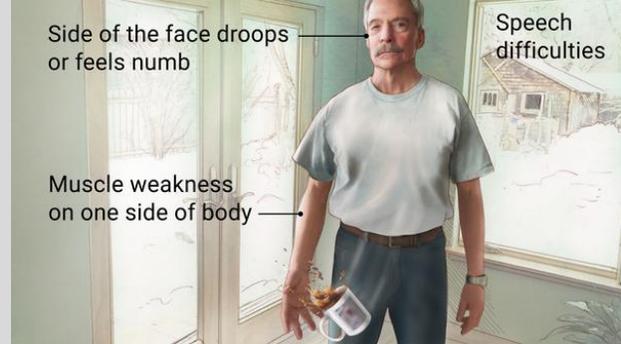
- High Blood Pressure
- Obesity
- High Cholesterol Levels
- Narrowed Arteries
- Diabetes
- Arrhythmia or AFIB
- Previous Stroke or Transient Ischemic Attack
- Over the Age of 65
- Family History of Stroke

There are also risk factors that come about from lifestyle choices, such as:

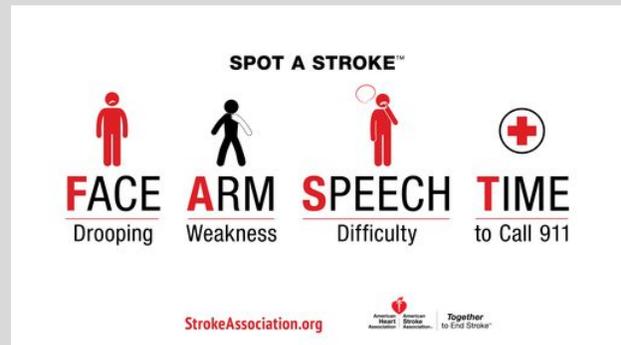
- Lack of Exercise
- Poor Diet
- Smoking
- Consuming More Than 2 Alcoholic Drinks per Day

[How to spot a stroke and what to do](#)

Source: <https://www.strokeinfo.org/>



Remember to act F-A-S-T !



Next Month: Alzheimers & Brain Awareness Month in June



100 golfers came out on a beautiful spring day to enjoy the challenging links at Big Canoe, while helping to raise \$25,000 for the Good Sam HWC.

While there weren't any hole in ones reported, everyone had a blast!

Thank you to all of our generous sponsors for making this year's golf tournament such a success.

If you'd like to play in or sponsor next year's tournament, contact Brad Herren @ 610-909-6200 or bradherren55@gmail.com



Upcoming Events

Monday May 6: JumpStart begins

Monday, May 27: Good Samaritan closed for Memorial Day

Saturday, September 14, *Save the Date:* Good Samaritan Hoedown, Annual Fundraiser

Service Spotlight : Lawton Geiger



Welcome to Good Sam's new Digital Marketing Intern *Lawton Geiger*.

Lawton will spend the summer working with us before graduating from University of Georgia in December. He will use his education and work experience to help us with social media, special events, and other marketing activities.

Volunteers Needed!

Virtually all Good Sam departments need more volunteers. Use your skills and talents to help Good Samaritan reach and serve more individuals in need of quality healthcare. There's no greater satisfaction than helping others by sharing your talent and time. Plus, you're guaranteed to meet a lot of new, nice people along the way, as Good Sam has many wonderful staff and volunteers!



Individuals gifted and/or experienced in communications and development, financial records, information technology, materials management, medical records, and pharmacy are especially needed. Please share with your friends, coworkers, family, communities and on social media!



Follow us on Facebook

If you're not already following us on Facebook, [please do so now](#). We've got lots of good news to share and we don't want you to miss any of it!