

July 2019

jumpstart



JumpStart Cycle 1 Was a Huge Success!

The first session has officially concluded for our inaugural JumpStart program. The first session was extremely successful with 19 participants graduating at the end of June, and we have 40+ signed up for cycle 2. Program participants were very engaged and open to learning the materials taught, with many

putting them into practice at home each week. It was great to see how much each participant grew and improved throughout the 8-week period. The first cohort had amazing results, such as:

- 72% improved eating habits
- 89% improved exercise habits
- 61% experienced weight loss

Sheila and Curtis Acome stated, "We gained a lot from coming to the classes. It has been good getting to know everyone and we learned a lot while we were here. It has been a big support." It was truly amazing to see the transformation of each participant and see how they applied the lessons and tips and tricks we taught into their daily lives to reap the rewards. If you are interested in taking the first step in tackling high blood pressure and learning simple tools to live a healthier life, visit goodsamaritanjumpstart.com or contact Helen Harris by email at jumpstart@goodsamhwc.org

Gather Round' the Good Samaritan Hoedown is Near!

Mark your calendars and dust off your Western wear! Good Samaritan's Annual Hoedown will be held on **Saturday, September 14, 2019**, from 5 – 9 p.m. at the Lowe Barn in Jasper. The fundraising event features a delicious barbecue dinner with all the trimmings, a live and silent auction, and once again, the music of Banks & Shane.

This year's headline entertainment, the always-popular *Banks & Shane*, is known for getting crowds dancing to party favorites and reminiscing with memorable ballads. The band began playing music in Atlanta in 1972, has recorded 12 albums, and combines exceptional talent with consummate showmanship and professionalism.

Events like the Hoedown are essential for the ongoing operation of Good Samaritan which relies on private donations and grants to offset more than \$800,000 of its annual \$1.85 million budget. Despite receiving federal funding and insurance reimbursement for a portion of its patients, Good Samaritan continues to rely on fundraising to offset expenses and overhead for the three-quarters of its patient

population that is uninsured. The organization serves all ages and all individuals regardless of their insurance status and has provided more than 10,000 individual patients with high-quality care since opening in April 2002.

Good Samaritan is currently seeking sponsors and selling tickets for this event. Sponsorship packages range from \$500 to 5,000 and each package includes varying numbers of guests. Tickets are \$75 and now, can be purchased online at <http://bit.ly/goodsamhoedown2019> or in mid-July, at Community Bank, IGA Foothills, Good Samaritan, and Renasant Bank.

The event committee includes co-chairs Sally Long and Susan Kumnick with members Leigh Garrett, Verlia Gower, Adriana Nogareda, Lisa Schellack, and Melinda Smith. For more information or to donate to Good Samaritan Health & Wellness Center, go to www.goodsamhwc.org or call 706-253-4673.

**GOOD SAMARITAN
HOEDOWN**

BBQ
Drinks
Dancing

September 14, 2019 5-9 p.m.

**'These BOOTS are made for Dancin'!
Dancin' to Banks & Shane that is!
So kick UP your heels and Join us!**

'The Lowe Barn'
Parking - Trinity Tabernacle (Allred Road)
JASPER, GA

Tickets \$75.00
Available @ Community Bank, IGA Foothills,
Good Samaritan, Renasant Bank

Silent & Live Auction

Proceeds benefit

Good Samaritan
HEALTH & WELLNESS CENTER

For more information call 706-253-4673
or email... development@goodsamhwc.org

Restoring Health. Saving Lives.
goodsamhwc.org

Latest News & Updates

CAPH'N Carnival

The CAPH'N Carnival held at the North Georgia Pregnancy & Family Resource Center on Saturday, June 22nd was a huge success! Families, mothers and children stopped by to spend the day with us and participate in fun activities, share food and win prizes! Thank you to everyone who volunteered and gave their time to make this amazing event possible. The kids loved of all



the fun activities, and the parents were able to view a cooking demonstration presented by UGA Extension for a new healthy recipe at home, and also ask one of our providers questions they may have about health. Attendees learned about the CAPH'N program and were able to collect a voucher for a box a healthy food that can be redeemed on any Monday and Friday at CARES of Pickens County.

More pictures of the event can be found: [Here](#)

July is UV Safety Month



The sun releases energy, called radiation, in various forms: in the sunlight you see, the heat you feel and the invisible ultraviolet (UV) rays that cause you to get sunburned. UV rays from the sun can also damage your eyes and hurt your vision.

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps.

The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively. *UV Safety Month* is also a time to remind ourselves to protect not only our skin in the summer months, but our eyes, too. Both are affected by UV rays from the sun, and damage can be prevented by taking appropriate precautions. Don't forget your sunglasses and a good sunscreen lotion. Here at Good Samaritan we suggest you reference the chart below each day to prepare yourself in order to reduce the amount of harmful UV rays your body is exposed to.

UV INDEX 1 2	UV INDEX 3 4 5	UV INDEX 6 7	UV INDEX 8 9 10	UV INDEX 11+
LOW 1-2	MEDIUM 3-5	HIGH 6-7	VERY HIGH 8-10	EXTREME HIGH 11+
Sunscreen, SPF 30+, Sunglasses	Sunscreen, SPF 30+, Sunglasses, Hat, Protective Clothing	Sunscreen, SPF 30+, Sunglasses, Hat, Protective Clothing, Seek Shade	Sunscreen, SPF 30+, Sunglasses, Hat, Protective Clothing, Seek Shade, Limit time outside between 10am-4pm	Sunscreen, SPF 30+, Sunglasses, Hat, Protective Clothing, Seek Shade, Stay inside between 10am-4pm

WHAT'S YOUR WHY?

Leamarie True, *PDAP*

Leamarie True has been with Good Samaritan for over 5 years! We appreciate all the dedication and time Leamarie has given the Good Samaritan over the years. When asked about her *why*, Leamarie replied "I believe we are meant to do for others. This is one way I can be of service to others in my community" Leamarie is a blessing to

our patients, and we appreciate everything she has done for the Good Samaritan and our patients. We are always looking for more volunteers like Leamarie. If you know someone who is looking for an opportunity to give back, please email volunteer@goodsamhwc.org.



Upcoming Events

Thursday, July 4th: Good Samaritan closed for Independence Day

Saturday, July 14th: Kickoff 4 Kids - Click here for more info on this [Back to School event](#) - Free Haircuts, Health Screenings and Crafts for kids just in time to head back to school!

August 4th - 11th - National Health Center Week - We will celebrate all week with special patient appreciation activities in our lobby. Stop by for a snack or get more information

Thursday, August 8th: Stakeholder Reception from 5 – 7 p.m. (*by invitation only*)

Thursday, August 22nd: Cancer Prevention Cooking School, 5 – 9 p.m. – RSVP by emailing [Jessie Moore](#)

Cooking for a Lifetime

Cancer Prevention Cooking School

presented by



UNIVERSITY OF GEORGIA
EXTENSION



Learn about reducing risk of cancer; who should get screened for breast, cervical, and colorectal cancer; how to get screened

Free cookbook, recipe tasting, and PRIZES*

*All who attend will be entered into a drawing for a \$25 gift certificate or prize of equal value

Where: Good Samaritan Health & Wellness
175 Samaritan Drive
Jasper, GA 30143

When: Thursday August 22, 2019

Time: 5 pm – 8 pm

To sign up, contact:

Jessie Moore
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University of Georgia Extension
Service
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