

August 2019 Newsletter

Come Celebrate National Health Center Week With Us! August 4 - 10, 2019

This year's National Health Center Week will highlight how health centers are at the forefront of a nationwide shift in addressing environmental and social factors as an integral part of primary care, reaching beyond the walls of conventional medicine to address the factors that may cause sickness, such as lack of nutrition, mental illness, homelessness and substance use disorders. Community Health Centers' success in managing chronic disease in medically vulnerable communities has helped reduce health care costs for American taxpayers.

At Good Sam, we provide a wide array of services. Health centers are not just healers, we are innovators who look beyond medical charts to address the factors that may cause poor health, such as poverty, homelessness, substance use, mental illness, lack of nutrition, and unemployment. We collaborate and partner with hospitals, local and state governments, social, health and business organizations to improve health for people who are medically vulnerable.



Dust off Your Boots and Mark Your Calendars! The 2019 Good Samaritan Hoedown is Roundin' The Corner!

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 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.

Buy Hoedown Tickets Online

A poster for the Good Samaritan Hoedown event. The title "GOOD SAMARITAN HOEDOWN" is at the top in large, stylized letters. Below the title is a photograph of a man playing a guitar and singing into a microphone, with a treble clef and musical notes to the left. To the right of the photo, the text "BBQ Drinks Dancing" is written in a curved font. The date and time "September 14, 2019 5-9 p.m." are prominently displayed. Below that, a quote reads: "'These BOOTS are made for Dancin'! Dancin' to Banks & Shane that is! So kick up your heels and Join us!'". The venue is listed as "'The Lowe Barn'". Parking information: "Parking - Trinity Tabernacle (Allred Road) JASPER, GA". Ticket price: "Tickets \$75.00". Availability: "Available @ Community Bank, IGA Foothills, Good Samaritan, Renasant Bank". There is also a mention of a "Silent & Live Auction". At the bottom left, there is an illustration of a pair of colorful cowboy boots. The Good Samaritan Health & Wellness Center logo and name are at the bottom right, along with the tagline "Restoring Health. Saving Lives." and the website "goodsamhwc.org".

**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

Restoring Health. Saving Lives.
goodsamhwc.org

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

Spread The Word!

On Thursday, August 22, Good Sam will host a Cooking for a Lifetime class for women between the ages of 21 – 64 learn more about cancer prevention and necessary cancer screenings.

Contact Jessie Moore to learn more about this special one-night event!

Cooking for a Lifetime

Cancer Prevention Cooking School

presented by  UNIVERSITY OF GEORGIA
EXTENSION &  American
Cancer
Society®



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
Family and Consumer Sciences Agent
University of Georgia Extension
Service
(phone) 706-635-4426
jessmoor@uga.edu

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JumpStart Off to a Strong Start!

Twenty participants completed our first cycle of JumpStart in June and another 20 are mid-way through cycle two. Results have been strong so far. Cycle 1 participants displayed numerous improvements including improved exercise (89%), improved eating habits (72%) and weight loss (76%). Perhaps most encouraging were the 80 percent who reduced their blood pressure, and the 25 percent who achieved blood pressure control of less than 140/90, after only eight short weeks!

We're currently recruiting participants for cycles 3



and 4 which begin on Sep 3 and Oct 28. 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

August is National Immunization Awareness Month

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, Good Sam is proudly participating in National Immunization Awareness Month in August. Immunization shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them. Everyone ages 6 months and older needs to get a flu vaccine every year. Other types of shots work best at specific ages or life stages.

- If you have a child age 6 or younger, learn which shots your child needs.
- Find out which shots you need as an adult.
- Use the chart below for adults to see if you are up to date on your shots. You can also access this chart [here](#).

Talk to your healthcare provider to make sure that everyone in your family gets the shots they need.

Vaccine	19–21 years	22–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) or Influenza live attenuated (LAIV)	1 dose annually				
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td booster every 10 yrs				
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)				
Varicella (VAR)	2 doses (if born in 1980 or later)				
Zoster recombinant (RZV) (preferred) or Zoster live (ZVL)	2 doses or 1 dose				
Human papillomavirus (HPV) Female	2 or 3 doses depending on age at initial vaccination				
Human papillomavirus (HPV) Male	2 or 3 doses depending on age at initial vaccination				
Pneumococcal conjugate (PCV13)	1 dose				
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication				
Hepatitis A (HepA)	2 or 3 doses depending on vaccine				
Hepatitis B (HepB)	2 or 3 doses depending on vaccine				
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, then booster every 5 yrs if risk remains				
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication				
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication				

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
 Recommended vaccination for adults with an additional risk factor or another indication
 No recommendation



Have you seen the updated Good Samaritan entrance? Construction is done and the parking lot has been repaved. We are very excited to have this wonderful covered drop-off for our patients!

Upcoming Events

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: 5 – 8 p.m. Cooking for a Lifetime Cancer Prevention Cooking School – RSVP by emailing [Jessie Moore](#)

Monday, September 2 – Good Sam closed for Labor Day

Tuesday September 3 – JumpStart Cycle 3 begins

Saturday, September 14, 5 p.m. – 9 p.m. – Annual Hoedown featuring Banks & Shane – buy tickets [here](#)

