

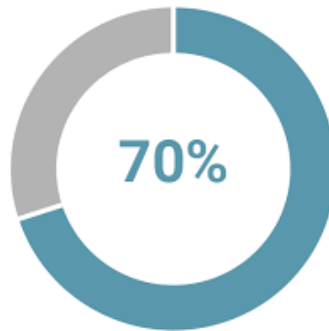
October 2019 Newsletter

Final Chance to Enjoy JumpStart in 2019...Don't Miss it!

So far this year, we've had nearly 50 people complete the complete FREE, eight-week program for individuals with high blood pressure. Their collective results are *impressive*:



have lost weight.



have reduced or controlled their blood pressure.



have reduced their resting heart rate by an average of 5 beats per minute.

Best of all, **100% of the folks who've taken the class have learned something new and had fun.** We are currently accepting participants for the final 2019 cycle which runs from October 28 - December 20. Classes meet at the Pickens County Recreation Center on Monday nights from 6 - 8 p.m. and Tuesday mornings from 10 a.m. - 12 noon. This is the last chance to join our hypertension wellness program before the end of the year. [Email us](#) to enroll or [visit the JumpStart webpage](#) to learn more.



2019 Hoedown raises more than \$26,000!

Good Samaritan's 2019 Hoedown took place on Saturday, September 14 and featured a delicious barbecue dinner, a live and silent auction, and the music of Banks & Shane! More than 150 guests joined

us for some toe-tapping, boot-scooting FUNdraising at the Lowe Barn, and together, we raised more than \$26,000 to help provide compassionate and individualized health care to our community. These monies help to offset the more than \$800,000 that we must raise annual through private donations, grants, program income, and events.

We want to acknowledge and offer our heartfelt thanks to all of our event sponsors, auction item and in-kind donors, guests, event committee, volunteer shuttle drivers, catering team, and everyone who helped make this night such a big success. Watch the newsletter for next year's date.



The poster for the Fainting Goat Winery 5k Road Race is framed in red. At the top, it says 'FAINTING GOAT' in large, bold letters, with 'VINEYARDS' and 'WINERY' on either side. Below the title is a silhouette of a goat. The main text reads '5K ROAD RACE AT BURNT MOUNTAIN' and 'BENEFITTING GOOD SAMARITAN HEALTH + WELLNESS CENTER'. The date is 'SATURDAY DECEMBER 07 9:00AM' and the location is 'FAINTING GOAT VINEYARDS 5K JASPER, GA'. At the bottom, there are five categories: 'SCENIC COURSE', 'FINISHER MEDAL', 'HOT FOOD', 'GREAT WINE', and 'LIVE MUSIC'. A website URL 'WWW.IWELIFE.COM' is at the very bottom.

2nd Annual Fainting Goat Winery 5k to Benefit Good Samaritan Wellness

Mark your calendar for our next fundraiser: **the 2nd Annual Fainting Goat Winery 5k on Saturday, December 7, 2019.**

Race registration is now open, and we welcome sponsors for this event that will help to fund our wellness programs! **Please email us** for details.

Another construction award!

Our contractor **Cooper & Co.** received a *2019 AGC Build Georgia Award* for the construction and completion of Good Samaritan's newest building which opened in April 2018. Awards celebrate general and specialty contractors whose projects demonstrate construction excellence. Winning projects represent the best the construction industry has to offer by meeting exceptional project safety performance, overcoming the challenges of a difficult project, achieving innovation in construction techniques and materials, demonstrating excellence in project management and scheduling, and dedicating themselves to client service and customer care. Cooper & Co. shared this award with Good Samaritan by presenting a commemorative plaque at our September 2019 board meeting.



(Pictured L to R): Brad Herren, Good Samaritan Volunteer Project Manager; Tammi Sorrells, Good Samaritan CEO; Steve Cooper, Cooper & Co. President

October is Breast Cancer Awareness Month

October marks Breast Cancer Awareness Month--easily one of the most widely known and well-promoted health awareness months. After decades of progress in improved diagnostics, better treatments, a deeper understanding of genetic risk factors, and stronger support networks, breast cancer still remains the most

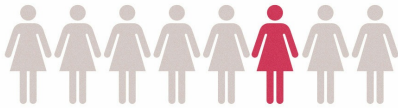


**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**

1 in 8

WOMEN

WILL BE DIAGNOSED WITH
Breast Cancer
IN THEIR LIFETIME



To learn more about your risk for breast cancer, schedule an appointment with your health provider.

If you are a woman who needs a mammogram and cannot afford one, we may be able to help! Through a partnership with Piedmont Mountainside, we are able to offer *FREE* mammograms to women who qualify. For details, ask your Good Samaritan health provider.

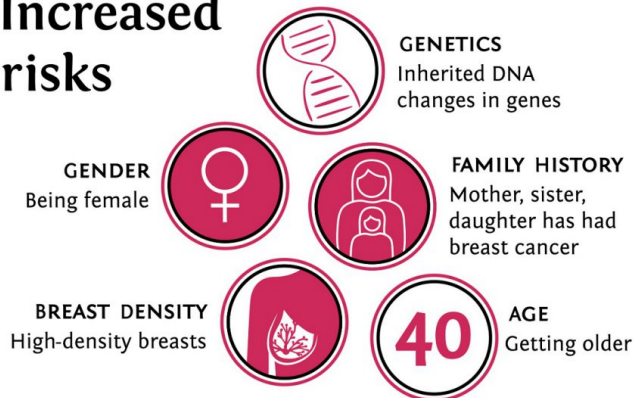


common cancer in women.

With so many lives at stake, we need to provide girls and women with timely education about risk factors (genetic, lifestyle and environmental) that may also increase the odds of developing breast cancer. Many people think breast cancer is all about family history and inherited genes. While it is true some women inherit one or more abnormal genes that make their breasts more prone to cancer, these abnormal genes only increase the *risk* of developing breast cancer. They don't *cause* cancer by themselves. For breast cancer to develop, other genetic changes still have to occur.

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. It is recommended that women ages 40 - 74 have mammograms at least every two years and depending on risk factors, more often or for a longer duration. If you have questions about your breast cancer risks or any preventive care or tests that are needed, please have a conversation with your medical provider.

Increased risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Upcoming Events

Every Thursday - Addiction Support Group meetings: 11:30 a.m. - 1:00 p.m. and 5:30 p.m.-7:00 p.m.

Monday, October 28 – JumpStart Cycle 4 begins. This is your last chance to join our *FREE* eight-week wellness program this year. **Register or learn more**

Saturday, December 7 – 2nd Annual Fainting Goat 5k to benefit Good Sam – **Register here**

