



# Good Samaritan

HEALTH & WELLNESS CENTER

*Restoring Health. Saving Lives.*

January 2020 Newsletter

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## Looking Forward to 2020

Happy New Year! We had a fantastic 2019 at Good Samaritan Health and Wellness Center. We served 3,187 unique patients in 2019 and we are continuing to improve our payer mix. None of this would have been possible without the support of our community, donors, volunteers, staff and everyone else that helps Good Samaritan succeed. Now is the time to look forward to 2020 and the new programs and projects coming up.

On January 6 we enrolled our first patient in our Medically Assisted Treatment (MAT) Program. The MAT program aims to address the opiate abuse epidemic in our area by providing affordable treatment for those affected. In 2017 there were 1,014 overdose deaths involving opioids in Georgia. In Jasper, GA, opioid related deaths increased by 500% from 1999 to 2010 (Piedmont Hospitals).

Dr. Austin will oversee this program with the assistance of Helen Harris RN, and our new psychiatric nurse practitioner Chiazor Eziakor DNP, NP. In addition to regular patients, we will also be receiving participants in Adult Drug Court from the Appalachian Judicial Circuit. Patients will be placed on a regimen of Suboxone for a duration that best suits their needs and will be closely monitored throughout the process.

We are looking forward to everything that 2020 has in store for Good Samaritan!

# 2020

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## New Year New You!



A new year often signals new health commitments. That “new” theme is echoed by participants in JumpStart. Last year, Good Samaritan introduced JumpStart as way

to help residents of Pickens and surrounding counties to better understand and manage high blood pressure. Chronic conditions like hypertension, obesity, diabetes, etc. are more prevalent in rural areas like ours.

In 2019, JumpStart attracted more than 100 participants and had 84 people “graduate” (by completing six of eight sessions). Two-thirds of the graduates reduced or controlled their blood pressure and/or reduced their resting heart rate. And seventy percent lost weight, with an average of 4.5 pounds lost in just eight weeks. JumpStart graduates lost a total of 270 pounds last year!

Due to its success, JumpStart is expanding in 2020. The program will not only serve those with high blood pressure, but also those suffering with diabetes, obesity, and many other chronic conditions. JumpStart is currently accepting 2020 participants, and the new cycle will begin the week of January 20. If you are interested in signing up for JumpStart or for more information email [jumpstart@goodsamhwc.org](mailto:jumpstart@goodsamhwc.org) or call 706-253-4673 ext. 249.



## Volunteer at Good Sam

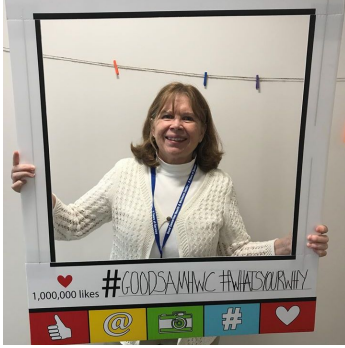


Good Samaritan began as a Free Clinic run by volunteers in 2002. As we have grown, our Volunteers have remained an instrumental part of the day-to-day operations of Good Samaritan. We are so thankful for their dedication and hard work. None so much as Jean Mosshart, Volunteer Team Leader, who will be retiring this year

Jean has been volunteering at Good Samaritan for almost 18 years! She has kept our volunteer office in pristine shape-- organizing and scheduling Volunteers, documenting all of their hours, and so much more.

When asked "What is next?" Jean says that a double knee replacement later this month is her next adventure. After her recovery Jean and her husband will be traveling the country to see family. She will be missed, but we at Good Samaritan share in her excitement for the future.

We currently have many Volunteer positions available.



It is a wonderful way to help your community and be a part of our Good Samaritan Family. If you are interested in becoming a Good Samaritan Volunteer call the Volunteer Office at 706-253-4673 ext. 222.

## Fainting Goat 5K Success!



With nearly 200 runners, the Fainting Goat Vineyards 5K course was not for the faint of heart! Runners had a 1.2-mile uphill section from scenic pull-out near Burnt Mountain Preserve to Burnt Mountain Lookout on Hwy 136 that tested their fitness but were eventually rewarded with spectacular views of Sharptop Mountain on a gorgeous Saturday morning in the mountains!



Good Samaritan provided a host of local, enthusiastic volunteers to assist the event organizer and together raised over \$900 in donations to support Good Samaritan and its wellness program -- JumpStart!

We are so thankful to all of those that participated and volunteered for the event. We would also like to thank Fainting Goat Vineyards and Winery for hosting and IWeLife for organizing the event.



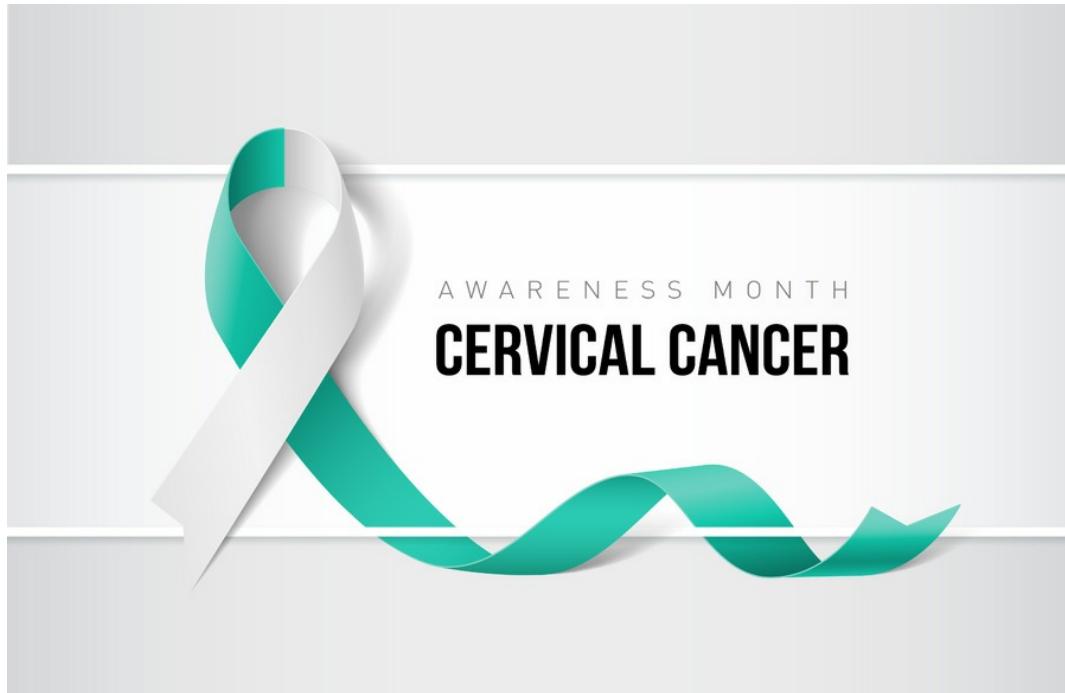
## Cervical Cancer Awareness Month

January is Cervical Health Awareness Month, and Good Samaritan wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer. It is important for women to talk to their healthcare professional about getting screened for cervical cancer. That means getting tested before you have any symptoms. Screening tests for cervical cancer include:

- Pap tests, also called Pap smears
- HPV (human papillomavirus) tests

These tests can help find cervical cells that are infected with HPV or other abnormal cells **before** they turn into cervical cancer. Most cervical cancers can be prevented by regular screenings – and the right follow-up treatment when needed.

Talk with your doctor about which option is right for you. For more information, or to set up an appointment with one of our healthcare professionals call 706-253-4673.



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### *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.

**January 20th** - Good Samaritan will be closed for Martin Luther King Jr. Day

**January 19- March 13** - Cycle 5 of JumpStart Wellness Program begins!

