



# Good Samaritan

HEALTH & WELLNESS CENTER

*Restoring Health. Saving Lives.*

February 2020 Newsletter

## Free Dental Screenings for Pickens County Elementary Schools

The American Dental Association (ADA) has named February National Children's Dental Month. The ADA suggests that infants be seen by a dentist as soon as their first birthday and two times every year thereafter. Good Samaritan's Dentist, Dr. James Talbot, DDS gives the below advice to keeping children's teeth clean.

"How to keep children's teeth healthy?"

1. Limit the amount of sugar a child gets. The bacteria that causes cavities lives on sugar.
2. Good home care. Brushing two times a day with a fluoride tooth paste and flossing once a day. This takes away the bacteria that cause cavities.
3. Visit the dentist at least two times a year. The dentist and dental hygienist can help prevent cavities with professional cleanings, fluoride treatments, and placing sealants on permanent molars. A sealant fills the deep grooves in back teeth so bacteria can not live in the grooves and cause cavities."

In participation of the Give Kids a Smile program the Good Samaritan dental staff will be providing free dental screenings for each participating child and will send home a dental care kit for each student. Because of school cancellations due to inclement weather, this visit has been rescheduled for March 27th, 2020.

For any further questions or to set up an appointment for your child call 706-253-4673.



ADA American Dental Association®

# TINY SMILES

A Give Kids A Smile® Program

# Volunteer Opportunities



Lois Bryant, NP



Karen Ponder

Two of Good Samaritan's beloved volunteers, Lois Bryant and Karen Ponder, are retiring this month. Lois Bryant, NP began volunteering as a Nurse Practitioner with Good Samaritan in 2006 and has logged more than 7,000 volunteer hours in that time. She was a board member for many years and was Good Samaritan's first female Board Chair from 2016-2017. Lois is willing to help in the clinic any way she can, from making coffee to baking delicious deserts for the office. She is loved by her patients and will be missed tremendously by all.

Karen Ponder has been with Good Samaritan since the very beginning. She has logged more than 4,700 volunteer hours, and has given faithfully of her time and herself to Good Samaritan for 18 years in the Financial Registration office. We are so thankful to both Karen and Lois for their support and commitment to Good Samaritan. They have been instrumental in building our clinic and provided exceptional service to our patients and community.

We are always accepting volunteers. 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 contact the Volunteer Office at 706-253-4673 ext. 222.

## American Heart Month

February is American Heart Month! In order to raise awareness for cardiovascular disease and promoting heart health, the American Heart Association created National Wear Red Day on the first Friday of February. Good Samaritan showed their support by wearing custom Heart Health red t-shirts. (Pictured below.)

Heart disease is the leading cause of death in the United States, but there are many things that you can do to help prevent it including eating healthier and staying active. The National Heart, Lung and Blood Institute suggests that you eat foods that are low in sodium and saturated fat and instead eat fresh vegetables, fruits, and whole grains. They also suggest that you get at least 2 1/2 hours of physical activity each week. Physical activity can be anything from taking a yoga class to playing outside with your children or grandchildren.

Another way to stay active and eat healthier is by joining a community that will keep you accountable and help you succeed in your health goals. Good Samaritan's wellness program, JumpStart is a wonderful way to begin! We are

currently signing up participants for our 6th cycle beginning March 30th. This program combines health education, exercise, and nutrition to help you jump-start your health. It is open to anyone with high blood pressure, diabetes, obesity and many other chronic conditions. For any questions or to schedule an appointment with one of our health care professionals please call 706-253-4673.





SAVE THE DATE

# 2020 GOOD SAMARITAN ED DELANEY MEMORIAL GOLF TOURNAMENT

April 29, 2020  
Big Canoe Golf Club

For questions contact:  
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development@goodsamhwc.org

### *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.

**February 17th** - Good Samaritan will be closed for President's Day

**March 27th** - Dr. James Talbot, DDS at Pickens County Elementary Schools

**April 29th**- Ed Delaney Memorial Golf Tournament at the Big Canoe Golf Tournament



Good Samaritan Health and Wellness Center | 175 Samaritan Drive, Jasper, GA 30143

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