



Good Samaritan

HEALTH & WELLNESS CENTER

Restoring Health. Saving Lives.

May 2020 Newsletter



From Carol Spencer, LCSW

During this time of quarantine and illness we find ourselves feeling stressed or anxious about day to day living. Our lives have been disrupted and the comforting routines we often enjoyed are no longer available. We can find ourselves feeling on edge, sad or not like ourselves. We want things to return to normal but are faced with uncertainty and worry. There are things we can do to help ourselves and others maintain a healthy response to things we cannot control. Below is a list of suggestions to assist our mood and outlook.

- Maintain a regular sleep cycle. This means getting up about the same time daily and going to bed about the same time. No naps unless this is part of your regular routine.
- Keep up with your appearance. It may be tempting to stay in your pajamas all day long, but this can contribute to low mood.
- Keep up with personal care routines. Daily bathing and keeping clean helps us feel better about ourselves and our situation.
- Learn something new. There are free apps and programs to learn a language, cook using a new technique, draw, knit, paint or play an instrument. The list of ideas is huge, so now is a good time to try something new.
- Make plans for something you would like to do. Do you want to plant a garden? Do a modification on your home? Go back to school? Start to explore new ideas.
- Go for a walk. Start small and know your limits. Simple light exercise can help brighten our mood.

- Get some sunlight. Exposure to the sun before 10 AM or after 4 PM is very beneficial for mood and increases levels of vitamin D. Neuroscience research tell us that direct sunlight during the hours indicated will lift mood and may ease depression.
- Stay positive. Your words have influence. For example, look at the following phrases
 - I have to see auntie today
 - I get to see auntie today.

The change in just a few words changes our outlook completely. If we **get** to do something, it is a pleasant experience, while if we **have to** do something It's often a chore.

What do I do if my anxiety or low mood will not go away?

Seek medical advice. Anxiety and depression are medical problems that can be easily managed through a combination of medication and counseling. At Good Samaritan we help many people with depression and anxiety.

This situation is temporary. With some thought and willingness to adapt, we will not only survive we will thrive and become stronger.



If there is only one positive thing that has come out of COVID-19 it is creativity. Every business and individual has had to become creative in their efforts to abide by social distancing guidelines. But what happens when you are sick or have chronic health concerns? Physicians all around the world have had to get a little creative themselves and Telemedicine has become the answer.

Even insurance companies see the immediate need for Telemedicine, have adjusted their policies to accommodate providers, and are even encouraging these visits. Providers are now receiving comparable compensation for video conference visits as well as consultations over the phone.

When Gov. Kemp's shelter-in-place order was given Good Samaritan offered Telehealth visits to our medical and behavioral health patients. Using eClinicalWorks, our electronic health record system, our providers have had the

option of video conferencing with their patients even from their own homes. And by using the Doximity App they have been able to call patients from their cell phones while keeping their personal phone numbers private. This gives them the ability to connect with patients at any time.

Carol Spencer, a LCSW in our behavioral health department says that she will continue to use Telemedicine even when social distancing is no longer a necessity. She states that it allows people that are home-bound, due to transportation or mental health issues, to still reap the benefits of counseling sessions.

While some providers like Carol plan to use Telemedicine in the future others like our CMO Dr. Kenneth Austin, are ready for it to be a thing of the past. Dr. Austin sites issues such as patients not answering or returning phone calls, or not having the knowledge of technology to connect with him during these visits. Lack of access to internet or a smart phone makes it impossible for some to utilize video conferencing and providers are forced to treat the patient over the phone. This may allow established patients to stay in contact with their providers, but is not conducive to new patients. Without being able to see the patient face-to-face it is difficult to diagnose and treat.

Good Samaritan's providers have done a fantastic job getting creative and ensuring our patients to receive quality care despite the many obstacles that COVID-19 has brought. If you are high risk for COVID-19 and would like to schedule a Telehealth visit please contact our Appointment desk at 706-253-4673 ext. 253.

Who's New?

AT GOOD SAMARITAN

There have been many changes around Good Samaritan the last few months, and not all are because of COVID-19. When the shelter in place orders are lifted, you may see some new faces around the office! See below our newest employee and get to know them a little until you can meet them in person.

Good Samaritan is happy to announce that Dr. Ingle Owens-Schnars will be joining our staff. Dr. Owens-Schnars received her degree at the Medical College of Georgia, is a Board Certified



Internist, and has worked as a Hospitalist at Piedmont Mountainside Hospital for 15 years. She says, "I am so thankful for being welcomed into the Good Sam family!"

Ingle Owens-Schnars, M.D.

A large graphic with the words "THANK YOU!" in a bold, black, sans-serif font. The text is overlaid on several overlapping, semi-transparent geometric shapes in light blue, light green, yellow, and pink.

We wanted to thank everyone that participated in our Thank-A-Thon and shared what they are grateful for. We would also like to thank everyone that gave. We raised over \$3,500 for Good Samaritan!

Upcoming Events

Postponed until further notice - Addiction Support Group Meetings

Postponed until further notice: JumpStart Wellness Program

Postponed until further notice: Ed Delaney Memorial Golf Tournament at the Big Canoe Golf Tournament



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