



Good Samaritan

HEALTH & WELLNESS CENTER

Restoring Health. Saving Lives.

July 2020 Newsletter



Backpack, lunch box, pencils and doctor's appointments-it's that time of year again! Make sure to check everything off your back to school list. School may look very different this year, but there are still a few things that you will need. Good Samaritan will be offering **free physicals** for students for the months of July and August. Whether they need a full physical for sports or need the 3300 School Form for Kindergarten, we are here for you! Call today to schedule an appointment at 706-253-4673!



Good Samaritan will hold a **Patient Appreciation** event to mark National Health Center Week 2020 from August 9th-15th. The event is part of a national campaign to increase awareness of the ways health centers are providing affordable health care in communities. A host of NHCW events that celebrate the ways that health centers are "Lighting the Way for Healthier Communities" are scheduled across the country, including health fairs, visits by Members of Congress and state officials to local health centers, press conferences, back-to-school drives, community breakfasts, free health screenings and much more.

Good Samaritan is part of a nationwide network of locally-run health centers that serve more than 28 million people nationwide. They are on the front lines of national public health challenges – whether caring for veterans, providing opioid treatment, or responding to natural disasters. They are also a lifeline in remote and under-served communities where the nearest doctor or hospital can be as far as 50 miles or more away. Nearly half of health centers (44 percent) are located in rural communities.

Highlights of health center accomplishments include:

- Reducing unnecessary hospitalizations and unnecessary visits to the emergency room;
- Treating patients for a fraction of the average cost of one emergency room visit;
- Serving more than one in six Medicaid beneficiaries for less than two percent of the national Medicaid budget;
- Lowering the cost of children's primary care by approximately 35 percent;
- Treating 65,000 patients with Medication Assisted Therapy for opioid use disorder in 2017; and,
- Serving over 355,000 veterans throughout the country.

To learn more about what Good Samaritan and other Health Centers are doing for our state and local area visit <http://www.nachc.org/state-level-data-maps/> .

It's not too late! You can still join our Virtual JumpStart Wellness Program!

A new VIRTUAL wellness program!

jumpstart



A free, **virtual** wellness program designed to help you better manage your high blood pressure, diabetes, and other chronic conditions, improve understanding of overall health, gain better eating & exercise habits, and stay active.

All from the comfort of your own home!



How will JumpStart help me?

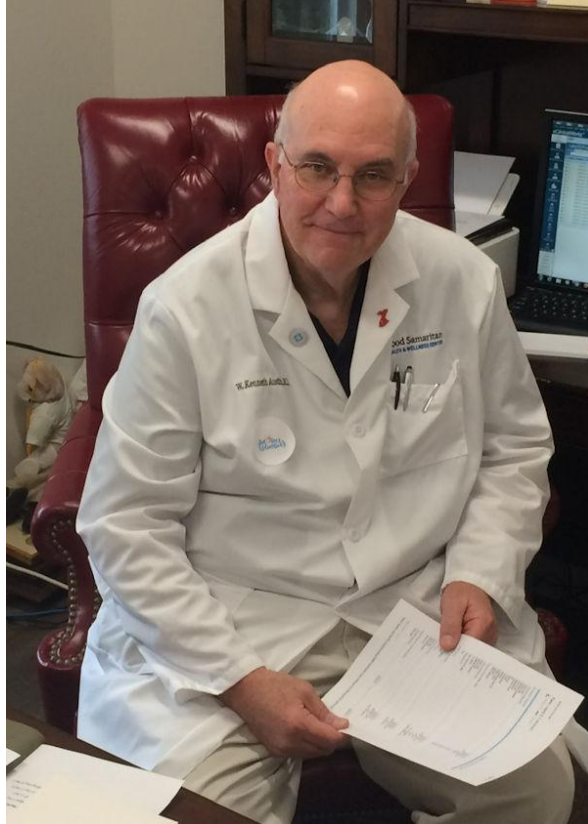
- Learn tips to improve your health
- Watch heart-healthy cooking demonstrations and receive recipes
- Follow along with exercises for ALL abilities
- Manage stress
- Live Q&A with providers and instructors

Plus, **free** incentives for participation like a grocery **gift card** or a **Fitbit!**

To join our new virtual program call 706-253-4673 ext. 292 or ask to join the JumpStart Facebook group by using the link below!

[Join JumpStart Here!](#)

As many of you may know, Good Samaritan's CMO, Dr. Kenneth Austin has tested positive for COVID-19. He began exhibiting symptoms over 4th of July weekend and received a positive result from a rapid test. He had not been in the office for five days before his test and all other staff, employees, and volunteers have received negative COVID-19 test results. We do not think that he contracted the virus in the office.



Dr. Austin is doing well. His symptoms are mild and we are praying for a speedy recovery. We want to assure our patients and supporters that employees are being monitored and checked daily for symptoms. The safety of our patients and staff is our primary objective during this time. We thank you for your encouragement and continued support.



The Search for Contentment by Carol Spencer

The drive for happiness is universal. How we get to the state of happiness or contentment is individual. Some of us are externally motivated where we need the applause and approval of others, while some of us are able to find happiness and contentment from within. As human beings, we all want the approval of others, and to fit in with the group. However, this desire can lead to problems with self-esteem, relationship issues and mood, as the approval and kudos from the group is fleeting. Our perceptions of how to fit in may not be the healthiest route for us to follow. How far are we willing to go to gain the temporary feelings of fitting in? Are we willing to face bankruptcy to drive the right car or live in the right neighborhood? Are we staying in a job because it has prestige? Are we sacrificing ourselves for the approval of others? These can be difficult questions to answer. To find true contentment or happiness, we must accept ourselves and our position in life. This does not mean we don't try to improve our situation or circumstances, rather is it appreciating what we have and searching for meaning where we are.

For the externally driven person, there is a feeling of emptiness when the audience is gone. There is no one left to admire the car, the home, or the clothes. No one to impress.

The internally driven person has developed a sense that the external faces are not what is important. They focus on relationships, personal development, and self-awareness. Contentment is found not by what is projected to others, but what is felt inside. When the goal of impressing others is removed, contentment and peace are within our reach.



Rescheduled!

NEW DATE!

**2020 GOOD SAMARITAN
ED DELANEY MEMORIAL
GOLF TOURNAMENT**

October 12th, 2020
Big Canoe Golf Club

For questions contact:
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Upcoming Events

Every Thursday 12:00PM & 5:30PM - Addiction Support Group Meetings

August 9th -15th - National Health Center Week 2020

July 6th- August 17th - Virtual JumpStart Wellness Program

October 12th- Ed Delaney Memorial Golf Tournament at the Big Canoe Golf Tournament

