



# Good Samaritan

HEALTH & WELLNESS CENTER

*Restoring Health. Saving Lives.*

November 2019 Newsletter

## Fainting Goat Vineyard and Winery 5K Event



The 2nd Annual Fainting Goat Winery and Vineyard 5K will take place on Saturday, December 7, 2019 from 8:00 a.m. until 12:00 pm. All proceeds and donations will benefit Good Samaritan Health and Wellness Center and its wellness program JumpStart.



The 5K will start and finish at the Fainting Goat Vineyard and Winery, and the course will run on one lane of State Route 136 near Vineyard Way. Race participants will enjoy majestic mountain views from the top of Sharptop Cove and will receive a long-sleeved race t-shirt, hot food, live music, amazing views, a complimentary glass of local wine for those ages 21 and older. **Runners and their guests, along with anyone wanting to support the cause, can donate \$50 or more to Good Samaritan and receive a \$15 gift card from Fainting Goat that will be valid after December 7.**



The race presents an opportunity to introduce out-of-towners to the charm of Pickens County and promote local businesses. If you or your business would be interested in gaining exposure and supporting wellness programs in our community, please [email us](#). **Sponsorship opportunities are available beginning at \$100.**



*Sign up now using the link below for a 15% discount on your entry fee!*

[Sign up here](#)



November brings beautiful fall colors to our landscape and a chilly breeze through our North Georgia mountains, but it also marks the beginning of a season of Thankfulness. We are grateful for our patients, donors, volunteers, and staff. Without all of you, Good Sam would not be the wonderful place that it is!

True gratitude is a two-way street, and we love hearing how Good Samaritan has been a blessing to our patients and our community. Throughout this season we will be doing a "Thankful Thursday" campaign on Good Samaritan's Facebook Page. We would like to highlight testimonials from patients and others on how we have been able to assist them on their wellness journey.

Stories like the one below encourage us and let us know that we are making a difference. If you would like to share a story, testimonial, or just tell us how we are doing, we would love to hear from you! Click here to add a [Facebook Review](#), email [development@goodsamhwc.org](mailto:development@goodsamhwc.org), or let us know in person what Good Samaritan means to you. We are thankful for you and your support!



## Small Ways to Make a Big Difference

Did you know that you can help Good Samaritan financially while you do your every day grocery shopping or when your purchasing Christmas presents online?

The AmazonSmile program is a simple and automatic way for you to support Good Samaritan every time you shop, at no cost to you. On your first visit to AmazonSmile,



select Good Samaritan Health and Wellness Center before you begin shopping. After that, all eligible purchases you make on AmazonSmile will result in a donation in the amount of 0.5% of the purchase price to Good Samaritan.

Another way to support Good Samaritan is by registering your Kroger Plus Card in the Kroger Community Awards program. Go to [krogercommunityrewards.com](https://www.krogercommunityrewards.com) and register your Kroger Plus Card, then add Good Samaritan Health and Wellness Center as your chosen organization. Every time you use your card Good Sam will receive rewards!

Every little bit helps and even a seemingly small action can make a big difference!



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## November is Diabetes Awareness Month

November is Diabetes Awareness Month--and almost 20% of Good Samaritan's patients struggle with this disease.

Good Samaritan offers comprehensive care to all of our diabetic patients. Our medical staff helps each patient manage his or her blood sugar levels and offers a Diabetic Education visit. These educational sessions allow the patient to sit down one-on-one with a Registered Nurse to discuss healthy eating and develop a personalized plan to manage their diabetes.

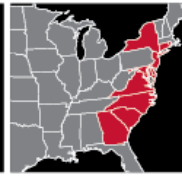
People with diagnosed diabetes have health care costs 2.3 times higher than if they did not have the disease. The cost of insulin and other medications for those with diabetes is often high and sometimes not affordable. **Good Samaritan's Pharmacy offers many name brands of Insulin for our patients and most three month supplies can cost under \$15!**

To learn more about Diabetes Awareness Month visit the American Diabetes Association's website [diabetes.org](https://www.diabetes.org).

# THE STAGGERING COST OF DIABETES

Today, **4,660**  
AMERICANS WILL BE DIAGNOSED  
WITH **DIABETES**

NEARLY **30**  
MILLION AMERICANS  
HAVE DIABETES



**86 million**  
Americans have prediabetes

More than the population of the east coast  
from Connecticut to Georgia



DIABETES AND  
PREDIABETES COST AMERICA  
**\$322 BILLION**  
PER YEAR

**\$ 1 in 5 health care dollars**  
is spent caring for  
people with diabetes

**\$ 1 in 3 Medicare dollars** is spent  
caring for people  
with diabetes

**\$** People with diagnosed  
diabetes have health  
care costs **2.3 times**  
**higher** than if they  
didn't have the disease



Learn how to combat this costly disease at  
**diabetes.org/congress**



## 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.

**November 28 - 29** - Good Sam will be closed on Thanksgiving and the day after.

**Saturday, December 7** – 2nd Annual Fainting Goat 5K to benefit Good Sam – [Register here](#)

