



Hands and Hearts



Volunteering = Happiness

About a quarter of Americans volunteer, and of those, a third volunteer for more than a hundred hours each year (which, if you think about it, is just two hours each week). Volunteering our time, energy, and money is the right thing to do - we all know that. Furthermore, studies show that this habit boosts happiness: those who work to further the causes they value tend to be happier and healthier, experience fewer aches and pains, and even live longer. They show fewer signs of physical and mental aging. And it's not just that helpful people also tend to be healthier and happier; studies show that helping others in itself causes happiness.

Also, volunteering allows us to build and strengthen relationships with others. Ancient philosophers and contemporary scientists agree: If there's a single key to happiness, it's strong bonds with other people. Happy people spend more time helping others and are more likely to volunteer and to give away money. They have stronger relationships with their families, friends, and co-workers. They're healthier, and they have healthier habits. Importantly, happiness gives people the emotional wherewithal to turn outward, to think about others more.

As Simon Patrick wrote, "If better were within, better would come out."

A more concrete way of looking at your contributions is that in 2002, Good Samaritan had 250 volunteers who donated 21,000 hours at \$16.74/hour for a total of \$351,540.00. In 2010, we had 371 volunteers who donated 40,247 hours at \$21.36/hour for a total of **\$859,675.92**. I bet you didn't know that you donated so much!

If you would like to get your volunteer hours at Good Samaritan, let the Volunteer office know and we will get them for you. If you ever have more time to volunteer, please talk with us - we always have openings. Thank you for your spirit of giving and your attitude of gratitude to demonstrate every time you volunteer.

Echocardiograms Offered	2
Patient Comments	2
Nametags	2
A Message from Carole Maddux	3
Carole Appointed Archdeacon	4
New Volunteers	4
In Memoriam	4
2012 Third Quarter Calendar	5
2012 Holidays	5
Spring Volunteer Luncheon	6
Angel Campaign	6
Christmas Reception	7

- Good Sam will be closed**
- Monday, December 26th**
 - Christmas Holidays**
 - Friday, December 30th**
 - New Year's Holidays**
 - Monday, January 16th**
 - Martin Luther King Day**
 - Monday, February 20th**
 - President's Day**

Echocardiograms Are Now at Good Samaritan

Did you know that we are now able to offer echocardiograms to our patients here at Good Samaritan? Marian Vermillion has been volunteering for 4 months now at Good Samaritan doing echocardiograms which look at the inside of the heart. Marian has owned Cardiac Imaging Specialists, Inc., since 2006 and has 9 employees. One of those employees, Larisa Weathersby, also volunteers at Good Samaritan and runs general abdominal ultrasounds. Marian lives and works out of Lawrenceville but is in Dalton a couple of days a week. She is also a clinical instructor at Cambridge and at Sanford Brown School of Ultrasound. If you see Marian running around, she will probably be wearing her UGA lab coat, as she is a big GA fan.



Patient Comments

This medical facility has been wonderful to my family and has been a Godsend.

All the people here are angels sent by God. May God bless everyone here.

Thank you! For your time & efforts! God Bless!

I appreciate everyone here at Good Sam. They are very special people.

Love the clinic. Thanks so much for being here.

What a blessing Good Sam is to our family! Praise the Lord!

Please Remember to Wear Your Nametag

Please remember that you need to wear your nametag while at Good Sam. This helps patients to know whom they are talking to and helps aging volunteer office folk to recognize them!

A Message from Carole Maddux

The other day I asked a volunteer how it felt to save a life.

“Pretty good, actually,” she replied. She had just returned from a trip to the hospital to pick up a literally life-saving drug for a patient here.

Our exchange stayed with me because I have been musing over another comment made to me a month or so ago by someone who hasn't volunteered with us before.

“I just want to know,” she stated, “what it is about Good Samaritan that makes people so dedicated. You can ask someone to do something and they'll always respond, 'As long as it's not the day I work at Good Sam.' What's with that? They won't miss their day at Good Samaritan no matter what.”



I was really intrigued by her observation though I was not surprised by it. The dedication of our volunteers *is* extraordinary. I have seen some of you come straight here from a hospital bedside, some of you come in the day after a long overseas flight, some hitching rides with neighbors when their car would not start, and some come despite weather that begs a day by the fire with a good book.

Your devotion and commitment are known in our area and it's one of the things that earns Good Samaritan the trust of our patients and our community. A trust that we will be here when they need us most. That the citizens of Pickens County can count on us to take care of them and their loved ones. That they can trust us with their very lives and we will not try to evade that trust.

I want to assure you, too, that the board and leadership of Good Samaritan share your dedication to our patients and are committed to doing what it takes to continue to care for those that trust in us. From time to time, that may require policy changes but we are here to serve people---not policies.

Thank you for all you do for our patients. Thank you for coming in despite challenges and distractions; for caring despite fatigue; for providing services that literally keep our patients alive; for loving your neighbor.

Carole

Luke 10:37

PS: You all are such a dedicated group, in fact, allow me to remind you that you should NOT come in to work under the following conditions:

- It is unsafe to do so.
- You have had a fever over 100° in the past 24 hours.
- You have had vomiting or diarrhea in the past 24 hours.

Carole Maddux Appointed Archdeacon!

The Board of Directors would like to recognize our own Carole Maddux for being appointed by the Bishop as an Archdeacon of the Episcopal Diocese of Atlanta. As of September 24th, she can be officially called the Venerable Carole Maddux!! She is the first woman to receive this honor. This is an ordained position. Carole and another Archdeacon are responsible for overseeing 40 deacons in the diocese. A former Board member who is now deceased, Jerry Zeller, was also an Archdeacon.

Thank you, Carole for all you do for Good Samaritan. We are proud of you as your caring spirit and leadership are recognized by the Episcopal Church.

New Volunteers

Social Services:

Carolyn Anderson
Marilyn May
Glenna Stone
Beverly Poag

Nurse Practitioner:

Sadie Britt

Dentist:

David Vincent

In Memoriam

Ruth Hinton, a longtime volunteer, was an inspiration to many of us and will be greatly missed by all.

2011 Third Quarter Calendar

January 2012

Tuesday, January 17th

Monday, January 16th

Thursday, January 26th

CTL Meeting - 1:30 pm

Martin Luther King Day - Good Samaritan Closed

Board of Directors Meeting - 6:00pm

February 2012

Tuesday, February 21st

Monday, February 20th

CTL Meeting - 1:30 pm

President's Day - Good Samaritan Closed

March 2012

Thursday, March 8th

Thursday, March 15th

Tuesday, March 20th

Deadline for *Hands and Hearts* Newsletter

Board of Directors Meeting - 6:00pm

CTL Meeting - 1:30 pm

2012 Holidays - Good Samaritan Closed

Friday, December 30

Monday, January 16

Monday, February 20

Friday, April 6

Monday, May 28

Wednesday, July 4

Monday, September 3

Thursday & Friday, November 22 & 23

Monday & Tuesday, December 24 & 25

Monday, December 31

New Year's Holidays

Martin Luther King Day

President's Day

Good Friday

Memorial Day

Independence Day

Labor Day

Thanksgiving

Christmas

New Year's Eve

Spring Volunteer Luncheon

There will be a grand Spring Volunteer Luncheon in April that all volunteers are invited to attend. This will be a special event, as it marks Good Samaritan's 10th anniversary. Those who have worked at Good Samaritan since the beginning will be honored and we sincerely hope that all of you will plan to be there!

A date and place will be announced as soon as they are determined.



Angel Campaign

It is still not too late to honor your favorite volunteer with a donation to the Adopt an Angel campaign! For just \$25 you can have an angel placed on our tree in the Pickens County Library with your "angel's" name attached. For those of you honored, you will be able to take your angel home with you after the tree is taken down, just look for your angel in the break room.



Christmas Reception

The annual Christmas party for volunteers given by the Board of Directors was Monday, December 12th at the Episcopal Church of the Holy Family. Liz Donovan-Davis catered the feast and a few words were spoken by Jobeth Yarbrough, Director of Volunteers, and Carole Maddux, Executive Director, to thank everyone for their hard work over the past year. Our outgoing Chairman of the Board, Jack Schroder, introduced the incoming Chairman, the Rev. Jimmy Lewis. Jack quipped that things were “looking up” as we were going from a lawyer to a preacher!



Carol Dye and Lynn Roberts



Doug Brooks and Harry Yarbrough



Melinda Smith, Director of Fund Development and Lois Bryant, Board of Directors



Liz Donovan-Davis in the red apron and her helpers



Rev. Jimmy Lewis addressing the volunteers

175 Samaritan Drive
P. O. Box 579
Jasper, GA 30143
www.goodsamhwc.org

May we have the eyes to see those who are rendered
invisible and excluded,
open arms and hearts to reach out and
include them,
healing hands to touch their lives
with love,
and, as we do these things,
may we ourselves be renewed.

