

April 2019 Newsletter



Announcing JumpStart, our new Cardiovascular Wellness Program!

JumpStart is a free, fun, and easy program designed to help participants better manage blood pressure. High blood pressure, also known as “the silent killer” leads to many life-threatening conditions, such as heart attack, stroke and kidney disease. Even a small decrease in blood pressure can make a big difference to one’s health. ***We are current seeking 40 individuals to be part of our inaugural cohort of this exciting new program.***

We will work to reduce participants' blood pressure, heart rate and weight over the course of an interactive eight-week class. Participants will improve their understanding of heart health and gain better eating and exercise habits. Plus, participants will get free healthy snacks, materials and gifts each week.

Classes run from May to December, and we will have both evening and daytime groups. The Spring groups will start meeting in May.

- May 6 – June 25 (enroll by May 1) * Mondays from 6-8 pm or Tuesdays from 10 am-12 noon.
- July 8 – Aug 30 (enroll by July 1)
- Sept 2 – Oct 25 (enrollment opens in August)
- Oct 28 – Dec 20 (enrollment opens in September)

Good Samaritan is leading the development, administration, and clinical education for this exciting new program, and we're partnering with several others to make it happen:

- New Beginning Therapeutic Services - health coaching and exercise;
- University of Georgia Cooperative Extension Service - nutrition education;
- Pickens County Recreation Center - classroom facilities; and
- Kaiser Permanente - program funding.

Take the first step now to a healthier lifestyle through JumpStart. Contact Helen Harris by email at jumpstart@goodsamhwc.org or call (706) 250-2508

WHAT'S YOUR WHY?

Everyone has a story. What's yours?

We've launched a new campaign to capture stories about the reasons why people choose to work, volunteer, or seek care here at Good Samaritan. Getting to know more about the passion, purpose, and reasons why individuals choose Good Samaritan helps us to better understand one another and better serve our community. We'll be sharing these stories on social media, in future newsletters, and in our hallways. There's a “stories station” in our administration area where we're beginning to capture stories. Watch for #goodsamhwc and #whatsyourwhy on social media for more.

Ready to share your why? Email your photo and

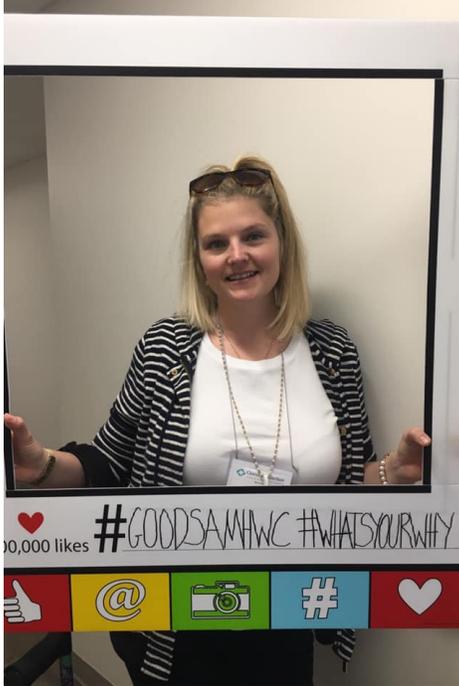


Photo: Shea Leacock, Secretarial and Communications Volunteer

Good Samaritan Health and Wellness Center and Pickens County receive COSDA Presidential Award for Innovation



Pictured (L to R): Brent Allen, CDBG Grants Manager, Georgia Department of Community Affairs; Tammi Sorrells, CEO, Good Samaritan Health and Wellness; Faye Harvey, Finance Director, Pickens County; and Rob Jones, County Commission Chairman, Pickens County.

On March 28th, Good Samaritan Health & Wellness and Pickens County received the Presidential Award for Innovation, a national award for its partnership in the construction of Good Samaritan's Health facilities and for working together to successfully solve community needs.

The award was provided by the Council of State Community Development Agencies (COSDA). COSDA supports the common interest and goals of states, with major emphasis on community development, affordable housing, local economic development and state-local relations.

Good Samaritan and Pickens County were nominated for the award by Brent Allen, Georgia Department of Community Affairs. In his letter of nomination, he discussed the center's growth and successes since its humble beginning as an all-volunteer health center 16 years ago. Growing beyond the initial wave of volunteerism, Good Samaritan has developed into a full integrated medical center comprised of professional staff and nearly 100 volunteers. Through the years, the center has seen over 10,000 patients and has had doctors, nurses, optometrists, dentists, and many others contribute countless hours of labor and love to the care of its patients. It is a most improbable story, but one that shows what a community can do when they put their hearts, minds and efforts together.



April is National Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. Plus, Georgia had 368 drunk driving accidents in 2016, representing 24% of all traffic fatalities.

Are You a Moderate Drinker?

Minimize the health risks alcohol can cause.
Follow the USDA guidelines for moderate drinking:



WOMEN
Up to 1 drink
per day



MEN
Up to 2 drinks
per day



As part of Alcohol Awareness Month, Good Samaritan encourages you to educate yourself and your loved ones about the dangers of drinking too much. The USDA guidelines for moderate drinking is *up to one drink per day for women and up to two drinks per day for men.*

If you are drinking more than that, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop:

- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help and refer them to our Behavioral Health Program. For more information, visit:

- [Institute for Health Metrics and Evaluation](#)
- [Pickens excessive drinking prevalence](#)

Next Month: Stroke Awareness Month in May

LAST CALL FOR SPONSORS AND PLAYERS!!

The 2019 Good Samaritan Ed Delaney Memorial Golf Tournament April 29, 2019 @ Big Canoe Golf Club

It's almost time to tee off! Have you signed up yet?

We're in the last few weeks before the tournament and still have several spots for both players and sponsors. Sponsorships begin at \$200 for sign sponsors and increase to \$1,000 for diamond level sponsorships that include entry fees for four players, two hole sponsor signs, plus special recognition and banner placement.

Not a golfer? You can [make an online donation](#), in any dollar amount, and mark it "golf" to help us achieve our financial goal and to serve more patients.

Questions? Contact Brad Herren @ 610-909-6200 or bradherren55@gmail.com

2019
Good Samaritan
Ed Delaney
Memorial
Golf Tournament

Monday, April 29th
Big Canoe Golf Club



Good Samaritan
HEALTH & WELLNESS CENTER
Restoring Health. Saving Lives.

[Click Here to Register and/or Become a Sponsor!](#)

Other Upcoming Events

Monday, April 8 - Friday, April 12: National Volunteer Appreciation Week : All volunteers are invited to attend lunch between 12 - 1 p.m. this week. *Have questions?* Contact volunteer@goodsamhwc.org

Friday, April 19: Good Samaritan closed for Good Friday

Saturday, April 27: Community Health Fair at Appalachian Tech

Monday, April 29: Charity Golf Tournament at Big Canoe Golf Club

Wednesday, May 1: JumpStart registration ends for first group

Monday May 6: JumpStart begins



Service Spotlight : Helen Harris

Welcome to *Helen Harris*, our new *program coordinator for JumpStart*, our new cardiovascular wellness program!

Originally from England, Helen moved to the U.S. 13 years ago with her husband and 2 daughters. They lived in Michigan for 10 years and have been in Georgia for the last three. In addition to her current work at Good Sam, Helen is a nurse at an inpatient

substance abuse facility in Alpharetta. Helen loves to hike regularly with her husband or friends and also to travel. Recently, she combined the two: a hiking trip to Moab in Utah.



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