

HEALTH CONNECTIONS

A publication of Good Samaritan

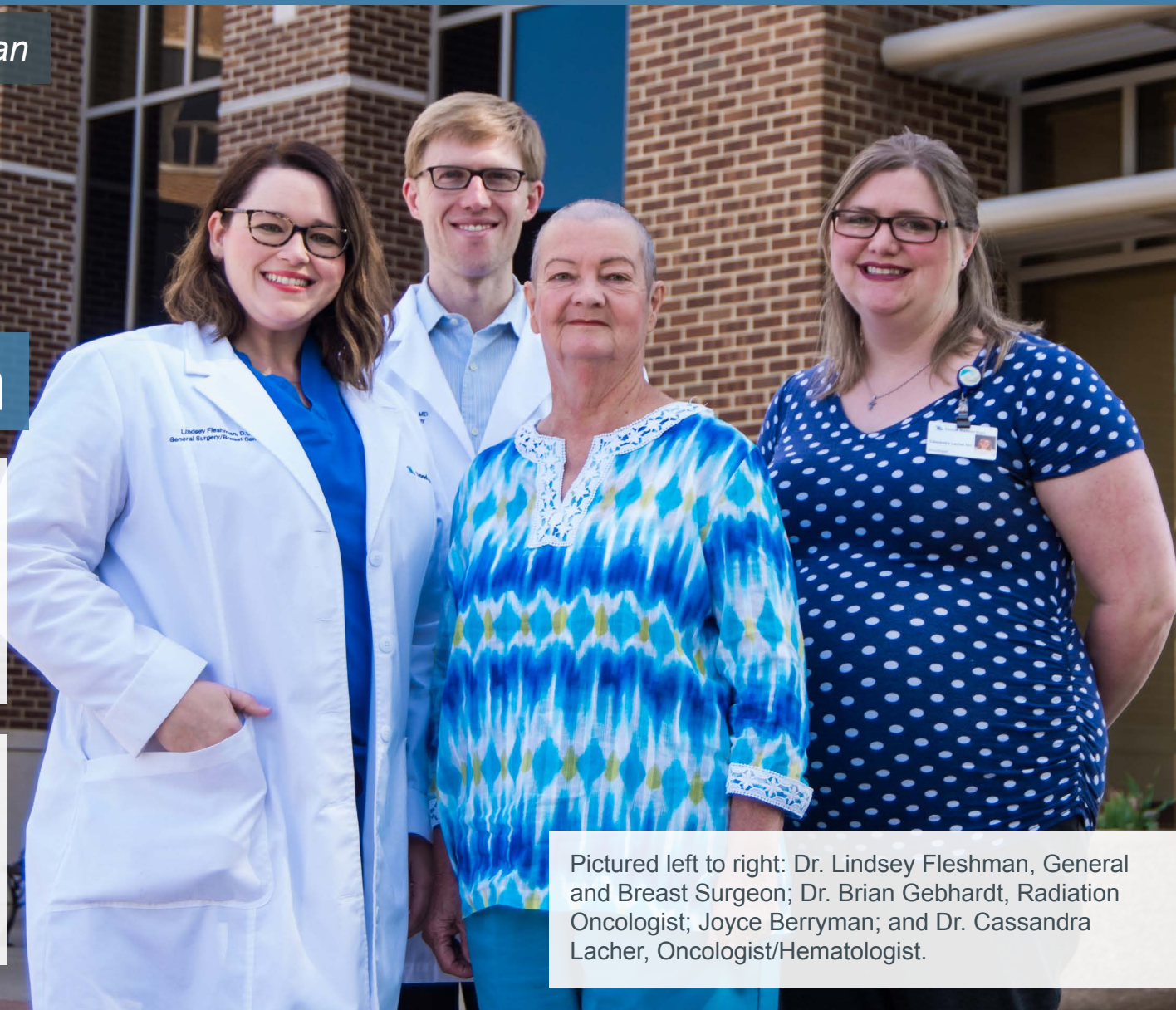
In This Edition

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**One woman's
battle with
breast cancer**

PAGE 9

**Positive
impact on the
community**



Pictured left to right: Dr. Lindsey Fleshman, General and Breast Surgeon; Dr. Brian Gebhardt, Radiation Oncologist; Joyce Berryman; and Dr. Cassandra Lacher, Oncologist/Hematologist.

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Welcome

Welcome to our 52nd volume of Health Connections! Once again we invite you to take a look at some of the great things happening at Good Samaritan.

In this edition, we are pleased to share a story about one woman's journey through breast cancer. Her positive outlook is contagious and her story is one that truly illustrates the amazing care we are providing to our patients every single day.

You will also learn more about Good Samaritan, our investment in the community and the services we have been fortunate to provide for our patients.

We thank you for taking the time to read this edition of Health Connections. Our journey to becoming a regional center of excellence would not be possible without the support of those in our community. It is our privilege to provide world-class care to you and your families, and we hope to continue to do so for many more years to come.

Sincerely,



Rob McLin
President & CEO

- MISSION** Provide excellent health care by promoting wellness, education and healing through trusting relationships
- VISION** To be the regional center of excellence in health care to support the communities we serve
- PROMISE** We promise to treat you like family by delivering compassionate, high-quality care throughout your journey.



Administration



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President & CEO



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Recipe Corner

Chilé and Lime Chicken Potato Tacos

Makes 4 servings.

Ingredients

- ½ pound Yukon Gold or red potatoes, cut into bite-size cubes
- Olive oil cooking spray
- ½ cup onion, chopped
- ½ pound boneless, skinless chicken breast, diced
- ¼ cup bell pepper, finely chopped
- ½ cup Monterey Jack cheese, low-fat, shredded
- 1 teaspoon Mexican seasoning blend
- ½ cup red chilé enchilada sauce
- 8 6-inch corn tortillas, warmed
- 1 cup tomatoes, diced
- 1 cup romaine lettuce, shredded
- 2 radishes, sliced
- Salsa, low sodium (optional)

Directions

- Place potatoes in microwave-safe bowl and cover with plastic wrap. Microwave on high for 5 to 7 minutes.
- Spray a large skillet liberally with cooking spray. Add potatoes and onion to skillet. Cook over medium-high heat for 5 minutes, stirring and coating with cooking spray occasionally.
- Stir in chicken, pepper and seasoning, and cook for 5 minutes more.
- Add enchilada sauce and simmer for 5 minutes.
- Place an equal amount of cheese on each tortilla, and heat in a skillet until cheese is melted.
- Add potato mixture, tomatoes, romaine lettuce and radishes to each tortilla. Serve.



Nutrition Information

Serving size: 1/4 recipe. Amount per serving: 320 calories, 44g carbohydrates, 6g total fat (2g saturated fat), 5g dietary fiber, 20g protein, 540mg sodium.

To view more healthy recipes, visit our online health library at healthlibrary.gshvin.org.

Find a Provider

Good Samaritan
HEALTH SERVICES FIND A PROVIDER FOR OUR PATIENTS & VISITORS FOR YOUR HEALTH ABOUT US

Find a Provider | Cassandra Lacher, DO

Cassandra Lacher, DO
4.8 OUT OF 5 STARS
(15 Ratings, 7 Comments)

Phone Number: 812-885-6550 [MAKE AN APPOINTMENT](#)

SPECIALTIES:
Obstetrics, Hematology

ABOUT:
Cassandra Lacher, DO, MBA, love for science and people led her to becoming a physician. "I've come to appreciate that the society of knowledge and insights truly allows me to do all the things that I love," said Dr. Lacher. "I am able to care for people during vulnerable and difficult times, manage complicated chronic disease for children, genetic predispositions, provide people with the support they need to meet their goals, and provide comfort and happiness in the most dark and scary situations." Being a part of the community and the Good Samaritan family was an obvious choice for Dr. Lacher and her family. She is impressed with the relationships between all members of the patient's care team and the emphasis placed on quality of life in managing patient disease processes. Dr. Lacher and her husband, Mark, reside in Vincennes with their two sons and dogs. When she is not seeing patients, Dr. Lacher enjoys

Are you looking for a new provider? Or maybe you are new to the area and want to learn more about the medical services offered in the community? Good Samaritan offers a team of medical professionals dedicated to improving the health and well-being of their patients. Whether you are looking for a specialist, family practice physician, or a pediatrician for the kids, we have multiple providers in convenient locations ready to care for you or your family.

To learn more about our providers or to make an appointment, call our Physician Network at 812-885-8500. You can also check them out online by visiting www.gshvin.org/find-a-provider. On our website, you will see the name, photo, patient satisfaction score, location and contact information of all our health care providers. Some profiles even have a short biography video available to watch so you can learn even more about our amazing medical community.

A Fighting Chance

How a positive outlook, supportive friends and family, and expert care paved the road to beating cancer

In October of 2018, Joyce Berryman received a phone call that changed her life forever. Awaiting results from a mammogram that took place a couple weeks before, her OB/GYN called to tell her that a small cancerous mass had been found in her left breast. With this diagnosis, Joyce joined the group of more than 260,000 women who were told they had breast cancer that same year. Supported by her two daughters and their families, her church family, and a positive attitude, Joyce quickly decided that her recent diagnosis of breast cancer was a fight she was going to win.

After a routine mammogram at Good Samaritan in September, Joyce received a letter letting her know that she needed to be seen for a follow-up. “Three years ago my scan showed something abnormal and I had to come to Good Samaritan for the digital scan and ultrasound, but it turned out to just be a cyst,” said Joyce. “When I received the letter this last time, I just assumed it was going to be in the same place, but it was in the other breast. I wasn’t really concerned until they told me they wanted to do a needle biopsy.”

A few days later, Joyce’s physician called to tell her the results of the test. “I had been gone all day and came home to find two messages on my answering machine from my OB/GYN in Greene County,” said Joyce. “It was already dark outside but I knew she would be in her office until seven or eight that night. I called her back and that is when she told me the news. To get that diagnosis over the phone was devastating. It is just like being hit upside the head with a 2 x 4. It is a life-altering event.”



Sadly, Joyce was no stranger to receiving life-changing information. Eighteen years ago she received a similar type of phone call informing her that a drunk driver had killed her husband, David. Half of his ashes were buried in the cemetery and the other half were spread around their home in Sandborn, Indiana. That night, after hearing of her diagnosis, Joyce went to visit her husband’s marker in their yard and cried. “Everything in my life changed in an instant,” she said.

Joyce learned that her breast cancer was more aggressive than most other forms. Eighty percent of breast cancer is hormone-receptive, which means that they grow in response to the hormone estrogen. Joyce’s cancer was in the 20% of breast cancer types that are hormone receptor-negative. Treatment with hormone therapy drugs is not helpful for these cancers and they have a tendency to grow faster than hormone receptor-positive cancers. This, in addition to Joyce also having triple-negative breast cancer cells, meant that a different type of treatment would have to be used, and there was a greater risk of recurrence.

Realizing the journey that laid ahead of her, Joyce felt overwhelming support from her family. She and her two daughters, Jennifer and Jeanette, along with their families, rallied around her. They went to doctor appointments, surgeries, called to check-in and sent supportive text messages. "I am so blessed to have the support of my daughters, my friends and my church family. I have been on everyone's prayer list for the past eight months," she said with a smile.

Having the support of two female physicians, Dr. Lindsey Fleshman, General Surgeon, and Dr. Cassandra Lacher, Oncologist, was also an added benefit to her care. "Both Dr. Fleshman and Dr. Lacher are amazing young women," said Joyce. "They built a rapport with me and it has been great having women be a part of my care. They have been so patient and so willing to explain things to me in a way I can understand. And they always ask me if I have any questions or worries about anything."

"Mrs. Berryman was a joy to have as a patient," stated Dr. Lacher. "She had a more aggressive type of breast cancer at her original diagnosis and required chemotherapy following her surgery. Throughout the trials of treatment, she maintained an optimistic attitude. Even when she wasn't feeling her best, she always had a kind word or word of encouragement when we had the pleasure of seeing her in the office."

Even a couple days following her appointments, Joyce received phone calls from the oncology and surgery staff to check in on her and to see how she was doing. "That has been great," said Joyce. "I have had surgeries and other care at different hospitals and I have never had that experience anywhere else."

Joyce's time spent in the infusion center receiving her chemo treatments allowed her to form relationships with the nursing staff. "All the nurses in the Infusion Center are just super and so understanding," she said. "You are scared to death at the beginning. They are so patient with you and willing to explain anything or answer any questions you may have." She even credits her Nurse Navigator, Christina (Chris) Lafferty and social worker, Lesley Hoffman, for their attention to her care. "Chris made a binder for me filled with information and places where I could add my notes and any literature I picked up. I have never had a nurse navigator. She was there anytime I had a problem or questions for my physicians. Lesley was also wonderful and made sure I always had everything I needed."

As with many cancer patients who have chemotherapy, Joyce was afraid and anxious to lose her hair. "Losing my hair was devastating," she said. "But once I got used to it, it wasn't that bad. My daughter shaved my head

for me and she was emotional. I cried on my way to her house, but didn't cry while she was cutting it."

"The day we shaved her head was a tough one," added Joyce's daughter, Jennifer Page. "No daughter wants to do that, but I understood why. My thought was if she can be pragmatic about it so could I. Tears from either one of us wouldn't make it stop falling out. She actually rocked the lock-less look!"

After the completion of her chemotherapy, she then met with Dr. Brian Gebhardt, Radiation Oncologist, on April 1, 2019. Her radiation consisted of a total of 20 treatments, five days a week.

A new radiation approach that Dr. Gebhardt began using with Joyce was called Deep Inspiration Breath Hold (DIBH). This radiation therapy technique is for patients who have cancer in their left breast. The patient takes a deep breath during treatment and holds it for a brief period while the radiation is delivered. By taking a deep breath in, the lungs fill with air and the heart moves away from the chest. This technique decreases the radiation dose delivered to the heart. Good Samaritan is currently the only hospital in the region using this heart-saving technique.



Joyce received unwavering support from her two daughters, Jeanette Berryman (left) and Jennifer Page (right).

“Joyce was treated with short-course, post-operative radiation to the left breast,” stated Dr. Gebhardt. “Due to the left-sided location of her tumor, a technique called deep inspiration breath hold was used to avoid radiation dose to the heart by increasing the physical separation between the heart and chest wall. We feel that this technique is important to minimize the risk of late complications and ensure excellent outcomes for patients such as Joyce.”

Joyce recently completed her last round of radiation. What she plans to do now is up to her. “This experience has been such a life-changing thing. For months, my doctors have told me what to do every day, and now there is no one telling me that. It is going to take me a little while to get my act together,” she said while laughing.

At the end of her cancer journey, she continues to feel eternally blessed. “I feel like my treatment was exceptional here at Good Samaritan and don’t know how it could have been any better,” said Joyce. “Being able to stay close to home for my appointments instead of driving to Terre Haute, Evansville or even Indianapolis, has been amazing; especially when you have to come to your radiation appointments five days a week. I am just whole-heartedly in favor of Good Samaritan and their cancer program.”

She hopes to get back to working in her flower beds, reading, sewing, participating in church activities and volunteering at Grouseland in Vincennes. “I love volunteering there. The more I volunteer, the more I learn. Plus, my maiden name is Clark so I always joke that I am related to George Rogers Clark,” she said with a laugh.

Joyce uses her experience as a reminder to other women to get their yearly mammograms. “I have been telling everybody, even the women in my Homemaker’s Club to get their mammogram,” said Joyce. “It is very, very important. I do not have any history of cancer in my family and wasn’t expecting my diagnosis. It can happen to anyone.”

One of the key characteristics that stands out when speaking with Joyce is her positive attitude. After the loss of her husband and now battling breast cancer, her attitude and faith in God have helped her throughout her journey.

“I often tell patients there is power in positive thinking, and Mrs. Berryman truly exemplifies the benefit of optimism through cancer treatment,” said Dr. Lacher. “She was able to manage her side effects and symptoms with grace, and she came ready to fight the disease within her. It has been my honor to fight alongside her and personally witness her strength and resolve throughout her battle.”

“Up until I was diagnosed with cancer, I never really felt my age,” said Joyce. “I have been on many of my friends’ prayer lists and have had support from my family. I don’t know how people can battle cancer without supportive people in their lives. A positive lifestyle and attitude make a huge difference. You are only as old as you feel.”

“Now with it all behind us I think we appreciate the little things more,” added Jennifer. “She has a lot of grit and determination and I never doubted that she wouldn’t beat it. I’m glad I was right.”



MAKE TIME FOR A MAMMOGRAM

Women age 40 and older should have yearly mammograms. Learn more about the importance of mammograms and the services Good Samaritan has to offer by visiting gshvin.org/mammo. To schedule your 3D mammogram at our Breast Care Center, call 812-885-3353, or schedule online from your MyChart account.

Good Samaritan at a Glance - 2018

OUR STAFF

1,936 Employees

357 Registered Nurses

202 Nursing Support Staff

ADMISSIONS

Emergency Room: 35,262

Inpatient: 6,975

Outpatient: 538,938

OUR SERVICE AREA

268,876 Residents In Our 11
County Service Area

7 Counties in Indiana

4 Counties in Illinois

IMPACT ON HEALTH

Laboratory Tests & Procedures:
565,304

Physical Medicine Treatments: 42,081

Babies Delivered: 408

Rehabilitation Admissions: 550

Screening Mammograms: 6,112

Lung Cancer Screenings: 157

Respiratory Tests / Procedures: 121,246

Neurodiagnostic Exams: 1,990

**Dayson Heart Center Tests /
Procedures:** 34,570

Trauma Activations: 834

**Number of Surgeries Performed
(Both Inpatient and Ambulatory):** 3,482

**Patients Seen at Convenient Care
Clinic:** 8,840

OUR SERVICES

- Anesthesiology
- Behavioral Health
- Breast Care
- Cancer Care
- Cardiology
- Center for Wound Healing
- Community Health Services
- Convenient Care Clinic
- Dermatology
- Diabetology / Diabetic Education
- Ear, Nose & Throat
- Emergency Medicine
- Endoscopy
- Family Practice
- Hematology
- Home Care Services
- Hospice
- Individual Membership Program
- Industrial Health
- Infectious Disease
- Inpatient Oncology
- Internal Medicine
- Laboratory
- Neurology
- Occupational Health & Acute Care Clinic
- Occupational Therapy
- Oncology
- Oral & Maxillofacial Surgery
- Orthopedics
- Pathology
- Pediatrics
- Physical Therapy
- Podiatry
- Primary Care
- Primary Care Clinic / Patient Centered Medical Home
- Pulmonology
- Rehabilitation
- Respiratory
- Sleep Disorder Center
- Speech Therapy
- Sports Performance
- Surgery
- Trauma
- Urology
- Vascular & Thoracic Surgery
- Weight Loss Clinic
- Women's Health

Investment in Our Communities - 2018

Annual Payroll: \$104,055,281

Cost Per Day to Operate:
\$656,284

Scholarships Awarded: \$32,700

Donations to Charitable Organizations: \$83,465

Local Goods Purchased:
\$11,253,540 (This number includes goods and services within our 11-county service area, excluding banks.)

United Way Donations:
\$69,752.02

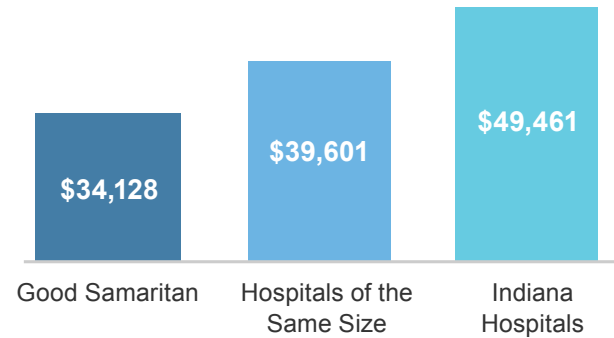
Property Taxes Paid to Knox County: \$80,994

Knox County Option Income Tax Paid By Employees: \$797,294

Cost to Provide Charity Care:
\$4,768,009

Gross Charge per Adjusted Discharge

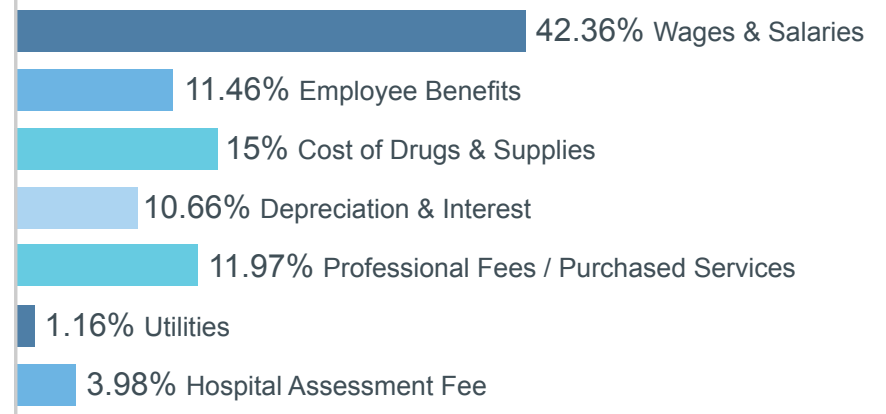
Gross Charge per Adjusted Discharge represents the total charges generated by the number of patient discharges that are adjusted to reflect both the impact of inpatient and outpatient volumes.



Source: IHA Databank Report

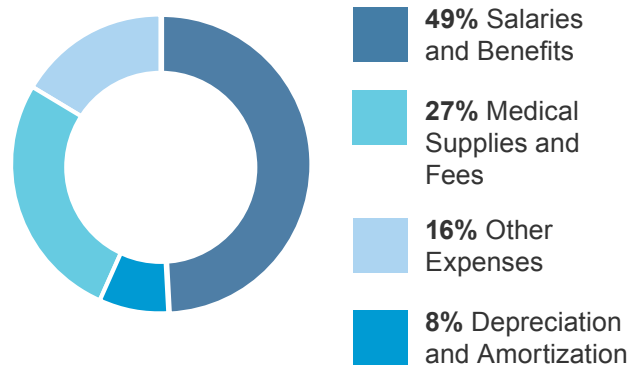
Expenditures per Dollar Charged

Expenditures per Dollar Charged is the percent of money used for each dollar spent by Good Samaritan.



Operating Expenses

Operating expenses of Good Samaritan allocated by category expensed.



Total Operating Expenses: \$239,543,791

Unreimbursed Costs by Medicare and Medicaid

\$47,625,653

Bad Debt

Unrecoverable funds from unpaid patient bills

\$22,828,443

Free Medical Care Write-Off

Hospital bills that have been written off

\$13,318,461

Community Impact - 2018

Women's Wellness Expo



Women have a habit of neglecting their own health. This is why Good Samaritan hosts the "Women's Wellness Expo" event every year. In June of 2018, the 13th annual women's health event encouraged 350 women attending to make their own health a priority. Numerous free-of-charge health screenings were provided as well as information about health, nutrition, exercise and stress relief.

Men's Health Tune-Up



Men often fail to pay attention to their health. This is why the annual "Men's Health Tune Up" is just for them. The 2018 event, attended by 466 men, offered a variety of free health screenings and information. Clinicians were also on hand to educate men about their health and what steps they can take to live a healthier lifestyle.

Fit Kids



Good Samaritan is fighting obesity in children with its Fit Kids program. The program targets third, fifth and seventh graders. Registered nurses spend three, 30 to 45 minute sessions with students in Vincennes Community, Vincennes Catholic, South Knox and North Knox school corporations promoting healthy food habits and healthy activity. Throughout 2018, there were 2,082 children who participated in Fit Kids.

Hands-Only CPR



Proper training for performing CPR is essential. In 2018, Good Samaritan's Collaborative Interprofessional Education Department provided 70 hands-only CPR sessions. Hands-Only CPR is without mouth-to-mouth breaths and can be used on teens and adults who suddenly collapse in an "out-of-hospital" setting (such as at home, at work or in a park).

Germ Busters



Hand washing is important for preventing the spread of countless illnesses, including the cold and flu viruses, especially in children. The Germbusters program teaches students the correct way to thoroughly wash their hands and the health benefits of doing so. Community Health Services at Good Samaritan brought the Germbusters program to 549 first grade students and preschool / daycare children in 2018.

Stroke Screenings



Prevention is the number one key for ending stroke. Understanding the risk factors for stroke can have a huge impact on the likelihood of a stroke occurring. In 2018, 100 stroke screenings were performed during the hospital's annual Free Stroke Screenings in February. The screenings included atrial fibrillation, lipid profile, carotid bruit, glucose, blood pressure and Body Mass Index (BMI).

27,136 Total number of FREE health screenings provided by Community Health Services in 2018

54% of the **5,473** free blood pressure screens were abnormal

37% of the **1,314** free total cholesterol screens were abnormal

29% of the **1,166** free blood glucose screens were abnormal

1% of the **5,322** free pulse oximetry screenings were abnormal

49% of the **44** free PAD (peripheral arterial disease) screenings were abnormal

19% of the **1,195** free Glomerular Filtration Rate (kidney function) screenings were abnormal

18% of the **159** free HGB/A1C (hemoglobin test for diabetes patients) screenings were abnormal

See our full 2018 Community Benefits Report online at: gshvin.org/about-us/publications



520 S. Seventh Street
Vincennes, IN 47591

A white speech bubble with a tail pointing towards the bottom left, set against a dark blue background. Inside the bubble, the text 'WHAT OUR PATIENTS SAY' is written in a bold, black, sans-serif font.

**WHAT OUR
PATIENTS SAY**

Your Good Samaritan Health Connections [December] booklet [was] full of good information. The fireman's story is just great. And the listing of the new MDs and Advanced Practice Providers keeps us all advised about what is going on with Good Sam. Good to see Dr. Grant back. Saw him 3 ½ years ago when I was in rehab with Alan Stewart after a Dr. Fenwick hip replacement operation.

Your past publications have shown figures of patients seen and dollars spent locally and gross incomes achieved. A marvelous compilation that allowed the locals served by you to know what your hospital contributed to the local economies around the region. Some record to be proud of and I would think to be included in your publications. You also indicated your charitable work for the community that no one else can do.

Thank you for your past, present and continued efforts to make Good Sam the Regional Best.

- A Good Samaritan Patient