



 Good Samaritan

Volume 56 | 2021

# HEALTH CONNECTIONS

*A publication of Good Samaritan*



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# Welcome

Welcome to the 56th volume of Health Connections! We have made it through the first half of 2021 and I am excited we are beginning to return back to normal. Although the delivery of health care may look a little different from now on, Good Samaritan is, and has always been, here for our patients.

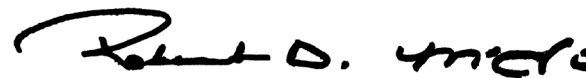
As you read through this edition of Health Connections, you will be familiarized with our leadership team and board members. We have added some new faces to both teams and I am ready to see how they will enhance the future direction of Good Samaritan and our strategic vision for many years to come.

You will also find a couple patient testimonials that highlight the amazing care that is provided to our patients every day. You will meet Betty, a spunky 88-year-old woman with a new lease on life thanks to pulmonary rehab. You will also be introduced to the Linenberg family and learn about their exciting birthing experience and how our Labor and Delivery Unit ensured the well-being of their new baby.

Finally, toward the end of this publication, you can read about our financial highlights and community events from 2020. Even through a world-wide pandemic, we made sure to provide free health screening services to our community.

I cannot thank our patients and families enough for trusting us with their health care. I am fortunate to be a part of an organization that delivers exceptional care to EVERY patient. It is because of the caregivers at Good Samaritan we are able to promise to treat you like family by delivering compassionate, high-quality care throughout your journey.

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.

## Executive Team



**Rob McLin**  
President & CEO



**Thomas Cook**  
Chief Financial Officer



**Matt Schuckman**  
Chief Administrative Officer



**Rachel Spalding**  
Chief Nursing Officer



**Adam Thacker**  
Chief Operating Officer



**Scott Stine, MD**  
Physician Network  
Chief Medical Officer



**Molly Weiss, MD**  
Hospital Chief  
Medical Officer



**Pamela Vaught**  
Executive Director of  
Behavioral Health



**Tara Ellermann**  
Executive Director of  
Human Resources



**Melissa Stearley**  
Executive Director of  
Physician Network

## Board of Governors



**Susan Brocksmith**  
Chairwoman



**Mary Cay Martin**  
Vice Chairwoman



**Stan Deweese**  
Secretary



**TJ Brink**



**Trent Hinkle**



**Kellie Streeter**



**Jim Zeigler**

# New Breath of Life

It has been more than a year since COVID-19 arrived in southern Indiana, but it feels like a lifetime ago. Although the number of cases locally never reached as high as other states, many individuals and families were affected by the pandemic. Every day it seemed a new friend or loved one was diagnosed or admitted to the hospital. Betty Miley is an 88-year-old Vincennes native who has pre-existing lung issues, and has been in the hospital multiple times for COPD complications and pneumonia. Due to her health history, Betty and her family knew that when she was diagnosed with COVID in November it was going to be a hard journey to beat it and recover.

Betty's journey at Good Samaritan began in July 2019 when she was referred to Pulmonologist, Dr. Johnathan Grant for COPD. He and his nurse, Kim Hughes, worked with Betty and her daughter, Cynthia 'Cindy' Kitchell, to treat her COPD and start her on the right medications. "We worked for a very long time getting the right medications for mom," said Cindy. "There was a lot of back and forth between insurance companies and pharmacies about which medications would be covered. Kim found a way to get my mom's medication after months of struggling to find a solution. If I need anything, I can call her. She's on top of it."

Throughout the months of trial and error with medications and inhalers, COVID cases were beginning to increase in Vincennes and surrounding communities. Betty had been in the hospital a couple times for other complications, and unfortunately tested positive for COVID on November 13, 2020, a week before Thanksgiving. Her temperature had spiked to 102 and she was admitted to the hospital where she stayed for four days. "With Betty's age and history of COPD and hypertension, she was at a very high risk of death from COVID," said Dr. Grant. "Having COPD and an infection can cause severe shortness of breath and other complications."

Thankfully, Betty did not require a ventilator during her hospital stay. "I had a really bad cough and my energy was gone. All I wanted to do was sleep," said Betty. "Everyone at the hospital was very nice and the nurses were wonderful." Although very sick, Betty was able to overcome the virus and return home.

After being discharged from the hospital, Betty was back home trying to return to her normal routine. However, the effects of COVID combined with her COPD, left her extremely weak and unable to do things for herself. "I had to fight to catch my breath and couldn't do anything at home," she said. "I would start doing something and then have to go sit and rest for a while because I was so tired."

Betty's weakness and breathing issues led her to being referred for Outpatient Pulmonary Rehabilitation at Good Samaritan. Working closely with Tammy Howell, Certified Respiratory Therapist, Betty began her rehab on February 1, 2021. "I was supposed to walk for about six minutes on the treadmill the first day and I couldn't make it past two minutes," remembered Betty. "I was gasping for breath and almost passed out." Tammy echoed her comments and stated that they generally start patients out on low settings and gradually increase the pace and difficulty of exercises as the program continues. "Betty has made amazing progress," said Tammy. "She can now walk on the treadmill for 20 minutes, lifts weights, uses our NuStep® machine and the stationary arm pedal bike."



Betty's daughter, Cindy, has also seen a great change in her mother. "She is now working circles around everyone and no longer short of breath. I have seen a big change in her," she said. "She does her own housework and laundry and basically takes care of herself."

Everyone involved with Betty's care knows how she would have favored had she not decided to take part in pulmonary rehab. "If I didn't start therapy I would be on oxygen all the time. I only have to use it now when I sleep," said Betty. "Tammy has gone out of her way to help me through my respiratory issues. I think I scared her to death when we first started, but I have gotten so much better."

Dr. Grant mentioned that Betty was fortunate to not have any long-lasting effects to the lungs because of COVID, but other patients face scarring and permanent injury to the lungs leading to patients being on oxygen 24/7. Both Tammy and Dr. Grant have seen a handful of patients who are still recovering from COVID. "The effects of COVID have been mostly temporary in the patients I have seen," said Dr. Grant. "Their main issue is fatigue and weakness that causes shortness of breath, which is why we refer so many patients to pulmonary rehab like Betty."

On July 28, 2021, Betty will be celebrating her 89th birthday. She was born at the end of the Great Depression and has had her share of life experiences, including her battle with COVID. As her final days of pulmonary rehab come to an end, she is now able to spend her days watching television, reading books and crocheting. She received her COVID-19 vaccine and is ready to return back to normal. "I told my daughters I wanted to make it to 100," she said. "And now I have a better chance of making it all the way to 100 years because of my time with Tammy and everyone at Good Samaritan."



Cindy Kitchell, (Betty's Daughter), Respiratory Therapist Tammy Howell, and Betty Miley, got to know each other throughout Betty's therapy experience.

## Goals of Pulmonary Rehab

1. Help patients return to a more productive and active lifestyle
2. Increase patient's exercise tolerance and decrease symptoms related to activity
3. Increase independence and ability to perform activities of daily living
4. Help patients understand they are in control of their lives, and to reduce the number of hospitalizations and length of stay

Learn more about Pulmonary Rehab and Respiratory Care Services at Good Samaritan by visiting [gshvin.org/health-services/pulmonology](https://gshvin.org/health-services/pulmonology).



Dr. Dustin Blackwell, Savannah Linenburg (holding Bo), and Ava Allender, OB Nurse and Lactation Consultant

# Expert OB Care Helps Family Welcome Son

Pregnancy is a happy, exciting and eventful experience for parents. Mothers spend nine months trying to do everything perfectly for the health and well-being of a new baby. Savannah and David Linenburg were thrilled to add a new member to their family of three. Having experienced parenthood with their nine-year-old son, J.W., the couple was excited and ready for a baby. The first few weeks went by smoothly, but then at only 24 weeks, Savannah began experiencing complications that would end up affecting the rest of her pregnancy.

The Linenburg's work and live in Vincennes, Indiana. Savannah is the Associate Director of Donor Relations and Communications at Vincennes University, and David is a Knox County Sheriff's Deputy. Upon learning she was expecting their second child, Savannah decided to become a patient of Dr. Dustin Blackwell at Good

Samaritan after many recommendations from friends and family. She instantly felt comfortable with him and his staff, and had an active and normal first half of her pregnancy.

On December 30, 2020, Savannah began to feel what she thought were contractions early in the morning. Her first child was born by cesarean and she had an epidural, so she wasn't too sure what contractions were supposed to feel like. "The pain was coming and going every few minutes, so I called the hospital," said Savannah. "Dr. Thomas O'Rourke was the physician on call and he told me to just come ahead in to get checked. I wasn't too worried and figured I would be back home in a couple hours, so I told my husband I would drive myself and he could stay home with our son. I never really panicked at this point."

Once she arrived at Good Samaritan, she was taken upstairs to the fifth floor to the Labor and Delivery Unit. Dr. Blackwell just happened to be there delivering a baby of another patient, so he came in and saw Savannah. She was hooked up to multiple monitors and blood tests were ran to determine if she was in labor.

"I honestly never really thought what was going on was serious," said Savannah. "I just kept thinking everything was normal and I was just experiencing some discomfort because of being older during this pregnancy."

Savannah's thoughts began to change when Dr. Blackwell came back in the room breathless from running from his office to the hospital across the street. The tests had confirmed that she was in fact going into labor and quick action needed to be taken. Dr. Blackwell had a quick plan of action and within seconds, nurses started new medications to help stop labor.

Immediately, staff swooped into action and began to get Savannah ready to be transferred to Deaconess where a Level III NICU was available in case of delivery. "It was then that I began to worry. I tried to think back about what I could have done differently or maybe I didn't do something right. I was just panicking about everything," remembered Savannah. "It was so scary, but the OB nurses at Good Samaritan helped so much. I was crying and they were

holding my hand, rubbing my back and giving me hugs. As women and as mothers, they just knew how I felt and for them to take the time to comfort me, meant the world. They treated me as a person and not just as a patient.”

Because of her high risk of preterm delivery, Dr. Blackwell decided Savannah needed to be transferred to another facility. “Here at Good Samaritan, we are able to care for moms of all gestational ages,” he said. “If delivery is imminent or needs to happen urgently, because we have a Level II Nursery and trained staff, we are capable of providing this service at 32 weeks gestation. However, given that Savannah was only around 24 weeks, delivering a baby at that gestation requires intensive NICU care that we do not currently have at Good Samaritan. Transferring her care meant that mom and baby could be cared for and stay together.”

Dr. Blackwell and the nurses at Good Samaritan had already been in contact with Dr. Spencer Kuper from Deaconess Hospital in Evansville, Indiana. They discussed Savannah’s care and came up with a plan before she left Vincennes. Savannah and David made it safely to Deaconess where Dr. Kuper’s team was able to stop labor and monitor the baby. After spending the New Year in the hospital, Savannah was discharged to go home on January 3. “I was released home for only 24 hours when I stood up and felt something running down my leg,” said Savannah. “I knew it wasn’t normal and that I was probably leaking amniotic fluid. Within 10 minutes we were back on the road to Deaconess.”

When Savannah and David arrived at Deaconess, it was confirmed that Savannah was experiencing Premature Preterm Rupture of Membranes, which was a sign that she was once again going into early labor. The doctors and neonatal team came in and prepared the couple for the worst-case scenario. “They explained to us how I would be having a preterm baby and all the health complications we would face,” said Savannah. “In my head I was trying to come up with a plan to take off work and make sure someone was able to watch our other son and prepare for any situation in a very short amount of time.”

Thankfully, Savannah’s amniotic sac healed and stopped leaking on its own. Her fluid measurements around the baby were consistent and stable, so she was discharged from Deaconess to go home 10 days later. With the coordination and communication between both Dr. Blackwell and Dr. Kuper from Deaconess, Savannah was able to surpass the physicians’ goal of 32 weeks and was able to deliver at Good Samaritan at 39 weeks.

Bo David Linenburg was born at 6:14 p.m. on April 15, 2021 at eight pounds, 11 ounces and 20 inches long, with no complications. Although his arrival into the world was a bit unnerving for his parents, Bo is now three months old and thriving. “Big brother likes him, until Bo cries a lot,” laughed Savannah. “It is just crazy to think about everything we went through. We were prepared to meet a preterm baby. But, because of everyone’s care, I was able to deliver here. I have so many things to say about Dr. Blackwell and the OB staff at Good Samaritan. They are amazing!”

Savannah trusted her symptoms and presented appropriately to OB triage when she had symptoms correlating with preterm contractions and leaking fluid. “Although she ended up having a normal, healthy, term delivery, her presentation and symptoms could have led to a preterm delivery at 23-24 weeks in another patient with the same symptoms,” added Dr. Blackwell. “Patient’s should be reminded to trust their symptoms, reach out to their provider if they are concerned, and present to the ER/OB triage if they feel they need additional / urgent evaluation.”

Many nurses and other caregivers on the OB floor remembered when Savannah first came into the hospital on December 30 and stopped by to congratulate the new parents. “The level of personalized care I received is not something that you can get anywhere. Good Samaritan is a hidden gem in Knox County,” said Savannah. “The fact that so many employees remembered and cared enough to check in and wanted to see our little baby warms my heart. People don’t realize how fortunate we are to have our hospital.”





# Good Samaritan at a Glance - 2020

## OUR STAFF

**1,874 Caregivers**

**530** Registered Nurses

**370** Nursing Support Staff

## ADMISSIONS

**Emergency Room:** 27,145

**Inpatient:** 6,285  
*(Does not include newborn admits)*

**Outpatient:** 528,383

## OUR SERVICE AREA

**267,440** Residents In Our 11  
County Service Area

**7 Counties in Indiana**

**4 Counties in Illinois**

## IMPACT ON HEALTH

**Laboratory Tests & Procedures:**  
574,125

**Physical Medicine Treatments:** 17,929

**Babies Delivered:** 393

**Rehabilitation Admissions:** 448

**Sports Performance Treatments:** 7,065

**Screening Mammograms:** 5,430

**Lung Cancer Screenings:** 231

**Respiratory Tests / Procedures:** 121,362

**Neurodiagnostic Exams:** 1,663

**Endoscopy Procedures:** 3,957

**Dayson Heart Center Tests /  
Procedures:** 40,759

**Trauma Activations:** 720

**Number of Surgeries Performed  
(Both Inpatient and Ambulatory):** 8,014

**Patients Seen at Both Convenient  
Care Clinics:** 15,326

## OUR SERVICES

- Anesthesiology
- Behavioral Health
- Breast Care
- Cancer Care
- Cardiology
- Community Health Services
- Convenient Care Clinic
- Dermatology
- Diabetology / Diabetic Education
- Ear, Nose & Throat
- Emergency Medicine
- Employer Health Programs
- Endoscopy
- Family Practice
- Hematology
- Home Care Services
- Hospice
- Industrial Health
- Infectious Disease
- Internal Medicine
- Laboratory
- Neurology
- OB/GYN
- Occupational Health & Acute Care Clinic
- Occupational Therapy
- Oncology
- Oral & Maxillofacial Surgery
- Orthopedics
- Palliative Care
- Pathology
- Pediatrics
- Physical Therapy
- Podiatry
- Pulmonology
- Radiology
- Rehabilitation
- Respiratory
- Sleep Disorders Center
- Speech Therapy
- Sports Performance
- Stroke Services
- Surgery
- Trauma
- Urology
- Vascular & Thoracic Surgery
- Vein Treatment
- Weight Loss Clinic
- Women's Health
- Wound Healing

# Investment in Our Communities - 2020

**Annual Payroll:** \$103,475,547

**Cost Per Day to Operate:**  
\$668,024

**Scholarships Awarded:** \$31,000

**Donations to Charitable Organizations:** \$91,118

**Local Goods Purchased:**  
\$12,630,951 (This number includes goods and services within our 11-county service area, excluding banks.)

**United Way Donations:**  
\$69,480.25

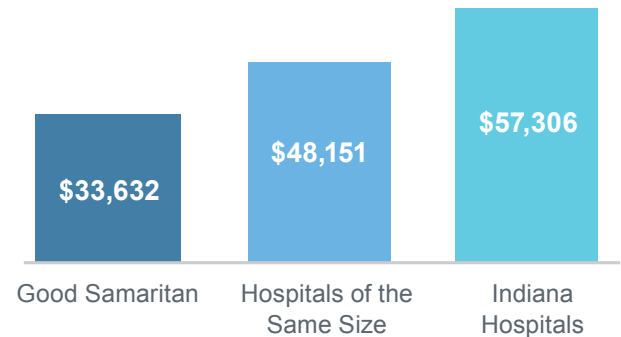
**Property Taxes Paid to Knox County:** \$132,345

**Knox County Option Income Tax Paid By Employees:** \$941,362

**Cost to Provide Charity Care:**  
\$2,846,834

## Gross Charge per Adjusted Discharge

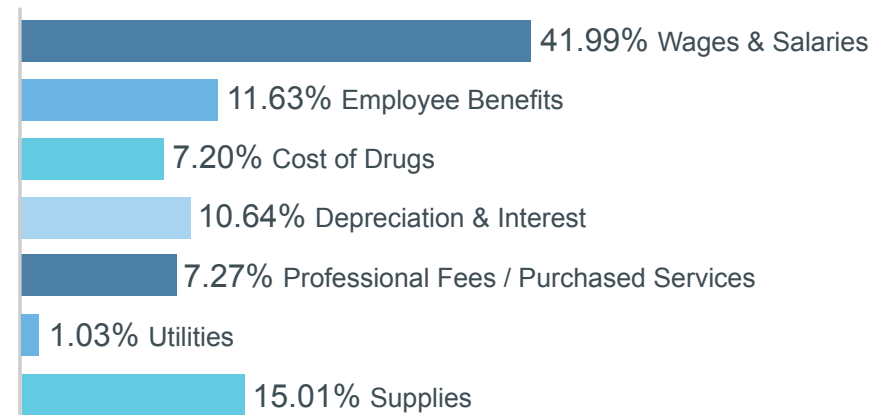
Gross Charge per Adjusted Discharge represents the total charges generated by the number of patient discharges that are adjusted to reflect both the impact of inpatient and outpatient volumes.



Source: IHA Databank Report

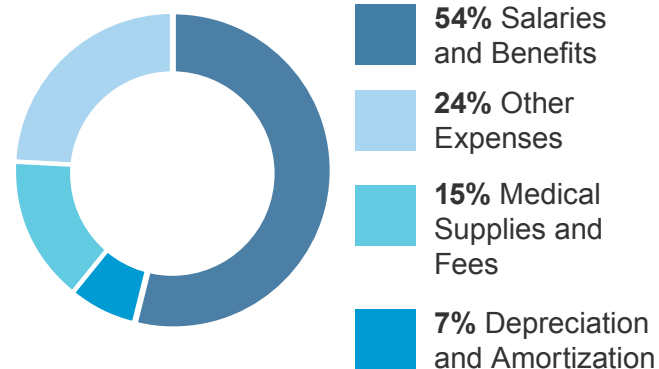
## Expenditures per Dollar Charged

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: \$261,781,778

## Unreimbursed Costs by Medicare and Medicaid

\$45,681,403

## Bad Debt

*Unrecoverable funds from unpaid patient bills*

\$17,808,915

## Free Medical Care Write-Off

*Hospital bills that have been written off*

\$7,652,780

# Community Impact - 2020

## Women's Wellness Fair



Women have a habit of neglecting their own health. This is why Good Samaritan hosts the "Women's Wellness Fair" event every year. In June of 2020, the 15th annual women's health fair encouraged 167 women attending to make their own health a priority. Health screenings were available to the women who registered for the socially-distanced event.

## Men's Wellness Fair



Men often fail to pay attention to their health. This is why the annual "Men's Wellness Fair" is just for them. The 2020 event, attended by 309 men, offered five health screenings in a socially-distanced environment. The men had to register ahead of time for the event between certain periods of time.

## 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 2020, there were 789 children who participated in Fit Kids.

## Education Hours



Good Samaritan's Collaborative Interprofessional Education Department dedicates numerous hours monitoring and educating students and shadowers within Good Samaritan. In 2020, the department had a total of 34,199 hours. The students are able to complete their clinical training at the hospital for free while the staff help them learn patient care and first-hand experiences.

## 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 414 first grade students and preschool / daycare children in 2020.

## 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 2020, 140 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).

**14,029** Total number of FREE health screenings provided by Community Health Services in 2020

**46%** of the **2,077** free blood pressure screens were abnormal

**36%** of the **1,199** free total cholesterol screens were abnormal

**22%** of the **1,000** free blood glucose screens were abnormal

See our full 2020 Community Benefits Report online at: [gshvin.org/about-us/publications](http://gshvin.org/about-us/publications)

**29%** of the **41** free PAD (peripheral arterial disease) screenings were abnormal

**12%** of the **793** free Glomerular Filtration Rate (kidney function) screenings were abnormal

**11%** of the **58** free HGB/A1C (hemoglobin test for diabetes patients) screenings were abnormal



520 S. Seventh Street  
Vincennes, IN 47591

## SCHEDULE YOUR **FREE** MEDICARE ANNUAL WELLNESS VISIT TODAY!



If you have been on Medicare Part B or Medicare Advantage for at least one year, you are eligible to receive a **FREE** Annual Wellness Visit this year and every year. This preventive visit focuses on keeping you healthy and active by testing for potential warning signs that present themselves before you start to experience problems.

Put your mind at ease. Prevention is the best medicine. Call our office to schedule your Annual Medicare Wellness Visit today!

**812-885-6766**



Have you had your annual mammogram?

Schedule yours online today!

Yearly screening mammograms are an important preventative step you can take, and now it is easier than ever to make your appointment with online scheduling. We encourage women age 40 and older to have a mammogram every year for as long as they are in good health. Although it is rare, men can get breast cancer too. Both men and women should contact their physician if they see any symptoms of breast cancer.

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**Schedule today at 812-885-3353 or  
online at [gshvin.org/breastcare](https://gshvin.org/breastcare)**

*Evening appointments available on Thursdays*

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