Mission: Provide excellent health care by promoting wellness and healing through trusting relationships.

Vision: To be the regional center of excellence in health and wellness.

Celebrating Green Week

Good Samaritan is celebrating Earth Week and our Green Achievements this past year. Many changes have been implemented due to the combined efforts of the Green Committee and employees like you! Recycling efforts have increased throughout the hospital and physician offices. If you have any ‘green’ ideas for your department, you are encouraged to send them to the committee on the Beacon page through their Sustainability/Green Initiatives portal by clicking here or going to the Beacon home page > Departments > Sustainability/Green Initiatives > Green Ideas > scroll to bottom > click on “add new discussion.”

The Green Committee is also looking for some new clinical members for their Recycle Champions group to meet and visit different units and promote green ideas. Contact Don Page if you would like to be a part of this team.

We have some fun and ‘green’ activities scheduled for this year’s Green Week! On Monday, the Recycled Art Competition will begin. All artwork needs to be turned in to Engineering by April 21. The artwork, which must be able to fit in the display case (6” deep x 15” wide x 18” high) and made out of recycled materials used in your department, will be on display by the cafeteria throughout Green Week. Encourage your team to have some fun with the project! Ballot boxes will be set out so everyone can vote on the art they believe is the best. On Tuesday, hospital volunteers will donate their time for the Neighborhood Clean-Up between 11 am and 1 pm. Employees who would like to volunteer will need to sign up by April 18 by contacting Julia Hedge in Engineering at ext. 3381 or by email at jhedge@gshvin.org. Volunteers will meet outside the Energy Center and will make their way to the clean-up destination, which will be determined at a later date. The ‘Green Week Trivia Wheel’ will be set up in Conference Room F on Wednesday from 7-9 a.m. and then again from 11 a.m. to 1 p.m. Everyone is welcome to stop by and spin the wheel for a chance to win prizes. On Thursday, water bottles with fruit infusers will be available for every employee and volunteer in Conference Room F. Large orders can also be picked up as well for departments and outside offices. The winner of the Recycled Art Competition will be announced on Friday and will be displayed with all the other entries for everyone to see. The winning department will have a $200 donation made from the Green Committee to a local charity of their choice.

The Green Committee is once again sponsoring a shoe drive for Soles-4-Souls, a non-for-profit institution that is dedicated to fighting the impact of poverty in the U.S. and overseas. Any type of shoes can be donated, no matter the condition. Those that cannot be re-used will be recycled for other purposes. Beginning April 1, bins will be placed by the entrances of the Health Pavilion, Cancer Pavilion, Sixth Street and at MCV by Dr. Hendrix’s office until the end of April. Let’s all do our part and be GREEN!

<table>
<thead>
<tr>
<th>Monday, April 24</th>
<th>Tuesday, April 25</th>
<th>Wednesday, April 26</th>
<th>Thursday, April 27</th>
<th>Friday, April 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recycled Art Competition Begins! The artwork must fit in the display case and be made from recycled materials in your department.</td>
<td>Neighborhood Clean-Up Hospital volunteers will meet at the Energy Center or at the clean-up location. Make sure to sign up by April 18th!</td>
<td>Green Trivia Wheel 7 to 9 a.m. and 11 a.m. to 1 p.m. in Conference Room F Everyone will have the chance to spin the wheel for prizes!</td>
<td>Employees and volunteers will be able to pick up their infusion water bottle. 6 to 8 a.m. 11:30 a.m. to 1 p.m. 3:30 to 5:30 p.m. Conference Room F</td>
<td>Winner of Recycled Art Competition will be announced!</td>
</tr>
</tbody>
</table>
April’s Shining Star is Nancy Allen

Nancy Allen was recently commended for assisting a fellow employee in the cafeteria. The nomination came from a new employee, Karla Jean Cox, that had accidentally spilled her fruit cup on the floor. Nancy quickly came over to help clean the fruit with paper towels. Thinking Nancy was a cafeteria employee, Karla continued to apologize about the mess until she read Nancy’s badge stating she was a RN. After the incident, Karla looked through the list of employees to find a nurse named Nancy. She wanted to commend Nancy for being humble, helpful and a great example of servant leadership.

March’s DAISY Winners are Amanda Swettnam, Tracey Kahre and Melinda Carie

Amanda Swettnam, RN; Tracey Kahre, RN; and Melinda Carie, RN were the March Daisy Award winners. The patient nominated the ladies for always having a positive and caring attitude, and made sure he was comfortable with no pain. The patient noted that he, “never had a group of nurses and staff that actually seemed happy to be there and do their job. They were always helpful and cheerful, no matter what time of day or night.” He went on to say that each nominee has met the criteria for a Daisy Award in his eyes and they should receive the recognition they deserve. Dee Dee Boyd, MSW; and Carla Allredge, MSW, were also mentioned in the nomination for their compassionate patient care.
CELEBRATING WORLD CLASS PHYSICIAN OFFICES

Congratulations to the following provider offices who achieved a world class percentile rank for the question “Likely to Recommend Provider Office” on the CGCAHPS patient experience survey for the fourth quarter 2016. These results were calculated based on practices with statistically significant results.

Family Practice office of Daniel Herman, MD, Michael Kelly, MD and Kara Doyle, FNP-C – 99
Podiatry office of Derek Besing, DPM, Jason Bickel, DPM and Austin Muranaka, DPM – 99
Oncology/Hematology office of Renee Bartlett, MD, Mark Pajeau, MD, Mark Stutz, MD and Trista Armes, NP-C – 97
Diabetology office of Jane Bridges, MD – 91

Patient Comments

“I had excellent treatment...one of the best hospitals I have ever been to.”
–Ambulatory

“I bypassed Lawrenceville’s hospital for a reason! I wanted the best, and got it!”
–Emergency

“My stay was outstanding. Please pass on my thank you to all.”
–Inpatient

“My experiences with Good Samaritan have been excellent. I prefer this hospital over all others.”
–Outpatient

“I love everyone in this office. They are all so welcoming and go above and beyond for patients.”
–Physician Network

“One of the best mental health units I have been on.”
–Inpatient Behavioral Health

Wellness Salute

What healthy/lifestyle-related change(s) have you made? I started running 5-6 days a week years ago. I avoid eating fried and junk food. Chips are my favorite, but I eat them in moderation. Typically, day-to-day my diet does not change.

How did you make the change/what have you been doing? I played sports when I was in high school so I have tried to continue to be active. I use my treadmill at home and in the fitness center here at Good Samaritan.

What motivated you to make the change? With four kids at home, I have to make sure I take care of myself so I can take care of them. Between the four of them, they are in six different activities now and I need the energy to chauffeur them everywhere.

Tips for success/staying motivated? Keep your workout clothes and shoes in your car or at your desk. Start out slow and set attainable goals. If you set your goals too high in the beginning you will not be able to stick with them. Packing healthy snacks to take with you also helps.

How have you incorporated this into your life? When we are out of town for basketball tournaments, I use the hotel gym to get my run in for the day. If it is nice outside, I will run while waiting for the kids to finish practice. I also pack food for me when we are away from home for games.

How has it made you feel? I have more energy on the days that I run. I don’t feel like I need to lay down the minute I walk through the door after work. Running is also a stress reliever for me. It does wonders for your mental well-being.

Tiffany Gilley
Application Analyst / EPIC CT
Information Systems Department
In this month's edition of the Good Samaritan Highlights, we are continuing our discussion about the progress the team focused on improving the work environment has made in response to the Culture of Patient Safety Survey administered last March. Teamwork Across Units was one of three sections of the survey that became a focus late last year. The team was led by Heidi Hinkle from Nursing Administration and facilitated by Janet Guess from Radiology.

The team had representatives from multiple areas throughout the hospital. In the beginning, the team discussed issues with phone calls. These ranged from the inappropriate use of cell phones effecting patient care and teamwork environments, to the inability to reach the needed people at specific times, to interruptions during critical times, and even how the conversations could be streamlined. The resolutions to some of these issues were already in the works to be changed or addressed. For example, unit clerks on nursing units now have headsets to help them answer the phone when they are busy and away from their desk. Also, a reminder went out to nursing staff demonstrating how to assign Responder 5 phones to the appropriate nurse within EPIC. This allows other departments to easily know who to call for patient information.

The biggest project the team has been working on is education to relay what information departments need from nursing as they work interdepartmentally to care for patients. The team has developed a tip sheet that was shared at the director's meeting in March. In addition, the form will be added to new nurse orientation and the preceptor packet to help new employees be more prepared as they communicate with other departments. The education includes multiple departments but is primarily information that other departments rely on nursing to give them. Therefore, nursing will also be expected to complete a Care Learning module covering how phone communication can be more effective between departments. The team is hoping that this transparent approach with addressing and enhancing knowledge across departments and creating an environment that is more conducive to teamwork will help improve the Culture of Patient Safety environment. Stay tuned for interdisciplinary teamwork simulation labs coming to an education department near you!

Get ready to ‘Hang 10’ with the Epic Upgrade!

Only 10 more weeks until we upgrade Epic to the newest version. This enterprise wide upgrade will occur on June 11, 2017 and users will notice changes to functionality as well as the look and feel of Hyperspace. Stay tuned for more information as we progress!

Get your Graduate’s Name in Highlights!

Are you or is someone in your family graduating? Each spring, Good Samaritan recognizes members of employees’ families who are celebrating an educational milestone, graduating high school or college. Graduates’ names will be displayed in the June edition of Highlights. Please send the graduates’ name, school and degree, along with the related employee’s name, title and department via mail to Marketing or by email to mnhughes@gshvin.org by May 12, 2017.

Service Awards Banquet

Thursday, April 6, 2017

Social Hour Begins at 6:00 p.m.
Program Begins at 6:30 p.m.
Highland Woods Community Center

The Service Awards Banquet is to honor employees who have reached service milestones in their career with Good Samaritan.
Better Breathers Club

Better Breathers Club, associated with the American Lung Association, offers patient-centered, and community-based educational opportunities and support to persons with chronic lung disease and their families, friends and support persons. (Especially COPD, but also asthma, idiopathic pulmonary fibrosis (IPF), lung cancer and other chronic lung diseases).

Next Meeting
Wednesday, May 3, 2017
Good Samaritan Cancer Pavilion
12:00 to 1:30 p.m.

Light lunch will be served.
Topic: Stress Management
We invite everyone to join us at Walk with a Doc! On Saturday April 1st we will be making our return back to Gregg Park in Vincennes to walk outdoors during the warm months.

We would like to make our return to Gregg Park huge, so we invite our entire community to come walk with us on April 1st from 9 to 10 a.m. To encourage our community to get out and walk, we will be having a drawing for a great prize basket that includes a free pair of tennis shoes from Grundman Custom Footwear in Vincennes, with a value up to $150, a Fitbit and other fitness goodies.

To enter the drawing Walk with a Doc participants will be given a punch card, and once they receive 7 punches on their card they can enter the drawing, which will be held during Walk with a Doc on June 3rd. Punches will be awarded in two ways, first the participant will get one punch for each Walk with a Doc they attend. Second, you have the opportunity to gain one additional punch for bringing friends to the walk that have never attended before. Once you receive 7 punches you can enter your card into the prize drawing. So if you want to enter the drawing it will be best to make sure you attend Walk with a Doc on the April dates to make sure you have time to get your 7 punches!
3RD ANNUAL HOSPITAL WIDE SOFTBALL TOURNAMENT

It is that time of year again! Hospital Week is approaching and that means we are getting ready for the 3rd Annual Hospital Softball Tournament. Each team member must sign a safety waiver to receive a FREE t-shirt. Each team needs to have a 'captain' that is in charge of gathering and distributing information for all team members. Each hospital employee who plays on a team may have one (1) team member who is not a hospital employee on the team as long as they are 18 years or older and are a significant other or son/daughter of the employee. Everyone on the team will be required to play.

Grab your fellow employees and form a team because we are only accepting the first eight full teams this year. Those who have their full teams with shirt sizes will need to contact Mallory in Marketing by April 21 at 885-3726 or emailing her at mnhughes@gshvin.org. If you are not playing on a team, you are still welcome to bring your friends and family out to watch and support your fellow employees as they play for the coveted tournament trophy.
Relay for Life

Join us on Saturday, May 20 from 10 a.m. to 10 p.m. at Lincoln High School for the Knox County Relay for Life! Good Samaritan will be offering a Smart Shop where attendees can receive FREE health screenings. There will also be multiple other activities such as: a survivor lunch, team fundraisers, live auction, Crowns for a Cure pageant, family-friendly activities, delicious food, theme laps, bounce houses and luminary services.

All team members need to be registered for the Relay by April 17. New teams can register online by clicking here, or you can join one of the three existing teams: Tumor Tamers, Health Information or Surgery Services. If you are a cancer survivor, the Relay would love to celebrate you and your survivorship. Please contact Susie Land at 812-890-4758.

This year, the Knox County Relay for Life will also be sponsoring Bark for Life® - A Canine Event to Fight Cancer. Join the fun and bring along your four-legged loved one on May 6 at Gregg Park in Vincennes. Registration begins at 11:30 a.m. followed by Opening Ceremonies at 12 p.m. The cost is $10 per dog and you can register by clicking here. Please remember dogs must be on a leash (no retractable leashes). They must also be current on rabies and distemper shots. Attendees will be asked to bring proof of shots. You will also be responsible for cleaning up after your pet.

Activities and food vendors will also be on-site for the event. Take your dog for a walk and stop to relax with some delicious food from Kolb's Country Creations, Coolie's 2 by Finley and Horton's Fish. If you would like to be a sponsor or vendor at the event, email Emily Cobb at emilyrkc@gmail.com or call 812-470-8843.

This year’s guest speaker will be Good Samaritan employee, Jill Cooper, who works in the Vincennes Orthopedics office.

WOMEN’S Wellness EXPO

Presented By Good Samaritan

Good Samaritan is excited to introduce a revamped women’s health fair this May! What used to be called Spring Screenings is now Women’s Wellness Expo. This event will be held May 2 from 4 to 7 p.m. at Highland Woods Community Center in Vincennes. Free health screenings and health information will still be included, but we will now bring some fun and excitement to the evening with a LuLaRoe fashion show, fitness demonstrations by Elements and shopping with vendors of interest to women! We will also be serving delicious hors d’oeuvres! Music will be provided by WZDM.

There is no appointment necessary to attend our Women’s Wellness Expo, just show up and be prepared to have fun! Get your girlfriends together to come get a check up on your health while having an exciting ladies’ night out!

The free health screenings include bone density, blood pressure, blood sugar, cholesterol (LDL and HDL), colorectal take-home kits, glomerular filtration rate (kidney function) and more. Fasting for 10 to 12 hours before these screenings is recommended, but not required. Multiple hospital department booths will be available offering information about certain health risks women face.

If you would like more information about the schedule of activities or which vendors will be at the event, click here.
Service Excellence

Event Reporting Does Make a Difference

Good Samaritan asks that all employees report any events that occur to patients, visitors, and staff as a mechanism to improve the safety culture. An employee may feel that it won’t make a difference if they report an event; however, it can be the trigger needed for the organization to change a practice currently being followed that could result in unintentional harm to patients, visitors, and/or staff. As an example, a medication error recently occurred, which resulted from a verbal order that could not be entered into Epic due to the type of order. Nurses were required to complete a workaround in order to provide care according to the physician’s order. Unfortunately, this practice resulted in an error.

Based on the event report entered, leadership at Good Samaritan discussed this issue at the Daily Safety Huddle meeting. Following this meeting there was collaboration between nursing, pharmacy and the medical staff. As a result, physician practice was changed and in the future nursing will be able to provide the needed care for the patient.

The mission of Good Samaritan is to “Provide excellent health care by promoting wellness and healing through trusting relationships.” One key step that we take to provide this level of care is to identify our errors and take necessary actions to prevent them in the future. We can’t fix what we don’t know is broken. We are asking all employees to report any error/event that they witness whether it occurs to patient, visitor, or staff. The link for Event Reporting can be found on the Intranet homepage. If you have any questions regarding how to enter an electronic event report, please contact Cindy Sullivan at extension 3844 or email csullivan@gshvin.org. Remember . . . . Patient Safety and Quality is everyone’s responsibility. Your report may prevent harm from occurring in the future.

Employee Cookout

Wednesday, May 10
Rain Date: Thursday, May 11
11:00 a.m. - 1:30 p.m.
4:00 p.m. - 6:30 p.m.
11:30 p.m. - 1:00 a.m.

Off-Site Cookout at MCV | 11:30 a.m. - 2:00 p.m.

MENU -
Hamburgers | Hot Dogs | Veggie Burgers | Slaw
Baked Beans | Chips | Assorted Ice Cream

The cookout will be located behind the hospital by the Energy Center. Door prizes will be given out.
Vitally important to our mission are trusting relationships among staff, across departments and with leadership. To measure our progress, we will be conducting an employee opinion survey from May 9 – May 31. The survey will be administered through an outside vendor, Integrated Healthcare Strategies, to assure confidentiality of employee responses. This survey contains 48 questions and will take 15-20 minutes for completion. You will be allowed time while on duty to participate. Separate surveys will also be administered for Physicians and Volunteers during this time.

Why should I take the survey? Your input will be included in the results and your opinions represented in the summary. Each of us has opinions about our jobs, our supervisors and managers, and many other topics connected with our work. These opinions are important to us, and together they present a profile of what it is like to be a member of the Good Samaritan team. For this reason, it is critically important for each employee to take advantage of this opportunity to participate in the survey.

Do I have to take the survey? No, you certainly don’t have to participate, but we sincerely want to know what you think. We invite every employee to take the survey during normal work hours. Our goal is 100% participation.

Will my identity be anonymous? The survey is administered by a third party independent of Good Samaritan. Following our core value of RESPECT, we sincerely want your honest feedback and hope your input will be offered in a respectful way. Leadership will RESPECT the input provided and will focus on actionable concerns and input. We seek your input to identify possible improvements in a variety of areas in the survey including:

- Career Growth
- Quality
- HR Programs
- Leadership Team
- Department Director
- Safety
- Supervisor
- Engagement
- Teamwork

Where do I take the survey? The survey is internet based and can be accessed on personal computers throughout the hospital via the link on the Good Samaritan home page. Please consult your department director or supervisor if you do not have access to a computer at work and accommodations will be made for you.

Will I know the results of the survey? Definitely – hospital-wide results will be shared; department results will be shared in action planning and feedback discussions. The results will be utilized to develop action plans for hospital-wide and departmental concerns.

Remember our goal is that Good Samaritan is the best place to work. We want to provide a great environment for you to thrive and make a difference through your efforts! We look forward to your valuable input.

Congratulations to the 2017 Radiology Class!

Pictured from top to bottom, left to right:
Resfel Cabrera | Ashley Hendricks
Veska Banzon | Talynn Warren
Susan Delp | Jacob Morning
Kaci Cook | Hannah Allison
Wendi Lindauer | Stephanie Boles
WE WANT TO HEAR FROM YOU!

Common terms in the survey and what they mean when completing it:

**Senior Leadership:** Refers to President Rob McLin and the Chief Officers and Vice Presidents, often referred to as “Administration”.

**Department Director:** The top leadership position within a department. If your department does not have a director, answer these questions as if your supervisor is the director.

**Supervisor:** The person to whom you report on a daily basis. Generally this is the person that does your performance review and who you interact with for questions and concerns about your work (for some employees, this is the director).

Departments achieving 90% participation in the survey will be recognized with an ice cream treat!

Following our 2015 survey results, we set global action plans around these two items in that survey:

- I am challenged to do my best at Good Samaritan
- I can tell my supervisor what I think

Departments also held action planning sessions where the results were shared and action plans were developed.

We have experienced many changes since the May 2015 survey:

- Empowered teams of staff to focus on improving the patient experience, and an Employee Engagement Team. High employee engagement is an important measure of the extent to which employees feel passionate about their jobs, are committed to the hospital, and willing to put discretionary effort into their work. Employee engagement rises above employee satisfaction.
- Opened the Gibault Memorial Tower thanks to outstanding efforts and planning by our team of dedicated employees.
- Implemented EPIC with outstanding staff involvement – optimization efforts are ongoing.
- Continued our focus on providing market competitive wages by providing market adjustments in June 2016 in accordance with wage survey data, and followed them with 4% pay increases in 2017.
- Maintained an outstanding employee benefits program; we made important and necessary changes in health benefits to keep premiums as affordable as we can, and yet provide a high level of coverage with more modest deductibles and co-pays than many other employers.
- We’ve been transparent in our efforts to improve Good Samaritan. Mr. McLin began sharing weekly updates on important initiatives and positive happenings, and continues to lead Town Halls to field questions and provide updates.

March for Babies

Join us at the March for Babies on Saturday, April 8 at Vincennes University. Registration begins at 9 a.m., followed by the walk at 10:15 a.m. The March for Babies is a wonderful cause that allows women, children and families to gather in a supportive and encouraging environment while raising money to support programs in our community that help moms have healthy, full-term pregnancies.

The 2017 Knox County Ambassador Family are the Gough family. Neal and Heather Gough unexpectedly lost their first child, Eden Kay, in 2014 at 39 weeks. In 2015, the couple was excited to learn that they were pregnant with another child, but due to complications with the placenta and low amniotic fluid, Heather had to deliver their little boy at 37 weeks. On February 15, 2016, Camden Michael arrived weighing 4 pounds 8 ounces. Although tiny, Camden had no difficulty breathing and was able to go home as planned.

Support the March of Dimes and families like the Goughs in memory of their angel baby Eden Kay and in celebration of the life saving measures that helped in the safe delivery of their son, Camden. To learn more about the Knox County March for Babies or the Gough family, click [here](#).
April is Stress Awareness Month

There may be a lot of things that we aren’t aware of, but for the majority of us, stress is not one of them. We are fully aware of the amount of stress we face every day. In this world of 24/7 technology and do more with less culture, we are bombarded with stressful information and situations every day. It’s important to gain some control over your stress and how it affects you before it causes serious health consequences. Stress has been associated with 7 out of 10 of the leading causes of death in the U.S. including heart attack, cancer, stroke, suicide/homicide, accidental death, liver disease and lung disease. Stress kills.

Frequently, the culprit behind your stress isn’t actually your boss, or a deadline or even that family drama. Most likely it’s your reaction to the stressor that actually triggers that stress response. When someone says “You’re stressing yourself out,” that’s truly what is happening. Our bodies and our brains are built for life and death struggles. The stress response was designed for short bursts to get us out of harms’ way. These bursts of hormones, increased pulse and respirations, and muscle tension, were not designed to be a long term chronic state.

The key to getting control over the stress response is understanding how the stress cycle works. It begins with a stress trigger, a threat that your emotions interpret as a danger… it may simply be a report deadline or a pile of papers, but your body reacts just like it was a lion! Once the trigger is perceived as something greater than you can cope with, your body goes into the fight or flight response- that short burst to protect you, but there is no rationale assessment of the threat. Your reaction is unable to distinguish between that lion and that pile of papers.

First, learn to identify worries before they crash into chronic stress patterns and disease. That spiral of anxiety leads to more worries and more stress. Learn to stop those unrealistic worries dead in their tracks. Think back on what has recently caused you anxiety or stress. Identify those triggers as well as the physical symptoms they cause.

Once you have identified the stress triggers and patterns you can learn to short circuit them by interrupting, calming or re-framing the perceived danger. Stress thrives on the unreality of catastrophic thoughts. These negative thoughts and stories that you tell yourself amplify anxiety and worry. So tell yourself a different story. The next time you recognize that trigger and your fight or flight response kicks in, change it. Change the story you tell yourself, make it realistic, and control your reaction.

Of course, your immediate response is “Easier said than done!” and that is very true. Stress hijacks rational faculties and replaces them with the passions of the moment. It heats up your emotions so you need to immediately cool them down. It takes practice, self-awareness and the courage not to automatically respond to a stressful situation…Sidetrack that fight or flight response by trying these stress reduction techniques:

• Immediately challenge the distortion of the stressor. Are you really going to be fired if your report is late? Argue the situation to bring it back to reality.
• Practice mindfulness by identifying the feelings you are having and bringing them under control. Identify how you are reacting and replace that reaction with more positive thoughts instead of being pulled into that negative knee jerk reaction.
• Use relaxation techniques such as deep breathing, music or meditation.
• Try a distraction like taking a walk, calling a friend or exercising.
• Communicate appropriately. Don’t mouth off or shoot a stinging email. Think through the problem, the parties involved and what solutions might be available.
• There is an appropriate amount of stress in everyone’s life that must actually be dealt with. Use strategic worrying - instead of letting anxious thoughts keep running through your head, set aside a specific time to deal with those issues that must be solved. Address them, solve them and then move on.
• Reach out. If you need help dealing with stress ask for help before it affects your health. All Good Samaritan employees are eligible for the Employee Assistance Program - six free visits with a counselor every calendar year. Just call Riverfront Center at 812-885-2718 for an appointment. Pastor Trevor Murry is also available to meet with employees and can help with stress reduction mechanisms. Make an appointment by calling 812-885-3190 or by email at tmurry@gshvin.org.

The damaging physical, mental, emotional and social effects of stress are real.
Don’t minimize your stress. Learn to control it and take your life back!