Good Samaritan Leadership Encouraging Employees to Self-Monitor Symptoms

During these unprecedented times it is now more important than ever that each of us is being smart about our health. Our patients and community count on all of us to provide care to them. From the good times of delivering babies or giving a patient their last chemo treatment, to the tough times of telling a patient they have a mass on their breast, or the news that their loved one has come to the end of life. With every situation we face, at Good Samaritan we provide safe and compassionate care to every patient.

This care hasn’t changed during the recent global outbreak of the coronavirus that has hit us locally. Our Incident Command team has been meeting twice a day since the beginning of March to plan and implement new regulations concerning visitor restrictions, respiratory clinics and screening protocols. Things are changing rapidly; every day, hour and minute.

So what can you do to help? As an employee, volunteer or physician, your health is a top priority. Before you come to work, make sure that you do not have any of the following key symptoms:

Fever • Cough • Shortness of Breath • Sore Throat

If you are experiencing any of these symptoms, please call your supervisor, manager or director to let them know that you need to stay home. Watch for hospital announcements in your email and be sure to follow our Facebook page for live videos and updates.

https://www.facebook.com/GoodSamaritanHospital/

During these unsettling times, it is important to remember we are all in this TOGETHER. Our team is the best and we can get through anything. These next few weeks will be a trying time for all of us, but it is important for everyone to remain calm, vigilant and continue working and supporting each other.
The April Shining Star is Dan Sievers

Dan Sievers, Crisis Manager on the LaSalle Behavioral Health Unit, is the April Shining Star. The LaSalle Unit recently experienced a situation that resulted in damage to the unit from a patient. During the encounter, the staff focused on protecting themselves and other patients. Dan bravely positioned himself between the patient and everyone else. His respectful, calm and confident approach was exactly what was needed to diffuse the situation before it got worse. The employees who were on the unit that day will always be thankful for Dan’s quick thinking and selfless act.

The March Cultivating Care Winner is Bryce Bilskie

Patient Care Tech on 3GM, Bryce Bilskie, is the March Cultivating Care Winner. A patient’s son had gotten a ride to the hospital earlier in the day, but had no way home. It was during the weekend and there were no cabs available to take him home. The son lived in Vincennes so Bryce offered to give the patient’s son a ride home. The son was extremely grateful for the ride and appreciated Bryce’s kindness.

Due to the recent closing of KCARC 1972 and the new regulations limiting the number of people in groups, the Easter Egg Hunt has been canceled for April 2. The Employee Engagement Team will still continue to work together to think of new engagement ideas to bring a little happiness to Good Samaritan during these stressful times.

April Celebrations

- Occupational Therapy Month
  April 19 - 25
- Medical Laboratory Professionals Week
  April 19 - 25
- National Volunteer Week
  April 19 - 25
- Patient Experience Week
  April 27 - May 1
- Administrative Professionals Day
  April 22

Click the links below to see the April New Hires, Promotions and Anniversaries.

Employee Anniversaries
Physician Anniversaries
New Hires
Promotions
For Your Benefit

HRI Dental Health Options Rebranding as Paramount Dental

Good Samaritan’s dental insurance carrier has re-branded as Paramount Dental an Affiliate of Promedica. Insured employees who call Member Services or log into insuringsmiles.com should be familiar with the Paramount name and logo as it has been incorporated into the phone greeting and website for a while now.

What does this mean as far as your coverage is concerned? No worries! Your dental insurance coverage will remain the same, you will see no change in how claims are paid or how services are provided.

New ID Cards will not be issued as all content on your current card is valid and not affected by the re-brand. Providers are aware of the name change and know to call or log into their portal to verify eligibility and benefits.

Any new enrollees will receive the new ID Card (pictured below) and it will no longer have the employee’s name, group # or ID listed. The provider obtains this information when they verify coverage from the website.

If you have any questions about your benefits, contact the Employee Benefit Coordinators, Reneé (x3315) or Sherri (x3375).

Market on 7th

Market on 7th is a “pop-up” store located on the 7th floor in the Columbian Towers (Room CTE703). This store is for employees to shop for needed items that they have had trouble finding in other locations. Examples of items include: bread, milk, eggs, toilet paper, hamburger, chicken breasts, etc. Payment for items is payroll deduct only. Shoppers are encouraged to bring their own bags and/or coolers for easier shopping. Items available in the store will be sent by housewide email every Tuesday and Friday morning. Store hours / days may change. This is a work in progress and we ask that everyone is patient as we work to provide this service to everyone.

*Please remember to practice social distancing if waiting in line and requesting items from the store volunteers.

Upcoming Good Samaritan Events / Recognition Weeks

- Nurses Week: May 6 - 12
- Hospital Week: May 10 - 16
- Women’s Wellness Expo: June 16 - Highland Woods Community Center - 4 to 7 p.m.
- Men’s Health Tune-Up: November 17 - Highland Woods Community Center - 4 to 7 p.m.
We've Got This

We know how hard it has been lately to focus on anything besides the COVID-19 pandemic, and health care workers are at ground zero.

It’s important to make an effort to reduce your anxiety and stress so we don’t end up in a panic - when no one can think straight.

First, feel your feet on the ground.
When anxiety overtakes us you can feel like you are outside of your body, maybe even feel lightheaded. By feeling your feet on the floor, your back in the chair, and focusing on your breathing, you quickly shift from the stress response to the relaxation response. In times of crisis we need to make good decisions. The decision-making part of our brain works best when the relaxation response is activated. So, keep feeling your feet on the floor and your back in the chair. Ground yourself throughout the day.

Move the anxiety through your body.
We hold so much of our feelings in our bodies. Think about your response to stress. You can feel your shoulders tense and your stomach tighten. Our body holds our stress, and the more it holds the more it aches and hurts. Since we are being overloaded with stress right now we need to move the stress through our bodies. So get up. Stretch. Move around. If your work has you constantly up and moving, then stop for a moment, take a deep breath and relax your muscles from head to toe. Let your stress move on through you.

Allow yourself to feel concern.
It seems like people believe they need to take a stance on the issue of the COVID virus. Either they feel like this is the worst thing that has ever happened or it is being blown out of proportion. Focus on the in between. There is no need to completely catastrophize or minimize. Allow yourself to feel some concern without panicking, yet by following guidelines, you will be able to make better decisions and deal with the situation more appropriately.

It’s the unknown.
Not knowing what is going to happen and how long this crisis will last causes lots of fear in all of us. It is important to keep in mind that there have been other situations in which you felt afraid with an unknown outcome and you made it through. For example, birthing a child, graduating, starting a new job. You’ve made it through past unknown’s and can make it through this one.

Submissions for Highlights are due by the 15th of each month prior to the publication month.
To submit information for Highlights, email Mallory at mnhughes@gshvin.org.