Good Samaritan to Host Great Strides Cystic Fibrosis Walk

The 7th annual Great Strides for Cystic Fibrosis (CF) walk is taking place on Sunday, September 16, 2018 rain or shine at Vincennes University’s track in hopes of raising money for research and awareness for Cystic Fibrosis. Registration begins at 12:30 p.m. (EST) and the opening ceremony starts at 1:30 p.m. There are expected to be 15 teams this year at the walk with the goal to raise $80,000.

Cystic fibrosis is a life-threatening, genetic disease that causes persistent lung infections and progressively limits the ability to breathe. In people with CF, a defective gene causes a thick buildup of mucus in the lungs, pancreas and other organs.

In the lungs, the mucus clogs the airways and traps bacteria leading to infections, extensive lung damage and eventually respiratory failure. In the pancreas, the mucus prevents the release of digestive enzymes that allow the body to break down food and absorb vital nutrients.

Last year was not only a successful fundraising year for the Vincennes Great Strides walk, but a successful year for CF medicine and research. In fact, Senior VP of Therapeutics Development, Dr. Mike Boyle, described 2017 as the “pivotal year for matching medicines with people” – a year in which we now have an expectation that by 2020, we will have 93% of the CF population eligible for treatment with a CFTR modulator. Last year, Kalydeco (ivacaftor) expanded its label to 28 mutations meaning more people than ever before have access to this therapy.

In addition to this excitement, CFF’s President and CEO, Dr. Preston Campbell, announced news of a one-time cure at NACFC in November. During the opening plenary, he reminded the audience that our mission is to cure CF. The very exciting science of gene editing now allows us to plan and dream for the day. Campbell stated, “No doubt, it’ll take a long time, but our dream is that these treatments that we’re working on now will allow someone to say ‘I used to have CF’. Then we’ll be done.”

Donations have helped researchers find a major breakthrough in Cystic Fibrosis by introducing a new drug, Symdeko™ this past February that improves the function of the CFTR protein. Cystic fibrosis occurs when the CFTR protein is either not made correctly, or not made at all.

The U.S. Food and Drug Administration approved Symdeko for individuals with two copies of the most common cystic fibrosis mutation, F508del, which causes the production of an abnormal protein that disrupts how water and chloride are transported in the body.

Research and clinical trials have continued in 2018 demonstrating positive results for those with CF. The Cystic Fibrosis Foundation maintains a strong group of potential therapies that target the disease from every angle. The more support given to the Foundation increases the odds of producing successful therapies and a cure for all people with CF.

“2017 truly was a stunning year and we believe that it has been one of the most significant years of scientific progress in our history,” said Kaitlin Roberts, Administrative Manager for the Indiana Chapter Cystic Fibrosis Foundation. “We are excited to continue 2017’s incredible momentum into this year!”

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The CF Foundation is leading the way in innovative research and drug development, promoting high-quality, individualized care, and helping people with CF live better today,” stated Tammy Howell, Good Samaritan Respiratory Therapist and Event Chair. “Nearly every CF drug was made possible by the Foundation and because of funds raised from Great Strides, people with CF are living longer, healthier lives and pursuing their dreams.”

Sandwiches, provided by Jimmy John’s, chips, cookies and drinks will be provided for walkers. The committee will be putting on a bingo fundraiser on Wednesday, August 15, 2018 at the Moose Lodge, located at 904 S. 17th Street in Vincennes. There will also be door prizes, food and a silent auction, with approximately 80 to 100 items from local businesses and organizations.

Please call Tammy Howell at 812-885-3215 or 812-899-2146 for more details and information about how you can be involved. To make a donation, join a team, create a team or sign up as an individual walker, go online to www.fightcf.cff.org or click HERE.
This Past Year in Shining Stars

August 2017  Miranda Newberry
September 2017  Ron Gehlken
October 2017  Macee Braun
November 2017  Mallory Hughes
December 2017  Kevin Kent
January 2018  Mike Hedge
February 2018  Tiffany Veach
March 2018  Donna Worland
April 2018  Sharon Unger
May 2018  Stephanie Mikeworth
June 2018  Ken Abell
July 2018  Chet Goff

August’s Shining Star is Jenny Reno

Jenny Reno, Nursing Administration Secretary, was nominated for the Shining Star Award for all the hard work she does for the nurse managers every day. Whenever asked for help, she never bats an eye or hesitates. Even when she is swamped with work, she always goes above and beyond to help. Jenny is full of knowledge and is always missed when she is off work or on vacation because “Jenny knows everything!” Recently, she offered to make address labels and type 20+ nomination forms for the nursing awards night so they were easier to read. Every year during nurses week, she helps with countless tasks, including sorting more than 900 gifts, sending house-wide emails, ordering food and more. Throughout the year, she serves as a knowledgeable resource for all of nursing leadership who would be truly lost without her experience and help. Jenny is the true meaning of a Shining Star with a shining star attitude!

The July DAISY Winner is Tyler Graber

Tyler Graber, RN on ICU, is the July DAISY Winner. During the Thanksgiving holiday in 2017, a woman from out of town was with her father at the hospital, who was admitted with a brain bleed that was unfortunately untreatable. The gentleman passed away a few days later. The patient’s daughter recently remembered her time at Good Samaritan during her first Father’s Day without her dad this past June. With tears in her voice, she called Good Samaritan to talk about the amazing care she and her father received when he was in the hospital. Tyler brought the daughter blankets, a toothbrush and constantly came by the room to see if there was anything she needed. On the night of Thanksgiving, Tyler came to the patient’s room and brought the daughter a plate of food from his dinner with his family. The daughter noted that she will never forget the thoughtfulness and generosity of Tyler and wanted everyone to know how much his kindness meant to her.

Click HERE to see the presentation of Jenny’s award.

Click HERE to see the presentation of Tyler’s award.
Performance Excellence

The Performance Improvement Committee meets on a monthly basis to review data that has been submitted by the various departments throughout the organization. During these meetings, compliance is reviewed and when significant improvement is noted they contact the department(s) for further information. Hand Hygiene is one indicator that is monitored closely and significant improvement by four specific departments caused the committee to take a second look. Proper hand hygiene is the first barrier to preventing hospital acquired infections. Inpatient Rehab, Outpatient Infusion, 4GM and 3GM accepted the challenge to identify innovative ways to improve their compliance.

**Outpatient Infusion** – In March they began to pass off Felix the Fungi to any staff member observed not completing proper hand hygiene. In turn, that individual must keep Felix until they observe someone not following proper hand hygiene. As a result of Felix’s presence, compliance has increased to 100 percent. No one wants to be responsible for Felix.

**Inpatient Rehabilitation** – In October they began a competition between nursing staff and therapy staff. Both Unit Based Councils thought this would be a good way to improve compliance. So, using secret observers, they began the competition. As you can see in the chart to the right, it has been quite successful. The winning side is treated with a carry-in dinner by the other each month. Although they have seen significant improvement, they are not satisfied that they can rest in their accomplishments. In August, the unit based councils on Rehab are combining to become one, and will be tapping their ingenuity and innovations to come up with more ideas that will continue their excellent compliance rates.

**4GM** – They implemented a new PI board, holding people more accountable. Those who didn’t perform proper hand hygiene made the PI board, and that’s not necessarily a good thing. Peer pressure can be a bad thing and a good thing. In this case it serves to remind people about proper hand hygiene especially important in this medical setting.

**3GM** – This unit is showing improvement and are currently sharing results with staff. They are in the beginning stages of implementing a process similar to Felix the Fungi.

**These four departments serve as examples of what can be done through teamwork and personal accountability. As a result, everyone is a winner and as an organization we know that we are taking the first step to prevent infections.**
For Your Benefit

**H.I.R.E. Incentive - We need your help in recruiting valuable employees!**

H.I.R.E. stands for Help In Recruiting Employees. This program provides financial encouragement to current Good Samaritan employees to assist in identifying and retaining new employees in select, hard-to-fill positions. The positions for which the hospital will provide financial incentives is posted on the intranet under FORMS > Human Resources > H.I.R.E. Please review the list of hard-to-fill positions that are eligible for the program to help with recruiting and to give yourself a bonus!

<table>
<thead>
<tr>
<th>$500 Incentive</th>
<th>$300 Incentive</th>
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<tbody>
<tr>
<td>Medical Technologist (Good Samaritan students are excluded)</td>
<td>Access Associate</td>
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<tr>
<td>Occupational Therapist</td>
<td>Cook</td>
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<tr>
<td>Pharmacist</td>
<td>Environmental Services Assistant</td>
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<tr>
<td>Physical Therapist</td>
<td>Food Service Assistant</td>
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<tr>
<td>Psychiatric Social Worker (LCSW)</td>
<td>Patient Care Technician</td>
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<tr>
<td>Registered Nurse</td>
<td>Resident Assistant</td>
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<tr>
<td>Respiratory Therapist</td>
<td></td>
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<tr>
<td>Speech Therapist</td>
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If you can bring a qualified recruit to Good Samaritan to fill one of these difficult vacancies you may earn a $300-$500 referral bonus. The specifications of the payout and directions of the program are listed on the H.I.R.E. form.

**August Site Visits:**

<table>
<thead>
<tr>
<th>UMR (Health Insurance)</th>
<th>Empower Retirement</th>
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<tbody>
<tr>
<td>August 25</td>
<td>August 15</td>
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**New Kid on the Block**

The arrival of a new baby changes life for everyone in the family. Siblings may be excited or anxious - or both. Like their parents, they too, can benefit from being prepared.

The New Kid on the Block class at Good Samaritan helps young children better understand what to expect when a new brother or sister joins the family. The class is intended for children ages 3 to 8, accompanied by their parents. It is recommended that you enroll your child when you are in your second or third trimester.

To register for this free class, call 812-885-3336. Classes are from 6 to 7:30 in Eva Hill Auditorium.

**Remainning 2018 Classes:**  August 15 & November 21

**July’s Cultivating Care Winner is Kaitlyn Knollenberg**

Kaitlyn Knollenberg, Patient Care Technician on 3GM, was nominated by one of her patients for the Cultivating Care Award. Her nomination stated that she was, “extremely awesome.” Kaitlyn was prompt with the patient’s requests for blankets, pillows, food, etc. She cared for his wounds and helped him relax when in pain. Kaitlyn made the patient feel like family, was always willing to go the extra step and had a cheerful, pleasant attitude. She is a great employee, an asset to our hospital and deserves to be recognized for her hard work and positive attitude.

Kaitlyn, (holding plaque), is congratulated for receiving the July Cultivating Care Award by Angela Shick, Director of Medical Nursing and Collaborative Education; Jennifer Weger, 3GM Nurse Manager; Karen Haak, Chief Nursing Officer; and her fellow 3GM co-workers.
BIOMETRIC TESTING IS COMPLETE!

Thanks to all who helped with and participated in biometric testing 2018! This is a huge endeavor and is successful only with help and support of many fellow employees and volunteers. Thank you all!

Employees on the Good Samaritan medical insurance plan who met all four biometric criteria will begin receiving the $12 Wellness incentive in the September 6th pay. Congratulations!

Those who did not meet all 4 biometric criteria may earn the $12 incentive by choosing to complete a Reasonable Alternative. To do so, contact Susan Yochum, Employee Wellness Coordinator by September 30th, at 812-885-3316, or email slyochum@gshvin.org to begin the reasonable alternative process.

BMI < 30  Blood Pressure < 140 / 90
A1C < 6.5  Tobacco Free

Cystic Fibrosis Fundraiser!

Wednesday, August 15, 2018
Moose Lodge
904 S. 17th Street
Vincennes, IN 47591

Cost for bingo packets are $10 in advance or $12 at the door. (Extra packets are $5 each).

Doors open at 5 p.m. | Bingo starts at 6 p.m. (EST)
Silent auction, door prizes and food will also be available.

For more information, please contact Tammy Howell at 812-885-3215 or 812-899-2146.

*Must be 18 to play
June New Hires

Administration
• Margaret Beliveau-Ficalora - Associate Program Director, Internal Medicine Residency Faculty
• Robert Ficalora - Program Director, Internal Medicine Residency Faculty

Cardiology
• Vicki Nicoletti - Physician Practice Nurse

Convenient Care Clinic
• Casey Funk - Receptionist

Emergency Services
• Nicole Sterling - Emergency Services Technician

Environmental Services
• Michelle Prieto - Environmental Services Assistant

Food Services
• Jacob Dillion - Food Services Assistant
• Kaynah Duffy - Food Services Assistant
• Brady Hackney - Food Services Assistant
• Jasmine Martin - Food Services Assistant
• Karen Mitchell - Food Services Assistant
• Frances Stoops - Food Services Assistant

Laboratory
• Dylan Klingler - Laboratory Assistant

Nursing Administration
• Lauren Charlton - Staff Nurse, Medical Surgical
• Victoria Dehlinger - Graduate Extern, Rehab Nursing
• Brittany Gowen - Registry Nurse, OB / Labor & Delivery
• Angela Granger - Staff Nurse, Perioperative Services
• Diana Higgins - Staff Nurse, Intensive Care
• Heather Perry - Graduate Extern, Surgical Unit
• Ann Stoops - Patient Care Technician

Patient Access
• Robert Agan - Health Insurance Navigator
• Zachary Beard - Access Associate

Patient Accounts
• Kristina Kavanaugh - Patient Accounts Representative

Pharmacy
• Laura Stevenson - Staff Pharmacist

Plant Operations
• Ty Powers - Maintenance Utility

Physician Network
• Samantha Jacobsen - Receptionist
• Stephanie Lowrance - Nurse Practitioner, Thoracic/Vascular

Samaritan Center
• Bishop Coomer - Psychiatric Nursing Technician, LaSalle Behavioral Health
• Jeremiah Risley - Psychiatric Nursing Technician, LaSalle Behavioral Health

Security
• Austin Porter - Security

Transportation
• Shawn Westfall - Orderly

Valet
• Joseph Vieck, Jr. - Valet Attendant

Medical Laboratory Science Class of 2018

The Good Samaritan School of Medical Laboratory Science would like to introduce the graduating class of 2018. These students have just finished their senior year of college, by completing intensive didactic and clinical training in laboratory practices here at Good Samaritan.

The graduates of our program have accepted positions in hospitals in Indiana and Illinois, with two choosing to stay at Good Samaritan. Good Samaritan Laboratory is proud that it is able to provide certified medical laboratory scientists to Vincennes and the surrounding hospitals while continuing the Good Samaritan tradition of providing health-related education.

Students, from left to right, with their attending university listed:
Mikayla Grant, EIU;
Blaire Brinkman, SIUE;
Heather Qualkenbush, ISU;
Omar El-Khodary, UE;
Hope Spalding, Purdue;
Jordyn Litherland, USI;
Vanessa Hoffman, UE

The Samaritan Center is selling t-shirts to support this year’s first Suicide Prevention 5K. Designed by Tana Phillips, Patient Care Technician, you can purchase a shirt for only $10 and help us work toward our goal of zero suicide. The shirt design, (shown below), will be on the front with logos of supporting business and the phrase “Suicide Prevention 5K” on the back.

Pre-order your shirt on August 9 and 10 in the Dining Room at 11 a.m. to 1 p.m. You can also order a shirt by contacting Michelle Kidwell at mkidwell@gshvin.org or Rebecca Beaman at rbeaman@gshvin.org. Payroll deduct will be available.

The Suicide Prevention 5K will be on Saturday, September 8, 2018. If you would like to participate, you can purchase your ticket by visiting suicideprevention5k.eventbrite.com.
Lonny Adams, RN
Physician Network
Float Nurse

What healthy / lifestyle-related change(s) have you made? I started running three years ago. I recently began using my Fitbit app in February to count calories. I now try to keep myself on a 1,500 calorie diet and run three miles every other day.

What motivated you to make the change? Looking at myself in the mirror and noticing my weight increase, I hit my all time low. I wanted to get healthy and be there for my three kids. My sister and brother-in-law got me started in running competitively.

Tip(s) for success / staying motivated? I count every calorie that goes in my mouth and try to keep moving. I choose healthier foods for meal planning and now am addicted to getting my three-mile run in. It helps me stay motivated when others notice I have lost weight.

How have you incorporated this into your life (Ex. How do you find time, etc.)? I get up at 4:45 a.m. to go to the gym at least three days a week. I also plan my meals and calorie intake in advance and try to do some kind of activity after dinner each night, whether its swimming with my kids, getting on the treadmill or walking outside.

How has it made you feel? I feel good and have more energy. It feels great to go shopping for new and smaller clothes.

Anything else you would like to add? I have run four half marathons, more than 30 5K’s and three obstacle course 5K’s. Because of my dieting and exercising, this year’s biometric testing showed that I have lost 27 pounds since February of 2018 and my total cholesterol decreased by 40 points.

Promotions

Samantha Ball – Surgical Unit – Graduate Nurse Extern – TO – Surgical Unit – Staff Nurse
Amber Barker – Medical Surgical – Graduate Nurse Extern – TO – Medical Surgical – Staff Nurse
Brian Blacketer – Laundry – Laundry Assistant – TO – Laundry – Laundry Attendant
Laurana Brannick – Food Service – Food Service Assistant – TO – Food Service – Food Service Clerk
Sarah Buchanan – Clinical Decision Unit – Graduate Nurse Extern – TO – Clinical Decision Unit – Staff Nurse
Amanda Cummins – Surgical Unit – Graduate Nurse Extern – TO – Surgical Unit – Staff Nurse
Laura Devers – Perioperative Services – Staff Nurse – TO – Nursing Specialty – Vascular Access Specialty Nurse
Lauren Dillon – Intensive Care – Graduate Nurse Extern – TO – Intensive Care – Staff Nurse
Brittany Fiscus – Intensive Care – Graduate Nurse Extern – TO – Intensive Care – Staff Nurse
Taylon Fitch – Food Service – Food Service Assistant – TO – Transportation – Orderly
Joseph Franklin – LaSalle Behavioral Health – Graduate Nurse Extern – TO – LaSalle Behavioral Health – Staff Nurse
Amber Ivers – GSPN Centralized Medical Records – Records Clerk – TO – Records Clerk – Surgery Schedule Unit Clerk
Destiny Lavely – Emergency Services – Graduate Nurse Extern – TO – Emergency Services – Staff Nurse
Logan McKnight – Emergency Services – Graduate Nurse Extern – TO – Emergency Services – Staff Nurse
Mallory Routien – Intensive Care – Graduate Nurse Extern – TO – Intensive Care – Staff Nurse
Jane Russell – Transitional Care – Director of Continuum of Care – TO – Cancer Program – Director Oncology Services
Jace Sama – Rehab Nursing – Graduate Nurse Extern – TO – Rehab Nursing – Staff Nurse
Lizzie Sparks – Medical/Surgical – Graduate Nurse Extern – TO – Medical/Surgical – Staff Nurse
Tonya Stoltz – Emergency Services – Staff Nurse – TO – Nursing Specialty – Vascular Access Specialty Nurse
Gabriella Whitsett – Emergency Services – Graduate Nurse Extern – TO – Emergency Services – Staff Nurse
Ashton Young – Nursing Administration – Graduate Nurse Extern – TO – Nursing Administration – Resource RN
Are you eating out of HUNGER or HABIT?

Do you find yourself wiggling your fingers around in an empty bag of chips? Do you scrape the salt off the microwave popcorn bag or dig through wrappers looking for that last piece of candy?

Were you eating because you were hungry or were you eating just to be eating?

We’ve all done it. Munching away as you watch TV, drive or talk on the phone, unconsciously putting bite after bite in your mouth without even realizing it! You aren’t paying a bit of attention to taste, or texture, to how hungry or full you really are. The subtle signs of fullness are missed because you are preoccupied with other things and you find yourself unsatisfied and uncomfortably full.

Eating provides the nutrients for our bodies and minds to function at their best, but also, eating can provide comfort and pleasure, it can be a part of our socialization and stress relief, but if we are shoving in junk food without even thinking about it, it provides none of these things.

Pay attention to what you eat. Mindful eating allows you to identify when you have had enough to feel full. It provides you that feeling of satisfaction with smaller portions and allows you to enjoy and appreciate what you eat. So you get out of autopilot and into attention!

How can you become more mindful of your food?

Here are some tips. They may seem funny or uncomfortable at first, but remember, you are breaking a HABIT of eating just to be eating.

• FIRST recognize if you are actually hungry BEFORE you pull out the chips. If you aren’t really hungry, think about why you are reaching for food. Are you bored? Sad? Does the clock say it’s mealtime? Begin to address these other feelings with options other than food. If you eat for reasons other than hunger you won’t find satisfaction from food.

• It’s good to be hungry, but don’t wait until you are FAMISHED! Once you feel like you are starving you tend to eat too fast, choose the wrong foods and become overfull. Overeating also prevents that feeling of real satisfaction from your food.

• Eat without distractions - in the kitchen, sitting down. Eating while you are doing other things and not paying attention to your food promotes overeating. Eating too fast and making poor choices does not offer the satisfaction that food should provide.

• Celebrate your meal! Set your table in a pleasant manner, relax a moment and center yourself or pray before eating. This helps you eat slower, enjoy and appreciate your food as well as allowing you to recognize those subtle feelings of fullness BEFORE you are stuffed!

• Eat slowly. It takes 20 minutes for your stomach to tell your brain that you are full. Chew your food well, taste it and let your body work by allowing the time it takes for the natural process of feeling full to set in. Listen to your body. Don’t follow the clean your plate rule! With plates now the size of satellite dishes, look at your portion sizes, not how much your food fills your plate. When you begin feeling satisfied STOP EATING.

• And as for dessert….. if you feel like you need it, take a bite or two and STOP. The maximum pleasure of eating a food usually comes with the FIRST bite!