Good Samaritan to Celebrate American Heart Month

Good Samaritan is dedicating the month of February to your heart. Heart health is an important aspect of a person’s overall well being and should be a top priority. According to the Centers for Disease Control and Prevention (CDC), heart disease kills more than 600,000 people in the United States each year; amounting to one in every four deaths in this country. It is also the leading cause of death in women. Knowing your risk for heart disease is the first step in keeping it healthy. That is why Good Samaritan is providing free screenings and information throughout the month.

Everyone is encouraged to attend Good Samaritan’s free stroke screenings on Friday, February 23 from 9 a.m. to 3 p.m. Utilizing a scorecard, an individual’s risk for stroke is formulated by the results of different tests. These tests include: blood pressure, body mass index (BMI), lipid profile, carotid artery screening, atrial fibrillation and glucose screening. Educators and registered nurses will also be providing valuable information and hand-outs on different ways to decrease your risk of stroke.

“Our stroke screenings are always successful and appointments usually fill up quickly,” said Debra Hardwick, Community Health Coordinator. “It is a great way to provide a free service to our community and hopefully lower the risk of stroke in the individuals who attend.”

Appointments are required for the screenings. Those interested in making an appointment can call Community Health at 812-885-8753.

The Dayson Heart Center at Good Samaritan is also raising heart health awareness by celebrating National Cardiac Rehabilitation Week from February 11-17.

Cardiac rehabilitation aides in the reduction of potentially devastating effects of heart disease and improves the quality of life for patients and their families. Cardiac Rehabilitation Week, initiated by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), coincides with both Valentine’s Day and American Heart Month in an effort to draw greater national attention to heart health. This year’s theme, “Making Positive Changes, One Beat at a Time,” honors the patients, families, and health care professionals who are dedicated to cardiac rehabilitation as a vehicle for a healthy lifestyle.

“Cardiac Rehab is very important to help any heart patient make positive or healthy lifestyle changes,” said Hilary Cecil, MS, Cardiac Rehab Exercise Specialist. “Although we can’t change the past, we can help improve your heart’s future. We can help reduce the risk of future cardiac events by stopping or at least slowing down the progression of cardiovascular disease through exercise and patient education.”

In celebration of Cardiac Rehabilitation Week, Good Samaritan’s Dayson Heart Center will be providing free education and blood pressure screenings on Thursday, February 15, from 9 a.m. to 2 p.m. on the first floor of Gibault Memorial. Visitors can receive cardiac risk factor education for self-assessments, information about upcoming stroke and vascular screenings, and education about Phase 3 Cardiac Rehab services.

Another way Good Samaritan is promoting heart health is by participating in National Wear Red Day®. On Friday, February 2, Good Samaritan employees will be wearing their red in support of raising awareness of women and heart disease.

The American Heart Association created National Wear Red Day in 2004 with a mission to dismiss myths and raise awareness of heart disease and stroke as the number one killer of women. To support heart health in women locally, Good Samaritan employees are encouraged to wear red. Photos of employees will be shared on the hospital Facebook page throughout the day. Community members are also welcome to wear red and share their photos on social media using the hashtag #GoRed.
February’s Shining Star is Tiffany Veach

Financial Analyst, Tiffany Veach, is the February Shining Star for her dedication to providing needed education to hospital staff. She and Erin Watjen recently collaborated with the Collaborative Interprofessional Education (CIE) Department in regards to providing staff with education on Microsoft Excel. Tiffany worked with CIE to develop classes that would assist staff members to learn and also allow hands-on education/skills of Microsoft Excel. Her boisterous and radiant attitude toward the program is refreshing. She has already taught 18 classes since August of 2017 with a total of 325 employees who have completed the class. Her class evaluations were extremely complimentary and many mentioned that they would take her class again. Her knowledge of Excel and also of reporting measures through EPIC is amazing and she is always willing to help. We are so thankful that, thanks to Tiffany’s dedication, we are able to provide educational opportunities to employees for free. Her skill and enthusiastic attitude for everything she does makes Tiffany a pleasure to work with and an asset to Good Samaritan.

The January DAISY Winner is Chelsea Unkefer

ICU nurse, Chelsea Unkefer, is the January DAISY Award winner for her attentiveness to her patients and dedication to their needs. Recently, she went above and beyond to ensure that the patient she was discharging was able to get their medications. The patient had no way of getting his medicine, so Chelsea drove to his pharmacy and paid for them out of her own pocket. She then drove to Gentle Care, where the patient was visiting his wife, and hand delivered the medicine to the gentleman. Chelsea is always putting the patient first and her compassion for helping others is displayed every day.

Tiffany, fourth from right, is congratulated for being the February Shining Star by Thom Cook, Chief Financial Officer; Rob McLin, President and CEO; and Tiffany’s fellow employees on 6 CTE. Click HERE to see the presentation of Tiffany’s award.

Chelsea, (third from right), is congratulated for being the January DAISY Winner by Vicki Potts, Director of Acute Care; Karen Haak, Chief Nursing Officer; and her fellow ICU staff. Click HERE to see the presentation of Chelsea’s award.
Fourth Quarter 2017 Patient Experience Results

Congratulations to those areas who met or exceeded their patient experience goals in the fourth quarter. These charts represent each surveyed area’s Top Box Percentile Rank for the survey questions relating to overall rating and likelihood to recommend. Full quarterly reports for each area can be found on the Good Samaritan Intranet under Department Links > Patient Experience, or by clicking here.

Overall Rating

<table>
<thead>
<tr>
<th>Area</th>
<th>Percentile Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCAHPS Inpatient</td>
<td>75</td>
</tr>
<tr>
<td>CGCAHPS Medical Practice</td>
<td>62</td>
</tr>
<tr>
<td>OASCAHPS Ambulatory</td>
<td>77</td>
</tr>
<tr>
<td>LaSalle</td>
<td>87</td>
</tr>
<tr>
<td>Outpatient</td>
<td>74</td>
</tr>
<tr>
<td>EDCAHPS</td>
<td>60</td>
</tr>
</tbody>
</table>

Likelihood to Recommend

<table>
<thead>
<tr>
<th>Area</th>
<th>Percentile Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCAHPS Inpatient</td>
<td>59</td>
</tr>
<tr>
<td>CGCAHPS Medical Practice</td>
<td>59</td>
</tr>
<tr>
<td>OASCAHPS Ambulatory</td>
<td>60</td>
</tr>
<tr>
<td>LaSalle</td>
<td>65</td>
</tr>
<tr>
<td>Outpatient</td>
<td>61</td>
</tr>
<tr>
<td>EDCAHPS</td>
<td>59</td>
</tr>
</tbody>
</table>

**KEY**

-10% or More From Goal  | Met or Above Goal  | Actual Score  | Goal  | ( # ) Goal  |
---                      | ------------------|---------------|-------|------------|
Within 10% of Goal      | 91st Percentile or Above
Safety Role Model - Brooke Midgett

Brooke Midgett, RN on OB, was recently nominated for and received the Safety Role Model award. A visitor had come out of a patient’s room wheezing with hands on her throat in the classic “I’m choking” position. Brooke immediately clarified with the visitor that she was choking and then performed the Heimlich Maneuver three times, un-lodging a piece of steak. Brooke’s quick action made a difference in this individual’s life and exemplified the motto of “safety first.” This can serve as a reminder to all staff to be prepared at all times and keep safety at the forefront of every action. Thank you, Brooke, for serving as a role model and quickly taking action when needed to assist this visitor in a critical incident.

Congratulations Brooke!

Recruitment Corner

Student Nurse Extern Program

The Student Nurse Extern Program at Good Samaritan is committed to building a supportive relationship between the nursing students and professional nursing staff through supervised clinical experience. This program is specifically designed for first-year nursing students.

As a Student Nurse Extern you will:
- Be actively involved in “real world” situations
- Work side-by-side with your RN preceptor
- Improve your service excellence and patient care skills
- Gain confidence in a clinical setting
- Ease your transition from student to RN
- Have an opportunity to demonstrate your professionalism and work ethic

Application Process Opens: February 1, 2018
Application Deadline: March 2, 2018

To Apply:
1. Complete an online application at gshvin.org/employment
   a. Click the Employment tab
   b. Click Student Nurse Extern and proceed to fill out the application completely
      i. Additional school-related documents are required for the application process and are included in the online job description

Questions about the Student Nurse Extern program may be directed to Laura Hazelman.

Laura Hazelman
HR Specialist
lhazelman@gshvin.org

Ali McCrary
HR Specialist
anmccrary@gshvin.org

January’s Cultivating Care Winner is Mallory Stanczak

Mallory Stanczak, Patient Care Technician on 3GM, is the January Cultivating Care Award Winner. She recently took the time to help an elderly gentleman who was struggling to walk in the parking lot. She went and got him a wheelchair and helped him find the correct patient room where his wife was located.

Mallory (center holding banner), is congratulated for being the January Cultivating Care winner by her fellow 3GM employees; Jennifer Weger, 3GM Nurse Manager; Angie Shick, Director of Collaborative Interprofessional Education, Medical/Pediatric Nursing, and PICC Team; Karen Haak, Chief Nursing Officer; and Kelli Carie, 3GM Co-Shift Coordinator. Click HERE to see Mallory’s award presentation.
## Patient Comments

<table>
<thead>
<tr>
<th>Comment</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I was treated well from the entire staff of doctors, nurses, etc. Thank you so much.”</td>
<td>Ambulatory</td>
</tr>
<tr>
<td>“Everyone was kind and I felt like they care for me like a person.”</td>
<td>Emergency</td>
</tr>
<tr>
<td>“Everyone was attentive and helped me when I needed it.”</td>
<td>Inpatient</td>
</tr>
<tr>
<td>“Was treated with respect and it was a pleasant experience. Always recommend Good Samaritan.”</td>
<td>Outpatient</td>
</tr>
<tr>
<td>“I enjoy going to my doctor. It makes me feel good to know they are taking such good care of me.”</td>
<td>Physician Network</td>
</tr>
<tr>
<td>“Everyone is so nice and patient.”</td>
<td>Inpatient Behavioral Health</td>
</tr>
</tbody>
</table>

## SEMINAR BACK BY POPULAR DEMAND!

Men, do you suffer from an enlarged prostate or BPH and want to avoid the side effects of medication and major surgeries? Good Samaritan Urology is proud to now offer the UroLift System treatment, a minimally invasive approach to treating enlarged prostate with no cutting, heating or removal of prostate tissue.

Join us for a FREE seminar to learn more about the UroLift System treatment with Urologist Dr. William Vaughn.

**Monday, February 19**

Pioneer Oil Company, Inc.
400 Main Street | Vincennes, IN 47591

**Check-in: 5:30 p.m. | Presentation: 6 p.m.**

*(Dinner will be provided.)*

Please RSVP by February 9 at 812-885-3336 or click [HERE](#) to register online.

## Celebrating National Cardiac Rehabilitation Week

**Making Positive Changes, One Beat at a Time**

Help us celebrate National Cardiac Rehabilitation Week by joining the Dayson Heart Center as they provide information on the importance of cardiac rehab. Cardiac rehabilitation aides in the reduction of potentially devastating effects of heart disease and improves the quality of life for patients and their families.

Join us for:

- Cardiac risk factor education for self assessments
- Blood pressure screenings
- Information about upcoming stroke and vascular screenings
- Education about Phase 3 Cardiac Rehab services

**Thursday, February 15**

9 a.m. to 2 p.m.

First Floor - Gibault Memorial
(Across from Visitor Elevators)
Wellness Salute

December New Hires

Emergency Services
• Courtney Bauer - Staff Nurse
• Timothy Hale - Staff Nurse

Environmental Services
• Robin Doll - Environmental Services Assistant
• Amanda Drogich - Environmental Services Assistant

Food Services
• Eithen Burkhart - Food Service Assistant
• Cierra Knight - Food Service Assistant
• Joshua Reynolds - Cook

Human Resources
• Tara Elermann - Human Resources Manager

Patient Accounts
• Mandy Roberts - Patient Accounts Representative

Pharmacy
• Stephen Matics - Staff Pharmacist

Patient Access
• Steve Rich - Courier

PPM Physician Services Admin
• Natalie Braid - Receptionist
• Kristina Wampler - Receptionist
• Kendra Williams - Receptionist

Rehab Nursing
• Taylor Deatherage - Patient Care Technician
• Angela Sprinkle - Staff Nurse

Rehab Occupational Therapy
• Lauren Lasher - Registered Occupational Therapist

Samaritan Center
• Laura Abell - Family Care Specialist, Willows
• Tara Lee - Resident Assistant, Vincennes Group Home #1

Security
• Luke Sydow - Security

Speech Pathology
• Mindi Stimler - Speech Therapist

Surgical Unit
• Kelly Marquez-Quinone - Patient Care Technician

It is quite flattering to be asked to contribute to Highlights, especially when that which is to be contributed pertains to wellness. It assumes that the author has something to say about the matter. A chaplain may not be the first person one might choose for such an article, unless of course, a different kind of wellness is being sought. Such was the case when I was asked to write about spiritual and emotional wellness.

It is no small coincidence that in just a few weeks, starting on Valentine’s Day (of all days), many people around the world will be thinking about this kind of wellness and making plans to improve it. This year is unique in that Valentine’s Day is also Ash Wednesday, which for many Christians is the official start of the season of Lent. Lent, and its corresponding adjective “Lenten” share the same old English root as the word “lengthen.” This time of year, each day is a little bit longer than the one before it as the season slowly climbs out of the depths of winter. In days of old, stores of food would begin to wear thin as farmers anticipated the approaching growing season, where produce would once again be replenished. Sacrifices were made because they were needed. It was a time to simplify life and consider one’s priorities.

Though times have changed, the practice of sacrifice during Lent is still practiced by many as a way to improve one’s spiritual life. Practices vary, as do the results. My suggestion? Think about the extra time you are getting every day and be intentional about how it will be spent. Charles Darwin once wrote “A man who dares to waste one hour of time has not discovered the value of life.” Time is an easy thing to kill these days. There are a million ways, and that’s just on your phone. My wife and I have discussed with our daughter that we are not as much concerned about what she is doing on a device, it’s what she’s not doing with that time that she will never get back. We also realize the good that comes in using these things in moderation. It’s just that moderation is seemingly impossible when apps seek to addict you and schedule your time with the next autoplayed video, for instance.

Whether one believes in God or not, there are only 24 hours in a day. Those hours can be filled with possibility or not. There is a deep satisfaction in time well-spent, which contributes to an emotional health that seems increasingly out of grasp for many. Meditation and mindfulness, even those of a secular variety, can be the gateway to a more fulfilling life. What are those talents you’ve been meaning to develop? Who are the people you’ve been putting off visiting or calling? What about that chance to volunteer? Lent has 40 days filled with possibilities, or not. Let’s make the most of it.

Do you know a fellow employee (or yourself) who is making positive changes in their life and would be a great Wellness Salute? Or maybe you yourself has been working hard to live a healthier lifestyle? Send in your nominations today by contacting Susan Yochum at 885-3316 or by email at slyochum@gshvin.org.

Trevor Murry
Chaplain

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February Anniversaries

Kimberly Ahfield .............. 1
Anna Donovan .....................1
Denah Harrington .............1
Matthew Hermansen ............1
Christy Keller ....................1
Jennifer Kerns ....................1
Mary Keusch .....................1
Christy Kirchoff ...................1
Steven Maynard ...................1
Renee Miller .......................1
Justin Morgan .....................1
Amy Pearson .......................1
Tana Phillips .......................1
Gary Snyder .......................1
Kaylie Strange .....................1
Alexa Vaughn .....................1
Jennifer Veldman ...............1
Cynthia Bailey .....................2
Connie Carter .....................2
Deedra Funk .......................2
Anita Hurst .........................2
Rhonda Krause .....................2
Jennifer Lepper ..................2
Lynnette Matteson ...............2
Maranda Neely .....................2
Kathleen Pescatore ...............2
Ronnie Poorman ...................2
Eric Potts .........................2
Amber Russell .....................2
Tyler Sanders .....................2
Joy Uy ..............................2
Victoria Waters ...................2
Dylan Wesley .......................2
Jessica Westbrook ...................2
Rebecca Allen ....................3
Jana Dickerson ....................3
Krista Hemrich ....................3
Amanda Nargelenas .............3
Jessi Nowaskie ....................3
Meghan Walk .......................3
Seth West .........................3
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Natasha Dehosse .................5
Julia Finch .........................5
Lisa Hudleston .....................5
Audra McQuade ....................5
Amanda Montgomery .............5
Amy Pfiff ..........................5
Robyn Primus .....................5
Lisa Richter .......................5
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Barbara Schooler ..................5
Lori Schwartz .....................5
Ashley Stoelb .....................5
Frances Summers .................5
Chelsea Unkefer ...................5
Philip Watson .....................5
Kimberly Wise .....................5
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Jason Bickel ......................6
Linda Holscher .....................6
Julie Kitchell .....................6
Janice Klueh ......................6
Kasey Polk ........................6
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Kelly Byrns .......................7
Melissa Stearley ..................7
Amanda Swettenam .............7
Cara Bunte .........................8
Vonda Friedt ......................9
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Laura Jimenez ....................10
Barbara Johnson ..................10
Linnie Preuss .....................10
Peggy Campbell ..................11
Myden Fouts ......................11
Mary Faulkner ....................11
Judith Jerrell .....................11
Patricia Ochs .....................11
Rebecca Page ......................11
Dolores Tyner .....................11
Aaron Vieck ......................11
Beth Flaningam ...................12
Shanna Scere .....................12
Daniella Smith ...................12
Jana Edwards ....................13
Patrick McClure ................13
Kristi Phillips ....................13
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Crystal Beadles ...................17
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Scott Evans .......................18
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Heather Keller ...................19
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Carla Peters .....................22
Laura Grove .....................23
Mary Kelso ......................23
Julie Phillips .....................23
Penny Rehwald ..................23
Diana Robling ...................23
Carmon Onken ...................24
Melissa Robinson ...............24
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Donald Black .....................26
Lynnette Heinz ...................26
Cheryl Lane ......................27
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Janice Steffy .....................39
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Renee Goodwin, DDS ....16
Carl Holt, Jr., MD ..........18
Joseph Mohammed, MD ...20

Promotions

Marsha Danielsen – Information System – Applications Analyst – TO – Information System – Applications Consultant
Tauni Daub  – Information System – Applications Analyst – TO – Information System – Senior Applications Analyst
Jamie Frederick – Physician Services Administration – Project Manager – TO – Physician Services Administration – Director of Clinical Services
Crystal Fuller – Patient Accounts – Biller – TO – Patient Accounts – Billing Manager
Tiffany Gilley – Information System – Applications Analyst – TO – Information System – Senior Epic Analyst

Michael Greenwood – ICU – Staff Nurse – TO – ICU – Charge RN
Shelly Lane – Information System – Applications Analyst – TO – Information System – Senior Applications Analyst
Roger Sterling – Information System – Applications Analyst – TO – Information System – Senior Applications Analyst
Amy Summers – Information System – Applications Analyst – TO – Information System – Senior Epic Analyst
Amanda Varble – Food Service – Food Service Supervisor – TO – Food Service – Dietary Manager
Laurel Wagler – Information System – Applications Analyst – TO – Information System – Senior Epic Analyst
FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the #1 cause of death in the United States.

- Someone in the U.S. has a stroke every 40 seconds.
- Approximately every 40 seconds an American will have a heart attack.
- An average of 1 death occurs every 40 seconds due to cardiovascular disease.

It’s time to notice; for you and your family.

The American Heart Association is promoting Healthy for Good.

Healthy for Good is a revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple:

Eat smart. Add color. Move more. Be well.

Think of each of these topics as something small you can do today that will make a big difference tomorrow. You can tackle all four steps at once, or just one at a time – but no matter where you start- GET STARTED NOW at www.healthyforgood.heart.org.

Eat Smart

Make healthy, delicious choices wherever and whenever you eat. What’s on your plate? Eating healthy doesn’t have to mean dieting or giving up all the foods you love. Learn how to ditch the junk, give your body the nutrient-dense fuel it needs, and love every minute of it!

Resources:  www.eatright.org  www.nutrition.gov  www.choosemyplate.gov

Add Color

Make life more colorful with fruits and vegetables. An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life.

Resources:  www.fruitsandveggiesmorematters.org

Move More

Infuse more movement into your life for optimal health! A good starting goal is at least 150 minutes a week, but if you don’t want to sweat the numbers, just move more! Find forms of exercise you like and will stick with, and build more opportunities to be active into your routine.

Resources:  www.go4life.nia.nih.gov

Be Well

Create balance, vitality and wellbeing through self-care. How do you want to live? Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more.

Resources:  www.helpguide.org

If you would like to review your risk for heart disease, talk to a health coach or have your blood pressure checked, contact Employee Wellness at 812-885-3316 or email slyochum@gshvin.org.

Free Blood Pressure Checks

Tuesday, February 20

Conference Room B  |  11 a.m. to 1 p.m.

Do you know your numbers?