The Executive Board of the World Health Organization recently designated 2020 the “Year of the Nurse.” This recognition is in honor of the 200th birth anniversary of Florence Nightingale.

Keep an eye out for celebrations throughout the year, including recognition of our recent Magnet® redesignation for the third time in a row.

Read more about The Year of the Nurse by clicking HERE.

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Good Samaritan Welcomes New Chief Nursing Officer

Good Samaritan is excited to announce the arrival of a new Chief Nursing Officer, Rachel Spalding. Previously the Executive Director of Perioperative Services at Ascension, St. Vincent Evansville, Spalding brings years of leadership experience and knowledge to Good Samaritan.

Spalding earned her Bachelor’s degree in nursing from Morehead State University in Morehead, Kentucky. She then went on to complete her Master’s degree at the University of Southern Indiana, and then her Doctorate of Nursing at Capella University. “My grandmother was diagnosed with brain cancer when I was three and a half years into my Bachelor’s of Biology,” said Spalding. “Through her experiences, it sparked an interest in nursing and from that point I knew I wanted to advocate and ensure that others were cared for in a compassionate manner receiving the best quality care.”

Various leadership roles throughout her academic years led Spalding to pursue similar positions in her professional career. These traits combined with her passion and advocacy of ensuring the health care team has the environment to deliver the ultimate patient experience and high-quality outcomes, drew her to nursing leadership positions.

Previously a director at Ascension, St. Vincent in Evansville, Spalding saw an opportunity at Good Samaritan worth taking. “Good Samaritan has had an unbelievable record of delivering high quality care, innovation and services to the region,” she said. “Their focus on patient safety and quality, investing in their team members, community commitment, and the future growth of the organization is impressive.”

Spalding’s focus on the delivery of quality care and the importance of teamwork of health care providers made the decision to hire her as CNO an easy one for Good Samaritan’s senior leadership. “After an extensive search and interview process, I felt Rachel provided the perfect mix of energy and experience to be a great CNO at Good Samaritan,” said Rob McLin, President and CEO. “Because of her extensive background in nursing leadership at a different and larger organization, Rachel offers us an outsider’s perspective on patient care. She also comes from a small community and understands the importance of rural health care and treating every patient like family.” McLin also noted Spalding has a great understanding of Good Samaritan’s PRIDE values, excellent communication skills and has an engaging personality.

Spalding and her husband, Brian reside in Evansville, Indiana. Their daughter, Mya will graduate from Indiana University in May 2020. In her free time, Spalding enjoys traveling, shopping, and spending time with her family and friends.

She is excited to get to know the entire health care team at Good Samaritan in the next few months, listen to their voices and learn what is most important in helping accomplish everyone’s goals. “In my first year as CNO, my main goal is to ensure that we are delivering world-class, quality care and meeting the strategic goals of the organization,” she said.
The January Shining Star is Tracy May

Tracy May, Adult CM Supervisor at the Samaritan Center, was nominated by a colleague for the Shining Star Award. On November 12, 2019, while driving on the ice-covered snowy roads to work, a car went to pass Tracy on Highway 50 from Olney. The car lost control and almost hit Tracy on its way down a steep embankment. After Tracy safely stopped her car, she tried flagging down another car as she could not climb down the embankment. After shouting to the driver asking if he was ok, the driver finally rolled down his window and responded that he was. He then climbed up the steep embankment and apologized for almost causing Tracy to wreck as well. The driver stated that he could not be late for work as he worked at the Toyota plant by Lawrenceville and he would lose points for being late. Tracy responded that she was on her way to work at Good Samaritan and offered to give him a ride. Tracy dropped him off at work and also offered to pick him up when his shift was finished to take him home.

The December Cultivating Care Winner is Tiffany Johnson

Tiffany Johnson, Patient Care Tech on 4GM, was nominated by a patient for the Cultivating Care Award. The patient stated that Tiffany was, “such a caring and compassionate soul.” Tiffany always took the time to stop and ask how the patient was doing and if she needed anything. Tiffany’s patient also noted that she never saw her sitting behind a desk, but always on the floor caring for her patients. Currently pursuing her nursing degree, Tiffany spoke with her patient about her academic journey and her plans for the future. In the nomination form, Tiffany’s patient stated that she wished her luck in school and would continue to pray to see Tiffany’s name on the Vincennes University commencement list. The patient ended the nomination with, “may your schooling finish soon, your family prosper and hopefully Good Samaritan will gain another wonderful nurse!”

Good Samaritan’s website, gshvin.org, now has a “Schedule Now” function at the top of the homepage. This new page provides users with access to our online scheduling services which include:

- **CONVENIENT CARE CLINIC**
  - When injuries and illnesses are not an emergency, but need immediate care. Walk-ins are also welcome.

- **LABORATORY**
  - Once you have an order for blood work, you can schedule an appointment for your blood draw to spend less time in the waiting room.

- **MY HEALTH LIVE**
  - Get care - wherever you are - through secure, live video conference. For minor conditions in patients 3 and older.

- **INTERNAL MEDICINE**
  - Adult primary care at the physician office of Dr. Robert Avena and Dr. Felicitas Gatchalian. Internal medicine care includes preventative care, treatment of health concerns and managing chronic conditions.

- **MAMMOGRAPHY**
  - A screening 3D mammogram is a safe, accurate diagnostic test that helps trained experts spot abnormalities. The American College of Radiology recommends that women over age 40 have mammograms on a yearly basis.

You can find a new provider online by using our Find A Provider database and make an online appointment. You can also schedule appointments with your provider through your MyChart account.
For Your Benefit - Welcome to the New Year from the Benefits Office!

General Information about Coverage for 2020

Please review your paystub very carefully to make sure your 2020 insurance elections are accurately deducted from your paycheck. If you see any errors please call Human Resources at 885-3373.

Health Insurance - UMR

Everyone enrolled in health insurance should have received a new insurance card in the mail. Be sure to show your new card when you go to your doctor’s office. Remember, your three free Good Samaritan office visit copays (employees only) starts over as of January 1st. NOTE: If you receive a bill for a copay that should be one of your free visits, contact UMR at 800-826-9781.

Misplaced your card? You can go online to umr.com to get a replacement card.

Just click ID card in the myMenu to see a copy of your card. With a couple more clicks you can have a new card mailed to your home. Can’t wait for the mailman? You can print a temporary copy of your card. Or, use your smart phone to view your ID card or fax a copy to your doctor's office.

Dental Insurance - HRI by Dental Health Options

If you are new to the dental plan as of January 2020, you should have received your new insurance cards in the mail. If you are not new to the plan as of this January no new dental insurance cards are issued. You should continue to use the cards you were sent previously.

Misplaced your card? You can go online to insuringsmiles.com to get a replacement card. After you register, select “Members” portal, then select the “Membership” tab and hit the “Print My Card” button.

Vision Insurance - VSP

Don’t “see” a vision insurance card? This time, it’s not the trick of your eye. VSP does not distribute a member specific insurance card. If you go to an in-network eye doctor and provide your name, your Social Security Number and VSP’s name, your doctor should be able to look you up in their system.

Still wish you had a card to carry with you? You can download a generic card with the basic information you will need from VSP’s website at vsp.com.

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

Benefit Site Visits

January Site Visits: UMR (Health Insurance) - January 22
Empower Retirement - January 8 and January 15

Please help us protect our patients.
Read the guidelines below before visiting any patient.

· Children under the age of 15 will not be permitted to visit patients at this time.
· If you have flu-like symptoms such as cough, fever or chills, muscle and joint aches, runny or stuffy nose, sore throat, vomiting or diarrhea you will not be permitted to visit patients.
· All visitors: Please wash your hands and/or use available hand sanitizer provided throughout the facility before and after you visit.
· Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue immediately.
· Do not touch your eyes, nose or mouth. Germs spread this way.
· You will be asked to wear a mask to protect yourself when visiting patients with a contagious respiratory disease.
· If you have chronic health issues that increase your risk of influenza complications, we ask that you reconsider visiting at this time.
· Exceptions to these restrictions MAY be made for cases involving critically ill patients and end-of-life situations. Please speak with the patient’s nurse.
STICKING WITH YOUR NEW YEAR’S RESOLUTIONS

Can you believe it! 2020! I double checked the calendar to be sure that 2019 actually had 365 days in it. It seemed much shorter.

Here we are, thinking about our obligatory New Year’s Resolutions. Thinking about the fact that we didn’t even make them this year, or that it’s the same resolutions we’ve made the past 10 years, or even that we’ve already failed at keeping this year’s. It can be disheartening.

When we think about making positive behavior changes we tend to think about how much willpower we have to make that change. When we fail at our resolutions it’s often because we just run out of willpower. Willpower is a funny thing. You can’t see it. You can’t measure it. But you sure can tell when you’ve ran out of it! Holy smokes if our entire chance of making changes and meeting goals is based on something similar to Casper, then we really are facing an uphill battle.

Maybe it’s time to try something a little different. What if, we stop trying to depend on just our willpower to lead us in the right direction, and we look for something a little more concrete, like actually changing our environment. Something tangible. What if we make the easiest choice the best choice, so when our willpower is low, it’s still easier for us to do what’s best.

You want to eat healthier? Make healthy eating the easier choice!

1. THROW out chips, candy and junk. Clean out your desk drawer, your purse and your cabinets. Get rid of that candy dish on your desk.
2. BUY healthier options- (I can’t miss this opportunity to tell you to be sure to read labels because big food companies want to trick you into thinking something is “healthy” when it’s not!) You won’t eat any better if you don’t buy better!
3. Put your healthier options EVERYWHERE! Don’t stick produce in the crisper, have it ready to eat at eye level in the fridge or in a bowl on the kitchen table.
4. Pack your lunch. If it’s ready to go in the morning, or if it’s in the fridge at work, chances are, you’ll eat it.

You want to quit smoking? Put barriers in place!

1. Plan activities at places where smoking is not allowed, and spend more time with non-smoking friends.
2. Keep sugar free gum and mints everywhere to make it easier to grab one when you feel a craving. After a meal, go brush your teeth rather than smoke.
3. Put your cigarettes in a plastic bag sealed with rubber bands down in the basement or out in the garage, even in your trunk under the spare tire! Make it a challenge to get to them.
4. Tell everyone you are quitting so your co-workers and friends can hold you accountable.

Set up your environment so that the best choice is the easiest choice. Don’t let fading willpower stand in your way of success for 2020!

If you would like to make positive behavior changes and would like coaching, resources or support, call Susan in Employee Wellness at 812-885-3316 or email slyochum@gshvin.org.

Click the links on the right to see the January New Hires, Promotions and Anniversaries.