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

**Vision:** To be the regional center of excellence in health care to support the communities we serve.

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**Special Reception Honoring Dr. Combs**

Please join us for an appreciation reception in honor of Dr. Daniel Combs and his 54 years of dedicated medical service.

**Monday, June 24, 2019**

Eva Hill Auditorium

2 to 4 p.m.

*Presentation at 2:30*

Refreshments will be served.

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**Critical Incident Response Team Now Available to Good Samaritan and the Community**

Gaining Resilience in Trauma (GRIT) is the Critical Incident Response Team that can be utilized at Good Samaritan following a crisis event. A critical incident is anything that is out of the ordinary. It could be an unexpected individual outcome up to a mass casualty incident. Critical Incident Stress Management (CISM) is a form of psychological first aid. The interventions typically take on a debriefing format. These allow those affected by a trauma to talk about their experience, feelings and receive closure. CISM has been shown to help in recovery of a trauma by stressing resilience. CISM can decrease absenteeism, accidents (personal and professional), and prevent escalating distress. These are not investigations, and the interventions are always voluntary and confidential.

“Critical Incident Stress Management, the technique used by the GRIT Team, is designed to help reduce the long-term effects of exposure to trauma. Unlike physical injuries which are visible, psychiatric injuries are not readily seen, and may surface at a later time,” said Kristi Scherer, Executive Director of Samaritan Center. “We know that by providing this ‘emotional first aid,’ individuals are able to more quickly return to their normal functioning, and the threat of developing PTSD is greatly reduced. Our small communities are not immune to tragedy, and the formation of this team fills a vital role in the mental health of our residents.”

The GRIT Team has more than 25 team members, a majority of which are Good Samaritan employees. They received certification in a three-day training that took place in November 2017. The CISM training was made possible through a generous grant from the Good Samaritan Foundation.

“From time to time Good Samaritan Foundation is able to help sponsor training and certification for various departments throughout the organization such as GRIT,” said Gary Hackney, Director of Foundation. “Having the strongest, most well prepared staff and health care providers fits perfectly into our mission to provide excellent health care to the patients and families we serve. The training and certifications we are able to help facilitate are only made possible from the support of our generous donors.”

As a reminder, Good Samaritan staff can request the GRIT Team response after a critical incident. The team is also available to respond to agencies, businesses and industries of the community. The service is provided free of charge.

To request a GRIT Team response or for more information, please call the LaSalle Unit at 812-885-3292. This phone line is answered 24 hours a day.
June’s Shining Star is Tammy Walls

Tammy Walls, Lab Technician, is the June Shining Star. A patient in Dr. Mahan’s office needed blood drawn in the exam room and the MCV lab techs were not available. Tammy was at MCV as a courier to run specimen back to the hospital. She promptly and graciously grabbed supplies and took care of the patient. The patient, Dr. Mahan and her staff were very grateful.

The May DAISY Award Winner is Brittany Farmer

Brittany Farmer, RN on ICU, is the May DAISY Award Winner for her care and compassion for her patient and his family. The patient was admitted to the hospital after a blood test revealed his hemoglobin level had dropped to a critical level. He was admitted to ICU due to a recent open heart surgery. It was determined that an endoscopy would need to be performed the next day to determine the source of the blood loss. The patient’s wife needed to leave the hospital to attend her relative’s funeral service. While she was gone, she received a message that they were taking her husband right away to perform the procedure. She called Brittany on her personal cell phone and found out that the patient had been taken to the Endoscopy Department. Arriving on the floor, the patient’s wife could not find any staff or other families in the waiting room. As she stood there feeling “lost and fearful,” Brittany came in to make sure the patient’s wife had found the right place. The patient’s wife was so relieved to see a familiar face. Brittany was able to find the staff and although they were about to begin the procedure, they allowed his wife to go back and see him. All the staff were very kind and understanding. In the waiting room, Brittany sat down with the patient’s wife and took the time to visit with her so she would not have to wait alone. Brittany’s care and concern went above and beyond what the patient and his wife expected that day.

The May Cultivating Care Winner is Brenda Bice

Brenda Bice, Hospice Patient Care Technician, was nominated by a patient’s daughter for the May Cultivating Care Award. After her patient began having medical issues, Brenda came to her house every day. Brenda never complained and always had a smile on her face. The very first day Brenda met her patient there was an instant rapport between the two. Her nomination also mentioned how much Brenda’s care meant to the patient and her daughter. She is a great asset to Hospice and Good Samaritan.

WOMEN’S Wellness EXPO

Tuesday, June 18, 2019
Highland Woods Community Center | 4 to 7 p.m.

This year’s event will include FREE:

- Health screenings
- Cooking demonstration
- Wellness booths
- Informative talks from hospital departments & physicians
- Shopping vendors
- Giveaways
- And more!

Visit www.gshvin.org/wellnessexpo for more information.
What healthy / lifestyle-related change(s) have you made?
After years of gradual weight gain, we decided to participate in the GSPN Weight Loss Clinic. Part of the program also includes gradually increasing your physical activity, so we began walking and climbing the stairs.

How did you make the change/what have you been doing?
We attended an introductory meeting and after talking about it we both decided to sign up. We have regular appointments at the clinic where we talk about progress or problems we’re having and where we purchase the products used for the program. Initially we were on the very low calorie program and had shakes and bars instead of regular food. Both come in a variety of flavors and we were able to try several of them to find the ones we prefer. You buy the products, but if you consider you need to buy much less food, and you stop eating at restaurants, it’s not a big added expense.

What motivated you to make the change?
One of us (Mark) has been diabetic for several years and Jill’s HGB A1c has been creeping up in the annual biometric testing, so we decided for health reasons that we needed to make some changes. We have two grandchildren and being more active to keep up with them was also important in our decision.

Tip(s) for success / staying motivated?
Deciding to do this together has been a big help in staying on the program and staying motivated. When following the program, weight loss comes fairly quickly and this is also a big motivation to continue. After several months on the program seeing your HGB A1c fall into the normal range is very satisfying, and so is stopping some of the anti-diabetic medications you’ve been taking for many years. The weight loss clinic monitors you during your regular visits and advises and assists in medication changes.

How have you incorporated this into your life (Ex. How do you find time, etc.)?
Meals take much less time on the program, when at work you can make a shake and drink it in a few minutes, and you can use the free time to go for a walk or climb some stairs. If you start out slow and keep with it, you see progress in the amount of physical activity you can complete too.

How has it made you feel?
It feels good to stick with the program and see the weight loss. We also have less aches and pains (back pain, knee pain, sore feet), and sleep better. It also feels good to work backward through your closet and wear those clothes you thought you wouldn’t be able to wear again. We’ve both lost about 15% of our starting weight and we just feel more comfortable overall.

Anything else you would like to add?
The first couple of weeks are the hardest, but you get used to the program. You are allowed snacks besides the shakes and bars that are part of the program, and it’s amazing how good a dill pickle is when you haven’t had anything but shakes all day. As you approach your weight loss goal they help you with the change to a healthy diet and lifestyle so you can maintain your weight loss.

For us, deciding we needed to make some changes and attending the introductory meeting was the first step. If you’ve been feeling that you need to make some changes and lose some weight this program works.
PATIENT SATISFACTION SCORES

First Quarter 2019

Congratulations to those areas who met or exceeded their patient experience goals in the first quarter! Full quarterly reports for each area can be found on the Good Samaritan Intranet under Department Links > Patient Experience. The following departments/units received the highest scores. To qualify for this recognition, the department needed 30 or more responses, and reached the goal in Likely to Recommend and Overall Rating.

3GM Medical/Surgical Unit had the highest score for the Overall Rating patient survey question.

4GM Medical/Surgical Unit had the highest score for the Likely to Recommend patient survey question.

Endoscopy had the highest score for the Overall Rating patient survey question.

Same Day Surgery had the highest score for the Likely to Recommend patient survey question.

Dr. Mayfield’s office had the highest score for the Provider Rating and Likely to Recommend patient survey question.

VOSC Therapy had the highest score for the Likely to Recommend and Overall Rating patient survey question.