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

Vision: To be the regional center of excellence in health and wellness.

Good Samaritan’s Positive Impact on the Community

Good Samaritan prides itself on being a community-based hospital that focuses on the patient first. The 1,899 employees working on and off campus strive to deliver safe, quality care to everyone, regardless of their ability to pay. Good Samaritan provided more than $4 million in charity care services and over $296 million in Medicare and Medicaid deductions in 2015. “We want to provide health care to anyone that walks through our doors,” stated Rob McLin, President and CEO of Good Samaritan. “Whether or not a patient has health insurance is of little importance to us. We just want to make sure that they are taken care of and we can make them well again.”

Making sure that those living in small, rural communities have access to health care has been a main priority the past several years. To gain a better understanding of the health status and needs of area residents, Good Samaritan, along with Indiana University School of Medicine, Department of Family Medicine’s Bowen Research Center, conduct a Community Based Needs Assessment every three years. After looking at the results of the latest Community Based Needs Assessment, Good Samaritan was able to see where health care services are needed the most. The assessment found that many of the residents of the area served by Good Samaritan reported having unhealthy lifestyle behaviors that put them at risk for serious chronic diseases such as cardiovascular disease, cancer and diabetes. The health measures and quality of life of the residents would benefit from a greater focus on other aspects of preventive and primary health care.

To help meet these needs Good Samaritan offers a preventive health outreach program and free screenings in a 10 county area through the Community Health Services Department. Nurses work within communities to provide health-related education and screenings, ranging from blood pressure checks to lipid profiles. Collaborative partners provide the space necessary to see patients including senior and community centers, thrift stores, housing authorities, farmers markets, parks departments and other not-for-profit sites.

In 2015, Community Health provided 27,361 free screenings. This number includes the 250 women seen at the Spring Screenings and 600 men at the Men’s Health Tune-Up. At these two events that take place each year, individuals receive multiple screenings in one convenient location including: cholesterol (HDL and LDL), blood sugar, glomerular filtration rate (kidney function), blood pressure, bone density, respiratory function, colorectal take-home kits, prostate specific antigen screening for men and more.

Hundreds of men received free screenings at last year’s Men’s Health Tune-Up.

Good Samaritan employees donated mountains of Christmas gifts to 175 children in Knox County schools.

Diane Frederick, Community Health Service Nurse, performs a free PAD screening on a patient.

Continued on page 9
March’s Shining Star is Ashley Blubaum, RN

Ashley Blubaum, Shift Coordinator on 4GM, is the March Shining Star. A man on crutches and his wife were looking for the cafeteria one day. Ashley walked up and volunteered to get the man a wheelchair since the walk to the cafeteria was pretty far. Even though the gentleman thought the help Ashley offered would be too much trouble, she set her box of lunch aside and went to the Health Pavilion to get a wheelchair. The wife was not able to push her husband that far, so Ashley quickly volunteered to take them to the cafeteria. She even bought the couple breakfast after hearing their conversation about having enough money in the bank to pay for the food. The couple praised her for her kindness, but Ashley simply stated, “that is just what we do here.” She is a role model for patient care and goes above and beyond to make sure her patients are well cared for. Ashley never thinks twice about helping a visitor or family member. She is the true meaning of a Shining Star and exemplifies what it means to be a Good Samaritan employee.

Doctors’ Day Blood Drive

Friday, March 22, 2016
8:00 am - 12:00 pm
Eva Hill Auditorium

To schedule an appointment, please call Community Health at 885-8753.

Service Awards Banquet
Thursday, April 7, 2016

Social Hour Begins at 6:00 p.m.
Program Begins at 6:30 p.m.
Highland Woods Community Center

The Service Awards Banquet is to honor employees who have reached service milestones in their career with Good Samaritan.
**Patient Comments**

<table>
<thead>
<tr>
<th>Comment</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>“We were so pleased with the hospital. Everyone was friendly and helpful.”</td>
<td>Outpatient</td>
</tr>
<tr>
<td>“Cannot say enough about the care we received while in the ER.”</td>
<td>Emergency</td>
</tr>
<tr>
<td>“Doctors and nurses worked well together. All of our concerns were handled well.”</td>
<td>Inpatient</td>
</tr>
<tr>
<td>“They are a great bunch and represent Good Samaritan with excellent professionalism.”</td>
<td>Medical Practice</td>
</tr>
</tbody>
</table>

**Patient Satisfaction**

**Congratulations to Inpatient and Laboratory for their success in Teamwork!**

In 2015 we had a focus on improving our Teamwork patient satisfaction scores, which correlate with the Press Ganey survey question - “Staff worked together to care for you.” Congratulations to all Inpatient departments for having the highest Overall Teamwork rank and to the Laboratory department for having the Most Improved Unit Teamwork rank in the fourth quarter of 2015!

**The EPIC Journey**

The implementation of EPIC at Good Samaritan is still on-going and departments are eagerly waiting for the system to go-live. Many employees have been through classes and training in order to prepare for the conversion of the current electronic health record system to EPIC. Your hard work is very appreciated and is helping to make this journey a smooth one. Below are some important updates on the EPIC process and future go-live dates.

- Wave 1 go-live March 2
- Offices in Wave 1 are all MCV physician offices, MCV Peds and Primary Care Clinic
- PSI credentialed trainers have been training all the physicians and staff
- Physicians received 8 hours of training
- 24 PSI non-clinical staff manually entered 7,245 appointments for the first 2 weeks after go-live
- Command centers for go-live will be the upper level of MCV and Conf Rm J at the hospital
- Will have two conference calls/day for first week post go-live
- Deaconess Hospital will provide at the elbow support for physicians/nurses/office staff during the first 5-8 days
- Wave 1 physicians will begin documenting office visits in EPIC on March 2
- Patient information (problem list, medications, allergies, immunizations) have been extracted from Allscripts and are being imported into EPIC
- Posters have been placed in physician offices to alert patients of the system change
- Additional physicians go-live in Wave 2 – April 6 and Wave 3 – May 4
- Hospital Go-live – June 12 (includes anesthesiologists, radiologists and hospitalists)
Striving for Excellence

Preventing Harm to Our Patients

Across the nation, hospitals are working to decrease preventable adverse events to patients by 40 percent and readmissions by 20 percent. This is the second round for the initiative that originated in 2012, and was sponsored through the Affordable Care Act. Good Samaritan was part of the first initiative that concluded in December 2014. Although nationally the initiative had ended, Good Samaritan did not rest on the positive results achieved. Throughout 2015 this information continued to be closely monitored with actions taken as necessary and results reported to Senior Leadership and the Board routinely. On September 23, 2015, the initiative was restarted nationally and once again the race was on to decrease preventable harm to our patients.

The information included in the preventable harm calculation is listed below:

- Adverse Drug Events
- Falls with Injury
- Hospital Acquired Pressure Ulcers Stage III and IV
- Catheter Associated Urinary Tract Infections (CAUTI)
- Central Line Associated Blood Stream Infections (CLABSI)
- Ventilator Associated Pneumonia (VAP)
- Surgical Site Infection
- Early Elective Delivery
- Hospital Acquired Venous Thromboembolism (VTE)
- OB Harm

In 2015, the average number of harm occurrences was 25. A 40 percent reduction in 2016 equates to a goal of 15. While 25 may appear to be a realistic average over a span of 12 months, the goal is to strive to be better and provide the highest level of care possible to our patients. In order to achieve this goal, we as employees may need to consider practicing the STAR technique more frequently (Stop, Think, Act, Review). Although there may be times we feel we do not have the time to stop and think, in reality we do not have the time to not stop and think. Our patients are depending on us. Our STAR action could prevent the next patient fall with injury or any other adverse event.

Basket Raffle Winner

Congratulations to Peggy Hudson, Patient Access, for winning the grand prize basket during Think Pink Week. Peggy was the lucky winner of $500 gift card to Diamond Galleria in Evansville, Indiana; skin and makeup products from Good Samaritan Skin Spa; limited edition Komen Indy Car replica driven by Pippa Mann; Vivitar digital camera; breast cancer throw; and a Good Samaritan pink t-shirt and makeup bag.

Thank you to everyone who supported the Pink Elevator fundraising campaign. Because of your generous donations, we met our goal and were able to donate $5,583.58 to Susan G. Komen.

For Your Benefit: A Note for New Moms

Breastfeeding is one of the most effective preventive measures mothers can take to protect the health of their new child. Often, one of the barriers for breastfeeding is the cost of purchasing a breast pump. Did you know that the Good Samaritan Health Plan provides 100% coverage for breast pumps purchased at an in-network provider? For your convenience, you may order your breast pump online, up to 30 days prior to your delivery and it is delivered directly to your home. Please note that there are some model restrictions, so explore your options early to determine the best selection to meet your needs.

If you have specific questions about your coverage, please contact UMR at the number listed on the back of your ID card or see our UMR representative during the monthly on-site visit.

The following providers are nationally contracted with the network:

**Byram Healthcare**
1-877-902-9726 | www.byramhealthcare.com

**Edgepark Medical Supply**
1-800-321-0591 | www.edgepark.com

**McKesson Patient Care Solutions**

**Medline Industries**
1-800-633-5463 | www.medline.com

* There is also one model available locally through Williams Brothers Pharmacy.
What healthy/lifestyle-related change(s) have you made? A mixture of diet and exercise - I know, a game changer. I have been on a diet of moderation and attempting to exercise five times a week.

How did you make the change/what have you been doing? I started out slow working out with my trainer twice a week doing strength training. A month or so later, I changed my nutrition. (I keep telling myself that “I’m keeping an eye on my nutrition instead of using the DIET word”). Then I added cardio to my workout with the Insanity exercises with Dr. Amy Campbell on Monday nights. I also started working out two mornings during the week with others doing piyo. I try to get five, one hour workouts in each week. I also try to walk my dog most days, but don’t count that as exercise, just a lifestyle change.

Nutrition wise, I started on a lower carb diet. I keep an eye on glycemic index of 30 grams of carbs per meal and 15-30 grams when I snack - around 100 grams every day. I am now watching my macronutrients as well, which is my protein, carbs and fat intake. I attempt to get at least 100 grams of protein in on workout days, but everyone’s goals are different and I am still learning about macros. You can keep track of these with MyFitnessPal or other apps that monitor macros. I also try to eat as clean as possible. I could not give up cheese, so I am not completely clean.

What motivated you to make the change? I went to the OB/GYN last June and got on their scale. I couldn’t tell you the last time I had been on a scale before that, and I was totally shocked. I looked down at the number and I was in a position that I see people in my office frequently, shock. I couldn’t believe I had let myself get to 219. I am 26-years-old, why do I weigh this? I am a reasonably active person and I don’t eat horribly all the time. Why are all my girlfriends 50 pounds less than me? I hate to compare myself to others, but then when it comes to being healthy I really needed to take a look at myself. This was the motivating thing - I am sick of being fat. Then I took a look at my BMI from the wellness tests and thought I could start there by getting my BMI under 30. I am now lifting weights and loving it. I have never loved or looked forward to any kind of exercise. No I am not getting bulky, but I am gaining muscle mass and losing body fat. This gives me more motivation, to keep up with my trainer and my workout partner.

Tips for success / staying motivated? I keep myself accountable by using the MyFitnessPal app. I also made goals. Fifty pounds sounds like a lot and it is, but that is my big goal. I have small goals along the way. The first goal was to lose 10 pounds, then to get under 200 pounds. Next is the big goal - 50 pounds. Having a plan is key. I plan out meals I am going to eat as far in advance as I can. If I eat anything processed, I try to choose something with the fewest ingredients possible. I started this journey a single woman. I got engaged three months ago and knowing that I am going to be standing next to my very slender fiance in May in a white dress also helps my motivation.

How has it made you feel? I feel really good. I cannot wait to see what 50 pounds lighter feels like.

How have you incorporated this into your life? I simply make time. I try to work out early in the day so I do not forget or tell myself I am too tired in the evening. That works best for me.

Exemplary Students

Congratulations to Janine Brown, Radiation Oncology Nurse, for her recent recognition from Western Governors University. Janine is working on her BSN degree and submitted a head-to-toe video nursing assessment for one of her classes. She received a certificate recognizing her Excellence Award for the assignment.

One of the evaluators shared their comments about Janine’s submission, “A very thorough physical assessment and documentation is provided. The submission goes above and beyond requirements. Overall, the submission is an exceptional example of clinical nursing excellence in physical assessment and documentation.”

Very few students receive this type of award from the evaluation department. Janine is now a part of the 1% of 30,000 health care students to be recognized for Taskstream Performance Assessments. Outstanding work Janine!
**Promotions**

- **Trista Armes** – Inpatient Oncology – Staff Nurse – TO – Physician Services – Nurse Practitioner
- **Beth Brown** – Samaritan Center – Psychiatric Social Worker I – TO – Samaritan Center – Psychiatric Social Worker II
- **Jill Johnson** – Physician Services – Medical Assistant – TO – Physician Services – Pre-Cert. Benefit Analyst
- **Cassi Kubiak** – Medical/Pediatrics – Graduate Extern – TO – Medical/Pediatrics – Staff Nurse

- **Carrie Noonan** – Patient Accounts – Patient Accounts Representative – TO – Patient Accounts – Patient Accounts Coder
- **Jordan Stagner** – Medical/Pediatrics – Multi-Skilled Worker – TO – Medical/Pediatrics – Staff Nurse

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**New Hires**

**Environmental Services**
- Penny Evans – Environmental Services Assistant
- Paula McCormick – Environmental Services Assistant

**Food Service**
- Ruth Howder – Food Services Supervisor

**Laboratory**
- Katie Bauer – Laboratory Assistant
- Ben Lindsey – Laboratory Assistant

**Nursing Service**
- Taylor Griesemer – Staff Nurse, 4GM
- Margie Groteguth – Clerk Typist, Trauma Center
- Breanne Jones – Multi-Skilled Worker, Medical/Pediatrics
- Randa Jones – Staff Nurse, Medical/Pediatrics
- Kaitlyn Knollenberg – Multi-Skilled Worker, Medical/Pediatrics
- Megan Potts – Staff Nurse, 4GM
- Nicole Stokeley – Multi-Skilled Worker, Medical/Pediatrics
- Crystal Wallace – Nurse Assistant, 4GM
- Erika Watts – Staff Nurse, ICU
- Gabby Whitsett – Nurse Assistant, Rehab Unit

**Physician Services**
- Shelli Buss – Physician Practice Nurse
- Christina Langston – Receptionist
- Kelly Shouse – LPN

**Samaritan Center**
- Jon-Michael Allender – Staff Nurse, LaSalle Unit
- Melody Anderson – Social Services Specialist
- James Eicher – Resource Specialist
- Emili VanGungy – Psychiatric Social Worker I

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**The BEACON Project**

**CTW - Inpatient Rehab**
- 2nd Floor - Walls are being painted and ceiling grid and tile are being placed. The flooring will be installed soon. Projected completion date for this space is the middle of May, 2016.
- 1st Floor, Previous Administration Area - Construction of the new space for Human Resources (HR) and Employee Health has begun. Underground work is underway and the majority of the walls are in place in HR.

**HP - 1st Floor - Orthopedic Center of Excellence**
- The south side of the healing garden is blocked for the duration of the demolition and a portion of the build-back. Projected completion is July, 2016.
- New chapel construction is complete and employees are encouraged to visit the new space.

**CTE**
- Demolition is complete on floors three through six. Build-out will begin soon on the third, fourth and sixth floor.
- The seventh floor is being abated and fire-proofed at this time.
- The activity hall on the second floor will be closed in the next couple of weeks to begin the "pinwheel" work as it pertains to plumbing and electrical needs for the third floor.
- The fundraiser for the PINK Elevator rasied more than $5,000 for Susan G Komen. Thank you to all that donated to this cause. The elevator will remain on-site for the duration of construction. Construction workers will be transported via the buck-hoist.
- Window replacement work has started on the “0” hall from the 3rd to 7th floor. This will be a lengthy process.
March Anniversaries

Heidi Abel .................. 1
Kenny Abell .................. 1
Konnie Ball .................. 1
Billie Hawkins .................. 1
Cassidy Hendershot .................. 1
Elna Marie Jubay .................. 1
Virginia Koenig .................. 1
Andrea Kohlmeier .................. 1
Chris Lafferty .................. 1
Hannah Mackey .................. 1
Trevor Murry .................. 1
Karen Scott .................. 1
Brooke Seesengood .................. 1
Mackenzie Stephens .................. 1
Jami Walker .................. 1
Crystal Atkinson ................. 2
Bradley Crouch ................. 2
Brooke Fitzgerald ................. 2
Chasity Ingle .................. 2
Kristi Scherer .................. 2
Jami Shidler .................. 2
Megan Smithhart ................. 2
Joseph Steffy ................. 2
Jerri Stevenson ................. 2
Stacey Thacker ................. 2
Janie Worland ................. 2
Carla Arthur .................. 3
Sara Atwood .................. 3
Max Burkhart .................. 3
Heather Colvin .................. 3
Janie Deloron .................. 3
Thomas Harmon .................. 3
Mallory Hughes ................. 3
Tiffany Kessler ................. 3
Steve Keyes ................. 3
Tom Kirkwood ................. 3
Beth Pinkston ................. 3
Ashley Rotman ................. 3
Angela Russell ................. 3
Alexa Cook ................. 3
Megan Hendershot ................. 4
Melissa Jones ................. 4
Brie Joyce ................. 4
Dave Mize ................. 4
Sarah Noble ................. 4
Annette O’Rourke ................. 4
Debbie Stafford ................. 4
Jamie Dugan ................. 5
Fallon Earley ................. 5
Joshua Helderman ................. 5
Abigail Scott ................. 5
Tania Snyder ................. 5
John Combs ................. 6
Paula Hardy ................. 6
Jennifer Joyce ................. 6
Amy McConnell ................. 6
Charlene Minderman ................. 6
Tammy Mize ................. 6
Maria Pharris ................. 6
Jonna Primus ................. 6
Pamela Robinson ................. 6
Jill Anderson ................. 7
Connie Gray ................. 7
Michelle Kahre ................. 7
Jeannie Perry ................. 7
Karen Rasico ................. 7
Barbara Steiner ................. 7
Tammy Wagner ................. 7
Jennifer Weger ................. 7
Brooke Ziegler ................. 7
Pam Albrecht ................. 8
Susan Baker ................. 8
Becky Carie ................. 8
Jennifer Dant ................. 8
Kim Geheb ................. 8
Margaret Niehaus ................. 8
Burnis Piper ................. 8
Grant Theriac ................. 8
Christine Wright ................. 8
Jennifer Baxter ................. 9
Heidi Dodd ................. 9
Andrea Kuenstler ................. 9
Jennifer Nichols ................. 9
Karen Woods ................. 9
Kim Campbell ................. 10
Jennifer Carter ................. 12
Darlene Ley ................. 12
Cindy Powell ................. 13
Brian Blacketer ................. 14
Amanda Miller ................. 14
Deron Morgan ................. 14
Kristi Schuckman ................. 14
Ramona Hughes ................. 15
Miranda Newbury ................. 15
Anna Telligman ................. 15
Donna Williams ................. 15
Matt Barker ................. 16
Heather Carrie ................. 16
Jill Fergus ................. 16
Jackie Gillespie ................. 16
Summer Holland ................. 16
Cheryl Conklin ................. 17
Mike Greenwood ................. 17
David Pelham ................. 17
Becky Brawley ................. 18
Alanna Charlton ................. 18
Peggy Hudson ................. 18
Malinda Madden ................. 18
Amberly Neeley ................. 18
Ancella Selby ................. 18
Gina Stevenson ................. 19
Angela Lyke ................. 20
Tanna Sage ................. 20
Susan Lynch ................. 21
Lyn Reel ................. 21
Alice Sanders ................. 21
Jim Flory ................. 23
Angela Soliman ................. 23
Toby Kerlin ................. 24
Jill Woodburn ................. 24
Lynne Bobe ................. 25
Jana Carie ................. 25
Tracey Kahre ................. 25
Bill Thompson ................. 25
Kim Bolger ................. 26
Peggy Harrison ................. 26
Maria Ruppel ................. 26
Floyd Chamberlin ................. 27
Don Holman ................. 27
Randy Thompson ................. 27
Dena Elmore ................. 28
Debra Rusch ................. 28
Theresa Christmas ................. 29
Paula Midgett ................. 29
Kim Enlow ................. 31
Rebecca Phillips ................. 31
Edward Pfeiffer ................. 33
Kyla Funk ................. 35
Dee Williams ................. 35
Gary Robbins ................. 36
Suellyn Fitzpatrick ................. 40
Sue Smith ................. 40

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Physician Anniversaries
Amy Campbell, DO ................. 1
Joseph Russo ................. 7

Working the Good Samaritan Way

Employees at Good Samaritan are focused on care and kindness being extended to patients, but are these same traits extended in everyday dealings with co-workers? A few hints that impact efficiency and fall under the category of “Be Kind to One Another” include:

When leaving a voice message for a co-worker to return a call, include an extension number for the return call. It takes a half second to include a call-back number, but will take much longer for the recipient to look up the extension or call the switchboard and be connected to the person who left the message.

Go the extra mile to ensure that co-workers are aware of changes in the workspace, especially when considering the move to Epic. As the transition is made to the new system, processes must be reviewed, learned, and may change. Be patient with colleagues as they learn new processes while continuing to provide excellent patient care.

Only dispose of Personal Health Information (PHI) in green bag containers. Many hours are spent manually sorting items in the PHI bags. Tissues, bullets, tea bags, gloves and empty drug boxes are just a few of the items incorrectly disposed of in PHI bags, and these items must be removed prior to shredding. Non-PHI items, when correctly placed in a white, clear or black bag would simply be tossed into a bin and disposed of by the recycling company. Proper disposal of PHI could save hours in manual labor of operating the shredder, time required for EVS staff to bring green bags to the recycle room, and would decrease the number of green bags used throughout the hospital.

Keep “Reply to All” responses to a minimum. We celebrate milestones and achievements in our co-workers’ careers, but “reply to all” sends messages system-wide which are time consuming and could lead to the recipients being in “e-mail jail”. A personal reply is much less time consuming on many levels.
Celebrating our doctors and their commitment to healing.

We thank all physicians for their dedication to the community and outstanding patient care.

Anesthesiology
Michael Adams, MD  
Brian Arnold, MD  
Michael Dulin, MD  
Alan Hendrix, MD

Cardiology
All Ayoubi, MD  
Philip Bacidore, DO  
Vikash Khurana, MD  
Philip Watson, DO

Cardiac Electrophysiology
Ashwani Bedi, MD  
David Purdom, MD  
Kurt Maddock, MD

Dentistry
Aaron Cardinal, DDS  
Brian Doyle, DDS  
John Ellison, DDS  
L. Renee Goodwin, DDS

Dermatology
Stephen Holka, DDS  
Christopher Leonard, DDS  
Elizabeth Miller, DDS, MS

Diabetes
Paul Ranney, DDS  
Craig Scott, DDS  
Alan Snyder, DDS  
Lynn Stine, DDS

Emergency Medicine
Bart DeBrock, MD  
Noel Stutz, MD  
Heather Nichols, MD

Family Medicine
Gary Carr, MD  
Amy Campbell, DO  
Ralph Jacqmain, MD

Family Medicine / Obstetrics
Heather Ludwig-Akers, MD  
Kristin Mahan, MD  
Caroline Steinman, DO

Family Medicine / Sports Medicine
Jacob Ringenberg, MD

Gastroenterology
Naeen Raza, MD  
Reginald Sandy, DO  
Richard Walter, DO

General Surgery
David Neumann, MD  
Rong Yang, MD

General Surgery - Breast
Kurt Maddock, MD  
David Purdom, MD

Hospitalist
Howis Aros, MD  
Robert Avena, MD  
Brian Cunningham, MD

Internal Medicine
Reynaldo Carandang, MD  
Daniel Combs, MD  
James Feltt, MD

Internal Medicine / Hematology
Renée Bartlett, MD  
Mark Pajeau, MD  
Mark Stutz, MD

Medical Oncology / Hematology
Manish Gera, MD  
Raj Jeewan, MD  
Rakesh Kumar, MD  
Rafael Lao, II, MD

Nephrology
Henry Matick, DO

Obstetrics / Gynecology
Shalin Arnett, DO  
William Mayfield, MD  
Joseph Mohammed, MD  
Thomas O’Rourke, DO  
Thalia Pachiyannakis, MD

Ophthalmology
Thomas Brummer, MD

Pain Management
Gavin Chartier, MD  
Nicolaus Winters, MD  
Stephen Young, MD

Pediatrics
Heather Nichols, MD  
Jeni Pachecco, MD  
Kathleen Stutz, MD  
Noel Stutz, MD  
Noel Suanes, MD

Podiatry
Derek Besing, DPM  
Jason Bickel, DPM  
Austin Muranaka, DPM

Psychiatry
Cyris Adams, MD  
Michael Cantwell, MD  
Princess Galtawe-Johnson, MD  
Neil Jarwala, MD  
James Koontz, MD

Pulmonary
Johnathan Grant, DO  
Philip Watson, DO

Radiation Oncology
Subashini Furman, MD  
Roger Robison, MD

Radiology, Diagnostic
April Cox, DO  
Denny Hall, MD  
Robert Porter, MD  
Debra Schneider, MD  
Alfred Sem, MD  
Ramesh Tank, MD

Radiology, Interventional
Veeral Shoth, DO  
Philip Cook, MD  
Ayman Ghoniem, MD  
Stephen Kelminson, MD  
Garey McLellan, MD

Sleep Medicine
Siddharth Jani, MD  
Henry Matick, DO

Thoracic Cardiovascular Surgery
Eduardo Esper, MD

Urology
Shawn Acino, MD  
Bart DeBrook, MD  
William Vaughn, MD

Happy Doctors’ Day - March 30, 2016
We thank all physicians for their dedication to the community and outstanding patient care.

Emeritus

H. Dan Adams, MD
Johnny Bear, MD
Kenneth Buehlman, MD
G. Grant Gehring, MD
Patrick Helfenbein, MD
Lawrence Henderson, MD
Daniel Herman, Sr., MD
Phillip Kinman, MD
Joseph Lazzara, MD
Jerome Melchior, MD
Michael Moss, MD
Jay Tuttle, MD
T. Michael Turner, MD
Richard Whaley, DDS
R. Stanley Wilson, MD

“When we are out in the community providing these free screenings, we have many people come up to us and say how much they appreciate our care. The screenings have enabled us to make individuals aware of health issues and encourage them to follow up with a primary care provider. Early detection often leads to a more positive outcome,” stated Cathy Lindsey, Community Health Coordinator. “Their comments assure me that we are providing a needed service to the community.”

In addition to health screenings, Good Samaritan also provides information and education to area schools. Last year, 995 first grade students participated in Germbusters, a program that teaches students the correct way to thoroughly wash their hands and the health benefits of doing so. With the current rise in obesity among children, Community Health also educates third, fifth, seventh and ninth grade students on healthy eating habits and activity. In 2015, 4,824 students in Vincennes Community, Vincennes Catholic, North Knox and South Knox were able to benefit from this program called Fit Kids.

Making a positive impact in the community is something Good Samaritan has always strived to do in the past, and will continue in the future. In 2015, the annual payroll for all employees was more than $98 million. Chambers of Commerce and Economic Developers estimate that the dollars that a business generates through their employee payroll and through the purchase of goods and services rolls over as many as six to nine times within the community – making up to an over $800 million dollar impact on our community. Good Samaritan’s Primary Care Clinic offers high-quality patient care to individuals who do not have health insurance, are underinsured and who have Medicaid. This clinic was visited by 3,987 patients in 2015 who otherwise would not have had access to medical care.

Aside from health and financial impacts, this year Good Samaritan is embarking on a new community-focused initiative. Good Samaritan administration leaders and directors will participate in the Serve 365 program where they will provide eight hours of community service through various means. “We always try to be involved within the community, but wanted to step it up this year,” stated McLin. “Each of us will have the opportunity to sign up for multiple service projects that will benefit the counties we serve.” Leaders will perform various volunteer duties such as; serving meals, distributing food items to local pantries, participate in community-wide cleanup and work directly with families in need.

The hospital also supports area residents through school and community sponsorships. In 2015, Good Samaritan donated $55,117 to various charitable causes in the community. Aside from what the hospital donated itself, Good Samaritan’s generous employees also made contributions to support area causes. Last year, hospital employees donated nearly $89,000 to the Knox County United Way, and many also donated to and participated in the Knox County Relay for Life, the March of Dimes’ March for Babies and the Cystic Fibrosis Great Strides Walk. Also, each year hospital employees prove to have big hearts in their generosity of supporting Good Samaritan’s Giving Tree program. In 2015, 175 children in Knox County received Christmas gifts that they otherwise may have not received if it had not been for the generous gift donations from hospital employees.

Good Samaritan’s dedication to Vincennes and the surrounding communities will always be a part of the hospital’s mission and vision. Being a world-class organization means providing the best care in a safe, clean environment while supporting the communities it serves, and Good Samaritan will always strive to do so.

Cammy Chance, Materials Management Specialist, participated in this year’s Shopping Cart Showdown and collected food worth $224.57 for Loaves and Fishes.

Human Resources will NOT be offering Cardinals baseball tickets this year due to increasing difficulty in selling the tickets to employees over the last few years.
March for Babies

There are many ways to show your support and help raise money for the March of Dimes this year! Once again, units are encouraged to raise money for a worthy cause. There will be a new fundraiser this year. You may donate spare change in the bucket at Starbucks or in the pharmacy. The OB Department will also be selling March of Dimes Easter baskets with stuffed animals for $15 to $20 each.

The 2016 Knox County Ambassador Family are the Lane’s, who delivered a near-term baby at 35 weeks and experienced respiratory distress, which occurred unexpectedly during the transfer to St. Mary’s NICU. The March for Babies is a wonderful cause and allows women, children and families to gather in a supportive and encouraging environment while raising money to support programs in our community that help moms have healthy, full-term pregnancies. Remember, this is the walk that saves babies!

Join the March for Babies on Saturday, April 16, 2016 at the Vincennes University Recreation Center and Track. Registration begins at 9 a.m. and the walk will begin at 10 a.m. For more information on how you can join our team, donate or purchase fundraising items, please visit the Women’s and Children’s Center or contact Meagan Decker at ext. 3137 and Margie Suozzi at ext. 3966. You can also go online to www.marchforbabies.org. Click on ‘company teams’ > ‘join a team’ > type in ‘Good Samaritan Hospital’ > and click to join our team or donate!

Relay for Life

JUST CURE IT.

It is once again time to start preparing for the Relay for Life. This year will be the 22nd Celebration with the theme: Just Cure It - There is No Off Season. The 24 hour event will be held at Lincoln High School and will begin at 10 a.m. May 21 and end May 22 at 10 a.m.

Relay for Life is a fun and inspirational event that brings together a community to raise funds for cancer research and the development of new detection programs. All the funds raised help the American Cancer Society continue to provide its expansive patient support programs and to further its advocacy efforts. Good Samaritan enjoys taking part in the Relay each year by forming teams and setting up the “Smart Shop” - an area where walkers and the public can receive a variety of free health screenings and information.

In 2015, Good Samaritan had three teams and raised more than $7,000! If anyone is interested in forming a team or would like more information, you can contact Brian Kramer at 812-881-7990. You can also register your team online at www.relayforlife.org/knoxcountyin. If you are a cancer survivor, the relay would love to celebrate you and your survivorship. Please contact Susie Land at 812-890-4758. Teams have already started to form and fundraising has started! Candy bars can be purchased from any relay team member. The public is also encouraged to check out the relay Facebook (Relay For Life of Knox County Indiana) page to see current fundraising events and up-to-date information.

Team Captain Meetings

March 17 | 6 p.m.
Bethlehem General Baptist Church Fellowship Hall
9 West Jefferson Street, Vincennes, Indiana
March 21 | 6 p.m.
Lincoln High School, Room C-152
1545 South Hart Street Road, Vincennes, Indiana

One of the fundraisers this year will be Girls Night Out on March 5 from 6 to 11 p.m. at Green Activities Center on the Vincennes University campus. For $25.00, women 18 and older can dance the night away while wearing their prom, wedding or bridesmaid dresses and getting “dolled up” one more time. If interested in purchasing tickets, contact Emily Cobb at 812-470-8843, Stacy Lee at 812-887-3065 or visit Liz Ivers at Final Cut Salon on Main Street in Vincennes.

Green Committee

Recycled Art Competition

It is time to start preparing for Green Week! Departments will once again have the opportunity to save recycled materials from their area and create one-of-a-kind artwork. This artwork must be turned in to Don Page by April 15 and will be on display by the cafeteria with ballot boxes for voting the next week. The artwork must be able to fit inside the display case (6” deep x 15” wide x 18” high). The winning department will have a donation of $200 made to the local charity of their choice. Below are some of the entries that were turned in last year:

Last year, the winners of the art contest was the Laboratory department. They decided to make their donation to the Vincennes Pet Port.
Celebrating Our Certified Nurses

Good Samaritan is celebrating Certified Nurses Day, **March 19th** by honoring its board certified nurses. The following nurses are being recognized for their professionalism, leadership, and commitment to excellence in patient care:

Brooke Brush, CMSRN, NE-BC  
Ashley Blubaum, CMSRN  
Melinda Carie, CMSRN  
Ashley Bickers, CMSRN  
Mary Pipher, CCRN  
Brenda Horrell, CCRN  
Jane Gibson, CCRN  
Christina Potts, CRRN  
Lynne Bobe, CCRN  
Deb Terrell, RN-BC  
Angie Wilkes, RN-BC  
Dawn Hendrixson, RNC  
Meaghan Meeks, RNC  
Brandee Davis, CEN  
Teresa McQuaid, CEN  
Thomas Parkes, CEN  
Jennifer Pifer, CEN  
Amanda Siewers, CEN, CPEN  
Karen Turner, CNOR  
Lynn Stafford, CNOR  
Rachel Bledsoe, CNOR  
Nancy Shirley, CNOR  
Melanie McDonald, CCRN  
Deb York, CPN  
Susan Kocher, CCRN  
Tonjia Mason, CCRN  
Amber Neeley, CPN  
Donna Dashner, CNOR  
Dena Elmore, OCN  
Sharon Cox, OCN  
Christine Day, OCN  
Mary Wilson, CCM  
Trista Armes, NP  
Kara Moyer, CEN  
Mary Harrell, CEN  
Jenny Shrum, CRRN  
Tricia Ochs, NP  
Linda Linneweber, NP  
Robin McDonald, CIC  
Brittany Farmer, ACCNS-AG, CCRN  
Sandy Grove, CPN  
Diane Brady, CMSRN  
Tracey Kahre, CMSRN  
Britni Roark, CCRN  
Jenny Nichols, CMSRN  
Josette Clodfelter, CCRN  
Lindsey Griffin, CRRN  
Rachel Mullins, CRRN  
Angie Sollman, RN-BC  
Sheila Weirich, RN-BC  
Edna Fletcher, RN-BC  
Meagan Keyes, RNC  
Deb Telligman, IBCLC  
Tonya Stoltz, CEN  
Stephanie Williams, CEN  
Mary Pargin, CEN, TCRN  
Miranda Newberry, CEN  
Diane Vieck, CNOR  
Lesa Edgin, CNOR  
Lauren Roark, CNOR  
Theresa Christmas, CNOR  
Susan Lewis, CNOR  
Cassie Memering, CMSRN  
Amanda Dillon, CCRN  
Dodie Halter, CCRN  
Natasha DeHosse, NP  
Cheryl Liembach, CWON  
Deb Rusch, CDE  
Elizabeth Glemser, OCN  
Renée Richardville, OCN, CPHQ  
Terry Zeabart, CCM  
Lori Dart, CNOR  
Karen Haak, NE-BC  
Angie Shick, CNML, CHTS-CP  
Brenda Winkler, CNOR  
Vicki Potts, CEN  
Art Obeseke, CWON  
Cindy Sullivan, CEN  
Victoria Halter, VA-BC  
Debra Painter, CPN

Board Certification of nurses plays an increasingly important role in the assurance of high standards of care for patients and their loved ones. Nursing, like health care in general, has become increasingly complex. While a registered nurse (RN) license provides entry to general nursing practice, the knowledge-intensive requirements of modern nursing require extensive education, as well as a strong personal commitment to excellence by the nurse.

Good Samaritan encourages national board certification for all its nurses. Patients are encouraged to inquire whether there are certified nurses on staff when they visit a hospital or their primary care provider. There are many nursing certification specialties such as medical-surgical, pediatric, pain management, cardiac vascular, oncology, hospice, case management, emergency nursing, critical care and many others. Many nursing certification bodies exist to serve the full range of specialized nursing care offered in the contemporary health care system; national nurse-certifying bodies should be accredited by either the Accreditation Board for Specialty Nursing Certification (ABSNC) or the National Organization for Competence Assurance (NOCA), or both.

Please join Good Samaritan and the nation’s national nursing certification organizations in honoring those hardworking, dedicated nurses for their professionalism, and a job well done!

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**Brain Injury Support Group**

The Brain Injury Support Group is for people living with a brain injury (TBI, stroke, brain tumor, etc). Family and friends are also welcome to attend. Come learn more about brain injury, services that can help and tips for living with brain injury. Get support, meet new people and know that you are not alone.

**3rd Thursday of Each Month**  
2:30 - 3:30 pm  
Good Samaritan  
Conference Room B

If you would like more information, please contact Barb at 812-885-3613. You can also contact Jean at 812-325-6342 or by email at jean.capler@rhin.com.
Labeling Loopholes

You may think you pay pretty close attention to what you buy or eat. You read the packaging and try to choose healthier options. You may THINK you are buying smart, but you may be in for a surprise. The real information about a food is on the back or bottom of food product packaging - in the really small print. The bright and colorful front of the package is the part of the label designed to catch your attention and in some cases fool you into thinking you are eating healthy. 

If only we lived and shopped in a pure world where labels told the whole truth and nothing but the truth! Learn the facts behind manufacturers packaging propaganda!

<table>
<thead>
<tr>
<th>Label Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pure</td>
<td>Of course you want to eat food that is pure, not contaminated or tainted. The word “pure” has no regulated or agreed upon meaning as far as nutrition or health goes. In the food labeling world it means NOTHING!</td>
</tr>
<tr>
<td>Natural or All Natural</td>
<td>These words may sound nourishing and wholesome but they have NO nutritional meaning, value or regulation. Natural does not necessarily mean nutritious.</td>
</tr>
<tr>
<td>Made From</td>
<td>This simply means the food started with some of this original product - it gives no indication of the processes, additives or dilutions that happened to it from that original source to the store shelf.</td>
</tr>
<tr>
<td>Made With</td>
<td>You might see the label “made with real fruit”, but regulations do not require the label to say how much of that product is in the food. There could be one strawberry added to a whole lot of sugar for a juice box. The claim may be true, but there may be so little of the healthy food added that it does nothing to the nutritional value.</td>
</tr>
<tr>
<td>Multigrain</td>
<td>There may be several kinds of grains used in this product, but they all could have been refined so that the healthy parts are stripped from the grain. Instead, look for Whole Grain to be the first ingredient listed or packaging that says 100% Whole Wheat.</td>
</tr>
<tr>
<td>Sugar Free or Fat Free</td>
<td>These labels indicate the product contains less than .5 g of fat or sugar per serving. However, this does NOT mean the product is lower in calories! If fat or sugar has been removed, often the other is added which could even increase the calorie content.</td>
</tr>
<tr>
<td>Gluten Free</td>
<td>For those people with Celiac Disease, gluten can wreak havoc on their health. However, for the average consumer, there is no advantage to buying a gluten-free product. Many foods do not contain gluten at all, but may still be labeled gluten-free as if there is an advantage to purchasing this product over the same one that isn’t labeled.</td>
</tr>
<tr>
<td>Lightly Sweetened</td>
<td>While the FDA has specific definitions for terms like “sugar free”, the term lightly sweetened means nothing. It is simply another way manufacturers want to lead you to believe their product is healthier!</td>
</tr>
<tr>
<td>Reduced</td>
<td>The reduced claim indicates there is at least 25% less of the amount claimed than in the full version. “Reduced Sugar”, for example, must have at least 25% less sugar content than the full sugar variety.</td>
</tr>
</tbody>
</table>

Look closely and don’t be fooled by loopholes on labeling! Turn over the product and read the fine print! Look for the nutrition label and the ingredient list before you buy!

For more information on label claims or the nutrition facts label: [http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm266853.htm](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm266853.htm). For more resources or to meet one-on-one with a nurse, contact Employee Wellness at 3316 or email slyochum@gshvin.org