Good Samaritan Promoting Screenings During National Colorectal Cancer Awareness Month

Prevention is key to fighting colon cancer and Good Samaritan encourages the community to take advantage of colorectal cancer screenings throughout March, National Colorectal Cancer Awareness Month. According to the Centers for Disease Control and Prevention (CDC), among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Beginning at the age of 50, regular screening is the best way to prevent colorectal cancer.

The exact cause of colorectal cancer is unknown; however, prevention and early detection are important because most colorectal cancers develop from polyps. Early detection tests for colorectal cancer can help find polyps, which can be easily removed, thereby lowering a person’s cancer risk.

“There is robust scientific evidence that shows most cases of colon cancer are preventable when patients have colonoscopies,” said Good Samaritan Gastroenterologist, Dr. Oluwagbenga Serrano. “I believe patients are hesitant to have colonoscopies because they fear it will be painful. In most cases there is no pain and the patients are under general anesthesia. A routine colonoscopy where no polyps or abnormalities are found can be performed in as little as 20 minutes.”

Before a colonoscopy, patients are asked to drink bowel cleansers the day before their exam. This is the part that most people find unpleasant, but it is temporary and a vital part of the preparation process. During a colonoscopy, the physician uses a long, flexible tubular instrument with a camera that transmits an image of the lining of the colon to see any abnormalities.

“If I see any precancerous polyps during a colonoscopy I will go ahead and remove them,” added Dr. Serrano. “This can be done the same day if the polyps are small. In some cases, the patient will need to come back for a ‘mini-surgery’ called a gastrointestinal endoscopic mucosal resection (EMR) to remove the precancerous growths. This surgery used to be more invasive several years ago, but now we can remove the early-stage cancer endoscopically.”

Patients who would like to have more information about colonoscopies and would like to schedule an appointment will need to contact their primary care provider. Those who do not have a provider can call Good Samaritan’s Find A Provider hotline at 812-885-8500 or visit gshvin.org/findaprovider.

In addition to yearly colonoscopies, Good Samaritan Community Health Services encourages community members to pick up free colorectal cancer take home screening kits throughout the month of March. Community Health will be at various locations throughout Vincennes and surrounding counties offering these kits to adults over the age of 50 who visit their booth.

“Our colorectal kits detect blood in the stool,” said Debra Hardwick, Community Health Coordinator. “It is a screening test, not a diagnostic exam. We educate our patients on proper use of the kit, and take their name, address and phone number for follow-up. If we do not get the results back within two weeks, we call them for a follow-up or send a letter if we cannot get a hold of them.”

Patients send their written results to Community Health in a stamp-addressed envelope. Patients with a positive result are then referred to follow up with their primary care provider.

Those interested in learning where Community Health will be offering these kits each day in March can take a look at the events calendar on Good Samaritan’s website, www.gshvin.org, or call Community Health at 812-885-8753.
The March Shining Star is Joy Uy

Joy Uy, Physical Therapist on Inpatient Rehab, is truly an example of excellence. She is currently obtaining her doctorate degree in Physical Therapy, while sharing and contributing toward the education and enrichment of her fellow therapists. Joy’s exuberance and energy have positively affected not only her co-workers, but she goes above and beyond helping her patients and people served in the community. Through her initiative, dedication and desire to excel, she introduced a new Parkinson’s program to the Rehab Unit and Physical Medicine Department, providing a tremendous benefit for persons afflicted with Parkinson’s. Recently, through hours of dedication and expertise, Joy, with the help of her partner, Jim Schenk, OTR/L, was able to advance a patient with a severe spinal cord injury to walking again without the use of braces on his legs! She has been influential in introducing speakers for stroke seminars, teaching therapists new and cutting-edge assessments, and treatments. She volunteers and makes herself available for support groups for people in the community in her “free time.” Joy is a Shining Star!

Joy, center front row in chair, was congratulated for being the March Shining Star by her fellow Rehab co-workers; Steve Wissel, Director of Inpatient Rehab; Rachel Spalding, Chief Nursing Officer; and Rob McLin, President and CEO. Click HERE to see the presentation of Joy’s award.

The February DAISY Award Winners are Amanda Rothenberger and Megan Barmes

Emergency Room nurses, Amanda Rothenberger and Megan Barmes, both received the February DAISY award for their dedicated care of a patient. The patient wrote the nomination stating that she was brought in by her cousin after she found her at home confused and unable to speak correctly. Amanda and Megan had a little trouble getting the patient to cooperate so they could monitor her blood pressure and oxygen. The patient was disoriented and unable to follow directions, but Amanda and Megan never lost their patience or spoke sharply. They continued to soothe the patient and were kind the entire time. The nomination stated that, “every bit of nursing care I needed, they provided.” The patient later learned that she was in hypertensive crisis. She was amazed that Amanda and Megan were both so kind and patient throughout her entire ER experience.

Amanda Rothenberger
Megan Barmes

To see the presentation of Amanda’s award, click HERE. To see Megan’s presentation, click HERE.

JOIN US FOR AN EASTER EGG HUNT!

Thursday, April 2
KCARC 1972
4 to 8 p.m.

The Employee Engagement Team invites all employees and their families to our Easter Eggstravaganza for a fun Easter egg hunt. The egg hunt will begin at 6 p.m. for children ages 0 to 3. Four to 6 year olds will hunt eggs at 6:30 p.m. and children ages 7 to 10 will start at 7 p.m.

This year, if weather permits, the egg hunt will be outside in the lawn area in the 1972 parking lot. Once the children in each category are finished hunting eggs, they are welcome to go back inside 1972 to play. There will also be a box inside for used eggs that can be returned to the Employee Engagement team.

NATIONAL SLEEP AWARENESS WEEK
MARCH 8 - 14, 2020

World Sleep Day - March 14, 2020

Good Samaritan is celebrating Sleep Health. The Sleep Disorders Center encourages all employees to prioritize sleep to improve their overall health and well being. Some may be living with an undiagnosed sleep disorder. For additional information, you can visit www.gshvin.org, find the Health Services tab, and click on Sleep Disorders Center.

NATIONAL PULMONARY REHABILITATION WEEK
MARCH 8 - 14, 2020

“A Breath Away from Better Health”

Pulmonary Rehabilitation works to enhance the quality of life of individuals with chronic lung disease. In collaboration with The American Lung Association, Good Samaritan organizes a support group each month called “The Better Breathers Club.” This support group meets every other month on the first Wednesday of the month at 12 noon EST.

Anyone suffering from a chronic, lung condition is welcome to attend the program. The formal education session is offered as well as a light lunch. For additional information, please contact Tammy Howell at 812-885-3215.
For Your Benefit - Filing a Disability Claim

No one wants to think about it, but any of us can become seriously sick or injured and have to miss work. Most know that they need to complete the FMLA paperwork to protect their job when they miss work. But just as important, is to file a Short Term Disability claim if you are enrolled in this benefit.

- FMLA protects your job when you are sick or injured and cannot work.
- Disability is income replacement that pays you a percentage of your salary while you are unable to work due to sickness or injury (excluding on-the-job injuries).

A common misconception is that when you complete your FMLA paperwork this also begins your Short Term Disability benefit. This is not true …or should we say, #FakeNews! Actually, all you have to do is make a telephone call to The Standard to file your Short Term Disability claim. If you do not call them, you will not get paid, so this is very important!

To file a Short Term Disability claim, call The Standard’s Claim Intake Service Center at 800.378.2395

When you call, you will be asked to provide the following information - in addition to other questions about your absence:

- Group policy number: Good Samaritan Hospital - 753400
- Name and SSN
- Last day you were at work
- Nature of claim / medical information
- Physician’s contact information (name, address, phone and fax number)

It is important to call in your claim as soon as you believe you will be absent from work beyond 14 calendar days for Short Term Disability or beyond 90 days for Long Term Disability. Please remember it is your responsibility to follow the normal Good Samaritan absence reporting procedures by notifying your manager or supervisor of your absence.

Both Short Term Disability and Long Term Disability are voluntary benefits that employees may elect or cancel during Open Enrollment. If you are not sure if you have coverage, you can check your paystub deductions or call Human Resources.

More disability information can be found by clicking the links below:

- 2020 Benefits Guide - Page 31
- The Standard “STD FAQ”

As always, if you have any questions about your current benefits, contact the Employee Benefit Coordinators, Reneé (x 3315) or Sherri (x 3375).

Benefit Site Visits in March

| UMR (Health Insurance) - March 25 |
| Empower Retirement - March 4 and 11 |

Click the links below to see the March New Hires, Promotions and Anniversaries.

Employee Anniversaries
Physician Anniversaries
New Hires
Promotions

Upcoming Good Samaritan Events / Recognition Weeks

- Doctors’ Day: March 30
- Nurses Week: May 6 - 12
- Hospital Week: May 10 - 16
- Foundation Golf Outing: June 3 (Rain Date: June 4)
  - Country Club of Old Vincennes
  - Registration: 9:30 a.m.
  - Shotgun Start: 11 a.m.
  - Contact Gary Hackney if you would like to form a team or be a sponsor

- Women’s Wellness Expo: June 16
  - Highland Woods Community Center
  - 4 to 7 p.m.

- Men’s Health Tune-Up: November 17
  - Highland Woods Community Center
  - 4 to 7 p.m.
Good Samaritan’s Convenient Care Clinic to Open Second Location

Good Samaritan will be opening a second Convenient Care Clinic inside Williams Bros. Health Care Pharmacy in Vincennes located at 1216 Washington Avenue on March 9. The new clinic will be run by nurse practitioner, Theresa Hutchison, and certified medical assistant, Kaycee Rich. The clinic will be open from 10:00 a.m. to 8:00 p.m. Monday through Thursday to meet the non-emergent acute needs of the community.

The Convenient Care Clinic in Williams Bros. will provide diagnostic services and treatment for minor injuries and illnesses. The conditions typically cared for will be: common illnesses; allergic reactions; asthma (mild to moderate wheezing); general wound care; rashes/skin infections; simple burns and cuts; strains, sprains and simple fractures; vomiting, diarrhea and nausea; ear infections; insect bites; sore throats, colds, flu and fever; and urinary tract infections. Patients at the new clinic must be three years of age or older.

“Good Samaritan has partnered with Williams Bros. to continue our focus of patient centered care,” said Adam Thacker, Chief Operating Officer. “With Williams Bros. already serving the community for pharmacy and medical equipment needs, this was a natural direction to look at opportunities to make care more convenient. As a pharmacist myself, I know in health care today that about a third of patients do not fill their first-time ordered prescriptions.”

Thacker also mentions a contributing factor to the increasing amount of prescriptions not being filled is due to the lack of access to a pharmacy whether it be because of transportation, time or other factors. By placing Good Samaritan’s second Convenient Care Clinic in the same location as a pharmacy, barriers can be removed to patients getting their prescribed medications timely and without additional hardship.

“Williams Bros. is thrilled to host the Good Samaritan Convenient Care Clinic inside our Vincennes location,” said Mark Williams, co-owner of Williams Bros. Health Care Pharmacy. “We believe the partnership between Williams Bros. and Good Samaritan will bring excellent care to the entire community.”

The community is invited to attend a ribbon cutting ceremony celebrating the opening of the Convenient Care Clinic on Monday, March 9 at 9:30 a.m. (EST) at Williams Bros. Pharmacy.

6TH ANNUAL HOSPITAL WIDE SOFTBALL TOURNAMENT and FIRST EVER CORNHOLE TOURNAMENT

It is that time of year again! Hospital Week is approaching and that means we are getting ready for the 6th Annual Hospital-Wide Softball Tournament. ONLY THE FIRST 4 FULL TEAMS (15 players max) WILL BE ACCEPTED. The tournament will be on Friday, May 15 beginning at 5:30 p.m. at the Vincennes Girls Softball Fields. Each team member must sign a safety waiver to play. Each team needs to have a ‘captain’ that is in charge of gathering and distributing information for all team members. The captains will be responsible for attending a tournament meeting and picking up their teams’ information packet. Everyone on the team will be required to play.

Similar to last year, ONLY hospital employees will be allowed to play. Those who have their full teams will need to contact Mallory in Marketing by April 10 at 885-3726 or email mnhughes@gsbvin.org. If you are not playing on a team, you are still welcome to bring your friends and family out to watch and support your fellow employees as they play for the coveted tournament trophy and bragging rights. Volunteers throughout the night are also always welcome!

NEW THIS YEAR!

In addition to the annual softball tournament, there will also be a cornhole tournament that will take place the night of the softball games. The first EIGHT, TWO-PERSON TEAMS will be accepted for this tournament. As this is the first year for this activity, details and rules are still being coordinated. Teams can submit their names to Mallory Hughes by email or phone until April 10. If any hospital employee has cornhole boards they would like to donate to be used for the tournament, please let Marketing know by calling 812-885-3336.