Show Your Pumpkin Pride!

Whoever heard of running with pumpkins? We did! The third Pumpkin Pride walk/run is fast approaching. The event will be on Saturday, October 21, beginning at 9:30 a.m.

The Good Samaritan Foundation is hosting this event at Fox Ridge Nature Park, and registration starts at 8:30 a.m. This obstacle course and walk/run brings live music, games and fun for the whole family!

Prizes will be awarded to the winners of Most Competitive Male and Female, Best Costume and more. The obstacle course length is 3.68 miles for competitive runners, 1.84 for fun runners and walkers, 0.30 miles for kids ages 3 to 6, and 0.89 miles for kids ages 6 to 9. Returning after a successful first year, the Family Dog Walk will wrap up a fun morning of activity. Everyone is encouraged to bring their dogs, in costume, to participate in this fun event.

Adult early registration is $35 and for the kids, $10. To register, go online to www.pumpkinpride.com. For more information, contact Nicole Coomer at 812-885-3192, or by email at ncoomer@gshvin.org.

“We love organizing this event every year,” said Gary Hackney. “It is fun to see everyone dressed up in costumes, decorating pumpkins and enjoying the obstacle courses. We are extremely fortunate to have a Foundation board and volunteers who help us each year make the Pumpkin Pride walk/run a success.”

All proceeds will go toward Caring Connection, a patient care fund, initiated by Good Samaritan medical practitioners and employees who noticed that patients were struggling to cover the cost of prescriptions, assist devices and other smaller dollar health essentials.

Donations are greatly appreciated and can be mailed to Good Samaritan Foundation at 520 S. 7th Street, Vincennes, IN. You could be a diamond ($500+), platinum ($351-$499 donation), gold ($250-$350 donation), silver ($100-$249 donation) or bronze ($50-$99 donation) for this great event.
October’s Shining Star is Macee Braun

Macee Braun, registered nurse on 4GM, is the October Shining Star for her dedication to patient care. She recently had a patient who was having trouble getting medications filled at their pharmacy. Macee called the Good Samaritan Pharmacy department to see if they could fill the medications for the patient. After they were filled here at the hospital, Macee picked up her patient’s medications and paid for them out of her own pocket to lessen the financial burden and stress for her patient. Way to go Macee!

September’s Daisy Award Winner is Shawna May

Shawna May, ER Nurse, was nominated by her peers for the Daisy Award. Since she started working at Good Samaritan, Shawna has always been one of the first nurses in the department to step up and want to help when a code or trauma is coming through the door. During two recent patient situations, she has gone above and beyond the call of duty. Recently in the ER, Shawna was told by a tech that the patient they were helping to change had a knife tucked into the top of their pants. Shawna was able to withdraw the knife while preventing any harm to the patient and fellow staff members. During another instance in the ER, Shawna was about to leave for the day, but stopped to ask a nurse and doctor, who were taking care of a high acuity patient, if they needed any help. She realized the patient was in a life or death situation and quickly went to work. She stayed with the primary nurse and patient for three hours after her shift had ended. Without Shawna’s flexibility, leadership, critical thinking skills and other qualities she possesses, the outcome of both situations could have been gravely dangerous.
Patient Experience

When we consider the patient experience, we generally think about employees in the hospital who provide hands-on patient care. They spend their days providing direct patient care. Although these employees are vital to the success of Good Samaritan, it is important to consider how non-clinical staff contribute to the patient experience as well. Each month, we will be featuring departments that help the hospital maintain high patient experience results. It takes all of us to provide world-class care!

RECEIVING DEPARTMENT

The four gentlemen in the Receiving Department work endlessly to ensure all packages, printing and other materials get to where they need to be. They inspect all deliveries for damage and stock all storeroom shelves. The Receiving Department ship out all packages for departments and outreach offices and assist with inventory cycle counts and physical inventory. They also make deliveries and pick-ups to hospital outreach offices and from local vendors. These guys are always friendly and keep Good Samaritan supplied so we are able to serve our patients.

“We have an impact on each and every department in the Good Samaritan system. We get the correct product processed and delivered to units and offices both on and off the hospital campus. We take that impact seriously. We handle each and every package that is shipped to Good Samaritan. This includes everything from Band-Aids to some very expensive equipment. We are striving to bring excellent service to these departments in order to support those who have direct patient care. We want to make sure that the products needed to take care of our patients are available as to not disrupt their care, which impacts the patient experience. Put simply, our goal is to help you help them” - Receiving

Wellness Salute

Men Have Breasts Too

Diagnosis

Although I had an inverted nipple for a few years, it never gave me any pain or problems, and I did not have any discharge or skin changes associated with it. It was still reactive to cold and stimulation. In September, 2016, I was at a coroner’s conference and had a sharp stabbing pain in my left nipple and due to my family’s cardiac history, I went to the ER where I received a negative diagnosis. In December, by chance, I mentioned my inverted nipple to my nurse practitioner and she decided to order an ultrasound of my left breast. It was initially thought to be a simple gynecomastia.

After an ultrasound of my left breast, followed by a mammogram that same day, December 28, 2016, I left the breast care center with a preliminary diagnosis of gynecomastia. A few days later I received a call from my NP saying that the radiologist had updated her reading due to my lack of pain or tenderness in my left breast and suggested a biopsy to confirm diagnosis. I had a biopsy on January 5, 2017 and, three days later, I received notification that pathology showed an invasive mammary carcinoma. I was immediately sick to my stomach. I was just 44-years-old.

After lots of Google searches, I decided that there was nothing I could do about my diagnosis and thankfully, due to my upbringing and the adversities my family has faced over the years, it was either face the challenge head on because there wasn’t anything you could do about it, or let it ruin your life. But, to say I was not scared would be a major understatement. Fortunately, I also had the most amazing prayer support I could ask for and with my truest best friend in this world, I knew I could conquer this.

Although my family was in shock, they rallied around me and were amazingly supportive, as were my closest circle of friends. Thankfully, my sister was the nurse for my surgeon at the time of my diagnosis and we were able to maneuver through the system easily. I was also an employee of 25 at Good Samaritan, so I was well known to most of the staff. I was well taken care of by my family and my extended family at work.

Treatment

I was scheduled for a simple mastectomy, and during surgery my sentinel node was found to be firm by my surgeon so he had a frozen section done that was positive for cancer. He then decided to do a modified radical mastectomy, and removed all my axillary lymph nodes. I was surgically staged as 2B. I had clear margins but the post-op pathology was staged as 3A with 4 of 12 axillary nodes found to be positive. I was ER/PR positive and HER2 negative.

Continued on page 4
Mark Your Calendar! 2017 Employee Benefits Fair

All Good Samaritan employees are invited to attend the upcoming benefits fair. Various benefit vendors will be on-site with information and giveaways. You can also enter to win door prizes!

November 2 | 7 a.m. to 3 p.m. | Eva Hill Auditorium

Open enrollment is November 1 - November 17. More details coming soon!

Check out your retirement plan details on Empower Retirement’s new website!

Empower Retirement is excited to announce that their participant website, www.empowermyretirement.com, has been upgraded. We encourage you to login into your account so that you can explore all the new features and tools. Please review the info and video below. If you need additional assistance please contact Empower Retirement customer service at 1-800-338-4015.

Focus on your future like never before with a whole new experience that gives you a complete view of your retirement picture. Plus, access great new features, including bill and cash flow management resources.

Click HERE to see the Empower Participant Experience

Great Support

Many friends and colleagues who supported me were amazed that I had been diagnosed with breast cancer since it is such a rare disease in men. This has given me an amazing opportunity to reach out and teach them about a journey which has forever changed me. I was so well supported and the complications with surgery and treatment were so minimal, I consider myself very, very lucky.

I believe education is the key. This disease is treatable, as long as it is not found too late. Because of the lack of education out there, I think that for every effort that is given to breast cancer in women, we need to spend four times that on male breast cancer to catch up with the rest of the breast cancer world.

Thank you to Matt Bowman for sharing his personal story with all of us at Good Samaritan. To read more about Matt and other men who have been diagnosed with breast cancer, visit malebreastcancercoalition.org or click HERE.

Physician Satisfaction

CELEBRATING WORLD CLASS PHYSICIAN OFFICES

Congratulations to the following provider offices who achieved a world class percentile rank for the question “Likely to Recommend Provider Office” on the CGCAHPS patient experience survey for the second quarter 2017. These results were calculated based on practices with statistically significant results.

- Diabetology Office of Jane Bridges, MD and Rebecca Akers, NP-C - 96
- General Surgery Office of Daniel Neumann, MD; David Purdom, MD; and Rong Yang, MD - 97
- Quest Orthopedics Office of Terry Fenwick, MD - 99
- Internal Medicine Office of Reynaldo Carandang, MD - 99
- Internal Medicine Office of Gerry Hippensteel, MD - 99
- Podiatry Office of Derek Besing, DPM; Jason Bickel, DPM; Austin Muranaka, DPM - 99
- OB/GYN Office of Thomas O’Rourke, MD - 96
- Urology Office of Bart DeBrock, MD and William Vaughn, MD - 96
- OB/GYN Office of William Mayfield, MD - 99
- Outpatient Cardiology Office of Philip Bacidore, DO; Vishak Khurana, MD; Philip Watson, DO; Melissa Overton, PA; and Natasha DeHosse, ACNP - 95
- OB/GYN Office of Shalin Arnett, DO - 93
- Vincennes Orthopedics Office of David Miller, DO; Molly Weiss, MD; and Gregory Whitsett, MD - 99
**Patient Comments**

<table>
<thead>
<tr>
<th>Comment</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>“All staff from front door to discharge were very helpful, courteous and caring.”</td>
<td>Ambulatory</td>
</tr>
<tr>
<td>“I had wonderful care from very kind, considerate people. I would highly recommend your hospital.”</td>
<td>Inpatient</td>
</tr>
<tr>
<td>“I have never had any bad experiences with anyone. Everyone is very kind and helpful.”</td>
<td>Physician Network</td>
</tr>
<tr>
<td>“I appreciate the care provided at Good Samaritan. Good people - good care.”</td>
<td>Emergency</td>
</tr>
<tr>
<td>“They treated me with the utmost respect. Very nice people.”</td>
<td>Outpatient</td>
</tr>
<tr>
<td>“The nurses and the entire staff in general were very kind and performed their job well.”</td>
<td>Inpatient Behavioral Health</td>
</tr>
</tbody>
</table>

**Performance Excellence**

**SAFETY ROLE MODEL - Barbara Dutton**

Barbara Dutton, Endoscopy RN, was recently nominated for and received the Safety Role Model Award. Prior to her patient undergoing a capsule endoscopy procedure, she realized that based on past history the patient may experience difficulty completing the procedure due to GI tract issues. She shared her concern with her director who subsequently contacted the physician. The physician agreed with Barbara’s concern. As a result, the procedure was canceled pending further testing and a potential adverse event was avoided. Barbara serves as a role model in providing exemplary nursing care thereby keeping our patients safe. She demonstrated a personal commitment to her patients by following up on her concern.

Thank you, Barbara, for being a Safety Role Model.

Barbara, (holding plaque), is congratulated for being the Safety Role Model by Rob McLin, President and CEO; Mike Smith, Director of Patient Safety; Dodie Halter, Director of Endoscopy; and her fellow Endoscopy employees.

**It’s time to start preparing for the Giving Tree!**

Attention Santas! It is time to help local children in need. The Giving Tree program helps to brighten the lives of less fortunate elementary-aged children in Knox County schools. Get with your co-workers, family and friends and adopt a child for Christmas.

Dates to pick up your Giving Tree tickets will be announced soon!

**Perioperative Services Tries to ESCAPE!**

As a Christmas present to her managers every year, Brenda Winkler, Director of Perioperative Services, has taken them to an Escape Room in Indianapolis for the day to work on team building skills. They always enjoyed the trip so Brenda asked her managers during a meeting what they thought about building their own escape room for all of the staff. She knew it would be too difficult to get everyone out and wanted her employees to work on team building. Brenda and the managers worked for several months creating a theme and designing the tasks to create their own Escape Room.

This past August, they put their hard work into play and had 100% participation from staff with many positive comments. The staff signed up on Care Learning with a maximum team of six. They were instructed not to sign up as friends but utilize all areas within perioperative services to benefit their success. Brenda and her team created a scenario of a fugitive who presented to the surgical floor as an emergency surgery patient who supposedly ended up at the morgue. The leadership team received so much enjoyment watching their staff work together to solve puzzles, riddles and even listen to their singing abilities. The teams had a great time and requested to do this again. The perioperative leadership team has a high standard set for next year!
### Promotions

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Position</th>
<th>Path</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooklynn Altheide</td>
<td>Laboratory</td>
<td>Clinical Lab Science Student</td>
<td>TO Laboratory Medical Technologist Registered</td>
</tr>
<tr>
<td>Samantha Cutsinger</td>
<td>Rehab Unit</td>
<td>Graduate Extern</td>
<td>TO Staff Nurse</td>
</tr>
<tr>
<td>Devin Danels</td>
<td>Clinical Decision Unit</td>
<td>Graduate Extern</td>
<td>TO Staff Nurse</td>
</tr>
<tr>
<td>Eugenia Davidson</td>
<td>Clinical Decision Unit</td>
<td>Staff Nurse</td>
<td>TO Shift Coordinator</td>
</tr>
<tr>
<td>Laura Hazelman</td>
<td>Human Resources</td>
<td>Benefits Coordinator</td>
<td>TO Human Resources</td>
</tr>
<tr>
<td>Kenny Jones</td>
<td>Transportation</td>
<td>Orderly</td>
<td>TO Environmental Services Supervisor</td>
</tr>
<tr>
<td>Derek Keeler</td>
<td>Medical/Pediatrics</td>
<td>Graduate Extern</td>
<td>TO Staff Nurse</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Ben Lindsey</td>
<td>Laboratory</td>
<td>Clinical Lab Science Student</td>
<td>TO Laboratory Medical Technologist Registered</td>
</tr>
<tr>
<td>Melissa Lough</td>
<td>Emergency Services</td>
<td>Staff Nurse</td>
<td>TO Physician Services</td>
</tr>
<tr>
<td>Page Passen</td>
<td>Rehab Unit</td>
<td>Nurse Assistant</td>
<td>TO Physical Medicine</td>
</tr>
<tr>
<td>Alexis Pea</td>
<td>Rehab Unit</td>
<td>Nurse Assistant</td>
<td>TO Speech Pathology</td>
</tr>
<tr>
<td>Shea Riley</td>
<td>Clinical Decision Unit</td>
<td>Staff Nurse</td>
<td>TO Clinical Decision Unit</td>
</tr>
<tr>
<td>Meredith Spitz</td>
<td>Laboratory</td>
<td>Clinical Lab Science Student</td>
<td>TO Laboratory Medical Technologist Registered</td>
</tr>
</tbody>
</table>

### August New Hires

#### Endoscopy
- Tiffany Betsch - Endoscopic Technician
- Maddy Hudson - Endoscopic Technician

#### Environmental Services
- Dianna Atteberry - Switchboard Operator
- Johnni Hughes - Environmental Services Assistant

#### Food Service
- Hannah Helton - Clinical Dietitian

#### Information Systems
- Caitlyn Stoltz - Network Support Specialist

#### Laboratory
- Blaire Brinkman - Clinical Lab Science Student
- Tosha Cafin - Laboratory Assistant
- Jodyn Colborn - Clinical Lab Science Student
- Omar El-Khodary - Clinical Lab Science Student
- Mikayla Grant - Clinical Lab Science Student
- Vanessa Hoffman - Clinical Lab Science Student
- Ashley Holmes - Laboratory Assistant
- Tate Schuckman - Laboratory Intern
- Hope Spalding - Clinical Lab Science Student

#### Mammography
- Rachael Birkla - Mammography Technologist

#### Nursing Services
- Bryce Bilskie - Patient Care Technician
- Brittany Humes - Patient Care Technician
- Tina Smith - Staff RN

#### Patient Access
- Caitlin Yochum - Access Associate

#### Perioperative Services
- Sherri Dunn - Central Service Attendant

#### Pharmacy
- Andrea Mackey - Staff Pharmacist

#### Physician Services
- Susan Lane - Physician Practice Nurse

#### Radiology
- Mario DeFelice - Ultrasound Tech Registered
- Megan Holladay - Ultrasound Tech Registered

#### Respiratory Care
- Sarah Hay - Respiratory Therapy Assistant
- Jonathan Stanley - Reg Respiratory Therapist I

#### Samaritan Center
- Kelly Britt - Family Care Specialist
- Whitney Clinton - Secretary
- Kara Klemann - Chemical Dependency Supervisor
- Hannah Lett - Resident Assistant
- Trista Osborn - Resident Assistant
- Rickie Wood - Intake Worker
Respect in the Workplace

**SPEAK UP**

Each employee has a responsibility to speak up to protect our patients and our co-workers physically, mentally and emotionally. If we are silent it gives others the impression that we agree with them or their behavior. While it may be uncomfortable to speak up because we are afraid we will hurt someone’s feelings, make them mad or cause more problems, we need to remember that our priority is to do what’s best for Good Samaritan and its customers, which could be patients, co-workers or volunteers. Retaliation for speaking up will not be tolerated and should be reported. Everyone plays a part in promoting this culture by making others feel comfortable to speak up by practicing “listening to understand.” All of us have a unique perspective based on personal experience and knowledge that is valuable to the organization. When you speak up, changes can occur. Speaking up is a form of honesty and will help encourage others to do the same. If you have an idea about how to make a process better or you see something that isn’t right or could harm someone physically, mentally or emotionally, do the right thing and speak up!
October is Breast Cancer Awareness Month

Everyone has seen the pink firetrucks, t-shirts, socks, hats, trash cans, police cars - the list goes on. Just because we now associate pink with breast cancer doesn’t mean we can stop being vigilant about the fight to cure it. Look around. 1 in 8 women will develop breast cancer in their lifetime - no one is immune.

<table>
<thead>
<tr>
<th>MYTH</th>
<th>FACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Only women with a family history of breast cancer get breast cancer.</td>
<td>Only 5% to 10% of breast cancers are thought to be hereditary, which means they are caused by abnormal genes passed from parent to child.</td>
</tr>
<tr>
<td>There is nothing you can do to lower your risk of developing breast cancer.</td>
<td>To keep your risk as low as it can be, maintain a healthy weight, exercise regularly, and limit the amount of alcohol you drink and don’t smoke.</td>
</tr>
<tr>
<td>Regular mammograms prevent breast cancer.</td>
<td>Mammograms don’t prevent breast cancer, but they can save lives by finding breast cancer as early as possible, when it’s most treatable.</td>
</tr>
<tr>
<td>Breast cancer only affects older women.</td>
<td>While the risk of breast cancer does increase with age, all women are at risk for getting breast cancer.</td>
</tr>
<tr>
<td>Yearly mammograms expose me to too much radiation and that will cause cancer.</td>
<td>The small amount of radiation received with a mammogram is believed to be safe. The benefit of mammograms significantly outweighs the risks.</td>
</tr>
<tr>
<td>Finding a lump in your breast means you have breast cancer.</td>
<td>Only a small percentage of breast lumps turn out to be cancer. If you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a primary care provider for a clinical breast exam.</td>
</tr>
<tr>
<td>Only women can get breast cancer.</td>
<td>Although it is not as common in men as women, men can get breast cancer!</td>
</tr>
</tbody>
</table>

IT COULD HAPPEN TO YOU.

Know the Signs and Symptoms of Breast Cancer

- The most common symptom of breast cancer is a new lump or mass - whether it causes pain or is painless
- Swelling of all or part of the breast even if no distinct lump is found
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Early detection is KEY to breast cancer survival.

HAVE A YEARLY MAMMOGRAM BEGINNING AT THE AGE OF 40.

Call 812-885-3353 and schedule your mammogram today at the Good Samaritan Breast Care Center.