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.

Do you have Pumpkin Pride?

You can carve them, paint them and dress them up, but have you ever tried running with one? Now you can! The second Pumpkin Pride walk/run is on Saturday, October 22, beginning at 9 a.m.

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

Adult obstacles include the ghost tunnel, Franken-tire walk, hay bale climb, pumpkin roll, zombie calisthenics, walled in and “Don't Touch the Lava.” Kids can also go through the ghost tunnel, walk the plank, pumpkin roll, and go crazy for bubble madness.

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 miles for fun runners and walkers, 0.30 miles for kids ages 3 to 6, and 0.89 miles for kids ages 6 to 9. New this year will be the Family Dog Walk. Everyone is encouraged to bring their dogs, in costume, to participate in this fun event.

Registration is $40 for the adult competitive and fun run, $15 for the kid’s fun run and $15 for the dog walk. 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.

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 platinum ($351+ donation), gold ($250-$350 donation), silver ($100-$249 donation), bronze ($50-$99 donation), or booster ($5-$49 donation) for this great event.
October’s Shining Star is Melinda Carie

Melinda Carie, RN, Clinical Pathway Coordinator, served as the Joint Replacement Coordinator for the past several years, and most currently as the Clinical Pathway Coordinator. Within the last year she wanted to have a bigger impact on more patients. Melinda has worked to see different surgery patients and has made the effort to communicate with the respective surgeons about her role and what she will be doing for the patient. During Epic training and go-live, Melinda served as a super-user tirelessly helping the staff and physicians through a very difficult time of transition. Because of her years of experience with the Joint Replacement patients, physicians, and order sets, Melinda was instrumental in catching many errors that could have potentially led to patient harm in the days and weeks following Epic go live. She kept a list of all the items she was addressing for joint replacement orders, things that she knew from her experience were incorrect. That cumulative list was sent to senior leadership to aide in the development of better order sets for the physicians. Because of her diligence and commitment to the program and patient safety, Melinda recognized what could have potentially led to patient harm and corrected the issues. Her willingness to review the orders and her thoroughness with attention to detail prevented patient harm.

September DAISY Winner is Laura McBee

Laura McBee, RN on the pediatric unit, was nominated by the mother of one of her patients. Laura stayed after her shift to assist a patient who was going to undergo an extremely painful and traumatizing procedure. She was there every moment and did not leave until the procedure was over. The mother wrote that her son is a nonverbal, severely autistic child and Laura’s compassion and empathy for their situation made all the difference. The patient and his mother were grateful for Laura’s care and mentioned that they “just loved her.”
Wellness Salute

Medical Practice Satisfaction

World-Class in Patient Experience

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 first two quarters in 2016. These results were calculated based on practices with statistically significant results.

- Diabetology office of Jane Bridges, MD and Rebecca Akers, NP-C – 99
- Surgical Clinic office of Daniel Neumann, MD, David Purdom, MD, and Rong Yang, MD – 99
- Oncology/Hematology office of Renee Bartlett, MD, Mark Pajeua, MD, Mark Stutz, MD, and Trista Armes, NP-C – 99
- OBGYN office of Shalin Arnett, DO – 99
- OBGYN office of William Mayfield, MD – 99
- MCV Internal Medicine office of Charles Hendrix, Jr., MD, and Cathy Mouzin NP – 99
- Podiatry office of Derek Besing, DPM, Jason Bickel, DPM, and Austin Muranaka, DPM – 97
- Vincennes Orthopedics office of David Miller, DO, Molly Weiss, MD, and Gregory Whitsett, MD – 95
- OBGYN office of Thomas O’Rourke, MD, and Thalia Pachiyannakis, MD – 95
- MCV Family Practice office of Daniel Herman, Jr., MD, Michael Kelly, MD, and Kara Doyle NP – 91

Personal Hygiene Drive

Good Samaritan’s Ambulatory Shared Leadership Council organized a personal hygiene product drive for area school children. From July 20 to August 5, more than 1,500 items were collected and given to local schools in Knox County and 400 items were donated to Helping His Hands to be given to the flood victims in Louisiana. There is a growing need for personal hygiene items in all of our area schools, offering these products and clean clothing to a student can change their outlook on life. Some of the items collected were toothbrushes, toothpaste, shampoo, deodorant, sanitary wipes and more. Thank you to all of the employees and volunteers who donated to the hygiene drive!
October is Physical Therapy Month

Physical Therapy Month gives us the opportunity to highlight our profession and educate those around us about what we do each day for our patients. Our team at Good Samaritan is made up of both Physical Therapists (PT) and Physical Therapy Assistants (PTA). Physical therapy is the preservation, enhancement, and/or restoration of movement and physical function which has been impaired by disability, injury or disease. Physical therapy utilizes specially designed exercises and equipment, physical modalities (massage, electrotherapy), assistive devices, and patient education and training to help patients in a wide range of settings including: acute inpatient, rehabilitation, outpatient, home health care, skilled nursing facilities and aquatics. We offer a variety of services for: orthopedic injuries, post-surgical repairs, neuromuscular, vestibular rehabilitation, urinary incontinence, vascular/wound care/wound vac, lymphedema massage/wrapping, pediatrics, dry needling, massage, and general debility. We provide physical therapy services at the following locations: Good Samaritan Physical Medicine Department, Vincennes Orthopedics Therapy Clinic (recently moved to the new Vincennes Orthopedic Center at Good Samaritan) and Medical Center of Vincennes PT Clinic.

For Your Benefit

Flexible Spending Accounts

Did you know there’s a way to pay your health care and dependent care expenses, and save money at the same time? By enrolling in a Flexible Spending Account (FSA) plan, you can do just that! FSAs are an employer-provided benefit that allows you to contribute a set amount from your bi-weekly paycheck into an account to be used for medical, dental, vision or dependent care expenses. Contributions to an FSA are not included in your taxable income, resulting in tax savings and more spendable income for you!

If you enroll in a health care FSA, you can use the money to pay for out-of-pocket expenses such as deductibles, co-pays, uninsured treatments or even some over-the-counter medication purchases. For dependent care accounts, funds may be used for child care or adult day care for dependents living in your home.

Take Note:

• You must re-enroll in the Flex program every year during open enrollment (November 1-18)
• Reserve an amount you are confident you will use annually. You are allowed to rollover $500 of unused money into the next year.
• You must work at least 32 hours per pay period to be eligible; you are not required to be on the Good Samaritan Health Plan to participate.
• Maximum election for medical FSA is $2,550 per year; maximum election for dependent care expenses is $5,000 per year.
• Changes to your amount/contributions can only occur if you experience a qualifying event.

Below is an example of how paying for benefits on a pre-tax basis can save you money.

<table>
<thead>
<tr>
<th></th>
<th>John Pays On An After-Tax Basis</th>
<th>Lisa Pays On A Pre-Tax Basis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Pay</td>
<td>$40,000</td>
<td>$40,000</td>
</tr>
<tr>
<td>Pre-Tax Expenses</td>
<td>$0</td>
<td>$2,550</td>
</tr>
<tr>
<td>Net Pay</td>
<td>$40,000</td>
<td>$37,450</td>
</tr>
<tr>
<td>Taxes (using 25% tax rate for this example)</td>
<td>$10,000</td>
<td>$9,362.50</td>
</tr>
<tr>
<td>After-Tax Expenses</td>
<td>$2,550</td>
<td>$0</td>
</tr>
<tr>
<td>Net Take-Home Pay</td>
<td>$27,450</td>
<td>$28,088</td>
</tr>
<tr>
<td>You Save</td>
<td>$0</td>
<td>$638</td>
</tr>
</tbody>
</table>

This example is for demonstration purposes only. Your actual savings will depend on your overall employment taxes paid. Amounts shown have been rounded.

For more information on Flexible Spending Accounts, contact the Benefits Office in Human Resources.
Patient Comments

<table>
<thead>
<tr>
<th>Comment</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I feel the whole surgery center is outstanding. All personnel was very nice.”</td>
<td>Ambulatory</td>
</tr>
<tr>
<td>“Everybody was wonderful, helpful, kind and respectful. Good Samaritan’s ER is just fantastic.”</td>
<td>Emergency</td>
</tr>
<tr>
<td>“Everything was excellent. I couldn’t have asked for more friendly nurses, aids and housekeeping.”</td>
<td>Inpatient</td>
</tr>
<tr>
<td>“Everyone was very helpful and eager to answer or help with anything I might ask.”</td>
<td>Outpatient</td>
</tr>
</tbody>
</table>

Performance Excellence

Health Care Quality Week

The National Association for Healthcare Quality (NAHQ) designates one week each year to celebrate healthcare quality staff across the nation. In 2016, this week is scheduled for October 16 through the 22. The Performance Excellence staff listed below represent the quality department at Good Samaritan.

Mike Smith - As Director of the department, Mike is responsible for the leadership of the department. In conjunction with the Quality aspect, he also provides oversight for the Patient Safety, Risk Management, and Infection Prevention functions at the organization. His background includes Radiology Technology with the majority of his career focused in management. He obtained his MHA in 2015 and continues to maintain certification in Patient Safety (CPPS) and Risk Management (CPHRM).

Fallon Earley - As a Performance Excellence Review Nurse, she is responsible for abstraction of cases submitted as part of the Quality Reporting initiatives as required by CMS. In addition, she performs retrospective screening on various elements of the patient’s care. She also reports at various Medical Staff Committees, including OB/GYN Section, Internal Medicine Section, etc., to share findings as needed in an effort to improve quality of care throughout the organization. She currently serves on the Nursing Standards of Practice Council. Prior to transferring to the department, she was a nurse in the Main OR. She earned her BSN from Vincennes University in 2016.

Heather Keller - As a Performance Excellence Review Nurse, she works in conjunction to screen charts for Quality, Patient Safety, and Risk issues. She is actively involved in maintaining the Verge Database, which is the event reporting software used in the organization. She serves on the Event Review team, which reviews events to determine whether they should be classified as serious safety events. In addition she serves as an active member and resource on the fall team with an effort to decrease patient falls and increase safety. Prior to transferring to the department, she was a nurse in the Critical Care Unit. She is currently pursuing her BSN through Indiana Wesleyan University.

Jill Ferguson - As the concurrent review nurse in the department, she offers support to the physicians and staff during the patient’s stay. In addition, she performs retrospective review on all Sepsis patients in order to determine compliance with those patients. She is involved with the Nursing PI Committee and serves on the Nursing Work Design and Informatics council. Her career began as a physical therapy assistant. After earning her RN degree she worked on the Medical Surgical floor and served as the Joint Replacement Coordinator prior to coming to the Performance Excellence Department. She also earned her BSN from Indiana Wesleyan University.

Nancy Allen - As a Performance Excellence Review Nurse, she works in conjunction to screen charts for Quality, Patient Safety, and Risk issues. She is actively involved in maintaining the Verge Database, which is the event reporting software used in the organization. She serves on the Event Review team, which reviews events to determine whether they should be classified as serious safety events. In addition she serves as an active member and resource on the fall team with an effort to decrease patient falls and increase safety. Prior to transferring to the department, she was a nurse in the Emergency Department.

Quality is not confined to one department. On the contrary, every employee is vital to the quality of care provided to the patients. However, the staff listed above serve as a resource to the entire organization for quality issues/questions. If you have any questions/concerns, please contact the Performance Excellence Department at extension 3952. Quality is not a department . . . it is a culture that must be promoted.
August New Hires

Convenient Care Clinic
• Ann Held - Nurse Practitioner

Engineering
• Todd Ricketts - Boiler Room Mechanic

Environmental Services
• Misty Deisher - Environmental Services Assistant
• Heather Doersam - Environmental Services Assistant
• David Melton - Environmental Services Assistant
• Kayci Wood - Environmental Services Assistant

Food Services
• Janilyn Elsten - Clinical Dietitian
• Lacy Emmons - Food Service Assistant
• Jennifer Pritchard - Cook
• Deborah Williams - Cook

Laboratory
• Brooklyn Altheide - Clinical Lab Science Student
• Jennifer Bullock - Clinical Lab Science Student
• Samantha Hinderliter - Laboratory Assistant
• Lauren Mesaros - Clinical Lab Science Student
• Summer Zwetkow - Clinical Lab Science Student

Mammography
• Amanda McCravy - Mammography Technologist

Nursing Services
Ambulatory Surgery
• Jamie Massey - Staff Nurse

Emergency Services
• Regan Nicklaus - Staff Nurse

Promotions

Shannon Banes – ICU – Graduate Extern – TO – ICU – Staff Nurse

Mason Buckthal – ICU – Nursing Assistant – TO – ICU – Staff Nurse

Elaine Durchholz – Laboratory – Clinical Lab Science Student – TO – Laboratory – Medical Technologist Reg.

Michelle Hackney – Ambulatory Clinical Pharmacy – Receptionist – TO – Ambulatory Clinical Pharmacy – Access Associate

Mary Harrell – Emergency Services – Staff Nurse – TO – Emergency Services – Charge Nurse

Melinda LeGout – Skin Spa – Spa Manager – TO – Skin Spa – Spa Esthetician

Sydney Lingafelter – Medical/Pediatrics – Graduate Extern – TO – Medical/Pediatrics – Staff Nurse

Shari Seyer – Samaritan Center – Intake Worker – TO – Samaritan Center – Operations Manager

Justin Smith – Perioperative Services – Multi-Skilled Worker – TO – Pharmacy – Pharmacy Tech

Danetta Strate – Health Information – Imaging Specialist – TO – Health Information – Health Information Supervisor

Amy Summers – Physician Services – Meaningful Use Coordinator – TO – Information Systems – Application Analyst

Wanda Whittington – Health Information – Lead Transcriptionist – TO – Health Information – Medical Records Supervisor

Melinda Williams – Patient Access – Access Associate – TO – Care Management – Patient Support Reimbursement Specialist

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. Stop by the Marketing Department on the 5th floor of the Health Pavilion to visit the Giving Tree.

All gifts need to be returned to Marketing by Friday, December 2. If you are unable to visit the Giving Tree between November 1-3, please call extension 3336 and a child will be assigned to you.

Dates to Visit Giving Tree

Wednesday, November 2
Thursday, November 3
Friday, November 4
7 a.m. to 5 p.m.
We invite you to memorialize a loved one, living or passed away, by participating in the annual Good Samaritan Hospice “Light Up A Life,” a memorial and candle-lighting ceremony.

Those who contribute a minimum $10 donation will have the name of their loved one read aloud during the ceremony and inscribed on a special remembrance banner that will be displayed throughout the holiday season. In order to make sure your loved one’s name is placed on the banner, please submit your donation by October 17. Names that are submitted after this date will still be read, but will not be placed on the banner.

Beverages will be served before the event and a reception will take place after the ceremony.

If you would like to make a contribution or have any questions, please contact Good Samaritan Hospice at 812-885-8035 or 800-604-9203.
OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence is prevalent in EVERY community and affects ALL types of people regardless of age, socioeconomic status, sexual orientation, gender, race, religion or nationality.

• 1 in 3 women have been physically abused by an intimate partner
• In the United States, an average of 20 people are physically abused by intimate partners every minute. That equals more than 10 million abuse victims annually.

Every October, Domestic Violence Awareness Month (DVAM) is observed to bring to light an issue that affects our community in a staggering way. DVAM is an opportunity for domestic violence organizations to connect with the community through meaningful outreach and awareness raising events.

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse can be physical, sexual, emotional, financial or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone. ANYONE can be a victim of domestic violence. There is no typical victim. They come from all walks of life, varying age groups, all backgrounds, communities, economic and education levels. Domestic violence does not discriminate.

ANYONE can be an abuser. They may be your neighbor, your co-worker or your pastor. They are usually only violent with their current or past intimate partner. Most abusers do NOT have criminal records. They do, however, have similar personality traits that may include extreme jealousy, possessiveness, unpredictability, verbal abuse, controlling behavior, blaming others, sabotage, as well as embarrassing and demeaning actions toward their intimate partner.

Every relationship differs, but what is most common within all abusive relationships is the varying tactics used by abusers to gain and maintain power and control over the victim. The abuse is usually cyclical. There may be periods of time where things may be calmer, but those times are followed by a buildup of tension, which usually results in the abuser peaking with intensified abuse. The cycle then often repeats, commonly becoming more and more intense as time goes on. The abused often feel isolated, depressed, helpless, embarrassed and guilty. Many still love their abusers and are hopeful they will change. They feel they have nowhere to go, no support and are afraid. The devastating consequences of domestic violence can cross generations and last a lifetime.

Recognize Abuse - Report Abuse

Emotional: Your abuser calls you names, isolates you, is jealous and possessive, punishes you by withholding affection, makes you ask permission, threatens or humiliates you, your children, family or pets, consistently monitors you.

Financial: Your abuser denies you access to bank accounts, controls how money is spent, harasses you or sabotages you at the workplace, gives you an allowance or withholds money, runs up debt, controls other family members public benefits.

Physical: The abuser damages property, pushes, slaps, bites, chokes, abandons you in unsafe places, scares you, threatens, hurts or traps you or your children, prevents you from calling the police or seeking medical attention, uses a weapon to threaten or hurt you.

Sexual: Views women as objects and believes in rigid gender roles, accuses you of cheating, wants you to dress in a sexual way, insults you, forces, demands or manipulates you into sexual activity, hurts you during sexual activities or involves other people in sexual activity with you.

If you feel you are in an abusive relationship, or know someone who may be being abused - SPEAK UP. Break the barrier.

The National Domestic Violence Hotline
1-800-799-7233 (SAFE)
www.ndvh.org

Locally, Hopes Voice provides assistance to victims of domestic violence and sexual assault, including crisis counseling, safety planning and advocacy.
Hope’s Voice hotline. 812-899-HOPE (4673).
Office number 812-886-4470

Mark your calendar!
for the 2016 Employee Wellness Fair

Wednesday, November 2
8 a.m. to 4 p.m.
Eva Hill Auditorium

NOTE THE NEW MONTH: The Benefits Fair, which is always held biennially in November, is often confused with the Wellness Fair which has been held in May during National Hospital Week. Beginning this year, the Wellness Fair will move to November on the opposite years of the benefits fair. So join us! Wednesday November 2 from 8 a.m. - 4 p.m. for great information, FREE give aways, door prizes, screenings and MORE!!