**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.

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**September is Sepsis Awareness Month**

According to the Global Sepsis Alliance, every three seconds someone around the world dies of sepsis. That equals 28,800 deaths per day. In 2016 over 3,000 Hoosiers died in hospitals from sepsis. The average charge for an inpatient with a sepsis diagnosis in Indiana amounted to approximately $44,000. These statistics are sobering; however, they can be used to motivate us to enhance the care of our patients at Good Samaritan. Listed below are some facts about Sepsis that may help you be more aware of sepsis at both work and home.

<table>
<thead>
<tr>
<th>What is sepsis?</th>
<th>What causes sepsis?</th>
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<tbody>
<tr>
<td>Sepsis is the body’s overwhelming and potentially life-threatening response to an infection. It can lead to tissue damage, organ failure and even death.</td>
<td>Any type of infection, anywhere in the body, can cause sepsis.</td>
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<table>
<thead>
<tr>
<th>Who can get sepsis?</th>
<th>What are the signs and symptoms?</th>
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<tbody>
<tr>
<td>Anyone, regardless of age can be affected.</td>
<td>Shivering, fever, feeling very cold</td>
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<td></td>
<td>Extreme pain or feeling worse than ever</td>
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<td></td>
<td>Pale or discolored skin</td>
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<td></td>
<td>Sleepiness, difficulty waking up, confusion</td>
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<tr>
<td></td>
<td>I feel like I might die</td>
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<td></td>
<td>Shortness of breath</td>
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<table>
<thead>
<tr>
<th>How is sepsis treated?</th>
<th>How can I reduce my risk of sepsis?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sepsis is serious and should be treated in a hospital. Health care providers typically administer antibiotics and work to treat the infection, keep vital organs healthy and prevent a drop in blood pressure. More extensive treatment may be necessary in severe cases including oxygen and IV fluids, kidney dialysis, surgery, etc.</td>
<td>Be vaccinated, be thorough in cleaning and treating scrapes and wounds, practice good handwashing, and be vigilant, i.e. if you have an infection look for the signs.</td>
</tr>
</tbody>
</table>

The team work between the medical staff, nursing and ancillary departments has been outstanding. Positive results are being realized. The ultimate goal is to provide outstanding care to our patients while enhancing their quality of life. By doing this, we hope to provide more time with their loved ones to celebrate that next birthday, holiday or any life milestone.

To learn more about Sepsis Awareness and how you can help raise awareness, visit [sepsis.org](http://sepsis.org). You can also watch the video, [Faces of Sepsis](http://facesofsepsis.org), by clicking [here](http://examples.com).
This Past Year in Shining Stars

September 2016
Emily Montgomery

October 2016
Melinda Carie

November 2016
Laura Grove

December 2016
Toby Kerlin

January 2017
John Brashear

February 2017
Richard Schlomer

March 2017
Kaitlyn Knollenberg

April 2017
Nancy Allen

May 2017
Lori Devers, Lesa Edgin & Brenda Sage

June 2017
Jim Flory

July 2017
Joyce Miller

August 2017
Miranda Newberry

September’s Shining Star is Ron Gehlken

A patient had spent many days on the 4th floor and was not able to easily get in and out of bed due to his size. The hoyer lift pad was not able to carry the patient’s weight and a new one was ordered that was expected to come in on a Friday. Ron volunteered to come in on his day off during Memorial weekend to help the other orderly to get the patient up in his chair. The patient had been waiting all week to get out of his bed and was very happy to be able to sit up for a while. Ron took the extra initiative and came to help out his fellow co-workers on his day off for the benefit of our patients. Great job Ron!

August’s Cultivating Care Winner is Chandra Perry

A patient who had spent many days on the Oncology/Hospice unit always spoke about wanting to get her nails painted. Chandra took it upon herself to come in on her day off and used her own supplies to paint her patient’s nails. This completely made the patient’s day! Chandra went above and beyond to fulfill her patient’s wish and make her day a little brighter.
Patient Experience

When we consider the patient experience, we generally think about employees in the hospital who provide hands-on 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!

INFECTION PREVENTION - It’s not just flu shots and hand washing!

The two ladies in the Infection Prevention Department develop and coordinate the infection prevention and control program throughout the facility. They work every day to ensure that the patients, visitors and staff are safe by isolating sources of infection and limiting their spread. They systematically collect, analyze and interpret health data in order to plan, implement and evaluate safe patient care practices. An important aspect of their job is to ensure compliance with Joint Commission, OSHA, CDC, CMS and other county, state and federal regulatory agencies as it relates to infection prevention. They collaborate and report to Public Health Agencies regarding communicable diseases, state reporting requirements and initiatives, and the CDC/NHSN mandatory reporting laws. The Infection Preventionists interact daily with staff, physicians, nurses, department managers, supervisors and employee health services to provide resource information, resolve infection control problems, and identify new opportunities to improve care and manage costs.

“I am dedicated to preventing and controlling the transmission of health care associated infections among patients, visitors and staff here at Good Samaritan. My personal goal is that Infection Prevention is hardwired throughout the facility 100% of the time because implementing infection prevention is everybody’s responsibility.” - Robin McDonald

“In order to fulfill Good Samaritan’s mission of “providing excellent health care by promoting wellness and healing through trusting relationships” we must put infection prevention practices at the forefront.” - Victoria Halter

“An ounce of prevention is worth a pound of cure.” - Benjamin Franklin

Wellness Salute

What healthy/lifestyle-related change(s) have you made?
No heavily processed foods, no soda (even diet), no artificial sweeteners, no refined sugars. I do yoga, cardio drumming, cardio hip hop and rowing at Elements. I purchased a stationary bike and ride at least 10 miles a day.

How did you make the change/what have you been doing?
I’ve made a conscious choice with the management of my rheumatologist. I have progressed from chair yoga to being able to do a lot of the standing positions and, as of last week, I’m able to do some on the floor. I have lost 48 pounds so far and am able to do more physically.

What motivated you to make the change?
I was diagnosed 11 years ago with severe rheumatoid arthritis. My rheumatologist has been a great inspiration and encourages me. I decided I needed to be healthier and I did not want to become any more handicapped.

Tips for success/staying motivated?
I feel better and have less pain. You have to stay positive and my faith has been one of the biggest factors. Depression can be a real problem with any autoimmune disease because there is no cure. I am now in remission and was able to cut out some of my medications. I still continue my infusions every four weeks.

How have you incorporated this into your life (Ex. How do you find time, etc.)?
You have to make time! It's your life and it's important to make the quality better. By doing so, you can hopefully help and encourage others. After awhile it becomes your "normal."

How has it made you feel?
10,000 times better! The pain does not go away and some of the disabilities are there permanently, but they are improved and tolerable. I also have a higher self esteem.

Anything else you would like to add?
You need a strong support group. I was fortunate to have support from an amazing church-affiliated grief group; the owner of Elements, Amber Gerkin; and many friends. God gave me several means of support and the will to do what I needed to do.

Karen DeBoer
Nurse / Office Manager
Physician Network - Dr. Walters

Suicide Awareness Walk

Saturday, September 9
Gregg Park | Vincennes, IN | 9 to 11 a.m.

• Balloons will be released in memory / honor of loved ones
• Bracelets with bead colors that represent support of cause, memory of parent, child, sibling, military, etc. will be passed out
• Personal stories will be shared
• Walkers will be invited to come together for a ceremonial lap
• Temporary semi-colon tattoos will also be available

Purchase your walk shirt today for only $5! Call Janice Fisher at extension 6222 or email her at jfisher@gshvin.org.

Congratulations to LaSalle Inpatient Nurse, Alysa Sharp, for her winning t-shirt design!
For Your Benefit: Qualifying Events Notification

A qualifying event is defined as a major life event that allows employees to make benefit changes mid-year. Qualifying events are set forth by IRS Section 125 guidelines, and unless you experience a qualifying event – you cannot make changes to your benefits until the next open enrollment period.

Please notify Human Resources if you have any of the following life event changes:

- Beneficiary Change
- Birth/Adoption
- Dependent Child reaches Limiting Age
  - Health – End of month child turns 26
  - Dental & Vision – End of year child turns 23
- Divorce/Annulment/Legal Separation
- Death in the Immediate Family
- Employment Status Change (part time to full time; full time to prn etc.)
- Marriage
- Retirement
- Spouse Loss of Coverage
- Spouse becomes eligible for coverage under another Employer’s Plan

Are you having an important birthday?
- Long Term Disability
  > Maximum Benefit Period is later of age 65 or Social Security Normal Retirement Age
- Dependent Life
  > Spousal coverage ends at age 70
- Supplemental Life
  > Benefit reduces by 35% at age 70
  > Benefit reduces an additional 20% at age 75
  > Benefit reduces an additional 15% at age 80
- Any other error corrections or changes

It is important that you notify us within 30 days of a life event (or within 60 days for a birth/adoption). Certain documentation may be required to make changes. This will ensure that there is no interruption or error in your benefits. Contact the Human Resources Benefits Office with any additional questions.

Congratulations to Matt Bowman for his National Healthcare Disaster Professional Certification!

The National Healthcare Disaster Professional Certification is an official certification available through the American Nurses Credentialing Center (ANCC) for a host of health care professionals. The first testing and awarding of certifications occurred just a few weeks ago. Matt Bowman, RN on 4GM and the lead tech for the hospital’s Decon team was among the first class of national health care providers to pass the credentialing exam. Congratulations to Matt on his dedication to community, health care and Good Samaritan as he continues to strive for excellence in continuing education.

WALK•HOPE•CURE
CYSTIC FIBROSIS
GREAT STRIDES WALK

Sunday, September 24, 2017
Vincennes University Track
Registration: 12:30 p.m. (EST)
Opening Ceremony: 1:30 p.m. (EST)

To find out more about the Great Strides walk or to donate online, click HERE.

FALL COOKOUT

Wednesday, September 13
(Rain Date: September 14)

MENU
Pulled Pork BBQ | Veggie Burgers
| Baked Beans | Cole Slaw |
Assorted Ice Cream / Fruit Bars

SERVING TIMES
11 A.M. - 1:30 P.M. | 4 - 6:30 P.M.
11:30 P.M. - 1 A.M.
MCV Serving Time: 11:30 A.M. - 2 P.M.

Door prizes winners will be announced!

JOIN US IN THE FIGHT AGAINST BREAST CANCER

REGISTER HERE FOR THE KOMEN RACE FOR A CURE AND JOIN THE GOOD SAMARITAN BREAST CARE CENTER TEAM. DEADLINE TO REGISTER FOR TEAM IS SEPTEMBER 15.

SEPTMBER 24, 2017
EASTLAND MALL | EVANSVILLE, IN
Registration: 6:30 a.m. | Non-Competitive Race: 9:15 a.m.

IF YOU WOULD LIKE MORE INFORMATION ABOUT THE KOMEN RACE OR HAVE QUESTIONS, PLEASE CONTACT HILARY PRICE AT 885-3951.

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Congratulations to Matt Bowman for his National Healthcare Disaster Professional Certification!
“I am pleased with the care I received. I thank God we have this facility in our community.”

–Ambulatory

“I am pleased with the care I received. I thank God we have this facility in our community.”

–Emergency

“Once again, Good Samaritan’s staff and doctors did an amazing job.”

“My experience was very good. Excellent treatment; excellent staff. Very happy with my stay.”

–Inpatient

“I have had nothing but good experiences from the hospital and the valet parking is WONDERFUL.”

–Outpatient

“I have always been treated very well in this office and have always experienced great care.”

–Physician Network

“Everyone on this floor is very nice. They have great compassion for their patients.”

–Inpatient Behavioral Health

**United Way 2017 - Your Change Will Make A Big Change In Knox County**

It is once again time for the United Way Campaign! This is your chance to help Good Samaritan raise money for the United Way of Knox County. Your pledge and cash contributions will significantly improve the United Way’s opportunity to give to our community and partner agencies. This year’s hospital goal is $85,000 and the hospital campaign will run from September 25 to October 13. Donation forms for this year’s campaign will be handed out soon! The first team leader meeting will be on September 15.

The United Way is able to continue funding Knox County’s Kindergarten Jump Start which gives students in Kindergarten through third grade tutoring from their teachers. The United Way has a new initiative in Education - NFL Character Playbook, that they would like to be able to offer to the local schools. The NFL Character Playbook (in partnership with NFL) is a new digital course for children in grades 7-9, in the form of a graphic novel that teaches how to cultivate and maintain healthy relationships, how to manage emotions, resolve conflicts and make informed decisions.

**UNIFIED WAY PARTNER AGENCIES**

Access to Healthcare (Good Samaritan Foundation)
American Red Cross, Old Northwest Territory Chapter
B.A.B.E. (Bibs and Britches)
Backpacks for Love
Bettie J. McCormick Senior Center
Boy Scouts of America, Buffalo Trace Council
Boys and Beyond (PACE)
CASA (Court Appointed Special Advocates) - CFS
Helping His Hands
Hope’s Voice (Domestic Violence Program) - CFS
Meals on Wheels (Nutrition Program of Generations)
Girl Scouts of South Western Indiana
Keep Vincennes Rolling

KCARC Project 1972
1,000 Books Before Kindergarten (Knox County Public Library)
AngelWorx (Generations)
L.A.M. (Life After Meth)
Mental Health America (Knox County Chapter)
North Knox School Ministries
SuperMENtors (PACE)
Teen Court
The Blue Jean Center
The Salvation Army
VanGo
Vincennes YMCA

To learn more about the United Way of Knox County and how you can help your community, click [here](#).
Promotions

Crystal Atkinson – ICU – Nursing Assistant – TO – ICU – Multi-Skilled Worker

Becky Coleman – Rehab Unit – Staff Nurse – TO – Rehab Unit – Charge Nurse

Kaitlin Dotson – Surgical Unit – Graduate Extern – TO – Surgical Unit – Staff Nurse

Amy Embry – ICU – Nursing Assistant – TO – ICU – Multi-Skilled Worker

Stephen Graber – ICU – Graduate Extern – TO – ICU – Staff Nurse

Tracy Graber – ICU – Graduate Extern – TO – ICU – Staff Nurse

Carla Hatcher – Inpatient Oncology – Graduate Extern – TO – Inpatient Oncology – Staff Nurse

Cecilia Kahre – ICU – Nursing Assistant – TO – ICU – Multi-Skilled Worker

Jacey Legg – Surgical Unit – Graduate Extern – TO – Surgical Unit – Staff Nurse

Sarah Maxwell – Perioperative Services – Multi-Skilled Worker – TO – Perioperative Services – Surgical Technologist

Jennifer McIntire – Rehab Unit – Staff Nurse – TO – Rehab Unit – Shift Coordinator

Kathy Morgan – Inpatient Oncology – Graduate Extern – TO – Inpatient Oncology – Staff Nurse

Lindsey Poyser – ICU – Graduate Extern – TO – ICU – Staff Nurse

Lauren Primus – Medical/Pediatrics – Graduate Extern – TO – Medical Pediatrics – Staff Nurse

Amy Rumer – OB – Shift Coordinator – TO – OB – Nurse Manager

Angela Scheessele – Medical/Pediatrics – Graduate Extern – TO – Medical/Pediatrics – Staff Nurse

Destinee Scott – Ambulatory Surgery – Graduate Extern – TO – Ambulatory Surgery – Staff Nurse

Samantha Shafer – Food Services – Food Service Assistant – TO – Food Services – Cook

Audra Sloan – Medical/Pediatrics – Graduate Extern – TO – Medical/Pediatrics – Staff Nurse

Andrew Spivey – Medical/Pediatrics – Graduate Extern – TO – Medical/Pediatrics – Staff Nurse

Kasie Wade – ICU – Nursing Assistant – TO – ICU – Multi-Skilled Worker

Chelsea Wanke – Radiology – Radiologic Tech (R) – TO – Radiology – Special Procedures Rad Tech


Shane Wilson – Pharmacy – Pharmacy Operations Coordinator – TO – Pharmacy – Director Of Pharmacy

Environmental Services
• Kelsey Sumner - Environmental Services Assistant

Food Service
• Chelsea Ellis - Food Service Assistant

Laboratory
• Clayton Groves - Laboratory Assistant

Nursing Services
• Lindsey Downey - Staff Nurse, Emergency Services
• Megan Roark - Secretary, Hospice
• Amanda Southworth - Multi-Skilled Worker, Medical/Pediatrics
• Tessa Stewart - Nurse Assistant, ICU
• Lou Tewell - Staff Nurse, Rehab Unit
• Angela VanMatre - Staff Nurse, CDU

Patient Access
• Kaitlyn Wernsing - Access Associate

Patient Accounts
• Leann Bailey - Patient Accounts Representative
• Audrey Lawson - Patient Accounts Representative

Perioperative Services
• Dana Chesnut - Central Service Attendant

Physical Medicine
• Megan Howard - Physical Therapist Asst. Cert., Rehab Physical Therapy

Physician Services
• Traci Coquillard - Medical Assistant, Cert., Washington Primary Care Clinic
• Jamie Hardin - Medical Assistant, Family Practice Petersburg

Radiology
• Ethan Penn - Nuclear Medicine Lead Technologist

Respiratory
• Mary Holcomb - Registry Respiratory Therapist, Reg.

Samaritan Center
• Ashley Lynch - Mental Health Counselor I
LISTENING TO UNDERSTAND

Respect in the Workplace

The 7th Service Excellence Standard of Behavior emphasizes the importance of communicating “effectively and positively, in a manner which is supportive and non-critical of others. Speak positively about Good Samaritan in the presence of our patients and members of our community.” To put this standard of behavior into practice, we must “listen first to understand the person’s words, intents, and feelings.” Listening is one of the most powerful tools that allow us to connect with others. Listening to understand requires you to give the speaker your full and undivided attention. You can demonstrate good listening skills with your body language - make eye contact, nod your head, smile, lean toward the speaker. Always use a pleasant, caring and sincere tone of voice, and be a good listener. Focus on the speaker’s needs and follow through with their request.

Listening to Understand is vital to great communication and is just one way the Standard of Behavior can be achieved.
SEPTEMBER IS HEALTHY AGING MONTH

September is designated as “Healthy Aging Month”, intended for those 45 and older to focus on the positive aspects of aging. However, one certainty in life is that we are all aging. Whether we are 25 or 85, the clock is moving forward. Most of us don’t live a “perfect” lifestyle and there are always positive behavior changes we can make to lead a healthier life - at any age!

Healthy Aging Month is the perfect time for all of us - from Millennials to Boomers - to take stock in where we’ve been and make plans for where we’re going. Use this month to reflect and prepare to make positive changes that can impact how we age including physical, social, financial and mental wellness. But don’t forget the basics! Aging well will always include watching your weight, being active and making sure you eat a well-balanced diet.

1. **Positivity!** Work towards being more positive in your conversations and actions every day. It is so easy to be pulled into negative reactions or comments. Make an effort to be more positive and encouraging; letting those negative remarks go unsaid. Practice positive self-talk. Studies have shown that being a positive person can have significant health benefits including decreased stress and depression, lower risk of cardiovascular disease and an improved immune system.

2. **Do you have a social structure that surrounds you with negativity and pessimism?** Do you find yourself feeling worse after being around certain people? Some relationships can be toxic- they can suck the life out of you. Those are people in your life who need to go. Relationships are important – but not all relationships are healthy. Consciously distance yourself from those negative influences. Don’t let them pull you into their destructive lifestyle-focus on those people and relationships that are encouraging and positive, that build you up and make you feel better about yourself!

3. **Walk tall.** Carry yourself like a vibrant, healthy person. Make the effort to stand straight. Check yourself out in a mirror. Do you look deflated and defeated? Try again! Make a conscious effort to hold your stomach in, your shoulders back and your chin up. You’ll not only look much better, but you’ll begin to feel better too! Good posture - sitting and standing, and a strong gait prevents fatigue and strain as well as keeping bones and joints in the proper position so that muscles are used properly.

4. **Do you find yourself feeling lonely?** Having people around all day does not prevent loneliness. There is significant research suggesting that loneliness and isolation has a substantially negative affect on your health. Don’t brood or complain about it, don’t hunker down and become hermits, do something about it. Pick up the phone, email or text someone to join you for lunch, a walk or coffee. Try volunteering, it’s a great way to meet new people with similar convictions, or take a class that can introduce you to others with similar interests. Reaching out may be a stretch outside your comfort zone, but the end results are definitely worth it.

5. **Find your inner artist.** Even if you can’t draw a straight line, we all have something creative we are interested in. Whether it’s music, landscaping, organizing or journaling, being creative helps stimulate our minds and think outside the box. Creativity draws on a variety of neural networks that helps to decrease stress and anxiety, increase your problem solving abilities as well as increase self-confidence.

6. **Walk.** The great majority of us can benefit significantly from walking and being active more every day. Not just for the multiple health benefits like cardiovascular, bone and muscle strength and decreasing risks of chronic disease, walking can help improve your mood, increase your socialization and gives you more energy. Our increasing obsession with electronics is a significant threat to our mental, physical, emotional and future health. Unplug and get up – sometimes it’s that simple.

7. **Don’t think you are invisible.** Get your age appropriate screenings! This sounds like common sense, but many of us don’t take these preventive steps to decrease the risk of developing hypertension, heart disease, diabetes and cancer. Proud that you can claim you haven’t been to the doctor since the 70’s? That’s really NOT something to brag about. Contact your primary care provider and see what preventive screenings you are due for. Now that’s something to be proud of.

If you’d like more information about healthy aging and how to make positive behavior changes, contact Employee Wellness at 3316 or email slyochum@gshvin.org.