



# Good Samaritan

HEALTH & WELLNESS CENTER

*Restoring Health. Saving Lives.*

## Healthy Times

For Good Samaritan Patients

175 Samaritan Drive  
Jasper, GA 30143  
[www.goodsamhwc.org](http://www.goodsamhwc.org)

**Fall 2015**

### **GOOD SAMARITAN OFFICIALLY BECOMES A COMMUNITY HEALTH CENTER**

When Good Samaritan Health and Wellness Center met all the criteria to be a Federally Qualified Health Center (FQHC) on August 31, 2015, certain changes went into effect. Some of the most positive changes are that we are open longer hours — 8:30 a.m. to 5 p.m., Monday thru Friday. After six months of operation we will expand our hours to include some evenings to better accommodate our patients who work.

Conversion to a Community Health Center allows us to continue treating the patients we have been seeing—even if they get Medicare or Medicaid. In addition we can expand our services, including serving the children of our community, longer hours of operation, hire needed medical staff and other employees, improve our quality of care, and serve a larger area—all while continuing our mission of compassionate and respectful patient care.

With the increased staffing and hours, we will no longer need to restrict our service area to Pickens County and are able to expand our service area to include surrounding counties. As a Community Health Center, however patients do have to pay for services. The amount will be determined on your ability to pay, and we will use a sliding scale for uninsured patients. Even if you have insurance, Medicare or Medicaid, there may be co-pays and deductibles.

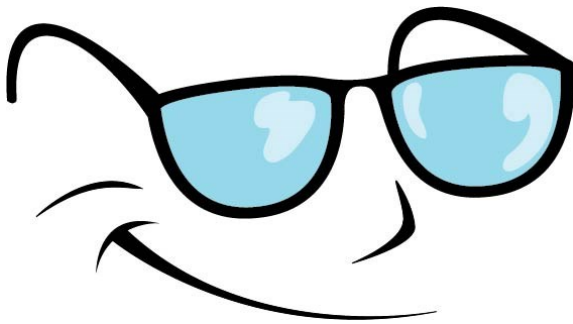
As part of our transition to this new status, your doctors will soon have access to your medical records on their computers and many aspects of your visits to the Center will go faster. Electronic medical records means that you will have access to test results and other aspects of your medical record via a “patient portal” accessible on your computer. In addition, you will be able to request an appointment, prescription refill and ask questions of your doctor or nurse. Through the portal.

#### **MISSION STATEMENT**

*The mission of this not-for-profit health and wellness center is to provide the medically underserved in our  
community with compassionate and individualized health care and related services  
in an atmosphere of respect and dignity.*

## Eye Clinic Gets New Look

The Good Samaritan Vision Center is now located in the Wilber Building and has a nice new look. In addition to moving to a nicer facility, the Vision Center has gotten new equipment and furniture.



The Vision exam room has a new patient chair, a new instrument stand and exam instruments. We also have a new phoropter — A phoropter is a common name for an ophthalmic testing device, also called a refractor. It is commonly used by eye care professionals during an eye examination, and contains

different lenses used for refraction of the eye during sight testing, to measure an individual's refractive error and determine his or her eyeglass prescription.

The Vision office also has a new pupilometer, used for properly fitting the lenses. In addition the selection of frames has been expanded providing more choice for patients.

Vision Clinics for the rest of the year have been scheduled for:

- ◇ Wednesday, October 14
- ◇ Wednesday, November 18
- ◇ Wednesday, December 16

## Apple Lady Bug Treats

### Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 Tbsp. peanut butter
- 8 thin pretzel sticks

### Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core then first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method of make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.



## Know Your Providers

**Dr. Richard Ryder, MD**

Dr. Ryder earned his medical degree from Wake Forest University Medical School in Winston-Salem, NC. He completed his residency at Georgetown University in Washington, DC. He received his undergraduate degree in Chemistry from Bates College in Lewiston, Maine. Prior to joining Piedmont Heart Institute, Dr. Ryder was a full partner at Cardiology Associates in Johnson City, NY except for two years when he was head of the heart failure division at Brody School of Medicine in NC. Dr. Ryder has been practicing medicine for 41 years.

Most recently, Dr. Ryder saw patients at Piedmont Mountainside Hospital



Cardiac Imaging Center and began his volunteer service at Good Samaritan earlier this year and says of his time with us; “This has been very enjoyable. There are many very dedicated people at Good Samaritan with whom I very much enjoy working.”

## Do You Have Trouble Resisting Food?

Overeaters Anonymous (OA) is a Fellowship of men and women who have a common problem: compulsive eating. These people join together to share experience, strength and hope with one another to solve this problem and to help other compulsive overeaters to do the same.

OA is a proven program based on the principles of Alcoholics Anonymous, and many people have achieved their desired weight loss and maintained it by following this program of recovery. OA believes that compulsive overeating is a threefold disease; physical, emotional and spiritual, and, like alcoholism and drug abuse, can be arrested, but not cured.

The goal of the program is to help people abstain from compulsive eating one day at a time. They do this through daily personal contact, meetings, and by following the 12-step program of Alcoholics Anonymous, changing only the words “alcohol” and “alcoholic” to “food” and “compulsive overeater.”

Everyone is welcome. The only requirement for membership is a desire to stop eating compulsively. There are no dues or fees, all you need is a desire to eat less.

The Jasper chapter of OA meets at Our Lady of the Mountains Catholic Church every Wednesday at 6:30 pm, and every Saturday at 10:00 am. For more information call Sue at (706) 268-3576.

The principles behind the 12 steps are:

- Step One: Honesty**
- Step Two: Hope**
- Step Three: Faith**
- Step Four: Courage**
- Step Five: Integrity**
- Step Six: Willingness**
- Step Seven: Humility**
- Step Eight: Self-discipline**
- Step Nine: Love for others**
- Step Ten: Perseverance**
- Step Eleven: Spiritual Awareness**
- Step Twelve: Service**



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## Do You Suffer with Acid Reflux?

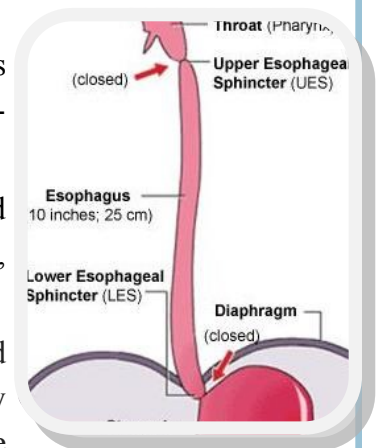
If you have been diagnosed with acid reflux or GERD (Gastroesophageal reflux disease) you may develop Esophagitis. The esophagus is the tube that carries food from our throat to your stomach. Esophagitis can be painful and can make it hard to swallow.

Esophagitis is irritation or inflammation of the esophagus and GERD is its most common cause. When you have GERD, stomach acid and juices flow backward into your esophagus. This can irritate the esophagus.

Dietary and lifestyle choices may contribute to GERD. Certain foods and beverages, including chocolate, peppermint, fried or fatty foods, coffee, or alcoholic beverages, may trigger reflux and heartburn.

Because fatty foods, mints, chocolates, alcohol, nicotine, and caffeinated beverages, such as coffee or colas, relax the lower esophageal sphincter, you may be able to reduce the amount of acid reflux you experience by avoiding these foods. Carbonated drinks, citrus fruits and juices, spicy foods, and tomato sauce may irritate the lining of your esophagus and make the effects of GERD more severe. Cutting out these foods helps some people who have GERD.

You may help reduce reflux by quitting smoking, wearing loose clothing, eating smaller meals, not lying down for at least three hours after you eat, and losing weight if you are overweight. Some people are able to prevent symptoms at night by raising the head of their bed with 6-inch blocks or by sleeping on a special wedge-shaped pillow that elevates the upper part of the body. Sleeping on your left side may also lessen symptoms.



### 2016 Holidays

Good Samaritan will be closed on

November 26 & 27 Thanksgiving

December 24 & 25 Christmas