



# 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)

**Spring 2018**

### How are You Sleeping?

By Janna Williams-Pitts, Ph.D.

Sleep Awareness Week is March 11-17<sup>th</sup>. We need sleep to be able to restore and regenerate our bodies as well as consolidate our memories. While we are resting peacefully, there are many significant processes occurring in our bodies. It is no surprise that sleep deprivation is associated with increased risk for health problems that include increased risk for Type 2 Diabetes, High blood pressure, a weaker immune system, poor short and long-term memory, and difficulty concentrating.

There are quite a few things that can make it hard to lay down for a good night's rest such as:

- Stress
- Insomnia (often due to anxiety, depression)
- Hormonal changes
- Poor sleep habits and environmental factors
- Sleep Apnea

Here are some strategies to try for a better night's rest:

- Start a routine (sleep hygiene) that you do every night before bed. This could include drinking a cup of caffeine free tea, taking a warm bath, listening to relaxing music.
- Turn off all screens (television, computer and phone) 2 hours before bed. The light from these devices can confuse the body's internal clock that tells us that it's time to sleep.
- Make your bedroom dark, quiet, and not too cold or too hot.

If racing thoughts are making it difficult to wind down at night, meeting with a psychologist to address anxiety and depressive symptoms may be helpful for you.

#### 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.*

# Spring Clean Your Medicine Cabinet

## 6 Tips to Help Spring Clean

### Your Medicine Cabinet

By Jenise Stephen, Pharm.D

It's that time of year again — the weather is slowly warming up and the days are getting longer! Despite what the temperature outside may indicate, spring has officially arrived. And with the new season comes that time-honored ritual—spring cleaning.



Chances are, if you open up your medicine cabinet, you'll find some old prescription bottles or maybe some leftover medication that "might come in handy someday." In actuality, those medications may have expired and may cause more harm than you realize.

It's important to extend spring cleaning to your medicine cabinet and here are 6 tips to get you started:

1. **Check the dates.** Examine everything in your medicine cabinet, including ointments, supplements and vitamins. Discard any item that is beyond the expiration date. Many medications lose their effectiveness after the expiration date. Some may even be toxic.
2. **For prescriptions, follow the one year cut off rule.** Discard any prescription medications that are more than one year old.
3. **Ditch any items that have changed color, smell or taste.** This includes any colors that have faded, because they may have been exposed to too much light.
4. **Discard unmarked containers.** If something is no longer in its original container and cannot be identified, get rid of it. In the future, try to always keep medications in their original containers so that you can easily recognize every medication. This includes ointments, since these can easily be mistaken for creams.
5. **Be careful about throwing out medication.** Because of the potential harm to the environment, it is not recommended to simply throw out medication or flush them down the toilet. Here's what to do:
  - Place all medication in a sealable bag. If there are solid medications, add some water so they can dissolve.
  - Add kitty litter, coffee grounds, saw dust, or any material that mixes well and makes it unappealing for children or animals to eat.
  - Seal the bag and put it in the trash.
  - Remove any identifying information on the prescription bottle (like the label), clean and recycle. Your local pharmacy, police department or Drug Enforcement Agency may also be able to assist in disposing of medication in a safe manner.\*

**Consider relocating your medicine cabinet.** Many people don't realize that the bathroom cabinet is not the best place to store medication. The temperature and humidity changes that take place while the shower is running can lower the potency of your medication. Medications should be kept in a cool dry place, away from children. Consider a drawer in your dresser or a lock box in your closet.

*\*Individuals in Pickens County may take their unused prescription drugs to Pickens County Sheriff's Office for proper disposal.*

## Know Your Providers



### ***Director of Behavioral Health***

Janna Williams-Pitts, PhD, joined the staff of Good Samaritan in late April as the Director of Behavioral Health. Dr. Williams-Pitts is a licensed psychologist and will be providing behavioral health services to adults, children and adolescents. Prior to joining Good Samaritan Dr. Williams-Pitts was the Employee Assistance Program Coordinator at Columbus Regional Health in Columbus, Indiana. Originally being from rural North Carolina, Dr. Williams-Pitts was ready to move back to the south and wanted to work with a community based health clinic where she could work closely with and help local residents. See the front desk or call to learn more about the services our Behavioral Health Department offers.



### ***Family Nurse Practitioner***

Our newest medical provider is Mrs. Haley Cook, FNP. Haley is a certified Family Nurse Practitioner and will be seeing patients of all ages for their primary care needs. Haley earned her Master of Science in Nursing from Chamberlain College of Nursing. She resides in Canton and previously worked at the Cherokee County Health Department. Mission work and giving back to the community is important to Haley and she has spent time treating patients in the jungle of Guatemala and in the city of Zacapa and often volunteers with the Love Loud mission out of Woodstock Baptist Church. During her spare time Haley enjoys camping and spending time with her family.

## Perfect Picnic Side Dish

### BLT Cups

#### Ingredients:

- 3 tablespoons light mayonnaise
- 1 tablespoon fat-free milk
- 1/2 teaspoon finely shredded lemon zest
- 1 clove garlic, minced
- 1/8 teaspoon black pepper
- 3 cups chopped romaine lettuce
- 1 cup cherry or grape tomatoes, halved
- 2 slices turkey bacon, cooked according to package directions and chopped
- 4 whole-wheat croutons, coarsely crushed

#### Directions:

- 1) In small bowl, combine mayonnaise, milk, lemon zest, garlic and pepper, set aside.
- 2) In four wide, 8-ounce glasses or serving dishes, layer half the lettuce, half the tomatoes and half the bacon. Top with the mayonnaise mixture. Repeat layers once. Sprinkle with crushed croutons.



#### Nutrition Information:

- Serving size: 1 cup
- Per serving: 83 calories; 6 g fat(1 g sat); 2 g fiber; 5 g carbohydrates; 3 g protein; 56 mcg folate; 9 mg cholesterol; 2 g sugars; 3,368 IU vitamin A; 14 mg vitamin C; 24 mg calcium; 1 mg iron; 226 mg sodium; 224 mg potassium
- Nutrition Bonus: Vitamin A (67% daily value), Vitamin C (23% dv)
- Carbohydrate Servings: 1/2

#### 2018 Holiday Closures

New Year's Day	Jan 1	Independence Day	Jul 4
MLK Jr. Day	Jan 15	Labor Day	Sept 3
President's Day	Feb 19	Thanksgiving Day	Nov 22
Good Friday	Mar 30	Day after Thanksgiving	Nov 23
Memorial Day	May 28	Christmas Day	Dec 25