



HEALTH CONNECTIONS

A publication of Good Samaritan



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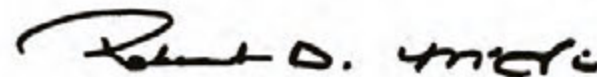
Welcome to our 58th volume of Health Connections! We invite you to read and learn about a few of our patient stories and the world-class care at Good Samaritan.

In this edition, you will read about the impact our physical therapy team is making to improve the lives of those living with Parkinson's Disease. You will also meet two of our Parkinson's patients and read about their journeys. You won't want to miss the miracle of Scott Silverthorne and his life-threatening experience with COVID. We conclude this edition with another amazing story of Randy Burress who is currently undergoing cardiac rehabilitation at Good Samaritan.

Also, in this edition, we are excited to introduce our newest providers we have welcomed in 2022. The photos and biographies of our new physicians and advanced practice providers will help you gain insight and learn more about the care providers within our organization. We have welcomed many new faces this year and are happy to introduce them to the communities we are privileged to serve.

I want to end by thanking you for taking the time to read this edition of Health Connections. Your trust in us to provide excellent health care to you and your family illustrates that we are continuing to make a positive difference in the health and wellness of others. We continue to grow, evolve and work at being the region's center of excellence in health care. I look forward to 2023 and the work we will accomplish in the next year.

Sincerely,



Rob McLin
President & CEO



MISSION: Provide excellent health care by promoting wellness, education and healing through trusting relationships.

VISION: To be the regional center of excellence in health care to support the communities we serve.

PRIDE Values: Patient | Respect | Integrity | Dignity | Excellence

PROMISE: We promise to treat you like family by delivering compassionate, high-quality care throughout your journey.

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Living with Parkinson's Disease

Roger's Journey

Parkinson's disease is a progressive neurological disorder that currently has no definitive cure. About ten years ago, Lawrenceville native, Roger Ford noticed that he had a problem with his left leg. He thought that he might have had a knee or hip problem in the beginning. When he saw his family doctor he recommended some X-rays to see if anything was abnormal and observed his stride and movement. The doctor's recommendation was to see a neurologist. After a brain scan, he was given the diagnosis of Parkinson's Disease. Roger was not a stranger to Parkinson's because his father had it for 15 years before his death. He knew some of the struggles and problems of the disease, but he didn't really know the disease. "I guess it had never entered my mind that I might get Parkinson's someday," stated Roger.

Perhaps as with any debilitating disease, the first part was denial. But with Roger's past experience with Parkinson's, although somewhat limited, he knew what he had to deal with. Denial quickly became acceptance. From Roger's experiences with his father, he saw his father struggle with medications and the importance of keeping the dosage adjusted.

Roger also knew from his research that exercise and a healthy diet were essential elements in his Parkinson's journey. He had noticed his leg and arm seemed weak, but they had the same strength as the opposite appendage so it was not a complete



Roger Ford (right) with his wife Karen on their 60th wedding anniversary.

muscle strength problem. He had read about the Lee Silverman Voice Technique (LSVT) which is a proven therapy that helps patients with Parkinson's. Patients learn to do skills BIG and LOUD by exaggerating movements. Roger took a chance and got an appointment at Good Samaritan with the physical therapy department. "This time my first choice was my right choice, I met Joy Uy. She is skilled, knowledgeable, professional, caring, has a heart for Parkinson's patients and is determined to make a difference in all our lives" stated Roger. Joy is a Senior Therapist (PT/OT), Rehab Physical Therapy at Good Samaritan. Roger said, "Parkinson's is a war you will probably eventually lose, but with the right help you can win a lot of battles, have a better life and extend the length of it."

Ron's Journey

Ron Dix was born and raised in Robinson, Illinois. He served in the United States Navy and has lived in Vincennes for over 57 years. Ron was diagnosed with Parkinson's Disease in 2009 after going to the doctor when he noticed he was a little wobbly and slower at times. Early on in his diagnosis, he didn't notice many changes, but his doctor told him there will be more noticeable changes as he aged and as the disease progresses.

After one of his consultations with his neurologist, he recommended physical therapy to strengthen his body. Ron had his first LSVT BIG course at Good Samaritan in November of 2017 and has attended three refresher courses since then. "I think this is a really good program, it's like anything in life though, you have to keep up with it or you lose your progress with muscle tone and won't be as strong," said Ron. "I still remember them saying BIG steps Ron, BIG swings Ron, BIG palms Ron. The program is designed to help patients apply what they learn in their everyday life.



Ron Dix attending the Parkinson's Disease monthly support meeting at Good Samaritan.

"I see value in the program, it works on balance, muscle tone and gives you a better quality of life with Parkinson's. It has given me more confidence in daily tasks."

Joy Uy, a Senior Therapist (PT/OT), Rehab Physical Therapy at Good Samaritan, has been a great encourager for Ron. She began a support group earlier this year for patients and caregivers living with Parkinson's. Ron says his wife, Ann, attends the monthly meetings with him and helps take notes on topics such as nutrition and medication. The goal of the support group is to help people affected with Parkinson's to live well through education and physical activities. Ron said, "I think this support program will help people in the community with Parkinson's. Joy is passionate about helping patients with Parkinson's."

Join Our Monthly Parkinson's Support Group!



Good Samaritan
Hedde Center
3rd Friday of the Month
11:00 A.M. (ET)

To register for our next meeting, please contact
Joy Uy at 812-885-3601.

A Flat Out Miracle

Illinois man thankful to beat COVID

Scott Silverthorne, age 47, from Chauncey, Illinois, was visiting his brother in Idaho in August of 2021 when he noticed there was a spot on the back of his throat that was just a little scratchy. The next day they packed up the vehicle to head home and after two hours of driving, Scott told his wife, Julie, that he was feeling so bad he couldn't drive anymore. Julie then jumped into the driver's seat for the 26-hour drive home that took them three days to complete.

As soon as Scott arrived home he went straight to bed. The next day when he woke up, he took a COVID test and it immediately showed a positive result. Scott called his primary care doctor in Robinson, Illinois, to get a referral for an infusion at Good Samaritan. He entered the hospital through the Emergency Department where his oxygen level was quickly checked. "My oxygen level was at 80 percent and I was told that I was past the point of an infusion and was admitted directly to the hospital," recalled Scott. "I was scared to death because I couldn't breathe. I was all alone in the hospital because my children had also tested positive for COVID and my wife was quarantined."

After Scott was admitted, Julie said she had tried calling him a few times but got no answer. Soon after, Scott's nurse called her with an update about him being put on oxygen and was currently resting. Julie said she had asked the nurse if she could come to the hospital to visit him, but unfortunately due to COVID restrictions that was not allowed. The only exception when it came to visiting a COVID positive patient was if the patient was at the end of life.

Sitting in their Robinson car dealership, Julie recalled how she went to bed that evening with the thought that Scott was resting comfortably, but then was awoken by a terrifying phone call. "Between 1:30 and 2 a.m., Scott's nurse called to tell me to get to the hospital because he didn't have long to live," Julie said. With tears in his eyes, Scott added "that was kind of a shock to her because she didn't really know it was life-threatening."

Julie rushed to Good Samaritan where she was met by a security guard who escorted her to the ICU to see Scott. When she arrived on the unit she recalls thinking it seemed odd because she didn't see any nurses or doctors around. "When I got to his room it was full of nurses and they all had sickening looks on their faces," she remembered. "Through the window I saw Dr. Watson doing something to Scott's side and had to ask a nurse what he was doing."



Scott, Julie, Willie and Susie Silverthorne - Robinson, Illinois

Dr. Philip Watson had been inserting a chest tube because Scott's lung had collapsed. His heart rate was elevated and his oxygen was dropping. "As I looked in the window, I just couldn't believe it was really him lying there in the bed," exclaimed Julie.

After Dr. Watson came out of the room he was introduced to Julie. "I remember him asking 'can I give you a hug?' and that is when I realized I was losing my husband," she said with tears filling her eyes.

Julie was told that Scott's best chance of survival was to transfer him to another hospital with a higher level of care to have him placed on an ECMO machine that stabilized patients to allow their body to fight the virus more. Unfortunately, several hospitals were called about transfer and they all declined Scott as a patient, claiming they "had better candidates for the machine and didn't think Scott would even survive the flight."

Julie still didn't understand why they wouldn't take Scott if that was his only chance of survival. She remembers telling Dr. Watson "We have two kids, I can't raise them on my own, so what's next." When Dr. Watson told Julie that he would do everything in his power to save her husband, she responded, "you have to, there's no other option. You have to save him."

Julie and their children went through so many emotions. "We had thoughts of anger, confusion and many tears but we knew we had to pray for a miracle," stated Julie. While Scott fought for his life, his family, friends and community all prayed for a miracle.

Scott and Julie stated that God must have heard all of the prayers, because two weeks later he woke up. His memory after waking up in the ICU was of a young nurse in the room with Dr. Watson. "They asked me some random questions and I got them all correct until they asked me how long I had been there," Scott recalled. "I told them I came in yesterday and the nurse said, no you've been here two weeks. I said well that can't be good and Dr. Watson said no it wasn't."

Scott said the best things about Good Samaritan was their determination to help him fight and the support everyone gave his wife through his 20 days in ICU and two weeks in inpatient rehabilitation. "Dr. Watson was the best doctor that Good Samaritan has ever had, he would sit down and talk with Julie one on one and he even gave her his personal cell phone number for any questions she had and he would do whatever her wishes were even if it was against what they thought," stated Scott. Julie told Dr. Watson that she respected his education, but her God was bigger.

Scott and Julie said neither of them were vaccinated for COVID at the time. "It wasn't because we were against it, we just didn't think we needed it. We don't get sick," he stated matter-of-factly. "Unfortunately, I was the one that got COVID really bad and there were several incidents during my stay where my life almost ended."



The Silverthorne Family at the Ford dealership in Robinson, Illinois.



The Silverthorne Family at the Chevrolet dealership in Robinson, Illinois.

The recovery from COVID was tough for Scott. "I remember when I first got into rehabilitation one of my tasks was to sit on the edge of the bed for four minutes. I know it sounds easy, but it was so difficult to do," he stated. However, more than a year later, he said, thankfully, the only remaining issue from COVID is a lack of smell or taste at certain times.

"I'm blessed to have a story to tell, it really moves people when they hear everything that I went through," Scott said proudly. "I've gotten thousands of people vaccinated from COVID after my experience and it's renewed a lot of people's faith in God. It's a flat-out miracle."

The Silverthorne family said they can't thank their family and community enough. From town prayer vigils, family and friends helping with meals and yard work and the great dedication of their employees who kept both dealerships up and running while Scott was out of the office for six months.

Meet Our New Physicians and Providers



Christopher Carter, MD

Pathology

Medical Degree: West Virginia University

Residency: University of Florida

Good Samaritan

520 S. Seventh Street
Vincennes, IN 47591

812-882-5220

Christopher Carter, MD, grew up in Berkeley Springs, West Virginia. He chose Pathology because it combines all aspects that he enjoys the most in patient care with pacing and it gives him the ability to see the whole picture in the hospital system at the same time. Dr. Carter enjoys playing board games with his family, watching movies, playing video games, sports and hiking. He came to Good Samaritan because there was an opportunity to work in the lab and make improvements to patient care in the hospital. Dr. Carter's health tip is to try to stay as active as possible.



Belén Lawless, MD

Neurology

Medical Degree: University of Illinois

Residency: University of Illinois

Good Samaritan

520 S. Seventh Street
Vincennes, IN 47591

812-885-6850

Belén Lawless, MD, was originally born in Argentina. Initially wanting to go into business like her father, Dr. Lawless began to feel an attraction to the medical field and wanted to do something more. It was then that she decided to pursue the specialty of Neurology and earned her Doctor of Medicine degree at the University of Illinois College of Medicine in Peoria, Illinois. Choosing where to practice after graduation was an easy choice for Dr. Lawless. "After my interview at Good Samaritan I really enjoyed the small-town feel," she said. "I felt like there was this big tie to the community and as medicine advances, we see less and less of that. It was nice to see this independent hospital that saw their patients as more than just patients and as members of the community." Dr. Lawless and her husband have two children and reside in Olney, Illinois. In her free time, she enjoys sports, spending time outside, hiking, spending time with her children and playing with her dogs.



Willard Whitehead, MD

Psychiatry

Medical Degree: University of Louisville

Residency: University of Louisville

Samaritan Center

121 Buntin Street
Vincennes, IN 47591

812-885-2718

Willard Whitehead, MD, is a seventh generation Kentuckian. At the University of Louisville, he was actively involved in his residency program and served as Chief Resident in his last year. Dr. Whitehead and his wife have two grown daughters and two grandchildren. He is delighted to have the opportunity to help build a better-integrated and friendly medical community with the psychiatry residency program at Good Samaritan. "It has been my dream to live in a community where doctors know and work better together," Dr. Whitehead said. He is excited to be a part of the medical team at Good Samaritan and treasures the ideals of the organization. One of his favorite health tips he shares with others is to get the best exercise you can and have good friends. "Life goes by faster than you can ever imagine," he said. "It is nice if you can enjoy a few adventures."



Oksana Karpov, DO

Internal Medicine Faculty

Medical Degree: University of Pittsburgh

Residency: University of Pittsburgh

Good Samaritan

520 S. Seventh Street
Vincennes, IN 47591

812-882-5220

Oksana Karpov, DO, was born and raised in the Ukraine and moved to the United States when she was 15 years old. "Being a doctor has always been my dream since childhood and I'm the first doctor in my family which makes me really proud," said Dr. Karpov. "The feeling of a smaller community brought me to Vincennes, and that's why I chose Good Samaritan." Dr. Karpov's hobbies includes fitness, spending time with her family and traveling. She says fitness is her second career and she loves to workout. Dr. Karpov is also a certified personal trainer and her health tip is to take care of yourself, make sure you are healthier today than you were yesterday. Make a small change everyday, like take a walk, start an exercise program or make a dietary change so you become healthier tomorrow.



Melinda Carie, ACNP
Hospitalist

Bachelor's Degree: Vincennes University
Master's Degree: University of Southern Indiana

Good Samaritan 812-882-5220
520 S. Seventh Street
Vincennes, IN 47591

Melinda Carie, ACNP, was born and raised in Knox County. She currently resides in rural Wheatland with her husband and three children. Melinda helps guide patients and families through the healthcare system. She educates patients, clinical staff and interprofessional groups. Melinda also leads research studies and reviews evidence-based policies for nursing. Melinda chose Good Samaritan because she has seen what the hospital has done for the community and she wants to be a part of that. "I want to make a difference in the lives of the people in Knox County," stated Melinda. In her free time, Melinda's hobbies include being a hobby farmer, landscaping and biking. Her health tip is prevention, how you treat your body today is how you're going to feel in 20-30 years.



Amanda Dillon, AGACNP-BC
Pulmonology

Bachelor's Degree: University of Southern Indiana
Master's Degree: University of Southern Indiana

GSPN Pulmonology 812-885-3243
520 S. Seventh Street
Vincennes, IN 47591

Wanting to do more for her patients, Amanda Dillon, AGACNP-BC, decided to go back to school to become a nurse practitioner. "I knew I wanted to be an Acute Care Nurse Practitioner from my past experience in critical care," said Amanda. "I think of it as a privilege being able to help patients and their families when they are enduring some of their sickest times. I enjoy working in the outpatient setting as well." Spending most of her nursing career at Good Samaritan, Amanda knew this is where she wanted to stay and practice as a provider. She and her husband were both born and raised in Lawrenceville, Illinois where they currently reside with their two children. In her free time, she enjoys spending time with her children and in the warmer months going camping, fishing, boating and other watersports.



Taryn Harrell, FNP-C
Family Medicine

Bachelor's Degree: Vincennes University
Master's Degree: University of Southern Indiana

Medical Center of Vincennes 812-885-0524
406 N. First Street
Vincennes, IN 47591

Taryn Harrell, FNP-C, was raised locally in Knox County. She currently resides in Ragsdale with her husband and three boys. She became a nurse practitioner to help the community by giving them more resources to providers and quick, efficient care. Taryn's hobbies include watching her kids' sports, taking pictures and hanging out with her family and friends. "I grew up here, so it was good to come home to Good Samaritan," stated Taryn. Her health tip is to eat your green leafy vegetables, stay active and stay fit so that way you can live a long healthy life.



Kara Holscher, FNP-C
Emergency Medicine

Bachelor's Degree: Indiana University Purdue University
Master's Degree: University of Southern Indiana

Good Samaritan 812-882-5220
520 S. Seventh Street
Vincennes, IN 47591

Kara Holscher, FNP-C, while working as a scribe in the ER throughout nursing school she grew to love the department and admired the care the team provided to patients. "I looked up to the physicians in the ER while I was working and knew I wanted to come back and be a part of this amazing team caring for the community I grew up in," she said. Kara is a Knox County native. She and her family have been a part of the Vincennes community for many years and have farmed in the area for generations. She hopes to provide a friendly face and will always listen to her patients to determine the best care plan. In her free time, Kara enjoys being outside and spending time with her horses. Her health tip for patients is to, treat your body right. Try to get up and move every day, drink plenty of water and eat healthy so you are able to stay mentally and physically fit.

Meet Our New Physicians and Providers



Robert Lang, PA
Family Medicine

Bachelor's Degree: University of Phoenix

Master's Degree: The University of Saint Francis,
Fort Wayne

Convenient Care Clinic **812-885-8941**
1813 Willow Street
Vincennes, IN 47591

Robert Lang, PA, recently moved here from Wyoming with his wife and two children. They moved to the area to be closer to family and have better educational facilities for their children. "When my patients come to me, I want to make sure they get a good explanation about the exam findings and give them the best plan to care for them," stated Robert. Robert's hobbies include hunting, hiking, home improvements and spending time with his family and church group. One of Robert's health tips is to stay positive, your emotional health is connected to your physical health. Engage in activities that keep you spiritually and emotionally healthy and your physical health will follow.



Magdalina Skrzek, CAA
Anesthesiology

Bachelor's Degree: Ball State University

Master's Degree: Indiana University

Good Samaritan **812-882-5220**
520 S. Seventh Street
Vincennes, IN 47591

Magdalina Skrzek, CAA, was born and raised in Poland. She moved to LaPorte, Indiana when she was 14 years old. Magdalina is a certified anesthesiologist assistant. After she did job shadowing at IU Hospital in Indianapolis under a certified anesthesiologist assistant she fell in love with this profession. Magdalina loves to read and take walks with her dog. Magdalina's health tip is to try to include exercise in your life; drink more water and eat your veggies.



Andrea Tomey, PMHNP
Psychiatry

Bachelor's Degree: Vincennes University

Master's Degree: University of Southern Indiana

Samaritan Center **812-886-6800**
515 Bayou Street
Vincennes, IN 47591

Andrea Tomey, PMHNP, was born and raised in southern Indiana. She and her husband have three children. She has worked in long-term care, case management, gero-psychiatry, marketing and admissions and correctional nursing, but she's always felt "at home" working in psychiatry. Andrea began her career at Good Samaritan in 2014 as a PRN nurse in the LaSalle Behavioral Health Unit. She accepted a full-time position with the Samaritan Center in the spring of 2015 and made the move back to LaSalle in 2019 while she pursued her MSN through the University of Southern Indiana. Andrea graduated in May of 2022 and obtained the PMHNP Board Certification a month later. "I'm truly honored to be able to provide mental health services in our rural communities," stated Andrea. Her hobbies include traveling and camping with her family.



Haylie Wheeler, FNP-C
Emergency Medicine

Bachelor's Degree: Western Governors University

Master's Degree: Chamberlain University

Good Samaritan **812-882-5220**
520 S. Seventh Street
Vincennes, IN 47591

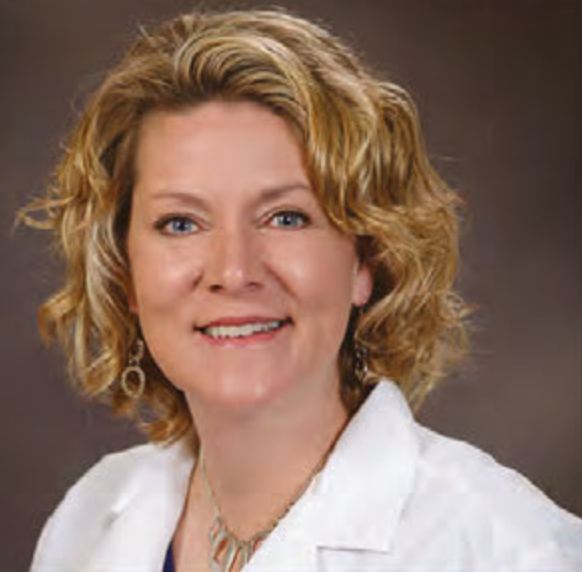
Haylie Wheeler, FNP-C, was born and raised in the rural community of Sumner, Illinois. She grew up on a farm and is no stranger to hard work. Haylie says she enjoys the challenge of translating healthcare findings and illnesses into language that patients can understand. "I would describe myself as a diligent nurse practitioner with a broad background in long-term care and rural emergency nursing, she said. Haylie has taken the initiative beyond what is required to attain multiple certifications that have furthered her knowledge and prepared her to better execute the care of patients at all stages of life in emergency situations. Haylie's hobbies include camping with family and friends, riding horses and playing with her dogs. One of the keys to living a healthy life is to live a happy life. "You should laugh and smile every day," she added.

Physician of the Year 2022

Kristin Mahan, MD

Good Samaritan Physician Network has named Family Practice Physician Kristin Mahan, MD as the 2022 Physician of the Year. This award, also referred to as "The SAMMIE" for Samaritan Award for Meritorious Medical Care with Integrity and Excellence, was created in 2020 to recognize individuals who demonstrate exceptional skills in clinical practice and who uphold the mission, vision and values of Good Samaritan.

Dr. Mahan said she is humbled and honored to receive the Physician of the Year Award. "I am beyond grateful to be a member of our awesome medical community, which has provided me with mentors and friends," Dr. Mahan exclaimed. "I am grateful to Good Samaritan colleagues and administrators who have allowed me to evolve and explore new roles in teaching and leadership. It is a privilege to work for Good Samaritan in a wonderful community that has become my home."



Scan here to watch
Dr. Mahan's
acceptance video.



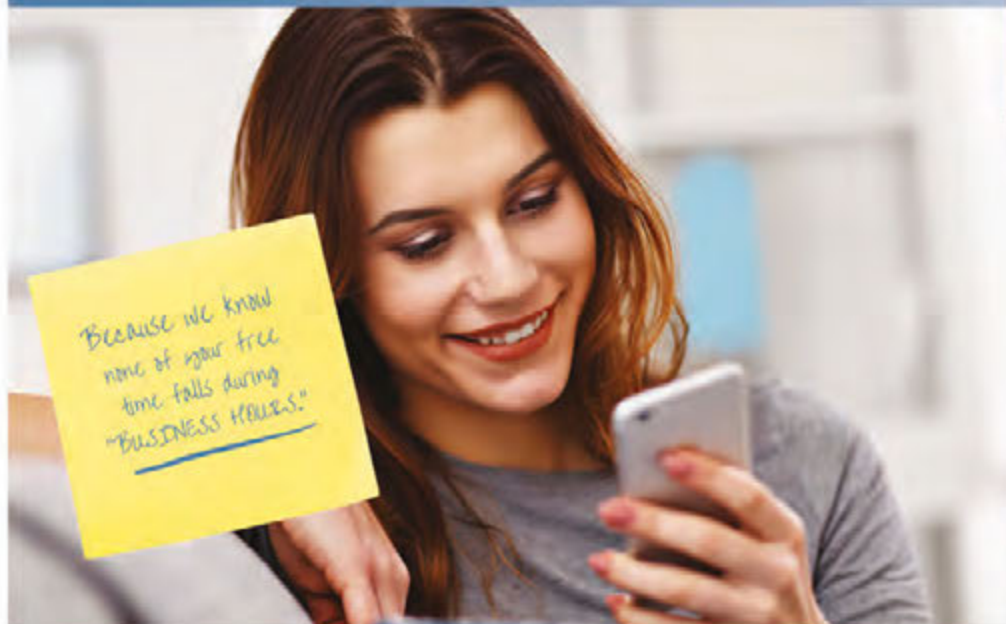
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One stop that saved a life.



Randy Burress during his cardiac rehabilitation visit at Good Samaritan.

September 17, 2022 started out like any normal day for Randy Burress. The 62-year-old Westphalia man had gone out for breakfast that morning, but before returning to his home where he lives alone, Randy decided to stop at his neighbor's house to chat. While at his neighbor's the unthinkable happened. "I remember feeling good that morning, but sometime during our conversation my neighbor said I just fell to the ground," recalled Randy.

His neighbor quickly called 911 to get an ambulance. Good Samaritan Emergency Medical Services had an ambulance stationed in Bicknell when the call came in for help. Humam Yousef was the paramedic on duty that day and said the call was the perfect example of everything going right to provide the best, life-saving care. "From his neighbor quickly calling the ambulance, dispatch providing the correct information to the first responders, and EMS in constant communication with the hospital," he stated. "While in transit, Randy had gone into cardiac arrest so we communicated to the emergency room to notify cardiology to be ready in the cath lab."

Humam said that early CPR and early defibrillation are extremely important following cardiac arrest. "The earlier effective CPR and defibrillation is received, the higher the chance of survival," he exclaimed. According to the American Heart Association, last year there were more than 356,000 out-of-hospital cardiac arrests in the United States with nearly 90% of them being fatal. Due to the quick actions of Good Samaritan EMS and the hospital's ER and Cath Lab, Randy would not be in that fatal statistic.

As soon as the ambulance arrived at the Good Samaritan Emergency Department, Randy was taken straight to the cath lab where he would immediately have three stents placed in his arteries by an interventional cardiologist, Vikash Khurana, MD. The door-to-balloon time in this case was 7 minutes faster than the national average. Door to balloon is the time it takes from entering the ER to having the first stent placed to open the artery.

Even after cardiac arrest and having three stents, Randy was able to be discharged from the hospital the next day. He then began outpatient cardiac rehabilitation at Good Samaritan three days a week for an hour. During this time, Randy wears a heart monitor and is watched by a medical team as he does various sets of exercises such as biking, walking and lifting weights. Randy says he is extremely grateful for the care he received from Good Samaritan. "Everyone did a really good job at taking care of me," he declared. "My chest is still a little sore, but they said it's from resuscitation and that if it doesn't hurt, they aren't doing it right. But, at least I'm alive."