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**SATURDAY, FEBRUARY 11, 2012**

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# Compassion

GOOD SAMARITAN HOSPITAL GOOD SAMARITAN HOSPITAL FOUNDATION

EQUIPMENT  
DONATION  
SAVES LIVES  
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TO BETTER SLEEP  
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ADVANCING  
DIABETES CARE  
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John S. Prout

James L. Wainscott

**W**e've always been proud of our ability – for more than 150 years – to provide top quality health care to Greater Cincinnati. As this issue of *Compassion* shows, in the most critical circumstances, our care extends well beyond our immediate area. The story on page 7 describes the impact of TriHealth's donation of special equipment to life squads throughout Cincinnati as well as Butler, Clermont, Hamilton and Warren counties. This equipment is helping to save lives when every second counts.

On page 14 you'll discover how our unique medical data warehouse enables our physicians to provide better care for patients with diabetes, and in the near future, for other debilitating chronic diseases. And on page 11 you'll learn how Good Samaritan sleep experts can make dramatic, life-enhancing changes in people whose lives are affected by sleep disorders.

In addition to our remarkable caregivers, Good Samaritan is blessed with thousands of generous donors who selflessly share their time, money and talents to benefit others. Some of these extraordinary donors are highlighted in a special section that begins on page 17. If you are one of Good Samaritan's faithful donors, know that on behalf of everyone whose life is touched by the hospital, we are truly grateful. Good Samaritan is a family, a community. And we are proud and happy to have you a part of it.

Sincerely,

John S. Prout  
President and Chief Executive Officer,  
Good Samaritan Hospital

James L. Wainscott  
Chairman, Good Samaritan Hospital Foundation

# Compassion

Compassion is published quarterly by Good Samaritan Hospital and Good Samaritan Hospital Foundation

**GOOD SAMARITAN HOSPITAL MISSION**  
To improve the health status of the people we serve. We pursue our mission by providing a full range of health-related services including prevention, wellness and education. Care is provided with compassion consistent with the values of our organization.

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Cover photo by D.A. Fleischer  
*About the cover:* Sister of Charity Sally Duffy leads the SC Ministry Foundation in efforts to continue Jesus' healing mission by promoting healthy communities including Price Hill.

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CARING FOR PEOPLE FIRST®



Dear Friend,

Of course I think Good Samaritan is a great place to work. But it's especially rewarding when the kudos come from others and I'm able to note our accomplishments.

- For the seventh time, *Working Mother* magazine named TriHealth – which includes Good Samaritan – as one of the nation's 100 Best Companies for working mothers. We were recognized for many reasons, including our family-friendly programs, and policies regarding paid time off.
- AARP again has named TriHealth among the nation's top employers to receive the 2011 AARP Best Employers for Workers Over 50 award. TriHealth ranked 23rd on the list of 50.

I am pleased to announce two important changes in nursing leadership.

- After serving 11 years as Good Samaritan's vice president and chief nursing officer, Mary Irvin RN, MSN, MBA, NEA-BC, has been promoted to TriHealth senior vice president and chief nurse executive. Mary's innovative leadership and collaborative management style served Good Samaritan so well. I know her talents will be equally effective for all of TriHealth.
- Thirty-three-year employee Paula Niederbaumer MSN, RN, CNP-BC, was selected to fill Mary's shoes as vice president of nursing and chief nursing officer at Good Samaritan. Her impressive list of accomplishments include launching our nursing department's diabetes initiative that contributed to our #42 ranking as best diabetes and endocrinology hospital programs among more than 5,000 U.S. hospitals by *U.S. News and World Report*.

Sincerely,

David P. Dornheggen  
Good Samaritan Hospital  
Chief Operating Officer



## VOLUNTEER Spotlight

Volunteers play an integral role in helping Good Samaritan Hospital achieve its mission.

It was 1966 when Marcella "Perky" Aufderheide walked into Good Samaritan for her first day of volunteer work in the Admissions Office. "I guess you'd call me a gopher. Whatever they needed me to do, I'd do." The hospital was much smaller then. "I've seen so many changes over the years."

Two years later she and a co-volunteer filled an important new role. They updated

families whose loved ones were in surgery. "There was no surgical waiting area like today. Instead families waited in their loved one's room. We went from room to room letting families know if the surgery had ended and how the patient was doing." It's a role that Perky continued for 45 years.

"Good Samaritan has been the joy of my life. I've made so many friends," says

Perky. At 90, Perky says a bout with pneumonia has slowed her down, preventing her from continuing the work she has loved for so long.

*If you would like to become a Good Samaritan volunteer, call 513-862-2368 or visit [TriHealth.com](http://TriHealth.com) and click "Do More at TriHealth/Volunteer."*

## TriHealth honored at Arthritis Foundation Bone Bash

A spirited evening of Halloween fun included special recognition of TriHealth's Musculoskeletal and Rehabilitation Services. Amidst the fun of the Arthritis Foundation's Sixth Annual Bone Bash, time was set aside to honor TriHealth for the high bar that staff and physicians have set for medical excellence and patient care. This special recognition of TriHealth's leadership is a crowning achievement in a year that has seen Good Samaritan named among the



top 5 percent of knee and joint replacement programs in the United States by The Joint Commission, and Good

Samaritan Hospital commanding an impressive #1 market share position. Bethesda North, also a TriHealth hospital, holds the #2 spot.

It all happened on Saturday, Oct. 15 at the Newport Syndicate. TriHealth is a longtime sponsor of the Bone Bash, one of the most fun-filled fundraisers in town.

## GOOD people doing GREAT things

*Good Samaritan employees deliver compassionate care both on and off their jobs.*



Steve Hotopp

Steve and Anita Hotopp were always involved in fundraisers to fight cancer. Unfortunately the disease struck their extended family way too often. That's why, seven years ago, Steve, Anita, their children, families and friends formed "Team Hotopp" for the American Cancer Society's Relay for Life. The annual event celebrates and remembers the lives of people who have battled cancer by forming teams that walk or run for 18 consecutive hours.

The event took on a whole new meaning when breast cancer took Anita's life in April 2008. "She was such a wonderful person. A thousand people came to her visitation and funeral," Steve recalls. In memory of Anita, her father Bob, and Steve's brother Mark, an enthusiastic Team Hotopp has raised almost \$20,000. Steve is a 21-year cancer survivor himself.

Volunteering has always been a way of life for the Hotopps: athletic boosters, PTA, school concessions, scout

leader, baseball and wrestling coach. "Doing stuff for kids was always important to Anita and me," says Steve, an employee in Good Samaritan's Maintenance Department. Three years ago Steve initiated the Anita G. Hotopp Memorial Scholarship awarded to a Harrison High School Senior based on an essay about volunteerism.

## In memoriam: Sister Anita Marie Howe SC

Good Samaritan lost a loving, dedicated friend when Sister Anita Marie Howe SC passed away in June. A Sister of Charity for 61 years, she was Good Samaritan's first assistant vice president of Mission Effectiveness, a role she filled from 1987 through 1991. Her affiliation with Good Samaritan continued as she served on the hospital's Board of Trustees throughout the 1990s, and was a frequent volunteer in the hospital.

Loved by many, Sister Anita Marie received special recognition when she was nominated a "Woman of Compassion" by Clorinda Caproni, a graduate of the Good Samaritan College of Nursing in 2008. The special designation is reserved for extraordinary women who exemplify the dedication and compassion of the hospital's founders, the Sisters of Charity.

Kelly Rowland, the Foundation's director of development, tells why she admired

Sister Anita Marie: "She inspired me with her love and compassion for others, and I have been blessed to have worked with her over the years." Sister's love for the hospital was evident when she established a student scholarship for the hospital's College of Nursing. "Throughout her career she helped deserving students reach their dreams of becoming a nurse," says Rowland. "Sister Anita Marie was an amazing role model for all."



# Physicians honored for leadership

## David Dornheggen named XU Distinguished Alumni

Good Samaritan Chief Operating Officer, David Dornheggen FACHE, recently received the Xavier University Distinguished Alumni Service Award. He graduated from XU's Hospital and Healthcare Administration program with a master's degree in 1973 and has worked in the health care operations field ever since.

At the award presentation held in Chicago, Dornheggen was described as "a consummate operations professional who has developed and led strategic plans, constructed

hospitals, improved the quality of health care services, built teams, recruited and worked with physicians, and merged organizations." He is immediate past president of Xavier University's College of Social Sciences, Health and Education.

Since joining Good Samaritan in June 1999, Dornheggen has been a popular leader, guiding the hospital through numerous changes and expansions.



**Caregiver. Educator. Pioneer.** Six revered physicians whose lives have exemplified these qualities recently were honored with a Lifetime Achievement Award for Medical Education and Service at the Good Samaritan Hospital Physician Recognition Celebration 2011. Good Samaritan physicians celebrating service milestones also were recognized at the September ceremony.



### Horacio S. Falciglia MD

When Horacio S. Falciglia MD was recruited to serve as the first neonatologist at Good Samaritan in 1976, he introduced new expertise in neonatal care—including mechanical venti-

lation—resulting in decreased neonatal mortality and complications. His contributions were recently recognized when he was inducted into the "Hall of Honor" at Cincinnati Children's Hospital Medical Center (CCHMC) by the Cincinnati Pediatric Historical Society. Dr. Falciglia served as director of Pediatrics and director of the Mother/Baby Unit at Good Samaritan, and eventually joined the Neonatology faculty at CCHMC. He received international recognition for his research on meconium aspiration syndrome, cited in more than 100 scientific articles. Dr. Falciglia is most proud of his children who have followed him into the medical profession.



### J. Michael Smith MD

Patients have access to the most up-to-date cardiac technology at Good Samaritan with J. Michael Smith MD as the director of Robotic Surgery and director of Research with the

Department of Surgery. Board-certified as a thoracic surgeon, Dr. Smith has trialed numerous ground-breaking surgical and pharmaceutical innovations. His research and subsequent publication in the country's most revered surgical annals has led to presentations at medical symposiums throughout the world. Dr. Smith has pioneered the use of robotic surgery during cardiac procedures, which has many advantages to the patient. Dr. Smith has been an Ironman finisher in several Triathlon competitions, is a deacon in his church and enjoys spending time with his family.



### Ranjit K. Rath MD

With a cardiovascular practice that spanned more than a quarter century, beginning in his native India, Ranjit Rath MD retired in 2008. That same year he received the American Heart

Association's Stanley Kaplan Visionary award. During his tenure he served on the Good Samaritan Hospital Executive Committee, was secretary and vice president of the medical staff, and chairman of the section of cardiovascular surgery. Dr. Rath has been active in the community, serving on ChoiceCare's board and the quality interventional panel of the State Medical Board. He reflects that "Teaching the residents has always been very important to me and one of my most cherished accomplishments." His love of teaching is evident, as he is a four-time recipient of the annual Surgical Teaching Award.

## New procedure releases army of radioactive beads to fight liver cancer



Selective Internal Radiation Therapy (SIRT) or Yttrium-90 (Y-90) radioembolization, the new procedure attacks liver tumors with an army of tiny radioactive beads. The beads, called microspheres, are delivered directly into liver tumors via blood vessels that feed the tumor. The microspheres are small enough to flow through the arteries to the tumor, but too large to pass through the tiny blood vessels within the

tumor. The result – the microspheres become permanently lodged within the tumor where they release radiation and destroy the tumor. The procedure enables a larger, more potent dose of radiation to be delivered to the tumor while limiting effects on healthy tissue.

Although every therapy has side effects, Good Samaritan Interventional Radiologist Francis J. Schlueter MD

notes, "Y-90 has been very well tolerated, particularly when compared to previous options used to treat these tumors." Patients typically go home the same day as treatment and most resume normal activities within a week or so. Dr. Schlueter adds, "This is an important advance in treating liver cancer with the aim to prolong survival and preserve a good quality of life."



### Thomas W. Panke MD

As director of Pathology Labs for TriHealth, Thomas Panke MD has overseen all clinical laboratory services at Bethesda and Good Samaritan hospitals since 1995. His

numerous "outstanding teacher" awards confirm his love of teaching. Since his first appointment as a clinical pathology instructor in 1976, Dr. Panke has continued as a clinical educator at a number of esteemed universities and teaches medical residents and technologists. He is certified by the National Board of Medical Examiners and the American Board of Pathology. Dr. Panke was one of the founding members of Toastmasters at Good Samaritan Hospital when it began in 1993, and is a Second Degree Black Belt in Tae Kwon Do.



### Richard E. Welling MD

In addition to leading the Surgery Department at Good Samaritan for the past 25 years, Richard Welling MD has dedicated his career to educating residents. He has been the recipient of the

Surgical Teaching Award—presented annually by the general surgical residents of Good Samaritan to the staff surgeon who was most instrumental in surgical residency education—from 1974 to 1988. He also was awarded the Parker J. Palmer Courage to Teach Award by the Accreditation Council for Graduate Medical Education in 2008. Currently vice president of Academic Affairs for TriHealth, Dr. Welling is an assistant clinical professor at the University of Cincinnati College of Medicine, and chair of the Good Samaritan and Bethesda North hospitals' Continuing Medical Education Committee.



### John H. Wilson, MD

As founding and current director of Electrophysiology Services, Heart and Vascular Center at Good Samaritan since 1988, John Wilson MD has impacted the lives of

thousands of patients. Dr. Wilson obtained special competency in cardiac pacing through the NASPE exam in 1986, was certified in clinical cardiac electrophysiology in 1994, and passed the American College of Cardiology ECG exam in 1996. He has served as director of non-invasive services at Good Samaritan since January 2010, chairman of the section of Cardiology since May 2007, and was on the Procter & Gamble Arrhythmia Board. Dr. Wilson's involvement with clinical investigations has helped ensure patients at Good Samaritan have access to the most up-to-date arrhythmia therapies.



Good Samaritan  
MEDICAL CENTER  
WESTERN RIDGE

# Good Samaritan Western Ridge

EXCEEDING GOALS ONE YEAR LATER

Written by Joyce Battoclette • Photography by Wes Battoclette

Written by Debbie Marques



When focus groups indicated that West Siders trust the Good Samaritan name, they weren't kidding. Just a year after opening off Harrison Avenue, Good Samaritan Medical Center – Western Ridge is exceeding admission goals, while facing the highest patient satisfaction scores possible.

For the first several months after the opening last September, Steve Mombach, vice president, Ambulatory Services, Senior Health and Corporate Health, made a handful of calls each day to people who had been cared for at the center. After getting over the initial surprise at receiving a personal call from a vice president, patients unanimously raved about their care.

Just some of what Mombach heard: “Staff was excellent.” “Quickest ER experience I’ve ever had.” “So pleased you are so close.” “I’m telling all my family and friends to come here.”

Not resting on this honeymoon period success, the staff at Good Samaritan Western Ridge continues to work hard every day to deliver quality care in a timely fashion and maintain the trust of their neighbors.

The treatment by staff and physicians in the center 24/7 helps cement that patients will make return visits for their care. But, it's also the one-stop design of the center that is so appealing to people. Patients have access, all under one roof, to a 24-hour full-service emergency department and outpatient diagnostic services (such as CT, X-ray, ultrasound and dexta scanning). In addition, care can be practically seamless with the primary care and specialist physician groups on the second floor.

West Siders are benefitting from a long tradition of quality. Good Samaritan Hospital physicians rotate between the hospital and Good Samaritan Western Ridge. And, patient records are part of the larger TriHealth system. This means better care for patients wherever they go in the Good Samaritan/TriHealth system.

For more information, visit [GoodSamWesternRidge.com](http://GoodSamWesternRidge.com) or call 513-569-6777 for scheduling.

“Staff was excellent.”  
“Quickest ER experience I’ve ever had.”  
“So pleased you are so close.”  
“I’m telling all my family and friends to come here.”

# Saving time, saving lives



## TriHealth donation enhances cardiac care

The Cincinnati Fire Department (CFD) responded to more than 53,000 emergency runs in 2010. Nearly 10 percent were for shortness of breath or chest discomfort. Thanks to a donation by TriHealth, all 12 Cincinnati Fire Department ambulances and 26 fire engines now carry special modems allowing them to transmit an EKG (electrocardiogram) directly to all local hospital emergency departments.

*continued on page 8*





TriHealth's original donation in 2009 created such positive results, it spurred a second donation of more equipment. At a recent CFD event hosted by Good Samaritan to recognize this new donation, Fire Chief Richard Braun explained the impact that the equipment has had on the community. "This donation helped the Cincinnati Fire Department move to an all Advanced Life Support (ALS) System," explains Chief Braun. "We are able to get our properly trained professionals with the necessary equipment to citizens in need quickly. Bottom line, we are able to save more lives." TriHealth's most recent donation enabled the CFD to expand the equipment to all CFD ambulances and fire engines.

The move to an all ALS System means every time the CFD receives a call for a serious medical incident, they are equipped to send an ambulance unit with a paramedic. These trained professionals are fully prepared to administer CPR and medications, and every unit is now equipped with state-of-the-art EKG transmitters.

In addition to Cincinnati, TriHealth has provided the same lifesaving equipment to squads in Butler, Clermont, Hamilton and Warren counties.

*"We are able to get our properly trained professionals with the necessary equipment to citizens in need quickly. Bottom line, we are able to save more lives."*

—Cincinnati Fire Chief Richard Braun



The new equipment is a potential life-saver. CFD's old system was sometimes unreliable, using cell phones to transmit information. "The new equipment allows paramedics to send an EKG strip to the hospital within a minute of seeing a patient, allowing the hospital to prepare for the patient," remarks Braun. "When you are talking about a heart attack, every minute is critical."

Dogan Temizer MD, interventional cardiologist and medical director of the Good Samaritan Cardiac Catheterization Lab, says the equipment is making a difference. "The quality of the EKGs that we receive from the squads is as good as an EKG that is done by an EKG technician in the hospital."

### **Every second counts**

When it comes to heart muscle, every second counts. "The less heart muscle that is injured, the better the patient will do," Dr. Temizer explains. During a heart attack, the longer a patient's artery is blocked, the more damage is caused.

Providing equipment enables paramedics in the field to transmit EKG data on suspected heart attack patients to hospital emergency personnel before they arrive. That means emergency physicians, cardiologists, and other health care professionals

can activate the cath lab team in advance in order to be ready for the patient upon arrival. Such efficiency reduces the time it takes to open blocked arteries via balloon catheterization—known as door-to-balloon time—which has proven critical in minimizing damage to heart muscle and increasing the patient's chance of survival.

"We treat heart attack patients like a trauma to save time," says Nancy Dallas, administrator, TriHealth Cardiovascular Service Line. She notes that this approach is especially valuable at night and on weekends, when specialty staff members may have to be called into the hospital. "The process is a good example of multiple groups in the health care system working together," explains Kurt Knochel MD, medical director of Good Samaritan's Emergency Department.

By changing processes and working with the Cincinnati Fire Department and other local squads, Good Samaritan has been able to decrease its average door-to-balloon time to less than 70 minutes, far below the national standard of care of 90 minutes.

"That EKG they send to us triggers a whole series of events that involve a whole team of people," Dr. Knochel explains. "It begins with the pre-hospital care team and

quickly involves the staff of the ED, who immediately call the cath lab team including the interventional cardiologist. This early notification allows us to be prepared to provide the definitive care that this patient needs."

CFD Emergency Medical Services Commander Alan Sedam explains that they were one of the first fire departments in the area to transition to an all Advanced Life Support System. "Anytime we do something like this, it raises the level of care we deliver to the citizens," he remarks.

Sedam explains that all of the CFD paramedics were already trained to use the equipment. It was a matter of assigning at least one paramedic to each firehouse and upgrading their system with TriHealth's donation. TriHealth purchased a five-year subscription to Lifenet—the software allowing the EKG transmission to be sent—for each modem.

Good Samaritan continues to look at ways to improve its processes and build on its successes. "We'll make whatever changes are necessary and possible," says Dallas. "Every minute is that important."



## Marlene Klocke celebrates 50 years with Good Sam

Written by Katie Blackburn • Photography by Tim O'Brien

Marlene Klocke connected with Good Sam at birth – literally. She was a Good Sam baby. Years later in 1961 she would come back to Good Sam, this time working in Medical Records. But her place was to be in Musculoskeletal & Rehabilitation Services. She moved to the newly created department in 1964 and has been there since.

“I’ve really enjoyed working with the doctors,” she says. “Good Sam has been such a nice place to work.”

In addition to the many friendships she has made over the years, some of Klocke’s favorite memories include playing on Good Sam’s employee softball team in the 1960s, as well as participating in a variety show. “I did a few dances,” she recalls. “In fact, I have the program right here. I’ve been known to hang on to things,” she chuckles.

Her supervisor, Rosa Creech, agrees, “Marlene has an archive of the hospital, and especially our department, that is amazing. There is a person writing a book about Good Samaritan Hospital and Cincinnati who needed some data, and it was in Marlene’s garage that they found the best information.”

Creech says Klocke’s senses of history and humor have made her a tremendous asset to her team. “Marlene brings a special camaraderie to our administrative team. She is always willing to share information and offers assistance to everyone. She is very kind, very patient,” she adds.

Outside of Good Sam, Klocke enjoys going out to eat, dancing, cake decorating and going to Engelbert Humperdinck concerts. “I’ve been referred to as ‘Mrs. Humperdinck’ because I began following him in 1967 and have attended a number of his shows,” she says.

Klocke also collects recipes. “She has quite a collection,” says Creech, “but she never has food in the frig and only knows when food is done by the smoke alarm going off!”

To celebrate her 50th anniversary Klocke is going to Ireland and Scotland. “I’m half Irish and I’ve wanted to go to Ireland for a while.”

Klocke was named Employee of the Month in August and says of Good Sam, “I’ve really enjoyed my time at Good Sam. If I had to give advice to others seeking a 50-year tenure, I’d say have a good attitude, work hard and do your very best.”

Written by Sandy Weiskittel



# Bedtime Story

## Guiding Women to Better Sleep

It’s as essential as air, food or water. It gives us energy, boosts our brain power and even helps regulate weight. Lack of it affects our judgment, memory and ability to learn, and contributes to diabetes, obesity and heart disease. Despite the evidence, we often ignore *the restorative power of sleep.*

For women, there are unique challenges to getting the right quantity and quality of sleep. “As American women, we don’t prioritize sleep,” says Jacqi Angles DO, sleep medicine specialist at the Good Samaritan Sleep Center. “We do too much – but too little for ourselves. Our culture tells us we should be busy, getting deadlines accomplished. We stay up all night to work, study and even have fun. That may be OK when we’re young, but it becomes a difficult cycle to break.”

In addition, some women have physical barriers to overcome, such as sleep apnea and restless leg syndrome. The shocking truth is that nearly 70 percent of women report difficulty sleeping at least a few nights per week. Almost half say they have sleep problems every evening.

So, what are the causes and solutions to sleepless nights and weary days?

*continued on page 12*



Women who are weight conscious should note that if they don't get enough stage 3, non-REM sleep, hormone fluctuations will increase appetite and decrease metabolism, leading to weight gain. Conversely, having sufficient sleep is an effective way to maintain one's weight.

Balanced insulin, growth hormone and melatonin (regulates other hormones and the sleep/wake cycle) also rely on adequate stage 3 sleep.

#### It's All about Hormones

"Hormones dictate most of a woman's life," Dr. Angles says. They also are intricately entwined with the sleep cycle. "The hormones progesterone and estrogen are responsible for more than half of women's sleep problems," she continues. Through menstruation, pregnancy, postpartum days and menopause, women are subjected to a variety of bodily changes that can increase the risk of snoring, sleep apnea, restless leg syndrome and nocturnal awakening.

Hormonal activity is affected most in the third and deepest stage of non-REM sleep, Dr. Angles further explains. It's here that the body gets true rest and hormones gain their equilibrium. Restful sleep also makes the immune system stronger and contributes to healthy skin.



#### Tips for Getting Restful Sleep

Dr. Angles recommends these guidelines to women for getting good sleep:

- Make sleep a priority and plan for eight quality hours of sleep each night.
- Spend the hour before bedtime relaxing with a book, soft music or quiet time. Avoid the bright stimulating lights of TV, video games or computers.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Exercise regularly, although not right before bedtime.
- Avoid stimulants such as caffeine and nicotine close to bedtime.
- Avoid alcohol at bedtime, which disrupts sleep and causes nighttime awakenings.

#### Medical Solutions

When these common-sense methods aren't enough, a good sleep center can make a difference in improving a person's sleep and quality of life. The Good Samaritan Sleep Center offers consultations, counseling, monitored sleep studies and treatment for common sleep disorders, including:

- **Insomnia**, the inability to fall asleep or stay asleep
- **Sleep apnea**, characterized by a reduction or pause of breathing during sleep
- **Restless leg syndrome**, which causes uncomfortable sensations in the legs and uncontrollable desire to move the legs
- **Narcolepsy**, a disease that causes excessive daytime sleepiness

**Snoring, sleepwalking and nightmares** are other sleep issues diagnosed and treated at the center.

"When we assess people, we look at anything that would keep a person from falling asleep or staying asleep," Dr. Angles says. Treatments range from behavior modification to wearing an oral appliance to keep the airway open, to receiving compressed air during sleep through a mask or small tubes at the base of the nose. Occasionally, surgery might be needed to correct severe sleep apnea.



"We want people to know that you don't have to live with poor quality sleep. If you can't remember the last time you had a good night's sleep, and you feel tired, grumpy and miserable most of the time, come see us," Dr. Angles encourages. "Getting good sleep is absolutely life-changing."

*For more information contact the Good Samaritan Sleep Center, 513-862-5722 or visit [TriHealth.com](http://TriHealth.com), search Sleep.*



*With the help of sleep specialists at Good Samaritan Sleep Center on Glenway, Geraldine Fisher can now enjoy watching a movie without fear of falling asleep.*

#### BUS DRIVER GETS FRIGHTENING WAKE-UP CALL

Bus driver Geraldine Fisher momentarily fell asleep at the wheel while traveling on I-75 with a busload of passengers. Fortunately, a bump – or Fisher thinks more likely the hand of God – woke her up before she lost control of the 28,000-lb. vehicle. "It scared me so bad. I dropped people off and sat there shaking."

The incident convinced Fisher she no longer could blame her daytime sleepiness on erratic work hours. Her children had worried for years about her nighttime snoring and periods of eerie stillness when she stopped breathing. "They would come in and shake me to wake me up. I was always so tired, but I kind of got used to it."

After her scare on I-75, Fisher took action immediately. "I went to my doctor, and the next thing I knew, I was going to the Good Samaritan Sleep Center on Glenway." There, a nurse helped her get settled into a private room and hooked her up with electrodes to monitor her movements, breathing and brain activity while she slept.

"I was nervous, but the nurse there was so caring. He made my stay easy," Fisher recalls. Her testing at the sleep center revealed that she had obstructive sleep apnea, a condition in which the airway becomes blocked during sleep and prevents adequate air flow.

Sleep Specialist Anthony Suchoski MD recommended that she wear a mask at night to deliver a steady stream of compressed air into her nose and mouth. She began taking a medication for snoring that also has resulted in her ability to stay awake and alert during the day.

"The sleep program has really made a great improvement to my life," Fisher says. The combination of better sleep and retiring at age 65 last spring has made her feel like a new person. "It's noticeable. People say I look more rested, and the bags under my eyes are actually trying to go away. I smile more. I sleep well, and I can sit through a TV program that's more than 30 minutes without falling asleep." In addition, she is walking and doing water aerobics.

"This could have developed into something bad," Fisher says. "I'm so thankful my doctors and family paid attention to me. And they are a wonderful crew of people at the sleep center. I'm really grateful for this program."





BLENDING NATIONAL AND LOCAL DATA TO ADVANCE PATIENT CARE

# Data Breakthrough

*“With this knowledge, doctors can work with patients whose disease is not well-controlled and help them become active participants in their own health.”*

-Vesta Johns, chief operating officer of TriHealth Physician Practices

**Alert from data warehouse:**  
Patient Diabetes Uncontrolled – HbA1c [blood sugar test] >9%  
**Action by doctor's office:** Adjust medication; prescribe new medication or behavioral changes

**Alert from data warehouse:**  
Patient overdue for annual eye exam  
**Action by doctor's office:** Call or send written reminder to patient to schedule eye exam

**Alert from data warehouse:**  
Patient blood pressure not controlled  
**Action by doctor's office:** Schedule appointment to discuss medications and lifestyle changes to bring blood pressure under control



“TriHealth has proven itself to be one of the most proficient health systems in the country in making meaningful medical data available to physicians and patients for better treatment of diabetes,” says Georges Feghali MD, FACP, CPE, TriHealth senior vice president of Quality and chief medical officer.

The technological revolution begins with electronic medical records and then uses that stored information to propel proactive health care. The secure, confidential clinical data warehouse TriHealth has been developing for nearly three years focuses on bringing physicians valuable information about the status of their patients' health. (The term “clinical data warehouse” refers to a data repository that allows for customized data extraction.)

“As an example, for patients with diabetes in the TriHealth physician practices, the relevant clinical data is automatically extracted from the patient's electronic medical record and organized in the warehouse according to protocols for diabetes,” says Vesta Johns, chief operating officer of TriHealth Physician Practices.

“These protocols include the best practices in the country and give us parameters for what is considered ‘controlled’ diabetes and what is ‘uncontrolled.’ With this knowledge, doctors can work with patients whose disease is not well-controlled and help them become active participants in their own health,” she continues. TriHealth's data warehouse blends national best practice data with TriHealth physician practice data.

According to a recent population management report, TriHealth's diabetes management is 15 percent better than the Greater Cincinnati community average. “I believe it's because we have data in real-time, which lets our physicians take action immediately to treat patients who need intervention,” says John Ward, TriHealth director of Health System IT Integration, who has overseen the data warehouse development. Physicians can request patients to come in for an appointment, change medication dosages, and notify an entire patient population promptly when a new medicine becomes available, a

product is recalled or new guidelines for care are released.

And TriHealth has much more to come. In 2012, TriHealth physicians will use the data warehouse to devise evidence-based, measurable standards to help its primary care doctors manage even more chronic conditions as well as promote healthy living. First on the list are:

- High blood pressure
- High cholesterol
- Heart/stroke risk
- Congestive heart failure
- Wellness care
- ADHD (child)
- Immunizations (child)
- Obesity (child)
- Asthma (child)
- Prostate screening
- Colonoscopy screening

As Dr. Feghali concludes, “The transparency, accuracy and timeliness of our data, combined with an outstanding medical team, can only lead to superior care delivery for our patients. We want to be the best, and we have the tools to do it.”

*TriHealth's new clinical data warehouse allows TriHealth physicians to view secure, confidential reports on all of their patients with diabetes to see whose blood sugar is not controlled, who is overdue for a checkup and whose blood pressure is abnormally high. This results in more timely reminders and follow-up for preventing illness and promoting wellness.*



## Good Sam's Dietetic Internship Program turns 75

Seventy-five years ago treating disease with diet was still a relatively new concept in clinical settings. "In the early days, hospital food service was the responsibility of either the chef, housekeeper or nursing department. As physicians began to use diet to treat disease, it became necessary to establish a specific department to handle both food service and therapeutic elements," says Jackene Laverty MED, RD, LD, director, Dietetic Internship Program.

The Nutrition Department at Good Samaritan Hospital started in 1936, the same year as the internship. The internship program received approval in 1940 by the American Dietetic Association.

According to Laverty, there was one student in the first graduating class. "Since then, we have graduated more than 1,120 students."

The program was started by Sister Romuald Hanley SC, who was noted for being a small but feisty advocate for the interns. Says Laverty, "She pushed for an organized program, focused on leadership and was in constant pursuit of high ethical standards."

An award is given each year in her honor. Melissa Kunk RD was a recipient of that award in 2010. "I was very honored to have received the Sister Romuald award. The overall experience was more than an internship to me. I knew it was molding me into a better dietitian – it was for life."

Kunk recalls that several in her graduating class at Ohio State were trying to receive an internship at Good Samaritan. "It is a highly competitive program with a remarkable success rate." Last year, Good Samaritan received 129 applications for six positions.

The 10-month post-baccalaureate internship program allows interns to do rotations throughout the hospital. Dietetic interns provide medical nutrition therapy in the clinical setting under the direction of the registered dietitians and learn management skills in the food service section of the department.

Alaina Lopez, who graduated from the internship program in July 2011, found her rotations invaluable. "Actually, I would shadow them all again today before taking my exam," she jokes.

"During my internship, I learned how to communicate with different health care professionals, especially nurses and physicians. I also learned how to adapt nutrition education to meet a patient on his level," says Lopez.

In addition to experience within Good Sam, interns are given unique opportunities

within the larger community. "Each Friday, we would meet with students from UC and Christ as part of a collaboration. We would then get the opportunity to take our knowledge out into the community," says Kunk who was able to present preventative nutrition programming to the Easter Seals, Job Corps., a nursing home and a kindergarten class.

"Undergraduate programs allowed us to learn the basic knowledge of nutrition, but the internship allowed us to apply that knowledge," says Kunk.

And that, according to Laverty, is exactly what the program is supposed to do. "The dietetic internship program has been and continues to be linked intricately with TriHealth system initiatives. Our program fits squarely within the TriHealth vision of educating the next generation of health care professionals."

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### GOOD SAMARITAN HOSPITAL FOUNDATION STAFF

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*President and Chief Executive Officer*
- Kelly Rowland,  
*Director of Development*
- Lynn Meyer,  
*Manager*
- Trina McAlister,  
*Administrative Officer*
- Adrienne Cruise,  
*Development Officer*
- Lura Darwish,  
*Gift Shop Clerk*
- Carol DiPilla,  
*Development Officer*
- Char Girmann,  
*Gift Shop Clerk*
- Donna Obert,  
*Assistant Gift Shop Coordinator*
- Kelly Smith,  
*Development Officer*
- Stephanie Stout-Tracy,  
*Gift Shop Coordinator*
- Father Gerald Niklas,  
*Volunteer*
- Sister Lynn Heper,  
*Volunteer*



Our year in review. July 2010 – June 2011

# Generosity that Changes Lives

Generous gifts to the **GOOD SAMARITAN HOSPITAL FOUNDATION** impact medical/nursing education and patient care.

Why does a person choose to be generous? The reasons are as varied as the individual.

The thousands of people who donate money each year to the Good Samaritan Hospital Foundation are different in many ways. They are patients, family members, staff, physicians, neighbors, volunteers, corporations and foundations.

Each is unique, yet they share a common thread. They donate millions of dollars each year because they are confident in Good Samaritan's ability to provide quality, compassionate care to every patient. They donate because they want to ensure that Good Samaritan's quality care continues for their children, their grandchildren and for the generations that follow.

The staff of the Good Samaritan Hospital Foundation considers every generous giver our partner, and we are so fortunate to be in partnership with each of them. Some of their stories appear on the pages that follow. For these special givers, generosity is more than an aspiration – it's a habit.

As our fiscal year closes, and a new one begins, we pause to say thank-you to those who tell their stories here, and to all of our generous partners. Thank you for your confidence in Good Samaritan Hospital, and for your desire to see that the compassionate care that takes place here will continue for a lifetime.

Sincerely,

Mary L. Rafferty  
*President and Chief Executive Officer*  
*Good Samaritan Hospital Foundation*



Good Samaritan Hospital  
**FOUNDATION**  
*Ensuring Compassionate Care  
That Will Last A Lifetime*

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Chief Executive Officer*



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*(left to right)*

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- Herbert R. Brown
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# FY 20 11

## Sally Duffy SC

SC Ministry Foundation

### Thinking globally, acting locally



*“Catholic social justice requires us to give people the dignity they deserve, and that includes comprehensive quality health care right here at home.”*

A key purpose of the SC Ministry Foundation is to do what God calls us to do. That, says Sally Duffy SC, president and CEO of SC Ministry Foundation, includes continuing Jesus’ healing mission by promoting healthy communities.

From their headquarters in Delhi on Cincinnati’s west side, the Foundation humbly supports the mission and ministry of the Sisters of Charity of Cincinnati who founded Good Samaritan Hospital. Their generosity reaches across the world, more than 9,000 miles to Madagascar where their dollars are helping to revolutionize sanitation.

Yet their reach is as close as Price Hill, just six miles away, where the community’s adults who are uninsured and not eligible for Medicare/Medicaid are receiving free health care. A generous grant from SC Ministry Foundation to the Good Samaritan Hospital Foundation is helping to fund start-up costs of the Good Samaritan Free Health Center of Price Hill. The center addresses a critical shortage of physicians and clinics in an area where 43 percent of residents are uninsured, and 68 percent look to the emergency room for non-emergent care.

In her soft-spoken voice that exudes the quiet generosity of the foundation she leads, Sally Duffy SC explains why SC Ministry Foundation chooses to think globally, yet act locally. “Catholic social justice requires us to give people the dignity they deserve, and that includes comprehensive quality health care right here at home.”

The story that best exemplifies the mission of Jesus, Sister Sally believes, is that of the Good Samaritan. In that story a Jewish traveler is beaten, robbed, and left half dead along the road. Ignored first by a priest and then a Levite, the traveler finally is helped by a Samaritan, a citizen who is generally despised by Jews. “We are deeply grateful that, like the Good Samaritan from whom they received their name, Good Samaritan Hospital stepped forward and was willing to address the health care gap in Price Hill. We are happy to be a part of it.”

Taught by a lifetime of volunteerism and hospital work, Sister Sally believes the Free Health Center of Price Hill not only is changing Price Hill residents. The center’s mostly volunteer staff of physicians, nurses and assistants, and the donors who make the center possible, also are being changed, she says. “Price Hill’s working poor who receive care at the center remind all of us of what is important. These people bring out our most caring, sensitive and compassionate self, and that is what God calls us to do.”

## Jim Sluzewski

Macy’s

### Being generous is fashionable.



*“I recalled how important Good Samaritan has been in my life. I wanted to pay it forward and help to make sure the hospital’s expertise would continue to be there not only for me but for others in the community.”*

Think of Macy’s and you likely think of fashionable clothing, housewares, fragrances and furniture — and the Macy’s Thanksgiving Day Parade. But in Cincinnati, Macy’s presence is much stronger. Cincinnati, together with New York City, is the shared headquarters for this \$25 billion department store retailer. That means not only is Macy’s outfitting Cincinnatians with the latest fashions; it also is paying the salaries of more than 4,000 members of the community.

“Because we have such a big presence in Cincinnati, we want this city to be healthy and vibrant — for our associates and our customers,” says Jim Sluzewski, Macy’s senior vice president for Corporate Communications and External Affairs. In short, this major fashion retailer thinks it’s fashionable to be generous. Each year that generosity extends to the Good Samaritan Hospital Foundation’s annual Gala, an event that attracts 600-plus donors, and over the years has raised \$5.1 million to improve the availability and quality of care at the hospital. “One of our company’s philanthropic areas is women’s issues, including women’s health,” explains Jim. “Good Samaritan’s outstanding women’s services, particularly in the area of obstetrics and prenatal care, are very much aligned with the interests of our company. That’s why we support the Gala through sponsorship each year.”

Proceeds from the 2012 Gala will support the Good Samaritan Free Health Center of Price Hill, a cause that is consistent with Macy’s conviction. “In the current era it’s no secret that social services and health care are becoming more difficult to access, especially for those who don’t have insurance or the ability to pay out of pocket,” says Jim. “With more need than ever, Macy’s does its best to support as many community initiatives as possible and lend a hand.”

In addition to Macy’s generosity with dollars, its local associates in Greater Cincinnati and nationwide also are generous through their volunteerism, community involvement and personal contributions. Jim has served on the Good Samaritan Hospital Foundation Board for five years, lending his expertise to the hospital’s development efforts. When asked to serve, Jim (the father of two Good Sam babies, now ages 29 and 25) says, “I recalled how important Good Samaritan has been in my life. I wanted to pay it forward and help to make sure the hospital’s expertise would continue to be there not only for me but for others in the community.”

As a company, Macy’s Inc. believes in giving back to local communities in which they have a presence. “We hope that our contributions, leadership and volunteer efforts help create stronger, healthier places to work and live and that our example will encourage others to do the same,” Jim explains. “We believe giving back is the right thing to do.”

## Terry Miller RN

Good Samaritan Hospital

“Being generous.  
It’s what we do.”



*“We’ve always thought it important to give back. It’s what responsible people do.”*

The dictionary describes a generous person as “one who gives good things to others freely and abundantly.” By all accounts, Terry Miller is a generous person. As a nurse, Terry has, for decades, used her talents to generously deliver quality, compassionate care to her patients. At the same time, Terry has generously donated some of her income to guarantee that other aspiring nurses have the ability to make their career dream a reality.

Terry’s generous attitude comes from a childhood that was rich with love, not with money. When attending college became a possibility thanks to the generosity of others, “I jumped at the chance. No hesitation!”

Terry graduated from the Good Samaritan College of Nursing in 1969 and launched a nursing career at the hospital that lasted 33 years. “I love my career,” she says. And because the generosity of others is what made it possible, one of Terry’s goals is to open doors for others. “It’s what we do,” she says of the many donations she and her husband, Dick, have made to the Good Samaritan Hospital Foundation.

To recognize two very dear friends for their friendship, Terry nominated them as “Women of Compassion.” This annual luncheon event honors extraordinary women with a donation in their name to the Good Samaritan Hospital Foundation. “It seemed like a great way to recognize my friends and donate to causes that are dear to my heart.” Terry’s donations were directed to the Good Samaritan Parish Nurses and to scholarships for nursing students.

Interested in leaving a legacy, Terry recently purchased a life insurance policy that will fund scholarships for future nursing students. “I was grateful that I had the opportunity to pursue a nursing career. I want to make sure others have that same opportunity. I’m happy to provide that assistance.”

Terry’s generosity extends not only to Good Samaritan. She and Dick have been generous their entire married life. “Dick and I wanted our children to be responsible adults as well.” Donating toys to a nearby orphanage was a holiday routine when her children were young, as was adopting a family for Christmas gifts. “We’ve always thought it important to give back. It’s what responsible people do.”

## Phyllis Wintzinger

### Nurturing her Good Samaritan family



*“I hope, through our donations, Good Sam can continue to entice young talented medical students to the hospital and to the community.”*

Like any grandmother, Phyllis Wintzinger speaks fondly of her family: six children, 13 grandchildren, seven great-grandchildren. She speaks just as fondly of her second family. Her “Good Samaritan family” as she calls it.

Phyllis and her late husband, Roland Wintzinger MD, joined the Good Samaritan family more than 60 years ago. Phyllis was a student in the Good Samaritan College of Nursing. Roland was a medical student working in the Radiology Department. Their exchanged glances in the hospital hallways led to an exchange of phone numbers and eventually to an exchange of wedding rings.

Phyllis worked as a nurse in the hospital’s delivery room after graduation while Roland was in his Radiology residency. Other than a few years in the military during World War II and the Korean War, Roland spent his entire career at Good Samaritan, 24 of those years as head of Radiology. Although Phyllis retired her hospital nursing career to nurse her young children instead, “Good Samaritan was and always will be an important part of our lives,” she says. “Roland and I always felt it a privilege to be a part of the Good Samaritan family. I still do.”

Over the years the Wintzingers expressed their gratitude to the hospital through numerous financial donations. Their generosity has included a significant donation to the hospital’s Neonatal Intensive Care Unit. “Thank goodness my children didn’t need the NICU, but it always seemed like such a worthy place to donate,” says Phyllis. In the 1980s the couple contributed to a major expansion of the hospital.

Their most significant contributions, however, have gone toward furthering the hospital’s Medical Education Department. “A large part of Roland’s education took place at Good Sam, and I received my nursing degree there. So medical education has always been extremely important to us,” says Phyllis. “I hope, through our donations, Good Sam can continue to entice young talented medical students to the hospital and to the community.”

It is fitting that the hospital’s new Radiology Department includes a conference room dedicated to the memory of Roland Wintzinger MD. “Roland spent so much time there. On the weekends he often would take one of our children with him while he read X-rays,” Phyllis recalls. “We had a lot of late family dinners, but it was worth it!”

Since Roland’s passing in 2009, Phyllis continues to be generous to her Good Samaritan family. “Even when he was a high school student at St. Xavier, Roland worked at Good Samaritan delivering flowers and mail to patients. We have a rich history with the hospital. I’m happy to continue to give so that others can benefit from what Good Samaritan has to offer.”

## Good Samaritan Obstetrics and Gynecology Department

Investing in the future of their field



*“It makes sense to support the unit financially to help ensure this partnership continues for our patients and their newborns.” - Graig Smith MD*

Close to 75 talented physicians comprise Good Samaritan's Obstetrics and Gynecology Department. Some work full-time at the hospital. Others have a private practice and deliver babies at Good Samaritan. A common thread is their fierce dedication to the health and well-being of women and their babies.

But this esteemed group of men and women is passionate about more than their patients. They also are passionate about teaching future generations of obstetricians and gynecologists the intricacies of this medical specialty. Whether it's the 32 medical students enrolled in TriHealth's OB/Gyn Residency Program, or the dozens of students who attend University of Cincinnati College of Medicine and round at Good Samaritan, “these students are the future of our field of medicine,” says Jack Basil MD (top left), chair of the hospital's OB/Gyn Department and director of the hospital's division of Gynecologic Oncology. That is why the OB/Gyn Department routinely donates funds to Good Samaritan's Medical Education Program. “We want our residents and other medical students to have a positive experience here,” explains Dr. Basil. A top-notch learning experience will keep the program in high demand among aspiring OB/Gyns.

Cincinnati Obstetrician and Gynecologist Graig Smith MD (bottom left) has been teaching medical students at Good Samaritan for 26 years. In his experience, medical teachers benefit as much as medical students. “My skills and knowledge continually improve as I learn along with our residents,” he says. Dr. Smith describes the OB/Gyn Department's financial contributions to medical education as a “win-win-win.” A solid medical education system helps the medical community, the patients and the practicing physicians, he believes. “Three of the four partners in my practice graduated from Good Sam's OB/Gyn residency program,” he says.

Good Samaritan's Neonatal Intensive Care Unit (NICU) is another frequent recipient of financial donations from the OB/Gyn Department. The state-of-the-art NICU's focus is stabilization of babies born early or with medical problems, and the ongoing care of critically ill babies. “It is very reassuring for physicians and patients to know that, if needed during a delivery, a highly skilled neonatal team can be at our side,” Dr. Smith explains. The level III NICU, capable of caring for the smallest and sickest babies, is a key reason Dr. Smith chose the hospital for his patients. “It makes sense to support the unit financially to help ensure this partnership continues for our patients and their newborns,” he says.

If you'd like to make a donation to the Good Samaritan Hospital Foundation that can impact a patient's life, call **513-862-3786** or visit **GSHFoundation.com**.

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## Financials

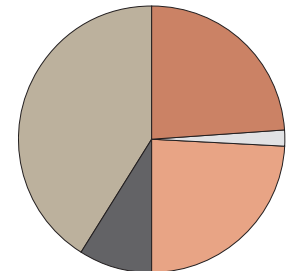
Our year in review. July 2010 – June 2011

# Generosity that Changes Lives

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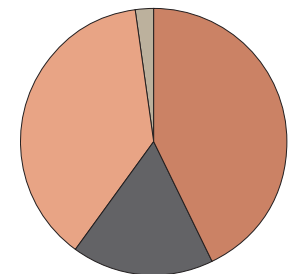
### Contributions\*

Business/Corporations	\$ 503,972	24%
Estates	\$ 33,499	2%
Foundations	\$ 491,407	24%
Guild	\$ 195,381	9%
Individuals	\$ 857,280	41%
<b>TOTAL</b>	<b>\$ 2,081,539</b>	<b>100%</b>



### Program Support\*

Charity Care and Community Support	\$ 844,660	43%
Education and Research	\$ 325,231	17%
Capital and Department Support	\$ 735,059	38%
Other	\$ 36,522	2%
<b>TOTAL</b>	<b>\$ 1,941,472</b>	<b>100%</b>



\*Unaudited Financials July 1, 2010 – June 30, 2011