

The Local Council of Women

President's Message

I am happy this year to serve as President of the Local Council of Women. I have been a board member for a number of years now, and have always been very proud to be part of an organization that advocates for and advances major issues of health care and health services in our community. For some years LCW has hosted quarterly member meetings featuring speakers on important health topics, including updates on news about the IU Health campuses and especially Bloomington Hospital. We look forward to these sessions in the upcoming year, and we hope you can join us for our next quarterly meetings on July 27 and September 28. LCW will also work with other partners in the community to continue to be a voice for significant health issues facing our area.

LCW has always been very pleased to be able to offer scholarships to students pursuing careers in healthcare fields. Over the years, our scholars have gone on to do great things in service to the health needs of communities in this region, and we are happy to have been at least a small part of that success. We look forward to awarding several more scholarships this year at our annual meeting on November 30.

As always, we are working to grow our membership, and we value the input of our members. Please contact us to let us know what else you would like to see from LCW in the upcoming year. I am looking forward, with your help, to a great year ahead for LCW, and I thank all our members and volunteers for your continued support of this great organization.

In Gratitude,

Ben Niehoff

President

*Local Council of Women — Your Voice for Community Health
Since 1897*



The Local Council of Women

November 2016 Annual Meeting

LCW's Annual Meeting was called to order in Lamkin Hall of Ivy Tech Community College Bloomington at 5 pm on November 17, 2016 by President Jean Scallon, who thanked Ivy Tech for offering the room as a meeting place and also providing refreshments prepared by students. She noted that Nancy Lumbley was retiring from the LCW board after serving three full terms of three years each, the maximum allowed by the organization's bylaws. During her tenure Nancy served as secretary, vice-president and president of the board, as well as a member of, among others, the Bylaws and Newsletter committees and co-chair of the Scholarships committee. Jean, along with attending LCW members, applauded Nancy for her many years of dedication to LCW.

Treasurer Sally Hegeman reported that the organization currently has 75 members, many of whom contribute to the scholarship fund in addition to paying the \$25 yearly dues. Sally noted with thanks the scholarship support in the amount of \$5000 received from the Bloomington Hospital Foundation. In addition to an expenditure of \$2000 for the Cecilia Wahl scholarship, LCW spent \$2300 for other expenses, mainly in support of healthcare education activities. A Vanguard account holds \$18,000 in reserves, with about \$9000 in the ONB checking account, of which \$4000 is allocated for four regular scholarships.

Jean Scallon introduced Marcus Debro, an assistant principal at Bloomington High School North, who is a new member of the IUH Bloomington Hospital Board.

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She then introduced Matt Bailey, President of the IU Health South Central Region, who has been in the healthcare field for 33 years. Before assuming the Bloomington position in 2016 he served for seven years as CEO of the IUH Avon Hospital. Bailey discussed healthcare and the IUH hospitals in this area, noting that improving the health of patients and the community through innovations and excellence in care, education, research and service is a central focus for all of them. He pointed out that the IUH Bloomington Hospital serves 400,000 residents in 11 counties, with 50% of patients coming from outside Monroe County, and that all those who work for the institution are caregivers, including administrators and cleaning staff, a principle they wish to instill in all employees.

In an update on the Affordable Care Act (ACA), Baily reported that even though there are now more than 200,000 participants in the Healthy Indiana Program (HIP), the state's federally approved version of Medicaid, still about 52,000 people every year come to the Emergency Department for treatment of even minor illnesses, because they have no primary care provider.

In general, hospitals are moving from being paid by the volume of patients they treat to receiving payment based on the quality of care they provide, which Bailey feels should lead to better outcomes for patients. To focus on outcomes care, the new hospital, for which the planning is well advanced, will be patient-centric, emphasizing the patient experience as well as efficient and caring operations and patient education. It will embrace technology without losing the human touch. This "new model of care" will improve the quality, safety and cost-effectiveness of care, as well as access to specialists and sub-specialists who can provide complex care for severe illnesses and the right care at the right time, with easy access and early treatment.

Baily reported that the hope is for the new hospital to be in operation by the fourth quarter of 2020, with the building actually being the easier part of the process of getting up and running. More difficult will be getting everything organized to coordinate all types of care logically and efficiently in the best way for patients. Plans include expanding the neonatal and palliative centers, and concentrating on areas of excellence, including oncology, cardiology, orthopedics, and women and children. Noting that he has recruited Hoosier Brian Schockney as Chief Operating Officer, Linda Lewis from the Washington, DC, area as Chief Nursing Officer, and Wendy Hernandez as Vice President of Professional and Support Services to join the other administrative executives of IUHBH, Bailey

feels he has an excellent staff in place to help make the plans a reality.

Following Matt Bailey's remarks, Jean Scallon introduced LCW Board member Pamela Thompson, MSN, RN, who for the past six years has been the Dean of Ivy Tech Bloomington's Lee Marchant School of Nursing, one of the community college's six Centers of Excellence. Pam explained that Ivy Tech's School of Nursing offers two programs: the Associate of Science in Nursing (ASN), whose graduates are eligible to apply to take the NCLEX-RN examination to become a Registered Nurse (RN); and Practical Nursing, which leads to a Technical Certificate and can be completed in approximately one year. Practical Nursing graduates are eligible to apply to the state licensure exam (NCLEX-PN) to become a Licensed Practical Nurse (LPN). All nursing students benefit from a state-of-the-art learning facility located on Ivy Tech Bloomington's main campus. Students conduct complete simulations in the simulation lab utilizing medium and hi-fidelity simulation manikins. The lab areas are modeled after a hospital setting to provide real-life learning experiences.

Students with an ASN degree may transfer to nursing programs at institutions of higher learning for further education and training. In general, of Ivy Tech Bloomington's approximately 6,500 students (not including "guest" students, who are taking Ivy Tech classes to transfer credits to another college, and students enrolled in the High School Dual Credit program), about 60% transfer to another institution for a higher degree.

Pam noted that a new Ivy Tech Bloomington program, "Achieve Your Degree," a collaboration between the college and community businesses, offers the employees of participating businesses the opportunity to earn a community college education with financial help from their employers. Students' degree programs can be tailored to suit their organizations. Initiated in fall 2016 with Cook, Inc., the program has been extremely successful so far.

After Pam's presentation, Scholarship Committee co-chairs Nancy Lumbley and Sally Hegeman introduced the 2016 scholarship winners and presented them with their award checks. Information on them is given in a separate article in this newsletter.

Before adjourning the meeting at 6:30 pm, Jean Scallon thanked Ivy Tech for its hospitality and for the beautiful table of food choices and beverages.

LCW Awards Five Scholarships



At the 2016 annual meeting of the Local Council of Women, Nancy Lumbley and Sally Hegeman, co-chairs of the LCW Scholarship Committee, were pleased to be able to award scholarships on behalf of LCW and the Bloomington Hospital Foundation to five students who are pursuing a degree or certification in a healthcare field. Pictured from left to right are, in the front row, Sally Hegeman, Stephanie Jacobs, who is pursuing an Associate of Science in Nursing degree, and Deanna Abel, who is completing a Master of Nursing Leadership in Health Care. In the back row are Ann Maas, who received the LCW Cecilia Wahl Scholarship and is currently pursuing a Nursing degree, Nancy Lumbley, and Sarah Fletcher and Lauren Shaw, both of whom are pursuing an Associate of Science in Nursing degree. LCW and the Bloomington Hospital Foundation congratulate these outstanding students on their accomplishments.

At its November 2016 Annual Meeting, LCW presented five future health care providers with scholarships to help support their education and training. Recipients are required to live in the ten-county area serviced by IUH Bloomington Hospital and already to have been accepted into an accredited program in the medical field. Scholarship Committee co-chairs Sally Hegeman and Nancy Lumbley noted in making the 2016 awards that there were many accomplished applicants, which made the decision process especially challenging.

The five 2016 scholarship recipients come from Lawrence, Monroe and Morgan counties. Four of the scholarships, for \$1250 each, were made possible by a partnership with the Bloomington Hospital Foundation, for whose support LCW is very grateful. These scholarships were awarded to Deanna Abel of Bedford, Sarah Fletcher of Martinsville, and Stephanie Jacobs and Lauren Shaw from Bloomington.

Deanna Abel is working toward a degree in the Master of Nursing Leadership in Health Care program at IUPUI. She expects to graduate in August 2018 and then plans to pursue a Doctor of Nursing Practice (DNP) degree. Deanna, as did the other scholarship winners, expressed no doubt about her determination to meet the goals she has set.

Sarah Fletcher is in the Associate of Science in Nursing (ASN) program at Ivy Tech in Bloomington. She started her healthcare career while still in high school, working as a Certified Nursing Assistant (CNA) at a nursing home in Franklin, Indiana. She plans to become a nurse in the area of Maternal Nursing and work with expectant mothers before, during and after childbirth. Being the mother of three, she already has a good deal of practical experience! Sara told LCW that receiving the scholarship is "a dream come true."

Stephanie Jacobs is also pursuing an ASN degree at Ivy Tech. She was already a "healthcare provider" during her growing-up years, caring for a mom with a serious condition. She has also worked as a Licensed Pharmacy Technician and is currently a CNA at an Alzheimer's unit in a local long-term care facility. She plans to go on to obtain a Bachelor of Science in Nursing (BSN) and perhaps a master's degree. Stephanie said the LCW scholarship will help her acquire a needed stethoscope and textbooks, and will allow her to continue her studies.

Lauren Shaw, too, is currently an ASN student at Ivy Tech, as well as a phlebotomist at IUH Bloomington Hospital. As a single mom, she has to fit her varied schedules together to make things work. After graduating in May, she plans to continue toward a BSN degree.

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Lauren noted that "nursing is hard, but this scholarship will make it a little easier for me."

The fifth 2016 scholarship winner, Ann Maas, was the recipient of LCW's \$2000 Cecilia Wahl Scholarship, named for a past president of LCW as well as of the Bloomington Hospital Board. As a young girl, Ann volunteered in a physical therapy office on Saturdays, and in high school she studied at a local community college to receive an EMT-B certificate and license, which enabled her to practice for four years at the University of Utah Burn Unit and the Utah Valley Regional Medical Center in the Spinal Rehab and Psychiatric units. Ann earned a BA in Sociology

from Purdue University while her husband was working on a degree there. Along the way she had four children, too, and now is in Nursing School, pursuing her ultimate goal of becoming an obstetric nurse. Ann said she is very grateful for the Cecilia Wahl scholarship and for "organizations that reach out to help health care students."

LCW congratulates all its 2016 scholarship winners! We hope this support will help them achieve their goals.

[Ed. note: Thanks are due to Nancy Lumbley, who provided her notes about the scholarship winners for this report.]

New Faces on the LCW Board

The LCW board is happy to welcome two new members. Barry Lessow was elected to the board at the 2016 Annual Meeting, replacing Nancy Lumbley who had completed serving for nine years on the board. And Mary Kerby was recently appointed by the board to replace Jean Scallon, who found it necessary to resign.



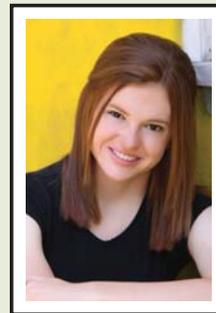
BARRY LESSOW, EdD, became the Executive Director of United Way of Monroe County (UWMC) in 2004. Under his leadership, UWMC has become focused on three basic building blocks for a better life: education, earnings stabilities, and access to the essentials, including nutritious food, a safe place to live, and

quality healthcare. He currently serves on the Indiana Association of United Way's Public Policy Committee and has chaired the IAUW Board and the Indiana United Ways' Executive Roundtable.

UWMC was one of ten organizations recognized by United Way Worldwide for its work in financial stability programming, and earned the Indiana Association of United Way's highest honor for its education initiatives. It also earned the Chamber of Commerce's family-friendly workplace award and the economic development award. In 2006, Barry received the Staff Excellence Award from United Way Worldwide. During Barry's tenure, UWMC has launched the Free Community Tax Service, Bank On Bloomington, the Roadmap to Success, the Financial Stability Alliance, Real Men Read in RBB and SOCS

school systems, and partnered with the Community Foundation to create Monroe Smart Start.

Barry serves on several boards and advisory committees within Monroe County, the City of Bloomington, and Indiana University, and currently chairs the Monroe County Redevelopment Commission, the Emergency Food and Shelter Board, and the SCAN Needs Assessment Steering Committee. He has served on committees at the Monroe County Public Library, IU School of Public Health, and IU Health Bloomington.



MARY KERBY is pursuing a Master's Degree in Public Health with an emphasis in physical activity. She is a certified group fitness instructor as well as a personal trainer, and currently an intern at the Sports Performance and Fitness Clinic at the IU Student Health Center. Mary says she was drawn to this

field because she wants to work toward shifting health outcomes in communities without accruing extraordinary expenditures. Her eventual goal is to become a Doctor of Osteopathic Medicine (DO), so that as a physician she can integrate the practice of exercise science with public health in promoting an active lifestyle in the workplace, schools, and community to decrease the prevalence of non-communicable diseases such as cardiovascular disease and cancer.

We are glad to have both Barry and Mary on the LCW board!

2016 Third Quarterly Meeting Focused on Substance Abuse Problems & Mark Moore

At LCW's third quarterly meeting of 2016, on September 20, Director of the Monroe County Department of Child Services (DCS) Liz Bullock discussed the work her agency does with families in which children are neglected or abused. Due to the current epidemic of opioid use, the number of cases they have to handle has increased substantially, to 580 last fall, necessitating the hiring of a number of additional caseworkers. Ninety-one per cent of their current cases stemmed from substance abuse issues, most of which involved opiate use. From 2000 to 2013 the rate of heroin overdoses rose 11-fold. Medicaid patients represented the majority of deaths, because they are likely to have opioid pain medications prescribed for them at higher doses and for longer periods of time. But opioid abuse occurs among people of all income levels and all walks of life. In July 2016, 41 out of 236 cases assessed for acceptance, or more than 13 per cent, involved child neglect, because the parents were incapable of coping with their situation.

Liz explained that most of the families in the DCS system have trauma. Many of the parents faced trauma as children themselves, including violence and substance abuse. DCS is putting a lot of money and effort into rehabilitating families, trying to treat the entire family, not just the addicted parents. Unfortunately, 90 per cent of opiate abusers will relapse, and children may be a trigger. DCS is working together with Centerstone to help get people into treatment quickly, an approach that includes a "Nurturing Parent" aspect to teach parenting skills.

Cheryl Branum, Centerstone Supervisor for Adult Services in Indiana, pointed out that in the treatment of opiate abuse, medications to block their reception can be used to help a person function. The opiates leave the body within three days, but the desire for them is felt for much longer, and people need to be taught coping and life skills for the long term. Centerstone offers recovery coaching to help patients with needed skills, including navigating the complicated Healthy Indiana Program (HIP) web site.

They are also trying to partner with OB-GYN doctors to monitor all medications taken by pregnant women and new mothers and, if necessary, to get them in for assessment and treatment quickly, as neonatal abstinence syndrome has been increasing, with newborn babies suffering excruciating withdrawal symptoms from opiates passed on to them by their mothers and still in

their systems after birth.

An audience member asked, given that the problem is so big, what is not happening, i.e. what is still needed? Cheryl responded that Centerstone has created an opiate tax force to try to determine where there may be gaps in treatment, but they already know that more psychiatrists willing to deal with addicts are needed. Liz added that education about the problem for all people in the mental health field is key – there needs to be an openness to learning, to new programs, and to using new medications. This is happening to some extent in Monroe County, with Centerstone staff being trained to administer Narcan (naloxone) and to take it with them on case visits, and with the hospital, IU Health physicians, and Bloomington Police Department being able to administer Narcan and also informing addicts about available services and helping them to access these resources.

LCW President Jean Scallon began the second part of the program by thanking retiring hospital and IUH South Central Region CEO Mark Moore for his long-time support of LCW and indeed the entire community, and by presenting him with a retirement gift of grilling implements and a recipe book, as well as a lifetime membership to LCW. Moore replied that he has nothing but fond memories of working with LCW, which has supported not only the hospital, but also local healthcare. He went on to give an update on progress in planning for the new hospital, which will reflect new trends in healthcare but also include an academic element. In spring 2016, hundreds of people participated in "visioning" what the new facility should be like. By fall the core model was 80 per cent planned, and the schematic design process was to begin shortly and last through spring 2017. Priorities included the central importance of the patient experience and improving efficiency of care giving. The hospital will work with IU and the Indiana Department of Transportation (INDOT) to provide easy access to the new complex, especially on game days, and there will be a heliport to provide quick transfers of patients to specialized IUH medical facilities in Indianapolis. In response to a question from the audience, Moore noted that he was very pleased with the direction of the team and the plan, but that he probably won't be intensely involved in the planning after he retires, as that would be led by his successor, Matt Bailey.

Plans Moving Forward on New Hospital

Plans for the new Indiana University Health Bloomington Hospital are moving ahead. The site plan gained the approval of the Indiana University Board of Trustees in February. Located near 10th and the Bypass on land owned by Indiana University, it will include a new hospital and outpatient care center, as well as an education component. The site plan reveals that the campus will leverage the beauty of the natural environment to create a distinctive and healing setting for patients, families, physicians, educators, students and staff.

Leaders from Indiana University, COOK, Inc. and IU Health Bloomington recently met to identify how the three organizations might work together collaboratively. Some areas that will be explored further include simulation labs, off-hours access to imaging equipment and access to classrooms and inter-professional education space. The group will continue to dialogue throughout the design process and will learn from other examples of collaboration and innovation that exist throughout the country.

Future physicians and nurses are also being brought into the discussions. IUH Bloomington Hospital hosted IU School of Medicine students and leaders to help determine how a new generation of doctors will be trained alongside our caregivers. The IU School of Medicine is the largest in the country, with nine campuses, 40 healthcare affiliates, and 2,000 full time faculty members. How can medical students be exposed to all of the different environments and health care settings they need to learn about during their program to be ready

for medicine in the 21st century? IU School of Medicine Dean Jay Hess, MD, Ph.D., believes the answer is to utilize all nine campuses across the state to provide a consistent level of education and experience. He believes Bloomington is an important part of that vision.

Hospital leaders also recently held a "Visioning Day" to bring together teams tasked with leading the transformation of care model, as well as processes and practices for their future home. Clinical leaders, IU Health providers, Indiana University and Ivy Tech leaders, design consultants, and more gathered to learn and work together. The half-day event was planned to help with the alignment around the vision for the new campus project among key stakeholders.

In addition to informative presentations from the Advisory Board, IU Health system Chief Medical Officer Jonathan Gottlieb, MD and Vice President for Capital Planning and Facilities at Indiana University Tom Morrison guided participants through a detailed presentation about the new campus and the vision and mission for the project. That presentation was given by IU Health Bloomington Hospital Chief Medical Officer Ken Marshall, MD, Chief Nursing Officer, Linda Lewis, RN, and South Central Region Chief Operating Officer, Brian Shockney.

Planning for the new campus is moving out of the schematic design phase and into the design and development phase. Visit iuhealth.org/bloombuild to stay up to date on the project.

LCW Budget 2017

PROJECTED INCOME:

Dues (75 members).....	\$1875.00
Member donations.....	1300.00
Outside donations.....	500.00
Bloomington Hospital Foundation.....	5000.00
Dividends (Vanguard).....	250.00
TOTAL	\$8925.00

EXPENSES:

Scholarships	\$7000.00
Women's History Month Lunch.....	250.00
Chamber of Commerce dues	370.00
Balloon Fest	500.00
Sign on Rte. 37.....	150.00
Adm. (office, Postal rental)	170.00
Annual Meeting	200.00
Awards, gifts, misc.....	285.00
TOTAL.....	\$8925.00

Submitted by LCW Treasurer Sally Hegeman, who adds: As you can see, scholarships make up a large part of our budget. We would like to increase the number of scholarships we can give and/or the amount of the scholarship award. Please give to the scholarship fund today!

LCW | PO Box 6171 | Bloomington, IN 47407

2017 Membership Meetings

April 27, 11:30 am - 1 pm

First Quarterly Membership Meeting

At the first Quarterly Membership Meeting, held from 11:30 to 1 pm at St. Marks Methodist Church, Carol Weiss Kennedy, Director of Community Health at Bloomington Hospital, spoke on "Issues in Community Health," and IU Health Southern Region CEO Matt Bailey presented members with an update.

July 27, 11:30 am - 1 pm

Second Quarterly Membership Meeting

Location TBA

Kerri Conway will give a presentation on "Senior Citizen Concerns" and IU Health South Central Region CEO Matt Bailey will give an update on IU Health matters.

September 28

Third Quarterly Membership Meeting

Time, Location and Agenda TBA

November 30

Annual Meeting

Time and Agenda TBA

The Annual Meeting will take place at Ivy Tech.

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The Local Council *of* Women NEWSLETTER

Spring 2017 Issue

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