

The Local Council of Women



The Local Council of Women



Jean Willey Scallon,
President

President's Message

Being grateful can be a challenge for individuals when times are difficult, with too much on our plates, political distractions, weather disruptions, health crisis, etc... Yet being grateful, saying thank you, and recognizing the good is so good for the soul. I was recently asked to give the convocation at the Indiana Hospital Association Annual Meeting; the following is what I read, which was by a woman by the name of Glenda Cooper. I read this frequently to remind myself to not let a moment of thanks pass me by.

"One of the best lessons in Life came from The Postman

We all have mentors in our lives. Sometimes it's a teacher, a father, a mother or maybe someone you worked with. For years, I thought my mentor was The Postman.

I got my first real job when I was barely 19 – a little mortgage company on 10th and A Street in downtown Tacoma. I didn't even know what a mortgage was; I wish I still didn't.

Never having worked in an office before, I didn't quite know what to expect on my first day. As I choked down the nervousness, I was led down two flights of stairs to the basement, where all the women worked. I looked around at the windowless room, linoleum floor and gun-metal-gray desks and wondered if I would be able to last a week. That's where I began a 25-year career.

On payday, an older gentleman (who might have been

35 at the time) came down to the basement. He always wore a blue suit and carried a stack of envelopes. He began near the steps, stopping at each desk to exchange pleasantries. At the end of the conversation, he handed that person an envelope, shook their hand and moved on to the next. My co-workers told me he was The Postman – and I believed them.

Month after month, our paychecks were delivered in that manner. I was there two years before someone finally told me that the gentleman in the blue suit, the one I called The Postman, was Mr. VanDeMark, the president of our company.

The next payday, when Mr. VanDeMark handed me my paycheck, shook my hand and thanked me, I asked him why he did that. Why did he take time out of his busy day to hand-deliver paychecks to the basement? His response was something I kept with me the rest of my life.

He said, "It's the right thing to do!"

Then he stopped for a moment and added, "We're a success because we're a team. I want to show my appreciation for your hard work."

Years later, he left the company for greener pastures and his vice president carried on the tradition. When the company was sold and I took on a new job, I was in a position to pass out the paychecks to my own staff. I

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wonder if they thought I was the post lady the first time it happened. Month after month, year after year, my staff came to depend on that delivery to their individual desks. They looked forward to a quick chat, maybe a joke, but always a “thank you.”

If I happened to be out of the office on payday, my department heads picked up the paychecks and hand-delivered them to the staff. They never asked why; they just knew it was the right thing to do!

Several years ago, the company I worked for automated the paycheck system and required the staff to have their funds automatically deposited into their required checking or savings accounts. It was the end of an era, and I thought about Mr. VanDeMark, who was retired by then.

That Christmas, I enclosed a personal letter with his annual Christmas card, telling him the story of The Postman. I thought he might appreciate knowing that some of the most valuable lessons he taught were unintended.

He taught by example, and I thanked him for the legacy.

Two months later, he called to tell me how much that letter meant to him. His voice cracked during the conversation, and the effort brought tears to my eyes. Six months later, I attended his funeral.

How lucky I was. I was given the chance to thank him, and I took it. How many moments like that pass you by? How many moments like that do you get? It was the right thing to do.”

I'm grateful to all of you who volunteer your time, give back, make a difference, as you are truly what makes the world go round. I hope to see you as we attend the events LCW has planned, encourage people to apply for our scholarship, and engage in promoting the health of our community.

Thank you, thank you, thank you.

In Gratitude,

Jean W. Scallon

Mark Moore, a Healthcare Leader in our Region, to Retire in November

Mark Moore, president and CEO of IU Health Bloomington Hospital since 2002 and currently also president of the South Central Region of IU Health, announced in July that he will retire on Nov. 1, 2016. Succeeding Moore as president will be Matthew Bailey, currently chief operating officer for the South Central region.

Highly regarded by managers, staff, physicians, and colleagues throughout Indiana, Moore is credited with developing trusting relationships marked by honesty, caring and insight, and has been cited for his leadership during the hospital's merger with IU Health in 2010. He oversaw the renovation of the hospital and, also in 2010, its expansion. During his tenure the community's access to primary and specialty care grew notably, with the number of practitioners at IU Health Southern Indiana Physicians increasing from a dozen to more than 200 physicians and other providers in 18 locations. Most recently Moore has been a leader in developing the vision for the new IU Health Bloomington regional campus scheduled to open in 2020.

“Mark's experience, intelligence, and commitment to purpose have guided the hospital forward through all these challenges,” notes Lynn Coyne, chairman of the Bloomington Hospital Board of Directors. “It is hard to imagine how we would have navigated the complex and changing healthcare environment without Mark's steady hand. Our hospital, our community, and our region are a far better place because of his integrity, courage, and caring.”

IU Health Executive Vice President and Chief Operating Officer, Al Gatmaitan, echoes these sentiments. “Mark has definitely been a servant leader. He has positioned IU Health leaders and staff for a once-in-a-lifetime opportunity to better serve our communities.”

Coyne says Moore's successor will bring continuity to the South Central healthcare region: “Matt Bailey brings to us the next generation of leadership. He is a proven leader and has experience in dealing with the challenges of the future of healthcare.”

Bailey, who is certified as a Fellow of the American College of Healthcare Professionals, has more than 30 years of leadership experience in community-based hospitals. He joined the IU Health South Central Region as chief operating officer in October

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2015, after serving as president of IU Health West Hospital in Avon for six years. During his tenure there, the hospital achieved Magnet designation and performed at the highest levels for quality and patient satisfaction. Prior to joining IU Health, Bailey served as president and chief executive officer of Good Samaritan Hospital in Vincennes.

Bailey looks at his new post as an opportunity. "I am humbled to lead the region into a new era and I take the responsibility very seriously. I look forward to working shoulder-to-shoulder with you," he noted when his appointment was announced.

LCW would like to thank Mark Moore for his years of working to make the hospital and healthcare in this region ever better. We are very grateful to him for his constant support of LCW, as well as for his leadership and his commitment to making access to healthcare possible for all the residents in our communities. We hope Mark enjoys a restful and fulfilling retirement!

We would also like to welcome Matt Bailey as Mark's successor. We look forward to working with Matt in the years to come.

LCW Members Learn about the Olcott Center and about Planning for the New Hospital

At LCW's second quarterly LCW membership meeting in June, Wanda Katinszky, Director of the IU Health Olcott Center, gave a very informative presentation on the Center, stressing its one-of-a-kind uniqueness. Wanda has been with the Center for only a short time, but she is well acquainted with its history: In 1998, when Joan Olcott, a long-time member and former president of the Local Council of Women, needed a place where she could go for answers to her health concerns, she and her (now deceased) husband Lloyd decided to make sure others, too, had a place to go for information on cancer issues. In 1999, the Olcott Center opened its doors.

The Center began with a focus on breast cancer, but today it welcomes anyone, male or female, regardless of diagnosis. Family members, whether they live in this area or elsewhere, are also invited to make use of the information and support the facility offers, as is anyone else requiring information for cancer prevention, early detection, diagnosis, and treatment. All of the Center's services are free.

When the Center opened, it had a part-time RN educator/counselor. Now the staff comprises three experienced RNs certified in Oncology, Nurse Navigation, and Mastectomy Prosthesis Fitting, one support person, two certified massage therapists, and an MSW navigator at the IUH Cancer Radiation Center. They deal with about 500 patients at any one time. Often the Center is contacted by a patient's oncologist, so that the person has the support of the Center from the very beginning. The Center's staff stays with the patient until told they are no longer needed. No question or need is out of consideration for the Center's help.

The Olcott Center offers support at the time of diagnosis and throughout treatment, including assistance at radiological imaging, physician office visits, and inpatient visits; on the day of surgery and after chemotherapy and radiation therapy treatments; and after diagnostic and surveillance testing. Weekly support groups are available for all cancer patients, as well as for their family members, as are bi-weekly art therapy sessions. The Center is also trying to establish a Peer Advocate Program where patients will be matched with someone who has had the same cancer.

The Center offers many additional services:

- A library where patients and family members or others seeking information can find a wealth of information that can help them understand and handle their situations.
- Massage therapy, either at the Center or in the home.
- Prosthesis fittings for breast cancer patients.
- Self-esteem aids, such as hats, wigs, hairdressers (who will cut hair short), and cosmetologists who can help women remain attractive as they are losing hair, eyebrows, etc.
- Help in formulating end of treatment care plans.

A "Girlfriend Fund" is used to help with expenses for persons who require assistance. In 2015, 256 individual patients were provided with a total of \$24,825 for gas and other needs. As well, the Center has a Lymphedema Fund, which in 2015

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provided two individuals with lymphedema garments and which purchased lymphedema products in the amount of \$1340.

Education programs cover “what everyone should know about cancer,” genetic risk assessment, and genetic testing, as well as information for teens on breast and testicular self-exams. The total number of people contacted in various outreach activities in 2015, including speaking events and health fairs, was 8,978.

In addition, the Center partners with the Dermatology Center of Southern Indiana to provide care to eligible patients at the Volunteers in Medicine Clinic and to offer skin cancer screening for low-income individuals.

Olcott Center services are financed largely by Hoosiers Outrun Cancer, Bloomington’s largest fund-raising run/walk organized by the Bloomington Hospital Foundation; by direct gifts; and by Tee Up Against Cancer, a golf outing that raises funds specifically for the Girlfriend Fund grants.

When asked “what do you need?” Wanda responded, “Tell people about the Olcott Center and its services.” LCW members are urged to do just that.

Also at the meeting, Mark Moore, president and CEO of IU Health Bloomington Hospital and president of the South Central Region of IU Health, gave a brief update about ongoing planning for the new hospital and presented some of the concepts guiding the future design of the facility. Mark noted that “enabling better navigation through health care needs” is an overarching goal. He explained that care will be designed around planned (80%) and unplanned medical needs. The former include cases of the “you know you are coming and for what” kind, and the latter constitute emergencies where a multitude of resources must be available. These patients will not be co-mingled.

Also planned is a separation of corridors, with public corridors that are designated for visitors, and others that will be used solely for hospital purposes, such as the transportation of patients and equipment. Patients who are going to be in the facility for a longer period (high acuity) will also be in a separate area from those who will have only a short stay (low acuity).

The actual design work will begin in October and November of this year, with groundbreaking scheduled for the second quarter of 2017. It is anticipated that building the facility will take about 30 months. If all goes as planned, the new hospital will open in mid-2020. LCW will follow its progress with interest.

[Ed. Note: Thanks go to Nancy Lumbley for her substantial input to this article.]

LCW Scholarship Applicants Sought

The Local Council of Women and the Bloomington Hospital Foundation will again this year award the LCW Cecelia Wahl \$2000 scholarship and four \$1250 scholarships to five students pursuing a career in healthcare. The LCW Scholarship Committee will select the scholarship winners in October and will announce their names and present the awards to them at the organization’s annual meeting in November.

Applicants must already have been accepted into an accredited program of study in a medical field and must live in one of the counties served by IU Health Bloomington Hospital: Brown, Davies, Greene, Jackson, Lawrence, Martin, Monroe, Morgan, Orange, Owen, and Washington.

All of the following must be submitted in order to be considered for a scholarship:

1. Applicant’s name
2. Applicant’s mailing address
3. Applicant’s current phone number
4. Applicant’s email address
5. A personal statement including the applicant’s goals for the future
6. Documentation of acceptance into the applicant’s chosen accredited program
7. A copy of the applicant’s grades (does not have to be an official copy)

Completed applications should be mailed by September 30, 2016 to:

LCW Scholarships
P.O. Box 6171
Bloomington, IN 47407

Questions can be addressed to Nancy Lumbley, nlumbley@comcast.net.

Please encourage anyone you may know who qualifies for these scholarships to submit an application!



LCW Helps Educate Students and Balloon Fest Attendees

Supported by the Local Council of Women and IU Health Riley Physicians, among other organizations, the MEGA Body, a portable and inflatable larger-than-life walk-through model of the entire human body, visited Monroe County in conjunction with the 2016 Kiwanis Club of South Central Indiana Balloon Fest. On Thursday, September 8, the 12 feet high by 50 feet long by 15 feet wide exhibit was open to students only. MEGA Body staff assisted by volunteers, among them some LCW members, provided interactive tours that allowed visitors to experience the inner workings of various systems and individual parts of the body. From September 9-11, during the Balloon Fest itself, the exhibit was available to all festival attendees.

In the MEGA Body, healthy bodily functioning is depicted, along with preventive measures to help avoid common diseases. The main emphasis is on healthy lifestyle choices to prevent common diseases currently affecting children, adolescents, and adults. Young and adult visitors learned that the choices they make at an early age can have a huge effect on their well-being, both immediately and in the future.

At the Balloon Fest LCW also again hosted an educational booth during the Saturday "Health & Safety FUN! Fair," where it let children listen to their hearts with a stethoscope and helped them make their own first aid kits. Information to educate the community about the organization was distributed to visitors, as well.

LCW applauds and thanks its members who volunteered their time on behalf of healthcare education at the festival!

Third Quarterly Member Meeting to Deal with the Local Impact of Opiate Abuse

Following a state-level symposium held in his office to explore the extent of the problem, Indiana Attorney General Greg Zoeller in 2012 created a Prescription Drug Abuse Prevention Task Force. In June 2016 he noted that “in the years since, this problem has become an epidemic.” He pointed out further that “the opioid addiction epidemic is uniquely an American disease, as our nation, which is 4 percent of the world’s population, consumes roughly 80 percent of the world’s prescription opioid narcotics... Rates of addiction and overdose deaths have skyrocketed, with an average of 78 people dying every day from overdoses of prescription opioids. For the first time in a decade, the U.S. death rate rose last year, attributed in part to rising drug overdose deaths. The costs of care have skyrocketed as well. Add to these the costs of lost time at work, drug-related crime, incarceration, rehabilitation and treatment, and the full enormity of the problem is overwhelming.”

LCW’s third quarterly membership meeting, to be held on **September 20 from 11:30-1 pm at the Holiday Inn, 1710 N. Kinser**, will address this issue of much concern. Discussing “The Impact of Opiate Abuse on our Communities and our Children” will be Caleb Branam, Clinical Supervisor at Centerstone and Elizabeth Bullock, Director of the Monroe County Department of Child Services.

Caleb Branam, MS, LMHC, has worked at Centerstone and in the addiction field since 2009, when he also began facilitating IOP, BIG and SAEC groups. He currently serves as Supervisor to the Adult Recovery Team in Monroe County. He facilitates training for Centerstone Recovery Coaches and, as well, supervises the Recovery Engagement Center in Bloomington.

Elizabeth Bullock has a degree in Psychology from IU. After beginning volunteer work at Middle Way House in 2003, from 2005 to 2010 she worked for that organization in several positions, including those of Women’s Advocate and Crisis Intervention Services Coordinator. In 2011 she joined the Monroe County Department of Child Services, working first as a family case manager and then as a supervisor, and in July 2015 she was appointed the Department’s director. Almost 90 percent of the cases her staff of 50 deal with involve substance abuse, and many of them domestic violence, as well. Because the number of these cases has increased significantly in recent years, the number of case workers on the staff has grown correspondingly, from 24 in 2015 to 41 currently.

We look forward to the discussion of this important topic and to seeing you at the meeting.

PLEASE RSVP TO:

Jean Scallon at jean.scallon@uhsinc.com for a (no-cost) lunch.



Save the Date!

September 20, 11:30 am - 1 pm

Third Quarterly Membership Meeting

Holiday Inn, 1710 N. Kinser.

Caleb Branam, Clinical Supervisor at Centerstone, and Elizabeth Bullock, Monroe County Department of Child Services Director, will discuss "The Impact of Opiate Abuse on our Communities and our Children."

Please RSVP to Jean Scallon at jean.scallon@uhsinc.com for a (no-cost) lunch.

November

Date and location TBD

Annual Meeting and scholarship presentations

This is also the deadline for renewing your membership in LCW. Dues may be paid at the meeting, with non-members welcome to join, as well.

Please contact Victoria McClary at lcwbloomington@gmail.com with any questions.

LCW Board Members

Jean Scallon

President

Jean.Scallon@uhsinc.com

Benjamin Niehoff

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ben@slotegraaflegal.com

Maria McKinley

Secretary

emmckinley@comcast.net

Sally Hegeman

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hegemans@indiana.edu

Barry Lessow

barry@monroeunitedway.org

Nancy Lumbley

nlumbley@comcast.net

Vanessa McClary

vanessa@scikiwanisclub.org

Victoria McClary

victoria.circlek@gmail.com

Pam Thompson

pthomps@ivytech.edu

OFF-BOARD:**Nancy Boerner**

Newsletter editor

nboerner@indiana.edu

The **Local Council of Women** NEWSLETTER

Fall 2016 Issue

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