

The Local Council of Women

President's Message

The year is moving quickly, and as we emerge from summer and head into autumn I want to update you on LCW's recent and upcoming events and activities. Before doing that, however, I would like to thank Kerry Conway for the very informative presentation about the programs and initiatives of the Area 10 Agency on Aging that she gave at our second quarterly meeting in July. As Kerry told us, Area 10 offers a variety of important services, many of which are often not generally known to the community. Getting the word out about Area 10's services is crucial. LCW looks forward to exploring ways that we can partner with Area 10 in the future. We also thank Matt Bailey for his discussion at the meeting of the plans and timetable for construction of the new hospital campus and for sharing his vision of what he hopes the new campus can and will be for our community.

As for our recent events, the 5th annual South Central Indiana Kiwanis Balloon Fest and 5K run took place September 8-10 at the Monroe County Fairgrounds. LCW sponsored a booth at the event, featuring information and materials focused on health and safety and offering first aid kits for children. We also sponsored the 5K Run/Walk event. LCW has been a long-time supporter of SCI Kiwanis and specifically of the Balloon Fest, and we are happy to be a part of it again this year. It was both informative and fun, and we hope you had a chance to attend.

LCW's next quarterly meeting will be on September 28 at 11:30 in Room 8 at St. Mark's Church. IU Senior Lecturer Dr. Carol Kennedy-Armbruster and LCW board member Mary Kerby, along with Mary's class, will show us how we can improve our health by simply increasing the movement in our daily life. Many of us do not have the time or the inclination to visit the gym every day. But the group will show us, through interactive demonstrations, how we can still get our exercise and maintain our health by following some simple steps and routines.

LCW is also happy to announce that we will be contributing this year to the Bloomington Hospital Foundation's "Safe Sleep" initiative. Infant mortality is a problem in our state—

probably greater than most of us realize. One cause of infant mortality is when infants sleep in the same bed with their parents or in other improper bedding. The "Safe Sleep" initiative provides cribs to parents who are unable to purchase them. Our board believes this is an important initiative and is proud to support it.



Each year LCW offers scholarships to students in our community who are pursuing degrees in health-related fields. In the upcoming months, we will be reviewing our scholarship applications and identifying the recipients of those scholarships. The scholarships will be awarded at our annual meeting in November at Ivy Tech.

We are excited about our upcoming programs, activities and initiatives for the fall. And, as always, we thank you for your continued support of LCW and its programs and would welcome your input about further initiatives.

Ben Niehoff

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



The Local Council of Women

Area 10 Agency on Aging a Focus at July Quarterly Meeting, Along with Planning for the New Hospital

LCW President Ben Niehoff opened the second quarterly membership meeting of 2017 by thanking board member Sally Hegeman for agreeing to serve as LCW's representative on the Hospital's Finance Committee.

He then welcomed Kerry Conway, CEO of the Area 10 Agency on Aging, to the meeting, noting he hoped LCW might be able to join forces with the agency on some efforts in the future. Conway succeeded longtime executive director Jewel Echelbarger in January 2010. She has extensive experience in community development, having served as executive director of the Greene County Foundation; as senior staff of The Villages of Indiana, Inc., the state's largest not-for-profit child and family services agency; and as community development analyst for the City of Bloomington during the administration of Mayor John Fernandez. She has also served as a consultant for the Lilly Endowment's Giving Indiana Funds for Tomorrow (GIFT) program, a major philanthropic initiative that helps communities in Indiana launch community foundations.

Conway began by noting that the mission of the Area 10 Agency on Aging is to serve as a leader in providing resources, solutions, and connections, primarily in Monroe and Owen counties, for seniors at all income levels, as well as for all persons with disabilities and for family caregivers. Established in 1981, it is a private, nonprofit 503 (1C) organization, one of 16 Agencies on Aging in the state of Indiana.

The Agency provides a wide range of services and programs. Its Information and Referral services include the State Health Insurance Assistance Program (SHIP), which helps people navigate the choppy waters of health insurance and Medicare options. A Long-term Care Ombudsman responds to and investigates complaints from residents in care facilities such as nursing homes. And an Adult Guardianship Program currently helps "senior orphans" who live alone with no friends or family nearby and who lack the capacity to make decisions for themselves due to health issues such as dementia or developmental disability.

In-Home services works to optimize clients' home

environments and nutrition, so that their health care treatments can be as successful as possible. The agency offers case management to help clients develop a plan for the coordination and delivery of caregiving services, such as adult day care and respite care. A case manager will check in with clients after they have had medical visits to reinforce the information they received. The Caring Companions program matches volunteers with neighbors who desire other kinds of help in the home, such as meal preparation, housekeeping, gardening, or simply visiting. The agency offers nutritious meals at group-meal sites where people can also socialize and participate in games or other programs, and it will deliver meals to the homebound in Monroe and Owen counties, if needed, complementing Meals on Wheels, which serves residents in the city of Bloomington; it also works with Meals on Wheels on billing Medicaid for food delivery services. A mobile food pantry can deliver a bag of groceries once a month to those in need of it. A REPAIRS Team provides such services as fixing windows, doors, and screens and installing safety features like ramps, grab bars, and rails.

Health and Wellness is a big focus of the agency. Its Chronic Disease Self-Management Program helps clients develop management techniques and mutual support. Workshops facilitated by trained leaders offer additional support. For those with mobility issues, Area 10 houses an inventory of new and used home medical equipment and assistive devices, such as walkers, wheelchairs, crutches, canes, commodes, and more, which are available to those who may need this kind of help.

The Endwright Center in Ellettsville offers a variety of activities for a membership fee of only \$35 a year. It provides help to individuals to develop a specific fitness plan and has an array of innovative fitness programs as well, including classes in tai chi, balance and coordination, and strength and flexibility. It also offers one-on-one computer tutoring, arts and humanities classes, special events, and support groups. Much more information about the Endwright Center can be found at <http://www.area10agency.org/endwright>.

(Cont'd. on page 3)

Kerry Conway noted that Area 10 is also a “transportation company,” running Rural Transit busses on scheduled routes in Monroe and Owen Counties. Depending on an individual’s circumstances, door-to-door service, with ADA-compliant wheelchair lifts available if needed, is offered in Lawrence, Monroe, Owen, and Putnam counties. Rural Transit services are open to anyone regardless of age or disability, although children under 12 must be accompanied by an adult. Express route fares each way for one-county and two-county routes are \$1 and \$2 respectively and, similarly, \$3 and \$6 each way for door-to-door transport.

Area 10 is in the housing business, as well, operating four affordable apartment complexes in Monroe and Owen counties for low-to-moderate-income seniors, so that they can live independently while still being involved in their communities. The apartments are close to health services, shopping, entertainment, and transportation, with green spaces for taking walks or growing a garden. All units have wide doors, easy-open door handles, blade-type faucet handles, and grab bars in showers and tubs. A limited number of wheel-chair accessible units in select locations incorporate such helpful amenities as lower counters and low-lip showers. The complexes are located in Poland, IN, just off Hwy 42; in Ellettsville at Edgewood Village, across from the Endwright Enter, and in Bloomington in the Dodds-Wylie area and as a part of the Patterson Pointe development; opening in the first half of 2013 that complex was full by September of the same year, with a waiting list by April 2014.

Conway emphasized that “volunteers are key to what we do.” Many people volunteer with Area 10 directly, and others come to the agency from the RSVP 55+ Volunteer Program, a national service program for volunteers age 55 and older who want to make a difference in their communities. More than 450 volunteers in Monroe and Owen counties serve at a variety of health care facilities, governmental units, and non-profits, including the Area 10 Agency on Aging, providing an array of services that, Conway noted, are “equivalent to the work of 62 full-time employees.” The program matches volunteers with positions that best complement their interests and availability, and it provides them with ongoing support, recognition, and free supplemental insurance. (For more information about the RSVP program, or to volunteer under its auspices, go to <http://www.area10agency.org/rsvp>.)

Matt Bailey, President of IU Health South Central Region, spoke next and noted that he highly values the services of the Area 10 Agency in helping people achieve their health goals. Indiana trails the US in most population health metrics, such as the number of smokers, people with diabetes, drug and opioid use, and infant mortality. IUH providers in the south central region have been working

to improve these numbers, but these issues still need much attention, and the Area 10 Agency’s work is much appreciated.

Bailey explained that the new hospital will continue to focus on improving health in the region by trying to provide a personalized approach to whole-patient care—“the best care, designed for you.” Giving the example of a person who had to come in for surgery, but was very worried about who would care for her special-needs son while she was incapacitated, he said that when hospital staff helped her to solve that problem, her mind was freed up to concentrate on taking good care of herself, hastening her healing. Planning the new facility, Bailey said, is “a once in a lifetime opportunity for radical change,” as the hospital needs to be able to recognize when and where a patient would receive optimal care, even if it’s not at the hospital.

The new model of care will provide improved quality, safety, and cost-effectiveness, with easy access to testing and specialists as needed, but with an emphasis on preventive medicine and primary care. The guiding principles of the building project are “experience, sense of place, operations, and education.” The planning is also looking to the future so as to be able to take advantage of things that haven’t been perfected yet, such as telemedicine.

Bailey hopes to be seeing patients at the new hospital by December 2020, but it will be a number of months after that before everything is taking place there. He stressed that “the old campus will have no leftover environmental concerns.” When it is vacated, it will be clean from an environmental standpoint, which is not an inexpensive undertaking.

The plans when Bailey spoke at the July meeting still had to be approved by the IU Board of Trustees (this action took place in August—see page 4) and by the IU Health Board in a session scheduled for December. A ceremonial groundbreaking will take place in mid-January in IU’s Henke Hall, but initial work on the grounds may begin before then.

LCW has been following developments concerning the new hospital with great interest and looks forward to watching the plans progress.

IU Trustees Approve Exterior Design for New Hospital and Health Sciences Campus



At its meeting on Friday, August 12, the IU Board of Trustees officially approved design plans for the new IU Health Bloomington Hospital and IU health sciences facility. The two organizations will occupy a unified building, with the five-floor medical facility comprising 620,000 square feet and the academic quarters 115,000 square feet. Because there has been a shift from inpatient to outpatient care in the healthcare industry, the new hospital will have just 184 beds, down from more than 200 currently. If conditions change, the building can be expanded in the future.

Located along the State Road 45/46 bypass at the current IU golf driving range, use of the site was approved by the trustees two years ago. It will be accessible to city and university bus lines and will incorporate spaces for about 1,850 cars, possibly with valet parking for those who need it. The facades of the building will consist mainly of limestone, with the base of the building and its vertical windows accented with brick, similar to other IU campus and IU Health buildings. A liberal use of glass in the main entry and multistory atrium will allow natural light to flood in. The clinical space is targeted for LEED silver and the academic section for LEED gold certification.

The new hospital will be a "patient-centric" building, according to Matt Bailey, President of the IUH South Central Region, with a centralization of physicians, medical specialists, and students all on one state-of-the-art campus. Bailey noted that in the past the health care system has been thought of simply as something for sick people to come to, but that by about 2020, "that model is going to flip. Care is going to be thought of more as cradle to grave, more of a continuum, and it's going to be more of a community function."

The new building will offer an improved patient experience, with larger rooms and private patient transport areas separate from areas that are open to the public. The outpatient portion of the facility will include

a diagnostic center, a comprehensive cancer center, specialty physician offices, a minor-procedure area, and surgical suites. Interior design plans are still being formulated, with more than 500 physicians, hospital staff, educators, and patients participating in planning sessions. Matt Bailey notes that "this is an incredible investment in our community, and we want to get it right." He also pointed out that the hospital is currently working harder and receiving less reimbursement than previously, a situation that will probably continue to be the case. One of the challenges in designing a new health and wellness process is to evaluate current processes and try to figure out how they might be changed in order to decrease the cost of providing care while still maintaining high quality.

The exterior design of the facility includes healing gardens and walking trails, taking advantage of the natural composition of the grounds. Patient rooms are oriented to allow beautiful views of the rolling landscape and a ridge of trees. The grounds are intended to be a sustainable development, incorporating native plantings, prairie grasses, and bio-swells to capture water runoff and purify it.

Special attention has been paid to how providers, nurses, and other medical professionals will interact with students and faculty. As a result, shared spaces have been created to better enable synergy between the clinical and academic programs. Both IU Health and IU are looking forward to the expanded opportunities they anticipate having for health sciences education and research into cutting-edge interprofessional education programs, which will enhance their ability to keep up with an increasing demand for more practical experience for students in health-related disciplines, especially medicine, social work, nursing, hearing and speech sciences, public health, medical sciences, and dentistry.

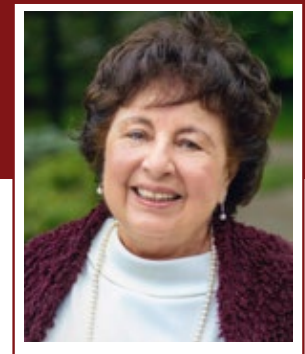
Clearly, much thought and effort have gone into the planning of the new facility. LCW is looking forward to the plans becoming a reality.

Learn how to Add Movement to Your Life at LCW's Third Quarterly Membership Meeting on September 28

LCW's third quarterly membership meeting of the year will be held on Thursday, September 28, from 11:30 a.m. to 1 p.m. in Room 8 of St. Mark's Lutheran Church, located on the Bypass north of Third Street. IU Senior Lecturer in Kinesiology Carol Kennedy-Armbruster along with her student, LCW board member Mary Kerby, and students from Mary's class at IU will give us information on how to benefit our wellbeing by increasing movement in our daily lives. A 15-minute presentation will be followed by demos, with the students showing attendees, split into smaller groups, some easy movements that can be done in the home. It should be an informative and fun program!

Now that the site plan and the exterior design for the new hospital and medical science academic center have been approved by the Indiana University Board of Trustees, we also hope to get an update at the meeting on what is coming up next for the facility.

Bloomington Rotary Clubs to Honor Becky Hrisomalos



Long-time LCW member Becky Hrisomalos will be celebrated on November 3, when the three Bloomington Rotary Clubs will hold their third annual Rotary Toast. The event honors a person who has made contributions to the community that reflect the Rotary motto of "Service above Self." It will take place in Alumni Hall in the Indiana Memorial Union.

Becky is certainly a deserving recipient of this award. She has been active in Bloomington since first moving here in 1955 with her late husband Dr. Frank Hrisomalos. She served multiple terms on the board of the Monroe County Public Library, including two terms as its president, and for almost 25 years between 1974 and 2014 she was a member of the board of the Friends of the Library.

In 1973, Becky and four other women, under the sponsorship of LCW and the Bloomington Medical Auxiliary, a group she had founded, raised funds from community organizations, businesses, and individuals to start Meals on Wheels, with the aim of delivering nutritious meals to homebound individuals with health issues. The first delivery was to four people on one route. Today more than 200 Meals on Wheels volunteers deliver a hot meal, a sack lunch, and milk or juice to over 60 clients on seven routes daily from Monday through Friday.

Becky also initiated the "Light up a Life" holiday tree at the courthouse as a fundraiser for Hospice, resulting in thousands of dollars to benefit the new service that was established in 1987 to provide care and support for the terminally ill and their families. Now IU Health Bloomington Hospice, it has been a vital organization ever since its beginnings, and in 2012 it was able to build Hospice House to add to the continuum of care it provides.

Professionally, Becky served as director of social services at Bloomington Hospital for 17 years. She has received the award of Social Worker of the Year from the Bloomington Association of Social Workers. She has also received the Book of Golden Deeds Award from Bloomington Exchange Clubs and the Woman of Distinction Award from the Tulip Trace Council of Girl Scouts. She is one of only five women to be given LCW's President's Award.

LCW congratulates Becky Hrisomalos on the award of this latest of many honors!

Editor's note: Those who would like to attend the Rotary Toast honoring Becky can purchase tickets by contacting Jodi Hoagland at 812-320-2375 or hoagland.jodi@yahoo.com.

LCW Supports the South Central Indiana Kiwanis Balloon Fest

At the 5th Annual SCI Kiwanis Balloon Fest, held on the Monroe County Fairgrounds from September 8th to 10th, the Local Council of Women again had a booth on Saturday afternoon to promote its mission and goals to the community. First aid kits containing Band-aids, alcohol swabs, and gauze were handed out along with LCW information, and children could use a stethoscope to listen to their hearts before and after jumping for 30 seconds.

The 3rd annual "5K Run/Walk with the Balloons," sponsored by LCW since its first year, was held on Friday. Every participant received water, a banana, and a t-shirt with the LCW logo. LCW also provided the awards, as well as supplies such as arrow markers and timers. The race

followed a course around the fairgrounds and started in the early evening, as the balloons began to inflate providing a beautiful background. The overall male and female winners were awarded the special prize of a balloon ride each, on which they could choose to be accompanied by one other person. Other prizes were awarded based on age.

The Balloon Fest is held to raise money for SCI Kiwanis projects that benefit children, such as

Riley Children's Hospital, the Boys and Girls Clubs of Bloomington, and others. LCW is glad to be involved with this worthwhile event.

LCW Increases Scholarship Funding, Applications due October 1

Every year the Local Council of Women presents scholarships to students seeking careers directly or indirectly related to the health care industry. Recently the Bloomington Hospital Foundation has generously partnered with LCW, providing additional funds to enhance LCW's contribution. We hope these scholarships will impact not only the lives of the recipients but also those of persons in need health care. Together we can be a voice for community health and can make a difference.

In the last several years the number of scholarship applicants has increased significantly, as has the number of applicants with exceptional qualifications. In hopes of being able to increase the number of scholarships it can provide, LCW in July began a drive to raise additional funding. Please consider donating to the LCW Scholarship Fund even more than you may have already, to help support this effort!

The LCW board, upon the recommendation of the Scholarship Committee, each year determines the number of scholarships that can be awarded and the amount of funding support for each. In 2016, four scholarships were funded by the Hospital Foundation at \$1250 each. LCW funded the Cecilia Wahl scholarship at \$2000. This year the number of scholarships will remain the same, but the amount for each has been increased, to \$2500 for the Wahl scholarship and \$1500 for the others.

Last year's recipient of the Cecilia Wahl scholarship was Ann

Maas, a mother of four and now officially a senior in the Ivy Tech Nursing Program. Ann reports that "in less than one year I'll be taking the NCLEX (nursing board) exam." We are glad she is close to achieving a planned milestone on her career path. The other scholarship recipients also continue to pursue their goals. LCW is very happy to have been able to help them, too, further their careers.

Scholarship applications are due this year by October 1st. They may be submitted by students who live in one of the counties served by IU Health Bloomington Hospital—Brown, Daviess, Greene, Jackson, Lawrence, Martin, Monroe, Morgan, Orange, Owen, and Washington. Documentation of acceptance into an accredited program of study in a health care field must be provided. The application should include the student's name, mailing address, current phone number, e-mail address, and a copy of class grades to date (it need not be an official copy). Particularly important is a personal statement discussing the student's need as well as goals and aspirations for the future. Applications will be evaluated by the LCW Scholarship Committee during October, and will be awarded at the organization's Annual Meeting on November 30th.

**COMPLETED APPLICATIONS SHOULD BE MAILED BY
SEPTEMBER 30, 2017 TO:**

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

LCW Financial Report August 2017

Old National Bank:

CPC* as of 06/30/17 \$7,782.80
Deposits (dues, scholarships) 395.00
Withdrawals 00.00
Balance as of 07/31/17 \$8,177.80

BS** as of 06/30/17 \$1,126.08
Transfer from checking 00.00
Interest income 00.00
Ending balance \$1,126.80

Old National Bank (07/31/17) \$9,303.88

* Community Partner Checking **Business Savings

Vanguard:

December 31, 2016 \$18,093.89
Interest to date 193.98

Ending Vanguard balance 07/31/17 \$18,287.87

Save the Date

Thursday, September 28, 11:30 am to 1:00 pm

Third Quarterly Membership Meeting

Held in room 8 of St. Mark's Lutheran Church, with a program on "Increasing Movement in Your Daily Life."

Thursday, 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

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The Local Council of Women **NEWSLETTER**

Fall 2017 Issue

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