

The Local Council of Women

President's Message



Although the year is just beginning, it has already brought big changes for LCW. Late last year, LCW was asked to consider a change to the governance structure of Bloomington Hospital in anticipation of the construction of the new Hospital and Regional Academic Center. Specifically, IU Health proposed that Bloomington Hospital's governance be undertaken by the South Central Regional Board (SCR) as opposed to the existing 19-member Bloomington Hospital Board. LCW's membership was asked to approve the change of governance. LCW held two public discussions on the proposal. The first was held at Ivy Tech in December, and a second meeting was held at the Monroe County Public Library on January 11. The vote on the proposal was held on January 18, 2018 and the resolution passed by a vote of 50-6. The Bloomington Hospital Board later voted in accordance with the plan to change the governance structure. As a result, both LCW's bylaws and the Hospital's bylaws will be revised to provide for the change of governance.

Pursuant to the Resolution, LCW will now appoint one director to the SCR Board; will have an officer as an ex-officio member of the SCR Board; will appoint two persons to the 5-member Nominating Committee, which will nominate additional SCR Board Members; and will appoint four persons to the Community Health Committee, which will gather information and make recommendations about issues of public health concern in the community. In addition, LCW will receive \$500,000 to further its community health mission, and the Community Health Committee will receive \$250,000 to advance its work.

I want to thank the members of the LCW board for their hard work on this endeavor. I also want to thank our members, especially those who participated in the public discussions and on the evening of the vote, for their interest in furthering LCW's mission in the community.

Our board will now be working to fill the new positions in the coming weeks. We also will be considering how best to use the new financial resources that will come as part of the Resolution. This is an exciting new chapter for the Hospital and for LCW, and we look forward to the opportunities ahead.

Ben Niehoff

President

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



The Local Council of Women

It's Official!

On January 16, 2018, a ceremonial groundbreaking for the new IU Health Regional Academic Health Center took place on the IU campus, while plans for the old hospital were also beginning to take shape. LCW president Ben Niehoff and past president Susan Wier were among numerous dignitaries who gathered in the Henke Hall of Champions in Memorial Stadium to celebrate symbolically the beginning of construction on the new healthcare and academic facility.

IU President Michael McRobbie called the occasion "a truly historic day for Bloomington and southern Indiana," marking "the beginning of a completely new era of healthcare in this region."

IU Health President and CEO Dennis Murphy noted that in view of the hospital's continued evolution over time to meet changing community health needs, he had no doubt that one day a new facility would be built, and he was "proud to say today is that day." Bloomington Mayor John Hamilton welcomed the advent of the new health campus in Bloomington—at a cost of over \$400 million, it represents the largest capital investment ever made at one time in the history of the city.

IU Executive Vice-President and IUB Provost Lauren Robel noted that the creation of the Regional Academic Health Center "an important milestone...[that] promises to have an enormous impact on our students, who will benefit greatly from an expanded simulation center and from working closely with our faculty and other medical professionals. It will also help our faculty advance research that leads to better

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treatments and cures, and better health for our community and the state.” Dr. Jonathan Surdam of IU Health Southern Indiana Physicians agreed that “having both the educational and patient care facilities co-located gives us the opportunity to enhance medical education. The fact that we will be able to be more collaborative and get more involved in clinical research will not only improve medical education, but also patient care outcomes.”

The ceremony took place nearly three years after IU Health announced that it would vacate the current hospital building on West Second Street. Those years have been devoted to planning the new facility, with extensive research into best practices and the involvement of both IU and hospital staff in producing detailed specifications for the new facility.

Since the announcement of the old hospital’s closing, there has been much discussion about how best to utilize it, with groups formed by the city under then Mayor Mark Krizan mulling over various possibilities. On January 3, IU Health and the city of Bloomington jointly announced that they have signed a letter of intent regarding the property at the current hospital site. When the new Regional Academic Health Center is opened, IU Health will transfer the property and other nearby parcels to the city for development in the community’s interest. The city will pay IU Health a discounted rate of \$6.5 million, which will cover much of the expense for the hospital to demolish the facilities on the site and perform any needed environmental remediation, currently projected to cost between \$7-8 million. Demolition was found to be less costly than trying to renovate the old hospital, which would require completely replacing its outmoded infrastructure.

The city has hired the Urban Land Institute (ULI), a nonprofit research and education organization that previously worked with Bloomington to redevelop the RCA/Thomson TV plant site along South Rogers Street after it closed in 1998. ULI’s Director of Advisory Services Paul Angelone will be the lead project manager here, organizing a panel of eight to ten institute members who will spend the week of April 8 in Bloomington, meeting with persons such as neighbors of the current hospital, nonprofit leaders, elected officials, and potential developers to consider the best possible reuse of the property. They will subsequently deliver a full report covering such issues as community engagement, design ideas, financing, and implementation.

LCW will follow developments concerning the site of the old hospital with much interest.

LCW Votes to Approve New Hospital Governance Structure

More than 100 years after the establishment of Bloomington Hospital by the Local Council of Women in 1905, and with four expansions since then, members in attendance at an official LCW meeting on January 18th voted 50 to 6 to amend the organization’s bylaws and approve merging the hospital’s board into the IU Health South Central Region (SCR) Board, whose members currently represent the Bedford, Paoli and Morgan hospitals. A regional board was deemed desirable, because much strategic thinking and planning takes place on a regional level, and as a result the responsibilities of the local hospital boards have diminished. The SCR Board will manage not just hospitals any more, but the provision of healthcare throughout the entire region. IUH Bloomington Hospital itself has already been operating as a de facto regional facility in recent years.

The vote confirmed that the SCR Board will consist of 13 members, with two members each from the Bedford, Paoli, and Morgan areas and five representing Bloomington hospital. LCW will hold one of the five Bloomington-area seats. If the membership of the SCR Board increases, LCW’s representation will continue to constitute 35% of it. In addition, an LCW officer will serve as an ex-officio, non-voting board member. With the exception of the LCW direct and ex-officio positions, IU Health will appoint all directors of the SCR Board. Members for that board will be nominated to IU Health by a five-person Nominating Committee, to which LCW will directly appoint two members; should the number of seats on the Nominating Committee increase, LCW will continue to appoint 40% of the members. The Nominating Committee will recommend the slate of directors for the entire SCR Board, not just the ones for Bloomington.

IU Health President and CEO Dennis Murphy explained at a December 11th informational meeting that, in recognition of LCW’s “historical role in advocating for and supporting important public health services in the community,” IU Health will provide LCW with a grant of \$500,000 to support community health services, which he stressed are a critical part of IU Health’s mission. LCW president Ben Niehoff noted that this money will “allow LCW to help support efforts of other groups involved in promoting improved health in the community more than it is able to now.”

The resolution that was approved by members on January 18 also extends to the hospital’s Community Health Committee (CHC) a grant of \$250,000 from IU Health to enable it to support and expand programs of the hospital’s Community Health Department. The CHC will be responsible for making recommendations about community health priorities and programs. LCW will make four direct appointments to the ten-member committee, or 40% of the appointments, if the CHC’s membership should increase at some point in the future. At the December informational meeting, current hospital board chair Lynn Coyne noted that the CHC will be a core part of the hospital, and it will need LCW as a strong partner in the Bloomington region to help in advising and assisting the Community Health Department. Carol Weiss-Kennedy, director of the department, explained that it has been supported by the hospital for more than 50 years, as well as by grants, a number of which are of long standing. Its 50 staff members have successfully pursued a number of community outreach efforts, including Alzheimer’s resource services, a Positive Link program that provides HIV/AIDS services, the Monroe County Public Health Clinic, and, most recently, a Nurse-Family Partnership Program.

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The provisions for the number of appointments and representation granted to LCW on the SCR Board, Nominating Committee, and Community Health Committee (or respective successor board or committees) cannot be amended without the approval of the voting SCR Board director appointed by LCW (with written certification by LCW).

At a second informational meeting on January 11, LCW President Ben Niehoff stressed that LCW wants to remain involved in the governance of the hospital and that “one of our main objectives is to continue to have representation.” He pointed out that this would be accomplished by the resolution under consideration. He also commented that IU Health’s financial commitment of \$500,000 will allow LCW to continue to become an even stronger voice for community health.

Treasurer Sally Hegeman explained that LCW will be autonomous in making future spending decisions and will not have to receive approval for its decisions from the SCR board. Sally urged members who are concerned about local control of community healthcare to volunteer to participate in the expanded opportunities that would be open to LCW. Former LCW Presidents Denise Lessow and Joanne Olcott also stressed the need for active participation on the part of the membership, noting that healthcare is becoming increasingly regional in its approach and LCW needs everyone helping to make it a success. Both thought the suggested changes would offer exciting opportunities.

Now that members have overwhelmingly approved the proposed changes, LCW looks forward to a challenging and productive future in helping to address community health needs.

LCW’s 2017 Annual Meeting Includes Elections, Scholarship Presentations, and an Update on the New Hospital

LCW’s Annual Meeting, held on November 30, 2017 in Lamkin Hall on the IVY Tech Community College campus in Bloomington, began with an overview by President Ben Niehoff of LCW activities during the year and some brief organizational business. Members unanimously approved the election of Susan Wier to the LCW Board and Sarah Rogers to the Hospital Board, as well as the designation of Ben Niehoff as LCW President, Victoria McClary as Vice-President, Pam Thompson as Secretary, and Sally Hegeman as Treasurer.

Sally Hegeman reported that a special summer fundraiser had increased the funds available for scholarships, so that LCW was able to fund the 2017 Cecelia Wahl scholarship with \$2500. The Hospital Foundation increased its contribution as well, from \$5000 to \$6000, funding four scholarships of \$1500 each. Nineteen excellent applications were received. Three LCW members read them separately without knowing the names of the applicants, and then tried to narrow them down to five recipients, a job that was difficult, because all the applications were impressive, demonstrating the hard work and dedication with which their authors were pursuing their studies and their efforts to finance them. The final winners Sarah Boland, Amanda Brinkman, Melinda Monix, and Nicole Thompson, with Victoria McClary receiving the Cecilia Wahl scholarship. All of them are studying at IVY Tech, either in Bloomington or in Indianapolis.

Sarah Boland followed a complex path to her current nursing studies, having started out as a veterinary assistant who had already been accepted to university studies in that field. A daughter’s serious illness and the exceptional care she received from hospital staff caused Sarah to decide to become a nurse and care for people instead. She said she loves the nursing program at IVY Tech, and is very appreciative of the LCW scholarship, which will enable her to continue her studies there without an increased financial burden.

Amanda Brinkman said she feels like a “traveling nurse.” She started out in teaching, first abroad and then in Bedford, before determining to become a nurse, with a specialty in nursing education. Amanda noted that the scholarship was coming at a really helpful time in her studies. She hopes that later she can “do what LCW does and provide support to students in the healthcare field.”

Melinda Monix is currently working as an emergency medical technician in both Lawrence County and Indianapolis while continuing her studies to become a paramedic. Her family had a serious house fire in 2015, which forced her to put her goals on hold and use her savings to help them recover. She told LCW that the scholarship means a lot to her because it will help her cut back on her working time—currently between 50 and 70 hours a week—and take more courses at one time, so that she can graduate sooner.

Nicole Thompson works full-time at Stonebelt and believes adequate healthcare is a right that everyone should have. She is currently in the nursing program and wants to go on to study advanced nursing and perhaps then apply to medical school to become a doctor. She noted that the LCW scholarship makes all the difference for her, and she is very grateful that it will allow her to pursue her dreams.

The recipient of LCW’s Cecilia Wahl scholarship, Victoria McClary, graduated from Indiana University Bloomington with an undergraduate degree in psychology, participating at the same time in a number of volunteer activities with such organizations as the Boys and Girls Club, Kiwanis Youth, and LCW. She has received awards for her service both from Kiwanis and from the Chamber of Commerce. Victoria is currently in the nursing program at IVY Tech in Indianapolis, commuting there from Bloomington, and is working part-time in the Neonatal Intensive Care Unit of Bloomington Hospital, with the likely intention of becoming a neonatal nurse practitioner. Victoria told LCW that it was “such an honor to receive this scholarship,” noting that it will help her not only

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with tuition, but also with gasoline expenses, as she has to drive daily to her classes in Indianapolis.

LCW is proud to have been able to further the studies of these outstanding students who plan to enter the healthcare field.

An update on the progress of plans for the IUH Regional Academic Health Center followed the scholarships presentation. The facility will bring together healthcare units that are now located in various parts of the city, and will also include the Indiana University academic schools of Medicine, Nursing, Social work, and Speech and Hearing, as well as a new program in dentistry.

In the more than 700,000-square-foot facility, which will cost over \$400 million, the academic building will comprise about 114,000 square feet. In the three-floor 600,000 square-foot clinical building, ambulatory services will be in a separate location from inpatient care, and specialty doctors and clinics will be integrated on site.

Each inpatient will be in a private room that also includes family space. To provide a safer environment, staff and technology will generally come to the patient, instead of patients being transported between departments. If patients do need to be brought to another area, this will be done in the "back of the house," rather than in areas open to the public.

For updates on the progress of the facility, an FAQ, and other information about the new hospital, visit the IU Health web site at iuhealth.org/bloombuild.

LCW Welcomes New Board Member Susan Wier



At its November 2017 Annual Meeting, LCW members unanimously elected Susan Wier to a seat on the LCW Board. Susan is no stranger to the Board, having served on it before and as President from 2007-2008. Susan is a financial advisor who has successfully built two financial service firms from the ground up. She is a co-owner and Executive Vice-President of First American Trust LLC and President of First American Advisory, LLC, a registered investment advisory firm. She is a certified financial planner, a registered financial consultant, and a chartered financial consultant.

Susan has received numerous industry awards. She has taught Life Underwriting Training Council courses on personal insurance, business continuation, disability, and financial planning. She is also the author of continuing education courses and a frequent speaker to industry groups. Susan has served as President of the National Association of Insurance and Financial Advisors (NAIFA)-Bloomington and NAIFA-Indiana. She is Secretary of the Indiana Financial Services Foundation for Education and serves on the board of directors for the financial services magazine Advisor Today.

Susan is currently a member of the Bloomington Hospital Board of Directors, where she serves as secretary and is the previous chair of the Finance Committee, as well as the Pension and Investment Committee and the Strategic Management Committee. She is also a member of 100+ Women Who Care and the president-elect of the Sunflower Gardens Homeowner Association. In 2017 Susan was honored by the Bloomington Chamber of Commerce with a Women Excel Award.

Susan is married to Dr. Charles E. Wier, a consulting geologist, and has five children and five grandchildren. LCW is glad to have Susan as a member of the Board again!

September 2017 Quarterly Meeting:

Easy Ways to Incorporate Movement into Your Day

Overview of New Hospital Plans

At LCW's third quarterly meeting of 2017, held on September 28 at St. Mark's Church, Mariah Deinhart and LCW Board member Mary Kerby, both graduate students at the IUB School of Public Health, encouraged attendees to move throughout the day in ways they enjoy. Their aim, the two said, is to "bring fitness activities to the community." They noted that, in spite of images conveyed by advertisers of home exercise equipment, the main goal of exercising is not what you look like, but rather basic fitness. This can be achieved without expensive equipment or going to the gym, by building movement into your normal day.

Mariah and Mary pointed out that an easy way to do this is to walk more: walking is good movement and can lead to better health. It can improve your mood and your sleep, decrease blood pressure, and help combat type 2 diabetes, all of which will promote longevity. Although working out can be beneficial, the two feel that the fitness industry has failed by pronouncing that this must be done at least 30 minutes a day, producing a sweat and getting one's heart rate up. Instead, the two public health students advocate including movement throughout one's day, which results in a more constant release of good chemicals and hormones that help promote stress reduction. Daily activities that offer opportunities for movement include using a push lawn mower, raking leaves, doing laundry, going up and down stairs (and using stairs instead of an elevator), making beds, vacuuming, and bike riding. Doing something you enjoy is a better motivation for sustained physical activity. And if your day involves prolonged sitting (computer users, take heed!), be sure to get up and move around every 30 minutes or so—your body will thank you.

To help people get started, Mariah and Mary demonstrated "feel-good" movements that can be done anywhere, practicing them with attendees. With their permission, their handout illustrating these movements is reproduced on the next page—so we have no excuse now to get moving!

After learning how to incorporate activity into their day, attendees heard from Mary Ann Valenta, Regional Director of IU Health, about developments in the plans for the new hospital. Valenta said the facility is still on track to open in 2020 and work would begin even before the ceremonial groundbreaking in January 2018. Five acres worth of fill from the I-69 construction project were being delivered to the site area that had been the IU driving range. From the point of view of lay-of-the-land the site is challenging, but the planners want to make use of the natural landscape as much as possible, in order to preserve the sense of peace that pervades it. They are trying to retain the woodlands on the property and are working with IU to determine the best native trees to plant along planned walking trails. It is hoped that the building will "capture daylight and the remarkable views" as much as possible. Potential building materials have been analyzed to determine which are most appropriate for this area, often subject to significant storms and sometimes tornados and even earthquakes.

Within the building, a nursing team will "flex around the patient," instead of transporting her/him to different locations for x-rays and other procedures, which should decrease "hand-off" time, and possibly the patient's hospital stay, by about one day. Some Emergency Room patients may not have to be admitted to inpatient status immediately, because the ER will have both designated extended recovery beds and observation beds.

The Olcott Center for cancer patient support will be relocated to the hospital site. To assure ease of access to the healthcare campus, IU Health is in conversations with IU, the city of Bloomington, and the Indiana Department of Transportation. Ventura also noted that the owners of some privately held properties nearby may consider selling them to the hospital or to interested physicians.

LCW appreciates being kept informed about the planning for the new hospital and academic facility as it develops.



From left to right, the presenters at LCW's 3rd Quarterly Meeting were School of Public Health students Mary Kerby and Mariah Deinhart, and Regional Director of IU Health Mary Ann Valenta.

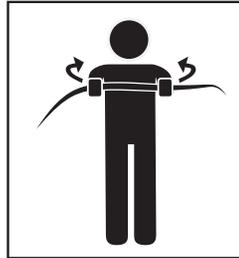


8 Feel-Good Movements You Can Do Anywhere

Daily Movements

Upper Back

- With arms at sides, bring forearms parallel with ground.
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil.
- Bonus: Add a resistance band.



Shins

- Sit with shoulders over hips.
- With heels on floor, lift toes.
- Bonus: Alternate lifting toes; move toes in different directions.



Inner/Outer Thigh

- Stand with feet hip-distance apart.
- Slightly bend left leg.
- With bottom of right foot barely grazing the floor, move in clockwise motion then reverse.
- Repeat with other leg.



Sit to Stand

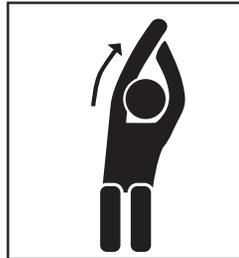
- From seated position, stand using only one leg. Repeat with other leg.
- Bonus: Stand and close eyes; stand and turn head side to side.



Daily Movement Stretches

Abdominals/Torso

- With feet flat on floor, sit in middle of chair.
- Align shoulders over hips and raise arms overhead.
- With your right hand, grab your left arm below the wrist and gently lean to the right for three deep breaths.
- Return to center, then repeat on left.



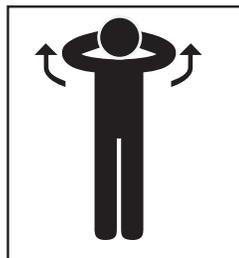
Sides of Back

- With shoulders over hips, raise arms overhead.
- Make a fist and pull one elbow down by your side, squeezing as you go.
- Repeat with other arm.
- Bonus: Add a resistance band.



Chest

- Gently place hands behind head.
- Maintain good posture with feet flat on floor.
- Slowly push elbows back until you feel a stretch in chest. Breathe deeply!



Wrist

- Take left arm straight in front of you with palm facing the wall.
- Use your right hand to grab onto the fingertips of your left hand and **gently** pull the fingers back.
- Repeat with other hand.



Reminder:

- Listen to your body. These movements should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body's signal and stop.
- Aim for light-intensity activity throughout the day.
- 20/20/20—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement.



LCW Financial Report

November 1 to December 31, 2017

OLD NATIONAL BANK:

October 31 to November 30, 2017

Checking as of October 31, 2017	\$13,525.76
Nov. Deposits/credits	00.00
Withdrawals/debits*	690.00
*Ralston prep of Federal and State tax forms	
November 30, 2017 Checking Balance	\$12,835.76
Savings as of October 31, 2017	\$1,126.11
Nov. Interest.....	00.00
November 30, 2017 Savings Balance	\$1,126.11
Combined Checking and Savings November 30, 2017	\$13,961.87

OLD NATIONAL BANK:

December 1 to 31, 2017

Checking as of November 30, 2017	\$12,835.76
Nov. Deposits/credits:	
Dues, donations, adjustment	2,675.00
Withdrawals/debits:	
Scholarships, donation, Annual meeting.....	8,662.78
December 31, 2017 Checking Balance	\$ 6,847.96
Savings as of November 30, 2017	\$1,126.11
Dec. Interest.....	00.03
November 30, 2017 Savings Balance	\$1,126.14
Combined Checking and Savings November 30, 2017	\$7,974.10

VANGUARD ANNUAL STATEMENT

Jan. 1 to Dec. 31, 2017

Beginning Balance Dec. 31, 2016	\$18,093.89
Ending Balance Dec. 31, 2017	\$18,431.35
Change in value 2017.....	+337.46
% change in 2017.....	+1.87%**

***Need to think about changing this investment to secure a higher rate of return.*

SAVE THE DATE

LCW Membership Meeting | April 11 | 11:30 am - 1 pm

St. Mark's Church 100 N State Road 46, Bloomington, IN 47408

Jon Barada will be speaking about the Bloomington Health Foundation.

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The Local Council *of* Women

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The Local Council *of* Women NEWSLETTER

Spring 2018 Issue

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