

The Local Council of Women

President's Message

Dear Members,

I am happy to have the chance to provide an update on LCW's plans and initiatives for the upcoming year.

We are currently working on our quarterly programming, aiming to present important information relating to the health of our community. The quarterly meetings will be held on April 17, June 19 and September 18, each at St. Mark's Methodist Church from 11:30-1:00. Our annual meeting will take place at 6 pm on November 21 at Ivy Tech, Lamkin Hall. Our first program this year will be on suicide prevention, and our scheduled speaker is Michelle Martin-Coleman from "Project Stay." I want to thank Vanessa McClary for helping us put that program together. We are still working on the topic for our second program in June. At this time, we anticipate that our third quarterly program, September 18, may include a visit to the site of the new Regional Academic Health Center. More details to come on that. At each of our quarterly programs, we hope to have a representative from the IU Health executive team talk to us about some of their particular initiatives and objectives. We are planning for those topics to center around the newly developed IU Health Values of Purpose, Excellence, Compassion and Team, and on methods for attracting and retaining top medical talent to the region. I want to thank SCR President Brian Shockney for making the team available for our programs and also for taking the time to meet with me regularly to discuss opportunities for partnership and to keep us abreast of news from IU Health.

The LCW Board has approved investing the funds received from IU Health, with a portion of them invested with the Bloomington Health Foundation and with the Community Foundation. Our plan is to use investment earnings from these funds for projects and programs to meet the needs of community health each year. For 2019, the Board has approved \$5,000 for such initiatives, and it is currently evaluating options for the use of those funds during the year. The Board has already approved a \$500 contribution to the Nurse Family Partnership's "Diaper Dash," planned for May 11 (see page 4 for more information). In addition, we asked for suggestions from our members about health care issues they have identified as needing attention. Among the responses to that request were issues of access to healthcare; preventative health; women's health; obesity; infant mortality; cancer; and mental health. We will keep those topics in our focus as we continue to evaluate future projects. Additionally, going forward, some of the money earned from our investments may be used to increase the academic scholarships we award at the end of the year.

Our representative positions with respect to the IU Health South Central Region — SCR Board Representative, Nominating Committee, and Community Health Committee — are all currently filled. Unfortunately, Susan Weir has recently left our Board, but she continues to serve on the Nominating Committee and the Community Health Committee. We thank Susan for her continued service to LCW.

Our Treasurer, Sally Hegeman has agreed to serve on the Bloomington Health Foundation's investment committee, which was a position offered in response to the investment of funds described above, and Jenny Kinder has agreed to be our Board Representative to the Bloomington Health Foundation.

We are looking forward to another good and productive year at LCW and, as always, thank you for your continued support of our organization.

Ben Niehoff

President

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



The Local Council of Women

LCW 2018 Annual Meeting

On November 28, 2018, the Local Council of Women held its Annual Meeting in Lamkin Hall of IVY Tech in Bloomington. President Ben Niehoff opened the meeting by welcoming Jon Barada, head of the Bloomington Health Foundation; Brian Shockney, president of the IU Health South Central Region; and winners of the year's LCW scholarships, as well as members.

Giving a brief recap of a busy year, Ben noted that in January members voted by a wide margin to allow a merger of the Bloomington Hospital board into the IU Health South Central Region (SCR) board. Joyce Poling has been appointed LCW's representative to the latter, with Ben participating as a non-voting member. Also pursuant to the agreement, Jon Barada, Barry Lessow, Susan Wier, and Ben are serving as LCW representatives to the hospital's Community Health Committee, and Mike Gentile and Susan Wier will serve on the SCR Nominating Committee. Currently only investment earnings from the \$500,000 LCW received from IU Health to further community healthcare programs is being drawn upon, so that the funds will have a continuing effect. The LCW board is still working out the details of how to manage and use those funds.

In introducing the 2018 scholarship winners, Treasurer and Scholarship Committee Chair Sally Hegeman called them "the future of healthcare in our communities," noting that they all "are really special people." From a number of different backgrounds, all of them are both studying and holding down jobs, while several also have children. Winners of the four \$1500 scholarships financed by the Bloomington Health Foundation are Kristen Arnspong, who is training to be a nurse and who became a marathon runner to hone her endurance skills, despite her dislike of running; Stephanie Howard, who plans to work in respiratory therapy; Colleen Mathew, who was inspired by adverse family healthcare events to study nursing; and Sarah McAlister, who currently is working with the Boys and Girls Club to assist underserved populations while she studies to become a psychiatric nurse practitioner. Winner of LCW's \$2500 Cecilia Wahl scholarship is Chelsen Plantz, who has overcome many obstacles in her pursuit of a degree in Radiation Oncology. All scholarship winners will also receive a year's membership in LCW. Brian Shockney commented that jobs at IU Health would be available to them, as the organization is always looking for good candidates. Ben urged them to "give us new ideas about what LCW should be doing." We congratulate these outstanding women and wish them the very best as they follow their dreams.

Brian Shockney then gave an update on IU Health developments. The statewide organization currently comprises 22 facilities and about 3,000 physicians, with the newest facility located in Fort Wayne. It cares for approximately two of every five people in Indiana who receive healthcare. Over the past two years IU Health has been reviewing its status quo and mission, trying to determine the "best care design for the individual patient." Due to the merger of various individual entities into IU Health, they are also trying to determine the values that should underpin the organization as a whole. Shockney noted that the IUH South Central region has a fairly new leadership/executive team; with the help of Teri DeMatas they are trying to talk to many community groups in the locations they serve. On another front, the IU Medical School has recently been partnering with IU's Kelly School of Business to teach medical students how to be good leaders, managers, and executives, so that they will be better prepared to deal with the changing healthcare scene.

The new Academic Health Center in Bloomington is currently a little behind schedule, because in the course of digging a hole for the facility's foundation a number of parts of old buildings were unearthed and had to be removed. With this new campus, IU Health is moving toward a greater education mission in Bloomington: for example, "didactic rooms" will be located near patient rooms in the hospital, so that attending physicians will be able to review patient visits with students afterward, introducing a more interactive educational process. This arrangement results from the organization trying to envision the state of medical practices and healthcare 30 to 40 years from now, and from a desire to do things in a new way in a new hospital, an effort being led by Mary Ann Valenta. Planners have looked at facilities throughout the country, which is why it took two years to arrive at the design phase. It is expected that all the plans will have been finalized by January 2019.

The hospital is already starting to vacate some of the 28 buildings that are a part of its current campus of approximately 25 acres. When everything has been relocated, IU Health will tear down the buildings the city will not be able to make use of, in order to leave behind a clean site.

Ben Niehoff asked what Shockney sees as the top healthcare challenges facing the community today. He replied that opioids are still a major problem, even though the hospital has been seeing fewer emergency room overdose cases, due to an



2018 Scholarship winners and award committee members.

increased use of Naloxone. Nonetheless, addiction remains a critical issue, and efforts now are concentrated on treating the symptoms, but in the next seven to ten years, work must be done to get to the root cause. Obesity in the region is also of great concern, as is infant mortality — the hospital is seeing more babies born who are very sick and/or premature, due to their mothers' poor life styles and, often, poverty (in Indiana 26 per cent of pregnant women are poor). After less than a year in operation, the Nurse-Family Partnership, under the aegis of the Community Health Committee, already has 70 moms in its program, with many of them having grown up in foster homes, in addition to their other difficulties, so that they often have to be coached in learning how to mother.

Several items of business concluded the meeting. Sally Hegeman gave a financial report for the organization through October 31, 2018: there were \$18,000 in the Vanguard account, down about \$200 in the past year, and \$5,400 in the Old National Bank account, down about \$2,300, a decrease caused by the need to buy liability insurance as well as insurance for the LCW board, and to pay for legal work necessitated by this year's changes in the bylaws and the merger of the hospital board with the SCR board. Sally thanked the law firm of Slotegraff Niehoff for doing a great deal of pro bono work for LCW in this regard. She noted, as well, that she would like to see LCW do some fundraising in order to be able to increase both the operating budget and scholarship amounts.

Ben then called for election to the board of the three members who had been serving as appointees until the Annual Meeting. Penny Caudill, Jenny Kinder, and Elizabeth Thompson Rademacher were elected unanimously to three-year terms on the board. Officers of the board were also elected unanimously: Ben Niehoff, Victoria McClary, and Sally Hegeman will continue to serve as president, vice-president, and treasurer, respectively. Elizabeth Thompson Rademacher will serve as secretary.

The meeting concluded with Vanessa McClary presenting a door prize donated by the Kiwanis Club of South Central Indiana. Mary Ann Valenta was the lucky recipient of a drawing, receiving a glittery battery-lighted glass-like Christmas tree.



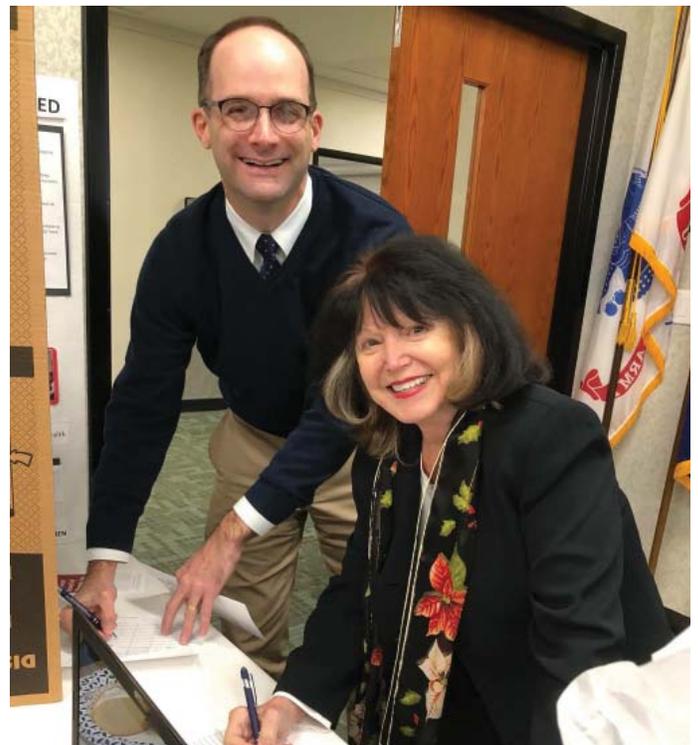
Attendees at the Annual Meeting.



Mary Ann Valenta was the lucky drawing recipient of a battery-lit Christmas tree, donated by the Kiwanis Club of South Central Indiana.



LCW members Iris Kiesling and Maria McKinley.



Jon Barada, Director of the Bloomington Health Foundation, and Joyce Poling, LCW's voting representative on the IU Health South Central Region Board.

Join us for the First Quarterly Member Meeting

The first quarterly member meeting of 2019 will be held on Wednesday, April 17, from 11:30 a.m. to 1:00 p.m. in Room 8 of St. Mark's Methodist Church at 100 North State Road 46 (on the east side of the Bypass just north of Third Street). Michelle Martin-Coleman, Director of Project Stay and a Safe TALK trainer as recognized by the American Foundation for Suicide Prevention will be the featured speaker. Michelle will discuss how to recognize warning signs and techniques to prevent suicide. Her presentation is based on research from the QPR (Question, Persuade and Refer) Institute for Suicide Prevention.

Attendees will also be updated on the progress being made in the construction of the new IU Health Bloomington Hospital.

Lunch will be served. Please let Victoria McClary know by April 12 if you can attend (lcwbloomington@gmail.com). We hope to see you there!

IU Health Nurse Family Partnership to Sponsor 5K Diaper Dash

On May 11, 2019, from 9:30 a.m. to 12:30 p.m., the Nurse-Family Partnership (NFP), a program of IU Health Bloomington Community Health, will host the 2nd Annual 5K Run Diaper Dash to provide support to the families they serve and to raise awareness of the program.

As previously reported in the LCW Newsletter, NFP nurses partner with first time, low-income mothers to help provide a good start for them and their babies, throughout the mother's pregnancy and for the first two years of the baby's life. The U.S. has the highest occurrences of infant mortality among 26 industrialized countries, while within the U.S., Indiana is ranked 44th. The Nurse-Family Partnership aims to improve this situation. It has been serving families in Greene, Lawrence, Monroe, Orange and Owen counties since January 2018. Clients are provided not only with healthcare resources, but also with information to strengthen other aspects of their lives.

To help with this work, the Diaper Dash will take place at the Emmanuel Baptist Church, 1503 West That Road, in Bloomington. For more information and to register go to <https://www.eventbrite.com/e/2019-nfp-diaper-dash-tickets-56136978213>.

Regional Academic Health Center Construction Update

Expanded Behavioral Health: Behavioral Health is one of IU Health's four key community health initiatives. IU Health is investing millions of dollars in behavioral health services in the South Central Region.

A Greener Building: The new facility is being built to LEED standards – meaning Leadership in Energy and Environmental Design, a building certification which supports sustainable practices.

Best Care for Newborns: The Neonatal Intensive Care Unit (NICU) will be a 21-bed unit located in the same service area as Labor & Delivery and Antepartum/ Postpartum. Parents will be able to stay with baby in some NICU rooms and several rooms will be able to accommodate multiple births as well as any isolation newborns. Labor & Delivery will have 12 patient rooms. All will be over 300-square-feet to allow plenty of space for parents, baby and providers. Large windows will let in natural light and provide scenic views.

Integrating Local Resources: The coffee shop will be located in the far west corner of the dining space on the main level. It will feature locally-sourced coffee beans and other supplies. Specialty coffee drinks will be offered as well as freshly brewed coffee. "Grab and go" design will allow employees, visitors and students another range of choices without having to enter what is known as the Served. Options will include sandwiches, salads, soups and pastries. Plans are to have it open from 6 am to 10 pm.

Convenient Parking: By the numbers, there will be 1,795 total parking places at the Regional Academic Health Center. That includes 1,690 standard parking spaces and 105 Americans with Disabilities Act spaces.

Bloomington Health Foundation Invests in Community Health

At the end of 2018, the Bloomington Health Foundation announced grants of funds to a number of local and regional organizations, pursuant to its new mission of trying to address the entire community's most pressing health needs. The gifts included:

- Sponsorship of Free Senior Fridays for one year at the Owen County Family YMCA.
- A grant to the Monroe County YMCA to purchase cardio rehabilitation equipment.
- Automated external defibrillators (AEDs) for the Richland-Bean Blossom Community School Corporation.
- Medical emergency response kits and AEDs to the Monroe County Community School Corporation.
- Tech equipment for medical charting, exam room equipment, and transportation assistance to Susie's Place for Children.
- Food for the New Hope Family Shelter daycare program, as well as emergency infant formula and emergency food packs.
- A scholarship in support of a South Central Indiana pursuing a medical degree at the IU School of Medicine.
- Funds to the Local Council of Women for four \$1500 scholarships for local students pursuing careers in health care. *[Ed. note: LCW is very grateful for this help and support!]*
- Grants to numerous departments of IU Health Bloomington Hospital, including the Children's Therapy Center, the Olcott Center, and the Coordinated School Health Program.
- Funds to Volunteers in Medicine (VIM) to pursue becoming a Federally Qualified Health Center. *[Ed. note: According to Wikipedia, "A Federally Qualified Health Center (FQHC) is a reimbursement designation from the Bureau of Primary Health Care and the Centers for Medicare and Medicaid Services of the United States Department of Health and Human Services... An FQHC is a community-based organization that provides comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status. Thus, they are a critical component of the health care safety net."]*

LCW congratulates the Bloomington Health Foundation on a successful completion of its first year!



Recently the Kiwanis Club of South Central Indiana expressed its thanks to LCW for its continued support of the Children's Health & Safety Fun! Fair, which takes place every September. Board member Penny Caudill displays the Kiwanis Certification of Appreciation and President Ben Niehoff displays its Sponsor Award.

SAVE THE DATE

Wednesday, April 17, 11:30-1:00

Member Meeting

St. Mark's Methodist Church, Room 8, 100 North State Road 46, Bloomington (on the east side of the Bypass north of 3rd Street). A presentation on "Suicide Prevention" by Michelle Martin-Coleman will be followed by an update on IUH Bloomington Hospital. Lunch will be provided. Please let Victoria McClary know by April 12 if you can attend (lcwbloomington@gmail.com).

Wednesday, June 19, 11:30-1:00

Member Meeting

St. Mark's Methodist Church.

Saturday, May 11, 2019, 9:30-12:30

2nd Annual 5K Run Diaper Dash

To raise awareness of the Nurse-Family Partnership Program and to provide support to the families they serve. Emmanuel Baptist Church, 1503 West That Road, Bloomington.

Wednesday, September 19, 11:30-1:00

Member Meeting

St. Mark's Methodist Church.

Thursday, November 21, 6:00 pm

Annual Meeting

Lamkin Hall at Ivy Tech, 200 Daniels Way, Bloomington.

LCW Financial Report

January 31, 2019

BALANCE ON HAND

December 31, 2018

Old National Bank..... \$9824.79
Vanguard \$18,591.81

OLD NATIONAL BANK:

January 31, 2019

CPC as of 12/31/18 \$6,824.79

January 2019 Activity

Deposits..... \$225.00

Withdrawals-\$3,000.00*

Balance as of 01/31/19 \$4,049.79

BS as of 12/31/18..... \$1,126.26

Transfer from checking..... 00.00

Interest income \$00.00

Balance as of 01/31/19 \$1126.26

Total: Old National Bank (CPC, BS)..... \$5,176.05

**for scholarships*

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The Local Council *of* Women NEWSLETTER

Spring 2019 Issue

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