

The Local Council of Women

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The Local Council of Women

President's Message



Dear Members,

It has been said that the “optimist and the pessimist both find what they’re looking for.” These are challenging times for sure, but what we choose to focus on can make all the difference in our physical and mental health and in the contributions we make. Many people are using this time to accomplish important things that have been put off, re-examining their purpose as individuals and as a group, and growing closer to their families. These are all positive things that have come from one of the most challenging situations that we, as a nation and a world, have faced in some time. Hopefully, we use this time as an opportunity to grow even closer to each other, and to realize how much we all need each other. We have so many local heroes—too numerous to mention—of whom we should all be proud and especially thankful.

We should also be thankful for the technology that has enabled us to stay connected and to conduct business and other activities from home. Our LCW Board has continued to meet monthly during the pandemic. We have added two more board members. Susan Wier is a former board member and a former president of LCW. She recently rejoined us again, and has volunteered to be our liaison to the Bloomington Health Foundation. Nancy Richman, long affiliated with VIM and now Project Director at HealthNet Bloomington Health Center, is our newest addition. Nancy’s history in the community, and her passion, make her a great asset to the Board, and we are excited about what she will bring to the organization.

Although we had to cancel our first quarterly meeting, we will try holding additional quarterly meetings virtually, starting with one on July 15 (*see page 6*).

We continue to look for opportunities to contribute financially as well. We have allocated \$10,000 for philanthropic activities this year. To date, we have provided funds for the Nurse Family Partnership’s virtual Diaper Dash and safety vests for Bloomington Firefighters, as well as funds for a local group providing needed facemasks and for other essential areas. We have recently made a contribution, in partnership with the Bloomington Health Foundation, to cover the cost of flyers to provide information about our local food emergency distribution system. And “**Aunt Bertha**” (now officially known as Helping Bloomington Monroe, or HBM – see helpingbloomingtonmonroe.org) continues to be a particularly useful resource for the community, especially during the present situation. Analytics show its usage increasing significantly in recent months.

LCW will continue to look for opportunities to be a voice and a partner in the health of our community. We hope you are staying safe, and we eagerly await the time when we can all come together again.

Ben Niehoff

President

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

Monroe County Continuing to Move Forward in Reopening

[Ed. Note: LCW board member and Monroe County Health Administrator Penny Caudill has kindly provided the following update on efforts by the County and the City of Bloomington to help residents maintain the health of the community. LCW thanks Penny and her staff for their multi-faceted work in trying to keep us all safe.]

Monroe County continues to move forward through the re-opening stages of the Governor's Back on Track Indiana plan, although a little more slowly than most of Indiana's counties.

As allowed under Indiana law, Monroe County has been following its own health orders, after determining it was not ready to reopen on the same schedule as the state.

The health officer and health department are following guidance from the Centers for Disease Control and Prevention (CDC) and working closely with local government officials and health leaders in determining the best path forward to protect the community. All recognize that success moving forward depends not only on local governance but on the actions that everyone takes to keep themselves and other residents safe.

The Monroe County Health Department is leading a pledge campaign to encourage residents to practice actions to help contain the COVID-19 virus. Those who want to sign and post the written pledge can find a pledge certificate here: https://www.co.monroe.in.us/egov/documents/1589568899_73468.pdf. Residents can also add their name to the pledge online at <https://bloomington.in.gov/covid-19>.

The Five Commitments of COVID-19 Containment

- I will maintain 6 feet of social distance
- I will wash my hands often for at least 20 seconds
- I will wear a face covering/mask when in public
- I will stay home when I am sick
- I will get tested immediately if I have symptoms

The health department is also supporting the "Wear it Btown" and "MonroeCountyMasks" campaign by the Monroe County Community Organizations Active in Disaster (MoCOAD). They are encouraging everyone to wear a face covering in public when they can't maintain social distance to help slow the spread of COVID-19. Residents can show their support by taking a picture of themselves wearing a mask and posting online with the hashtag #WearItBtown. For more information see: <https://www.co.monroe.in.us/egov/apps/document/center.egov?view=item;id=10309>.

The department also wants to remind residents not to overlook routine health care appointments, such as vaccinations or physicals. Ensuring that your family is meeting regular health needs is just one more way to help keep yourself, your family and your community healthy.

LCW Offers Support for Community COVID-19 Efforts

Since March 2020, LCW, too, has focused on the COVID-19 pandemic. In an effort to provide support for organizations that are trying to help the community stay safe during this time, the board has authorized contributions for the following purposes:

\$2500 to the Bloomington Metropolitan Professional Firefighters Union for high visibility safety jackets for Bloomington firefighters. Battalion Chief Neville Vaughan wrote in response: "As you know, at great risk to themselves and their families, our firefighters have been on the frontline of the pandemic since the beginning. But thanks to the timely, almost prescient gift of the Hi-Viz Jackets, we've been able to fulfill our mission and keep ourselves safe at the same time. They've been an absolute blessing and thanks in no small part to them, it is still true that one thing the public can always count on is that if they need our help, we will be there!"

\$1000 to the Patient PT and Quilters Guild's Bloomington Mask Drive for supplies to make protective masks. These were the first organizational funds donated to help with the project. LCW's check was presented to the group by board member Vanessa McClary, who on her own behalf also gave the group a large shopping bag filled with elastic, which, she was told, was "like gold," because it had become so scarce.

\$500 to the Monroe County Public Health Clinic Nurse/Family Partnership Diaper Dash event, which raises funds for supplies for at-risk babies and their parents in Monroe and neighboring counties, needed now particularly.

\$900 to the Supplemental Nutritional Assistance Program (SNAP) High Impact Community Health Solutions Fund for the publication of 20,000 Spanish and English flyers to be distributed by local organizations to help inform those in need about how to access available food.

If more contributions are thought to be needed, the LCW board has authorized expenditures up to a total amount of \$10,000.

Annual Meeting Celebrates Scholarship Winners and Other Events of the Year

Activities

President Ben Niehoff opened LCW's Annual Meeting held on November 21, 2019 at Ivy Tech Bloomington by summarizing the past year's activities, noting that with the earnings from the \$500,000 in grant funds received from IU Health, LCW had been able to fund a number of healthcare-related projects, including the Nurse/Family Partnership's 2019 Diaper Dash event; South Central Indiana Kiwanis' Balloon Fest; and suicide prevention signs. In cooperation with the Bloomington Health Foundation, LCW also funded non-emergency medical transportation to provide a van and persons to staff it to assist people who can't drive, and also supported the establishment of an online database of available health services, "Helping Bloomington Monroe (HBM)," Unofficially known as "Aunt Bertha," because it dispenses the kind of useful information a knowledgeable older aunt might be able to share, HBM will be continually updated.

Funds

Treasurer Sally Hegeman reported that the funds LCW has at its disposal are now apportioned among four different accounts: \$19,592.13 are in a Vanguard mutual fund. \$127,490.09 are in an account administered by the Community Foundation, from which only a limited amount can be withdrawn each year. A fund at the Bloomington Health Foundation holds \$424,873.57, and dues and donations are deposited in an account at the Old National Bank, amounting as of September 30, 2019 to \$3,011.51.

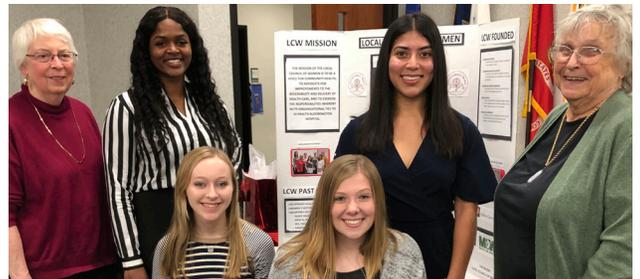
Nominations

Nominations were made of LCW Officers, a board member, and appointments to hospital entities. All were approved unanimously:

- LCW officers will be Ben Niehoff, President; Victoria McClary, Vice President; Sally Hegeman, Treasurer; Elizabeth Thompson, Secretary.
- Nancy Boerner, continuing as newsletter editor, will serve on the board again after a hiatus of several years.
- Jon Barada, Barry Lessow, Ben Niehoff, and Susan Wier will continue their service on the Community Health Committee.
- Joyce Poling will serve as a director on the IU Health South Central Region Board.
- Mike Gentile and Susan Wier will serve on the IU Health South Central Region Nominating Committee.

Scholarships

Sally Hegeman announced that with funding help of \$3000 from the Bloomington Health Foundation, LCW was able to award four scholarships of \$1500 each, as well as the Cecilia Wahl scholarship in the amount of \$2500, funded by donations to LCW. She explained that LCW's scholarships are open not just to students in nursing but to those in any healthcare field, noting that there were so many good applicants this year it was hard to choose among them. To make the selection process as fair as possible, names and identifying information on the 28 applications were redacted by Sally's husband George (also an LCW member) so that they were not visible to the readers of the applications. Sally and Nancy Boerner comprised the Scholarship Committee.



LCW Scholarship winners and committee members. From left to right: Nancy Boerner, Diamond Turner, Marina Lents, Zoie Cramer, Annmarie Martinez, and Sally Hegeman.

Winners of the four \$1500 scholarships, which were funded by the Bloomington Health Foundation together with LCW, were Zoie Cramer, Marina Lents, Annmarie Martinez, and Diamond Turner:

- **Zoie Cramer** was expecting to graduate from IVY Tech in May 2020 with an Associate of Science in Nursing (ASN) degree. She plans to obtain a Bachelor of Science in Nursing (BSN), with the goal of becoming a patient advocate. She currently works as a patient care assistant at IU Health Bloomington Hospital to help pay for her studies. She has also been a volunteer with the IUPUI Motor Activity Clinic, assisting kinesiology students in caring for children with disabilities, as well as with the community health network of the Good News Club.
- **Marina Lents** is a student in the IU School of Nursing, with numerous achievements to her credit, including that of IU Bicentennial Scholar and Health Career Scholar. She has worked since the 8th grade and is paying for her own education. As well, she has volunteered in many activities, including blood drives, toy drives, providing food baskets to nursing homes, and as a church retreat youth instructor and an academic bowl assistant. Marina hopes to go to graduate school to become a nurse practitioner with a local private practice to work in the community to help people build better lives.

(Continued on page 4.)

- **Annamarie Martinez** became a student in the IU School of Nursing's accelerated second degree BSN program, after she obtained a BS in Public Health from IU. She is the first in her family to go to college, with her interest in studying nursing inspired by serious health issues among her relatives. Because her family has been able to offer only limited financial support, she has paid most of her educational costs by working and taking out loans. Currently she works as a graduate resident care assistant in a nursing/rehab facility. She has also been a Volunteers in Medicine (VIM) intern, doing research on healthcare needs of the Latino community and providing help with translations, pharmacy issues, and general needs. Annamarie's goal is to work as a child and maternal health nurse in her home of East Chicago and in other underserved areas to improve health outcomes and eliminate health disparities.

- **Diamond Turner** also became a student in the IU School of Nursing's accelerated second degree BSN program, after she obtained a BS in Public Health from IU. A first generation college student, she has long been supporting herself. She has volunteered at the Kinsey Sex Institute, Hoosier Hills Food Bank, Cover of Bloomington (which supplies blankets for those in need), and the IRespectU organization. Her goals include working as a traveling nurse after gaining experience in intensive care work and, in the long term, receiving a doctorate in nursing practice and becoming a nurse practitioner.

The winner of the \$2500 Cecilia Wahl scholarship was **Nicole Milne**, who could not attend the meeting. After obtaining an undergraduate degree in International Development Studies, Nicole decided to get a second degree in order to become a nurse, with the goal of working in the area of women's health. She has worked in several jobs, including with the Grand Rapids, Michigan, Police Department's Domestic Assault Response Team and skilled nursing facilities in Utah as a Resident Advocate and Discharge Planner. In that job she felt she needed more knowledge and skills, which led her to decide to study nursing. In her application letter for the scholarship, she noted that her part-time job, along with support from her EMT/firefighter husband, are still not enough to cover the out-of-state tuition she must currently pay to IU, so, she said, "I am asking you to invest in me, and it is my sincere hope that in two and a half years I can turn around and repay that investment to the women of our community ten-fold."

LCW congratulates all the scholarship winners and wishes them long and successful careers!

Message from Brian Shockney

Brian Shockney, President of the IU Health South Central Region, also congratulated the scholarship winners and welcomed them to the healthcare field. He noted that help is needed in IU Health's continuing efforts to improve the health of Hoosiers, as Indiana ranks between 38th and 42nd in the nation in overall health. IU Health (IUH) would like to move the

state to at least 25th in the nation. It hopes its position as the largest health network in Indiana (and the second largest in the Midwest) will help it to achieve this goal.

IUH has identified four areas of particular importance on which to focus: obesity, especially in children; infant mortality; behavioral health, including the opioid epidemic; and smoking, including the "very serious problem" of vaping, on which they have been coordinating with the state legislature. For example, to combat infant mortality they have implemented, among others, a "Safe Sleep" program and the Nurse Family Partnership, which in 2019 was even more successful than anticipated.



President of the IU Health South Central Region Brian Shockney with a panoramic view of the new Regional Academic Health Center under construction.

Shockney also addressed the continuing work on the Regional Academic Health Center. In addition to classrooms, the Academic Research building will provide simulation labs in all medical areas in one location, and students "will be ready to hit the floor running" immediately after they graduate. The hospital will have all private rooms and "collaboration areas" in place of nursing stations, as well as its own power plant. Because hospital space costs thousands of dollars per square foot to construct, due to the many requirements that must be met, the administrative offices will be located off site, near the Highway 46 bypass and Curry Pike.

Currently the plan is for the move from the old hospital to the new one to be completed in July 2021. Because so much of the technology will be new, a great deal of training will be required for the staff to learn how to work in the new environment, and the first patient will not be admitted to the hospital until November 2021.

In conclusion, Ben Niehoff noted that LCW was founded more than 120 years ago, in 1897, and today we are glad we are continuing their work.

Door Prize

An apt door prize of a framed exhortation to "Be the change you want in the world," donated by the Kiwanis Club of South Central Indiana, was presented by board member Vanessa McClary to winner Kimberly Cramer.



Congratulations to Vanessa McClary!

In February 2020, LCW Board member and long-time Kiwanis member Vanessa McClary was honored with the 2020 Black History Month Living Legend Award from the City of Bloomington. While a member of Bloomington Kiwanis, in 2006 Vanessa founded a sister organization, South Central Indiana Kiwanis, with lower dues and evening meetings, to encourage all to join Kiwanis. Now numbering over forty, the club's members represent diverse ages, genders, races, and professions.

Vanessa went on to found Kiwanis student clubs at the elementary, middle school, high school, and university levels. She also founded an Aktion Club for adults with disabilities, making Bloomington one of the few places that has, as she says, "the entire Kiwanis family." The clubs within the schools have contributed to producing leaders starting at a young age, a good way, she feels, to fulfill the Kiwanis mission of "improving the world one child and one community at a time."

Vanessa also serves on the city's Economic Development Commission, the Salvation Army Advisory Board, the Indiana State Festivals Association Board of Directors, and until recently she was a nine-year member of the Greater Bloomington Chamber of Commerce board of directors. Under the Kiwanis aegis she was a guiding force in establishing the popular Balloon Fest as a yearly fall fundraising event at the Monroe County Fairgrounds.

LCW is proud that Vanessa is also a long-time LCW board member, having served as both vice president and president of the organization. Many thanks to Vanessa for her multiple services to the community!



LCW Board Appoints Additional Members

LCW is happy to welcome **Nancy Richman**, Project Director for HealthNet Bloomington Health Center, to the board. Nancy served as executive director of the Volunteers in Medicine Clinic of Monroe County for eight years until the end of 2019, when VIM joined Health Net, a not-for-profit entity that provides primary care health services to the medically underserved. Nancy notes that the organization's new incarnation takes VIM and expands it, because they will now be able to serve anyone regardless of income, age, geographic area, or insurance status. A sliding fee scale is used, with the expense to the patient dependent on a family's annual income. Nancy says that LCW's mission of being a voice for community health is what she has been doing for years, and she will be glad to be involved in it, observing that LCW "is at the nexus" of community health activities.



Nancy received her doctorate in clinical psychology from Boston University and has many years of experience in that field. She moved to Bloomington in 2006 to enroll in the School of Public and Environmental Affairs, completing her Master's Degree in Public Affairs in 2008 with a concentration on Nonprofit Management. Prior to working at VIM, Nancy was a senior organization effectiveness consultant at IU Health Bloomington Hospital.

Rejoining the board is **Susan Wier**. She has served several terms on it previously, including one as president from 2007-08. Susan is a financial advisor who has successfully established two financial service firms. Currently 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, as well as a registered financial consultant. Susan served for 11 years on the IU Health Bloomington Hospital board, chairing the Finance committee. At LCW's 2019 annual meeting, she was reappointed as one of the organization's representatives to the hospital's Community Health Committee and to the South Central Regional Board's Nominating Committee. She will now also serve as the LCW board's liaison to the Bloomington Health Foundation.



Third Annual Diaper Dash Held Virtually This Year

Due to the COVID-19 pandemic and resulting concerns about participants' safety, the Nurse-Family Partnership's annual Diaper Dash, of which LCW is a sponsor, was held virtually on May 9th this year. Since the clients of the program have more needs than ever with the current situation, the decision was made not to cancel the event. As it had previously, LCW supported the event with \$500.

The Diaper Dash was advertised on social media, with sponsors also being recognized there. Participants provided a photo of themselves taking a walk, or a positive quote for mothers. All who took part in the event were then placed in a drawing for various giveaways that had been donated for the Diaper Dash. Photos of the event are posted on the organization's Facebook page.

The Nurse-Family Partnership aims to address the very high instance of infant mortality in Indiana by pairing a first-time low-income pregnant mother with a nurse who works with her individually both before and for two years after her child's birth. Clients are provided with healthcare resources and with information to strengthen other aspects of their lives, with the added goal of helping them break the circle of poverty.

In 2019, the Nurse-Family Partnership more than achieved the goals it had set for itself:

- Having determined to increase the capacity of clients served in Monroe County by adding a nurse who could carry a caseload of 25-30 clients, the organization was able to serve 84 clients in the county, a 75% increase from 2018.
- Hoping to achieve and maintain a capacity of 90% by September 2019, they actually reached 104% capacity by September 30.
- They had aimed to have at least 80% of all moms in the NFP program initiate breastfeeding, but in fact 96.3% of them did so in 2019.
- They had planned to maintain a client retention rate of at least 75% in 2019, and the number of clients enrolled in the program who remained active was 78.3%.
- Aiming to maintain a client referral-to-enrollment of 40% or greater, by the end of the year 64% of eligible referrals had been enrolled in the program.

LCW congratulates the Nurse-Family Partnership program on its success to date!

Save The Date

Please join us on

Wednesday, July 15

12:00 - 1:00 p.m.

for the

LCW Virtual Quarterly Member Meeting

Our special guest speaker will be Dr. Lindsay Weaver, Chief Medical Officer of the Indiana State Department of Health (ISDH). Dr. Weaver will speak on "**Challenges of 2020**," addressing the many challenges that COVID 19 has brought to the ISDH and the whole state.

The virtual meeting will take place via Zoom. You can join the meeting online or via phone:

Topic:

LCW Quarterly Meeting

Time:

July 15, 2020 | 12 PM Eastern Time (US & Canada)

Join Zoom Meeting

<https://us2web.zoom.us/j/89742926934?pwd=OHhyMOROVDd4czJUbEJEaFBCb00xdz09>

Meeting ID: 897 4292 6934 | **Password:** 863532

One tap mobile:

+13126266799,,89742926934#,,1#,863532# US (Chicago)

You can also dial using your landline phone:

+1 312 626 6799 US (Chicago)

It will then prompt you to enter the meeting ID and passcode (given above).

Questions about the virtual meeting can be directed to lcwbloomington@gmail.com.

Please RSVP to that address by **July 10**, so that we know how many participants to expect.

LCW Financial Report

April 30, 2020

OLD NATIONAL BANK:

ACCOUNT 1: Business and Savings

Balance on Hand - March 31, 2020

Business Checking	\$2, 580.16
Business Savings.....	\$1,126.41

Activity - April, 2020

Checking

Balance 03/31/20.....	\$2,580.16
Deposits.....	\$00.00
Withdrawals*.....	-\$205.00
Balance April 30, 2020.....	\$2,375.16

**Accountant's fee*

Savings

Balance 03/31/20.....	\$1,126.41
Interest.....	\$0.00
Balance April 30, 2020	\$1,126.41

Balance on Hand - April 30, 2020

Business checking	\$2, 375.16
Business savings	\$1,126.41
Total	\$3,501.57

(Community Partner Checking and Business Savings)

ACCOUNT 2: Special (Philanthropy)

New Account Established 03/13/2020

Activity - April, 2020

Checking

Balance 03/31/20.....	\$8975.34
Deposit.....	\$00.00
Withdrawals*.....	-\$2,500
Balance April 30, 2020**	\$6,475.34

** \$2,500 Fireman safety equipment.*

*** Encumbered \$900 SNAP High impact Community solutions fund*

VANGUARD:

Balance on hand 12/31/2019.....	\$18,591.81
Balance on hand 03/31/2020.....	\$17,683.51

The Local Council of Women **NEWSLETTER**

Summer 2020 Issue

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