

# The Local Council of Women

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The Local Council of Women

## President's Message



Welcome to 2021, Local Council of Women!

As we look back on 2020, we reflect on how our lives have changed. The global COVID-19 pandemic brought pain and loss to many, while forcing all of us to adjust our lifestyles. Despite the pandemic, LCW continued to provide education while embracing new approaches to communication, such as by hosting virtual meetings. As a voice for community health, our work is constant and ever changing, so we must keep our strength and continue to remove obstacles for others in our community.

As your 2021 LCW President, I am looking forward to serving you and our community. I want to thank you for entrusting me with a second term as President, with an organization that has such a rich history for women, healthcare, and leadership. With the distribution of the COVID-19 vaccine, I am optimistic about what our future holds and the opportunities ahead.

As of now, the LCW Board of Directors has decided to continue virtual quarterly meetings via the Zoom platform until it is safe to return to in-person meetings. We hope that we can return to normalcy soon! Please be sure to mark your calendars for the quarterly meeting dates, which are listed in the latter part of this newsletter. As always, we would love membership input on speakers and topic ideas for our meeting. Please email us at [lcwbloomington@gmail.com](mailto:lcwbloomington@gmail.com) with your thoughts.

We are also looking forward to the grand opening of IU Health Bloomington Hospital this year! It seems like just yesterday that the announcement and groundbreaking of a new hospital was occurring. I am hopeful LCW will be able to play a role in the grand opening.

Please be sure to check out the remainder of the newsletter to learn more about our recent and upcoming LCW events/projects, our restructured scholarship program, as well as our membership profile section plus much more!

Thank you for your membership and your continued support of the Local Council of Women. We appreciate your commitment to our mission and to our wonderful community.

**Vanessa McClary**

*President*

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

# A Message from Outgoing President Ben Niehoff

Dear LCW Members,

I want to thank you for the opportunity to serve as President of LCW for the last four years. A lot has happened in that time, including a substantive organizational change in the role LCW plays with the Hospital and a major change to our financial structure, which resulted in the ability to provide significant financial support to health-related activities. We have done many good things in the community in the last several years, and I look forward to more opportunities to do the same in the future. I have enjoyed meeting and talking to our members over the years, and I appreciate our speakers who participated in our quarterly meetings, sharing important insights on community health with our members. I am thankful for the support of IU Health, especially Brian Shockney, who has always been so generous with his time for LCW. I want to thank the Bloomington Health Foundation for the many partnership opportunities they have offered us, and especially Jon Barada, who always thought of how our two organizations could work together for the good of community and regional health. And of course, I want to thank our stellar Board of Directors, whose members have been engaged, responsive, available and supportive of LCW's mission and of me as President. Vanessa McClary now takes over as President. Vanessa's dynamic energy will drive LCW forward. LCW is in good hands with Vanessa's leadership for sure. I will continue with LCW as a member of the Board for the next year and I look forward to more opportunities to support LCW in the future. It is such a treasured organization. Thank you again for allowing me to serve as President and for your support. Best wishes to you all.

Sincerely,

**Ben Niehoff**

*Outgoing President of LCW*

*Local Council of Women —*

*Your Voice for Community Health Since 1897*

# LCW 2020 Annual Meeting Featured Informative Speakers, New Business

Three speakers were featured at LCW's 2020 Annual Meeting, conducted via Zoom. Board member and Monroe County Health Department Administrator Penny Caudill introduced Dr. Kristina Box, who was named Indiana State Health Commissioner by Governor Holcomb in 2017. Prior to that, Dr. Box was a practicing pediatrician and gynecologist in Indianapolis for 30 years. Penny noted that Dr. Box has been "extremely good to work with, because she really cares about local health departments and communities."

Dr. Box said she is at a point in her life when she wanted to "give back," and she feels honored to work with people all over the state. Although her initial focus in the job was to improve infant mortality and maternal health in Indiana, beginning in January 2020 Covid-19 has been an "incredible challenge." By November 2020, with the help of 75 local health departments, 180 testing locations had been opened throughout the state. In the face of the highest numbers Indiana had seen to date, healthcare providers and hospital staffs were worn out and wondering if they could continue to cope, especially since worse was still to come. As have doctors at hospitals large and small throughout the state, Dr. Box stressed the necessity for everyone in the state to do "basic simple things:" wear masks, social distance, wash hands frequently, and respond to contact tracers. Other societies across the world, she noted, have proven the effectiveness of these measures.

Other statewide issues requiring attention include the need for all pregnant women to have access to healthcare and, ideally, to a support person. The good news is that infant mortality has decreased to its lowest point since tracking began in Indiana in 1900, and to its lowest in ten years for black babies. The bad news is that still many more black infants are dying than white ones, and with regard to infant mortality, Indiana is in a three-way tie for 46th place (out of 55), along with Tennessee and the US Virgin Islands, among all the states and US territories. Dr. Box noted that the health department has been focusing especially on locations where the most babies are being lost and trying to a better job of giving pregnant women more information to empower them to be assertive about getting prenatal care and help, if needed, with substance abuse and other harmful behaviors.

Smoking is also a concern. It has declined from 22% to 19% of the population during her tenure, but Dr. Box is worried about teenagers vaping: the number of high school students using tobacco has risen from 5% to about 20%. In addition, the Health Department is trying to combat obesity, but for many years public health has been underfunded in Indiana and not all county health departments are able to cover everything that requires attention. There is a clear need for increased funding and possibly also for restructuring public health in the state. When asked how to advocate for these issues, Dr. Box suggested working with businesses and hospitals in the community to be able to go with a united front to local governmental officials, who can then feel supported to address the legislature in Indianapolis to urge that help is needed.

LCW President Ben Niehoff then introduced Sue Reynolds, author of the recent

*(Continued on page 3.)*

book *The Athlete Inside: The Transforming Power of Hope, Tenacity, and Faith*, who said when she was 60 years old she “discovered an athlete inside an obese body”. In 2012, at a weight of 335 pounds, she became so “fed up” with things she couldn’t do, such as tie her own shoes or go through a turnstile or walk more than 100 meters at a time, that her dissatisfaction finally reached a point where it made her want to change. She pointed out that it is not necessary to know how the whole journey will develop, but just to start with the first step; for her, this was learning the best way to eat, both time- and food-wise. Next, she started walking, which at first was “waddling” but eventually she was able to walk three miles at a time. Then, at her son’s urging, she agreed to take part in a 5K run; it was very slow going, but with the help of other runners, she made it. Even though she felt she wasn’t really an athlete, further steps included water aerobics, a spin class, and then running in earnest, including in marathons. By 2016, her weight was down to 135 pounds. Reynolds stressed that “it’s not a sacrifice if you give something up, it’s an opportunity.” She also emphasized the importance of “dreaming something you’ll do in the future,” so that you can prepare for it. Her dream was to take part in a triathlon, and in 2015, after a year of intense training, she made Team USA, finishing 11th in the world. In 2017, she became the first American to become sixth in the world, and in 2019 she went on to participate in an Iron Man competition. Her book recounts her journey and includes multiple tips on how to achieve the goals one sets for oneself. Because she has learned that “helping others is important,” all of the proceeds from the work will go to the USA Triathlon Foundation to help disabled participants and women in sports. Reynolds said she has learned that “change is possible, no matter how old you are.” More information can be found at <https://suereynolds.net/>.

A brief business meeting preceded an update by Brian Shockney, President, IU Health South Central Region (SCR). Ben Niehoff noted highlights of the year (see his message on page 2 of this newsletter), and Treasurer Sally Hegeman reported that LCW is in good financial shape (see her year-end financial statement on page 7). Officers for 2021 will be Vanessa McClary, President; Susan Wier, Vice-President; Sally Hegeman, Treasurer; and Elizabeth Thompson, Secretary. Appointed to the IUH Community Health Committee were Ben Niehoff, Jon Barada, Susan Wier, and Nancy Richman. Reappointed to the SCR board’s Nominating Committee were Mike Gentile and Susan Wier.

After noting that Mike and Susan were very helpful during the Nominating Committee’s recent deliberations to select two physicians to serve on the SCR board, Brian Shockney talked first about the Covid-19 pandemic, explaining that IU Health now has a better understanding of the disease and better skills for treating patients. They also have good availability of equipment and have developed agility as a region, so that they can “turn on a dime.” An ongoing concern is trying to find ways to combat fatigue among caregivers as the pandemic drags on.

Turning to the new Regional Academic Health Center, Shockney reported that IU’s health-related departments were starting to move into the academic building, with classes to start there in February 2021, as scheduled. The outside of the hospital building has been finished. Work on the interior of the building is still on schedule, with the first patients slated to be accepted at the end of 2021. The main lobby will house a grand piano, where it is anticipated that concerts will be offered in conjunction with IU’s Jacobs School of Music. The emergency department will be three times larger than the current one.

Shockney also mentioned opportunities for philanthropy, some of which are already completely or partially sponsored. A memorial garden is not among them yet, but he hopes there will be plans for one in the future. All donors will be recognized in an electronic presentation at the hospital. In response to a question, Schockney noted that no decision has been made yet with regard to retaining Wegmiller Auditorium from the old hospital building; that decision is up to the City, which has already concluded that the parking garage will remain. Ben Niehoff closed the meeting by thanking Brian Schockney for all the time and hard work he has put into the hospital project and for his availability in keeping LCW updated on it.

## LCW and BHF to Award Scholarships

The Local Council of Women has for many years awarded scholarships to students in health-related fields. Unfortunately, because of the pandemic, the organization was unable to designate scholarships in 2020. Sally Hegeman and Pam Thompson, co-chairs of LCW Scholarship Selection Committee, report that the committee is now “doing a catchup game” and plans to award the 2020 scholarships in March. Five IVY Tech and IU health departments or schools have been asked to recommend a student for an award based on financial need, academic and clinical performance in the health program, any health-related employment, community service, and other relevant experience. The committee will then choose a Cecelia Wahl Scholar from among the five recommended students. To enable selection of the Wahl Scholar, candidates will be required to submit a short personal statement emphasizing why they have chosen a career in the health sciences.

The \$2500 Cecelia Wahl scholarship is sponsored by LCW. Four \$1500 scholarships are co-sponsored by LCW and Bloomington Health Foundation (BHF). LCW will announce the winners at its March 10 Zoom member meeting. Short biographies of the winners and details of the funding will be presented in the next newsletter.

The Scholarship Committee is hoping to revert to its usual selection procedures for 2021, with scholarships being awarded at the Annual Meeting on December 8.

# Indiana's Chief Medical Officer Dr. Lindsay Weaver Featured at LCW's July Member Meeting

President Ben Niehoff welcomed Indiana's Chief Medical Officer Dr. Lindsay Weaver to LCW's first-ever virtual member meeting. Dr. Weaver has been in her position since February 20, 2020 and has been an integral part of the Indiana Department of Health's Covid response efforts. Dr. Weaver is also an assistant professor of clinical emergency medicine at the Indiana University School of Medicine and practices emergency medicine at Methodist Hospital in Indianapolis. She is board certified in both emergency medicine and hospice and palliative care.

Dr. Weaver gave an overview of Indiana's efforts to combat the Covid pandemic, which she characterized as "a big challenge for us all," in large part because this sort of corona virus had never been seen before. Because the virus is so new, almost no research on it existed yet, so sometimes hard decisions have had to be made with very little information. In the midst of organizing a response to the virus, the health department also tried to help educate the public and give them a better understanding of the issues surrounding it, because "so much information is out there that is not really true." She had currently been working 72 days straight, for 12-15 hours a day.

Noting that she had been "blown away by how amazing the hospitals in Indiana have been," Dr. Weaver said it took most of them only days to make more space to accommodate a growing number of Covid patients and to come up with new protocols for treating them. Another focus has been on long-term care facilities, as they have been severely affected. Further places where the virus spreads especially easily are bars, family gatherings, and churches. Dr. Weaver stressed the need for personal responsibility in doing everything possible not to get infected, so as not to pass the virus on to others.

From the beginning of the crisis, Dr. Weaver said, the governor has stressed that whatever was needed would be addressed, regardless of the cost, but the availability of supplies of all sorts has been a problem. She noted that in general Indiana needs more public health funding, so that counties are better able to cope with all the pressing health issues of the state.

Following Dr. Weaver's remarks, Bloomington Health Foundation then-President and CEO Jon Barada gave an update on the Foundation's recent activities. He thanked LCW for help with several projects: The online database HelpingBloomingtonMonroe (<https://bloomington.in.gov/node/4204>), originally called "Aunt Bertha," now lists more than 1,000 resources. In January and February 2020 it was consulted several hundred times, but in March and April the number of searches rose to about 900. An effort that supports non-medical transportation, has been able to acquire a wheelchair-accessible van to help meet the demand for transport needs; and safety jackets and vests were provided to Bloomington firefighters to help make them more visible when assisting with safety concerns.

Barada reported that the Foundation was honored to be a recipient of \$75,000 from United Way of Monroe County for a Covid-19 emergency fund. He has been impressed by the number of agencies that have been working together during the pandemic to "break down silos in the community."

To close the meeting, IU Health's Regional Director for Strategic Integration Mary Ann Valenta and President of the IU Health South Central Region Brian Schockney discussed the organization's efforts to deal with the Covid pandemic. Valenta pointed out that IU Health has continually been providing data on such things as virtual screening, testing, and numbers of cases to the media and the community. Schockney noted that IU Health was the first hospital system in Indiana that was able to do testing, as well as the first in the US not to run out of equipment and supplies. It also was able to share both these items and also "team members," who were given salary guarantees, across the state. He added that before he came to Bloomington he had experience with five different county health departments, but he has never worked with one as strong as the department in Monroe County. IU Health has also had a good cooperative relationship with IU and the IU School of Medicine, especially with regard to ongoing research on the disease.

A lesson learned from the pandemic has been that there are physical aspects of the hospital that have made it harder to keep patients safe, leading to the need to shut down the building to visitors. They have taken advantage of this knowledge to redesign some aspects of the new Regional Academic Health Center for improved patient safety. Going forward they plan to look at restructuring and reformatting other aspects of the new hospital and all other patient care locations. Another lesson was provided by a major increase in the use of telemedicine, which had been averaging 12 to 15 visits a week: when those increased rapidly to 900 visits per week, they came to realize that broadband access in Indiana is not good enough to allow a large number of patients to connect electronically with their physicians before they become very sick.

Mary Ann Valenta briefly addressed the progress being made at the new Regional Academic Health Center: Work is continuing during the pandemic, with none of the workers being required to stay on the job and all of them being screened for the virus. The project is still on schedule and on budget. New facilities in the system are an Administrative Office Building in Bloomington, an Owen County Clinic, a Paoli Outpatient Clinic, and a Bedford Linear Reactor, all designed to improve care throughout the South Central Region.

In conclusion, Ben Niehoff thanked all the speakers for the good information they had shared.

# Member Profiles

To aid LCW members in getting to know others in the organization, at the suggestion of membership chair Victoria McClary the newsletter will begin featuring member profiles. We thank Ruth Chesmore and Glenda Murray for their willingness to be the initial responders to the questions Victoria has for members!

## Ruth Chesmore



**What is/was your profession?** I was an Administrative Dietitian with the Halls of Residence at Indiana University.

**How long have you been a member of Local Council of Women?** I'm unsure when I joined – probably before the merger of Bloomington Hospital with Clarian.

**What made you want to join LCW?** I was very interested in issues regarding the hospital. Now I'm looking forward to learning what will happen to the old hospital after the new one is in operation.

**What has been your favorite quarterly meeting health topic/presentation?** I have found all the meetings regarding the new and old hospitals very informative. Especially interesting was the trip visiting the new hospital via the perimeter of the site.

**What are your health care concerns for Bloomington and our surrounding communities?** I am concerned about the care of poor patients, especially mothers and babies. And I'm biased regarding Meals on Wheels and would like to know its status.

**What health care initiatives would you like to see LCW support in the future?** I hope it will continue to support the Nurse Family Partnership.

**What do you like to do in your free time (hobbies, activities, etc)?** Life has changed. I now live in an assisted living facility. I did YMCA activities, walked a lot, and went to plays, operas and concerts. I always went to church, but not as much with age. Now I enjoy virtual church on my iPad on Sundays.

**Where is your favorite spot to vacation?** I've been to six continents and I enjoyed them all, but my best trip is any time I go home to see family in California.

**Tell us something interesting about you.** I like to go on adventures. White water rafting in the Zambezi and ascending to a rooftop in Singapore to view the city were especially memorable.

## Glenda Murray



**What is/was your profession?** I came to Bloomington in 1984 as the Redevelopment Director for the City of Bloomington. From 1991-1994, I was the executive at the Greater Bloomington Chamber of Commerce. In 1994, I began working at Indiana University in the School of Continuing Studies, and in 2002 I moved to the IU Poynter Center for the Study of Ethics and American Institutions, where I remained until I retired in 2014.

**How long have you been a member of Local Council of Women?** I joined the Local Council of Women shortly after I moved to Bloomington, so I have been a member for over 30 years (and I think I remembered to pay dues most of those years!).

**What made you want to join LCW?** I focused on women's history in my graduate degree, so I was fascinated to learn that the Local Council of Women had created Bloomington Hospital and had been active in many other community projects. I joined to honor the work they had done over the years.

**What has been your favorite quarterly meeting health topic/presentation?** Since I retired I have tried to attend more meetings. A program that informed us about the Nurse-Family Partnership to help young first-time pregnant women to be good mothers was especially interesting.

**What are your health care concerns for Bloomington and our surrounding communities?** I am glad the LCW focuses on programs to provide health care to all. Programs like the Nurse-Family Partnership help families be healthier. I am pleased HealthNet Bloomington Health Center (the old Volunteers in Medicine) exists and serves so many, and Centerstone and others provide mental health services. But the need clearly exceeds the ability of the existing programs to serve everyone. What are the ways LCW and the community can increase mental health programs in the county, as well as other programs to help people help themselves?

**What health care initiatives would you like to see LCW support in the future?** I would love to see more programs to help people be active and to take responsibility for healthy living and for getting help if they have mental and physical health needs. There should be ways for people to get regular checkups and have basic health needs met before a health problem becomes a crisis.

**What do you like to do in your free time (hobbies, activities, etc)?** I like to garden in the summer. I knit year round. My favorite exercise is walking. In retirement I have become the Monroe County Historian, a volunteer appointed position. I am currently keeping a diary about the pandemic in Bloomington and collecting newspaper articles for the Monroe County History Center. One of my goals as county historian is to apply for a state historic marker honoring the Local Council of Women for founding and running the hospital for so many years. I think the ideal location for the marker will be somewhere near the Kohr Building.

**Where is your favorite spot to vacation?** My husband Patrick and I love to go to Shaker Village, which honors the Shaker community that settled near Harrodsburg, Kentucky. The restored village allows people to stay in renovated (and modernized) Shaker buildings. Over the years the educational focus has changed from informing visitors about the religion and life of the Shakers in the 1800s to talking about and working for sustainability in the 21st century.

**Tell us something interesting about you.** I served on the Bloomington Hospital board from 2002-2008. I have been involved as a board member or volunteer at the Monroe County History Center from the late 1980s to the present. Patrick and I met when we each worked in city government in different Indiana cities. We met at US Department of Housing and Urban Development (HUD) meetings in Indianapolis. We worked with different representatives for different housing and community development programs. When we married, we invited our HUD reps to come, and they did. We laugh and say we give HUD the credit for our meeting.

# Save The Date

PLEASE ADD THE FOLLOWING DATES TO YOUR CALENDARS.

We expect that at least the first two quarterly LCW member meetings will be held via Zoom.

## LCW Quarterly Meetings

Wednesday,  
March 10

11:30 - 1:00 pm

Wednesday,  
June 9

11:30 - 1:00 pm

Wednesday,  
September 15

11:30 - 1:00 pm

## LCW Annual Meeting

Wednesday,  
December 8

6:00 - 8:00 pm

We hope it can be held in person!

# Kiwanis Club Balloon Fest



Participants and supporters of the Kiwanis Club of South Central Indiana Balloon Fest held in September 2020: From left to right, LCW member Marcus Debro; Miss Kiwanis Balloon Fest Teen Isabella Lange; Indiana Kiwanis Governor Kevin Rowland; LCW members Amanda Todd, Victoria McClary, and Vanessa McClary (who also organized the event); and Bill Oliver of Oliver Winery.

# Letter of Thanks

## Fire Chief Jason Moore

Good afternoon,

I wanted to personally reach out and thank you, your organization, and donors for supporting the safety of our firefighters. Your generous donation, which helped provide high visibility coats for every operational firefighter is greatly appreciated! These coats drastically improve the ability for people to see our firefighters who are protecting property and saving lives 24 hours a day, especially at night or in inclement weather.

Filling this gap in funding came at a great time as we have been dealing with the fiscal impact of providing services during the COVID pandemic. The Administration's main mission is to provide for the safety of our firefighters which allows them to serve our community and go home to their families in the same (or better) condition after every shift. You have helped us accomplish that mission and we are grateful for your support!

Conducting our normal business with COVID has been a learning experience for everyone involved. Feel free to contact me directly if you ever need anything.

Thank you again and be safe!

Respectfully,

**Jason Moore**  
Fire Chief, City of Bloomington, IN



Bloomington firefighters wearing the protective safety clothing the city fire department was able to acquire due to a donation from LCW and the Bloomington Health Foundation.

# LCW Financial Summary

2020

## OLD NATIONAL BANK (ONB):

### Community / Business Account:

*Balance on Hand - December 31, 2020*

Savings ( <i>Reserved for scholarships</i> ) .....	\$1,126.50
Checking ( <i>Used for business expenses</i> ) .....	\$3,915.02

## EXPECTED EXPENSES FOR 2021:

Transfer to Savings ( <i>Member donations</i> ).....	\$1255.00
Insurance .....	\$1,000.00
Accountant.....	\$ 260.00
Post office box .....	\$92.00
Office expenses .....	\$80.00
Member meetings .....	\$400.00
Publicity ( <i>Exchange Club sign maintenance</i> ).....	\$150.00
Gifts ( <i>Thank you gifts and condolences</i> ).....	\$100.00
<b>Total expected expenses 2021.....</b>	<b>\$3,337.00</b>

## LCW PHILANTHROPY 2020:

LCW made a number of donations in 2020.

Bloomington Fire Department, protective clothing.....	\$2,500
Patient Physical Therapy, masks for Covid-19 protection.....	\$1,000
IU Health Nurse Family Partnership, Diaper Dash .....	\$500
Kiwanis Club of South Central Indiana, Balloon Fest .....	\$1,000
Bloomington Health Foundation, Hoosiers Outrun Cancer.....	\$5,000
Hoosier Hills Food Bank, SNAP.....	\$900

## PHILANTHROPY ACCOUNTS:

*Balances as of December 31, 2020*

Community Foundation.....	\$139,921.06
Bloomington Health Foundation.....	\$456,311.48
Vanguard.....	\$17,813.18
ONB Special Philanthropy .....	\$14,447.34

Funds are transferred from the Community Foundation, Bloomington Health Foundation, and Vanguard to ONB periodically. The last transfer was from the Community Foundation for \$5,268.00 (=interest).

# *The Local Council of Women* **NEWSLETTER**

**Spring 2021 Issue**

## **Inside:**

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- President's Message
- Message from Outgoing President
- LCW 2020 Annual Meeting
- LCW & BHF to Award Scholarships
- Indiana's CMO Dr. Lindsay Weaver
- Member Profiles
- Save the Date
- Kiwanis Club Balloon Fest
- Letter of Thanks from Fire Chief Jason Moore
- LCW Financial Summary

