

The Local Council of Women



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President's Message

About three years ago I had three teenagers living in my house (one was mine). They would often comment on all the things I was involved in and my enthusiasm for each one. For my birthday they all chipped in and bought me a Wonder Woman outfit (minus the lasso of truth of course). I was flattered, because I also know it could have gone the other way and I could've gotten a broom and a very pointy hat!

We all possess the super hero spirit. I bear witness to this everyday where I work, and also with the activities of the Local Council of Women. It doesn't take a cape or a fancy name. It takes a pair of running shoes, high heels, or even flip flops, as well as an open heart and mind. It takes the will to be different, build relationships, and capture moments in time we will never throw back.

Last year even Flash couldn't have kept up with the activities at the Local Council of Women, and Superman would've

been so stressed he probably would have forgotten to put on his cape! It was a banner year with possibly the real work yet to begin.

There is more work, more lives to impact, a needle to move, outcomes to generate, but, most important, needed to drive all of that is to increase membership, retain what we have, and tell our story: Become engaged, volunteer, ask questions, and define our place and the impact we can provide on the health of our community.

In May we had Hospital Week and Nurses Week, and it was also Mental Health Month. June brings National Nursing Assistants Week. I hope you will recognize those who care selflessly for the health of our community every day, and find some way to give back, a hand up, a hand out, a hug.

In the words of Wonder Woman:

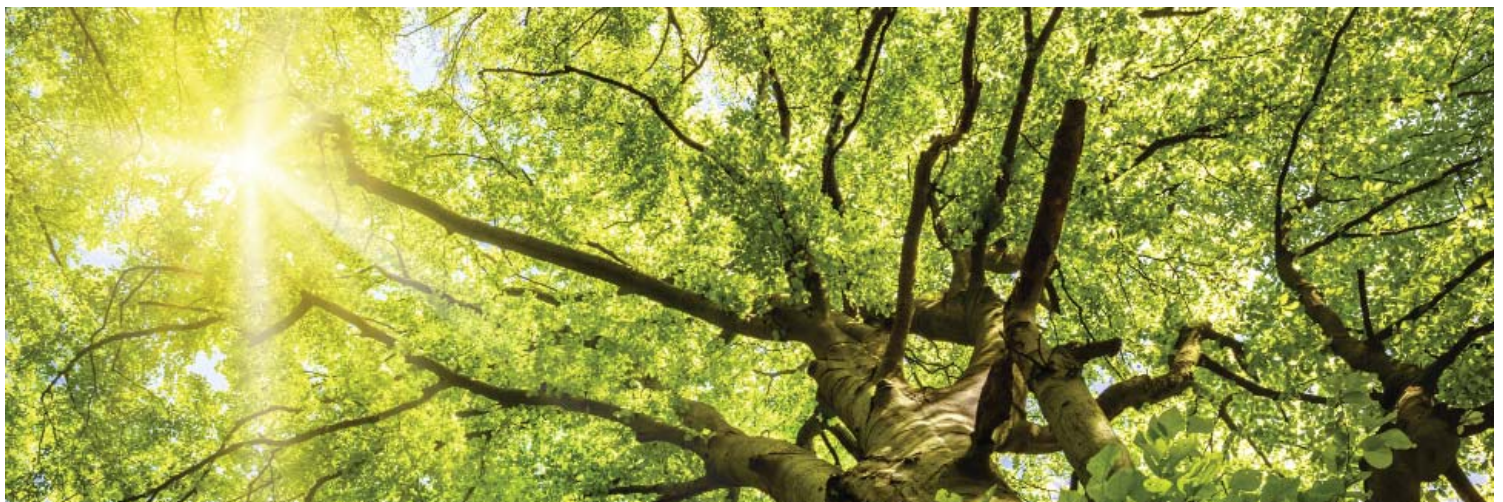
"A new journey to be started. A new promise to be fulfilled. A new page to be written. Go forth unto this waiting world with pen in hand, all you young scribes, the open book awaits. Be creative. Be adventurous. Be original. And above all else, be young. For youth is your greatest weapon, your greatest tool. Use it wisely."

I'm looking forward to seeing you on June 23rd at our next quarterly meeting.

In Gratitude,
Jean W. Scallon

President

Jean Willey Scallon,
President



Planning proceeds apace for the new South Central Regional IU Health Campus



At LCW's first quarterly meeting of the year on March 30, MaryAnn Valenta, Regional Director of Strategic Integration for IU Health Bloomington, gave an update on planning for the new South Central Regional Health Campus. She reported that in the initial, visioning stage, members of the planning committee met with many different people, including women's groups, which helped determine what was needed in the new hospital campus. A major goal will be patient-centered care that will minimize handoffs necessitating movement to various healthcare professionals and will direct patients to the most appropriate care setting. A major focus will be on prevention and wellness.

The group has now progressed from the visioning stage to the actual planning for the campus. The plans will build in short-term and long-term flexibility so that it will be possible to accommodate more beds, parking, and staff space as needed. There will be venues for planned events, such as elective surgery and the delivery of babies, as well as for unplanned events, such as heart attacks or strokes. Especially the latter will necessitate rethinking the tasks involved in responding to unplanned events, such as how people get to the hospital and how nursing happens; it may be possible to triage some patients out in the community before they get to the hospital, so that only those with the most critical events will need to come first to the emergency room.

The design phase for the new health campus will begin in

2.

the second quarter of 2016. The planning committee has visited several relatively new hospitals to see how they have addressed various issues. At the Kettering hospital facility in Dayton the nurses in the group were pleased to see that the hallways were free of "clutter", such as equipment, food carts, etc. At a hospital in Chicago the group did not care for the arrangement that required patients to be brought to the radiology department instead of having the needed radiology equipment go to the patients.

Due to the elevation of the land in some areas and dips in others, as well as to the existence of karst in spots, the new design will have to be creative in order to adapt to the site. The building may actually be higher than it will appear from the road.

The group has been working with Indiana University, as well, to determine what departments will be a part of the education building. Possibilities include the medical sciences, nursing and simulation labs, optometry, dentistry, and imaging and medical physics. Making use of IU's expertise in environmental considerations, the planners are considering the impact on the environment from the hospital and are striving to minimize it as much as possible in many ways.

In response to a question, MaryAnn noted that most things that are transportable people have donated to the current hospital, such as the garden bricks, will be moved to the new campus.

Groundbreaking for the facility is expected to take place in 2017, with construction to be completed in 2020. LCW will follow the evolution of the new hospital campus with great interest. It appears that much thought, care, and good will have gone into the planning.

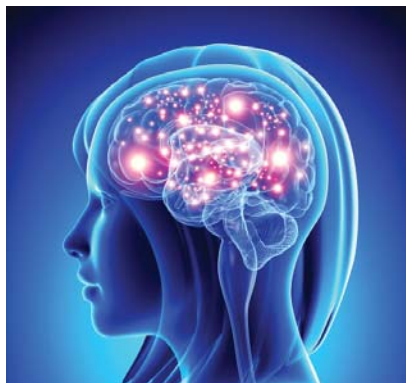
Building and maintaining a healthy brain

A second speaker at LCW's first quarterly meeting, Dayna Thompson, Alzheimer's Educator and head of the Alzheimer's Resource Service at IUH Bloomington Hospital, stressed the importance of brain health. Although she spends a lot of time with families of people who already have the disease, she also works to educate people about trying to build their brain to withstand the possible onset of Alzheimer's as well as to slow its progression.

Dayna noted that there is definitely a body-mind connection, and regular physical exercise is important in maintaining brain health. A general rule to remember, she said, is that what is good for your heart is also good for your head.

Walking is beneficial, but even more effective is dancing: three times a week for 30 minutes at a time results in a 76 percent better chance of not developing Alzheimer's disease. Dancing requires that the brain remember the sequence of steps and other aspects of the dance, as well. It also moves muscles and is a social activity.

Exercising the brain itself is important, too. Dayna urged listeners to challenge their brains by reading about new subjects, learning a language, doing puzzles, and engaging their brains in other ways as well. The important thing is to keep pushing oneself. What we eat may also play a role: recent research indicates that modifying one's dietary intake may significantly lower the risk of developing Alzheimer's disease. The MIND diet, which combines the "Mediterranean" and "DASH" (Dietary Approaches to Stop Hypertension) diets, may be the most beneficial. It emphasizes natural, plant-based foods, increasing the amount of berries and green leafy vegetables consumed, and limiting the intake of animal-based and high saturated fat foods. Other brain-healthy foods are most vegetables, nuts, beans, whole grains, fish, poultry, olive oil, and wine. Unhealthy are red meats, butter and stick margarine, cheese, pastries and sweets, and



fried or fast foods. Spices such as turmeric and cinnamon are recommended as accompaniments—Dayna suggested keeping shakers of them on the dining table.

Another important aspect of maintaining brain health is regular social engagement, which can result in "cognitive reserve." Staying connected with friends and others, in clubs, religious organizations, senior centers, and by means of community and family gatherings can build new brain cells which replace ones that naturally die off.

It is also crucial to get regular medical exams. There are over 200 kinds of dementia, some of which are treatable, such as those caused by medications. Manageable medical conditions that can be treated include diabetes and hypothyroidism. Reducing stress and treating depression will also contribute to maintaining brain health, as will getting enough sleep. Dayna noted it is a myth that older adults need less sleep: everyone should get at least 8 hours within a 24 hour period (these 8 hours need not necessarily be consecutive, however).

Physical safety, too, is very important. Tell your physician any time you have a fall, because sometimes an injury can happen to the brain in a fall, even if you think you are fine. Check your home for hazards and try to fall-proof those places.

Dayna also gave some information about the Alzheimer's Resource Center. Although she cannot make diagnoses, she provides individual and family consultations, as well as screening and referral, if she feels that may be necessary. Care for the caregiver is a primary mission of the center, and education, support—including several different support groups—and resources are offered at no charge. Drop in services are not available; call Dayna at 812-353-9299 or send her an e-mail at dthompson6@iuhealth.org to make an appointment. Funds for the center are generously provided by the Bloomington Hospital Foundation.

LCW Celebrates 115 Years!

The Local Council of Women was founded 115 years ago by several Bloomington women's groups that were concerned about the health and welfare of the community. Over the years it has been served by many dedicated women.

To honor all of them, we print here the list of past presidents of LCW. Thanks to all of them, and to all of you reading this for your longstanding service to the community!

Local Council of Women Past Presidents

1901 – 1902	Dora S. Shoemaker	1972 -1973	B.A. Kuntz
1903 - 1906	Mrs. Maude Showers	1973 – 1974	Mary Lou Hancock
1907	Mrs. W.L. Bryan	1974 – 1975	Mary Oliver
1908	Mrs. J.K. Beck	1975 – 1976	Myra Baker
1909 – 1910	Mrs. Mottier	1976 – 1977	Janet Carrell
1922 – 1924	Mrs. T. J. Louden	1977 – 1978	Virginia Tyte
1926 – 1928	Mrs. H.L. Smith	1978 – 1979	Jean Campaigne
1929 – 1931	Mrs. Joseph A. Neil	1979 – 1980	Ellen Stewart
1931 – 1935	Mrs. Alexander King	1980 – 1981	Cecelia Wahl
1935 – 1937	Mrs. James E. Moffatt	1981 – 1982	Rosemary Wentworth
1937 - 1939	Mrs. J.E.P. Holland	1982 – 1983	Anne Call
1939 – 1940	Mrs. G. Heighway	1983 – 1984	Louise Nebergall
1941 – 1943	Isabella Love	1984 – 1986	Liz McCrea
1944 – 1946	Mrs. C.J. Sembower	1986 – 1988	Joan Olcott
1946 – 1948	Lillian Setser	1988 – 1989	Jean Anderson, Ed.D.
1948 – 1949	Mrs. H.E. Binford	1989 – 1990	Pam Walters
1949 – 1951	Mrs. Z.G. Clevenger	1990 – 1991	Liz Shindell
1951 – 1953	Mrs. John R. Figg	1992 – 1994	Gerry Miller
1953 – 1954	Mrs. Russell Fair	1994 – 1995	Bonnie Dyar
1954 – 1956	Mrs. W. MacDonald	1995 – 1996	Dottie Saltzman
1956 – 1958	Mrs. F.B. Stimson	1996 – 1997	Erdine Simic
1958 – 1960	Mrs. G. W. Henley	1997 – 1998	Darlene Haddawi
1960 – 1962	Mrs. J.P. Matthews	1999 – 2000	Leigh Richey
1962 – 1963	Mrs. Theodore Ellis	2001 – 2003	Cathi Barzilaukas
1963 – 1964	Mrs. Fred Barrett	2004 – 2006	B. Ann Wrenn
1963 – 1965	Mrs. Austin Clifford	2007 – 2008	Susan Wier
1965 – 1966	Mrs. Margaret Sibitt	2009	Ellie Rogers
1966 – 1967	Bea Franklin	2010 – 2011	Denise Lessow
1968 – 1969	Ruth Brogneaux	2012 – 2014	Nancy Lumbley
1969 – 1970	Mrs. A.B. Clark	2015	Vanessa McClary
1971 – 1972	Pat Bartlett	2016	Jean Scallon

Jean Scallon Appointed to Zero Suicide Faculty

LCW President Jean Scallon, CEO at Bloomington Meadows Hospital, was recently appointed to the Zero Suicide Faculty. Faculty members provide support to Zero Suicide Academies, which offer two-day training sessions for senior leaders of health and behavioral health care organizations that seek to dramatically reduce suicides among patients in their care. The sessions cover best and promising practices and processes to improve care and safety for individuals at risk. Zero Suicide Faculty work with Academies held throughout the country, offering both interactive presentations and small group sessions, and they collaborate with participants to develop organization-specific action plans.

The Zero Suicide Academies are sponsored by the federally funded Suicide Prevention Resource Center. They grew out of a rising interest by health care organizations to learn how to provide better care for those at risk for suicide. Research and experience have shown that tools exist to improve care for those struggling with suicide, and there is evidence that a comprehensive approach works.



Jean also chairs the State of Indiana's Suicide Prevention Advisory Council, which is currently working on the state's strategic plan to combat suicide. It will host a state conference, "Take Action!" in Bloomington on August 26, which is open to all who are interested. Keynote speakers will be retired professional football player Herschel Walker; clinical psychologist Dr. Ursula Whiteside, who conducts research on mental health problems while seeking to develop behavior-change interventions; and Dr. Brian Mustanski, currently Associate Professor of Medical Sciences at Northwestern University with a Ph.D. in Clinical Psychology from Indiana University, whose work focuses on LGBT issues, including suicide

prevention. Break-out sessions will address lived experience, LGBTQ issues, and postvention/prevention. The fee for general admission to the conference is \$25, with registration open until August 22. To register, or for more information, go to <http://www.eventbrite.com/e/take-action-state-of-indiana-suicide-prevention-conference-preconference-registration-25143352444>.

Congratulations on these honors, Jean!

Learn about the Indiana University Health Olcott Center at the next Quarterly Meeting

The next quarterly LCW membership meeting will be held on June 23, from 11:30 to 1 pm, at the Holiday Inn, 1710 N. Kinser (enter from Kinser on the south side of the Bypass).

Wanda Katinszky, RN, BSN, MSW, OCN, and Director of the IU Health Cancer Center in Bloomington will



**Wanda Katinszky, RN,
BSN, MSW, OCN**

Director, IU Health Cancer
Center Bloomington

present information about the Olcott Center for cancer patients, its mission and the many services and programs it offers.

***Come and get informed
about this asset to the
community. RSVP to
Jean Scallon at
jean.scallon@uhsinc.com
for a (no-cost) lunch***

The Olcott Center is a community resource that's here to serve you and your family through your journey with cancer. Each step in that journey can be scary and confusing for the patient as well as their family and friends. The Olcott Center can ease that burden by providing education, advocacy, support and navigation services all at no charge.



Local Council of Women Financial Report, March 2016

Balances ending December 31, 2015:

Old National Bank;

Community Partner Checking (CPC)	\$8,450.15
Business Savings (BS)	\$1,125.90
Total	\$9,576.05

Vanguard (V) \$17,765.83

March 1 - 31

Old National Bank

(CPC) as of 3/1/16	\$8,701.11
Deposits	\$00.00
Withdrawals	\$00.00
Balance as of 3/31	\$8701.11

BS as of 2/29

Transfer from checking
Interest income
Ending balance

Total: Old National Bank (2/29/16) \$9827.04

Vanguard (V) January 1, 2016	\$17,765.83
01/29 dividend	\$36.67
02/29 dividend	\$38.19
03/16 ST cap gain.....	\$5.02
03/31 dividend	\$38.24

Ending balance on 3/31/2016 **\$18,100.73**

LCW Board Members

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Sally Hegeman
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Victoria McClary

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Pam Thompson

pthomps@ivytech.edu

Save the Date!

June 23: 11:30-1 pm. Quarterly Meeting Holiday Inn, 1710 N. Kinser. Presentation by Wanda Katinsky of IU Health, about the Olcott Center, its mission, and the services and programs it offers to cancer patients. RSVP to Jean Scallon at jean.scallon@uhsinc.com for a (no-cost) lunch.

September 20: 11:30 am-1 pm. Quarterly Meeting, Holiday Inn, 1710 N. Kinser Pike. Information on New Focus of LCW. RSVP to Jean Scallon at jean.scallon@uhsinc.com for a (no-cost) lunch.

November: date TBD: Annual Meeting/Scholarship Presentations.

The Local Council of Women

PO Box 1149
Bloomington, IN 47402

The Local Council of Women NEWSLETTER

Summer 2016
Issue

Inside:

**Learn about planning
for the new Academic
Health Campus and
building healthy brains.**

