

The Local Council of Women

President's Message

I am happy to have the opportunity to inform our members about the work of LCW so far this year. Following the bylaws revisions in January, our board went to work to fill positions on the South Central Regional (SCR) board, the SCR Nominating Committee and the Community Health Committee. The board approved the selection of Joyce Poling as the LCW member on the SCR Board; Susan Wier and Mike Gentile were selected to serve on the SCR Nominating Committee; and myself, LCW board members Barry Lessow and Susan Wier, and Jon Barada of the Bloomington Health Foundation, were selected to serve on the Community Health Committee. We thank each of those individuals for their work on these boards.



LCW has recently received the \$500,000 grant awarded to it by IU Health pursuant to the vote in January, and the Community Health Committee has received the \$250,000 that was also a part of that vote. Our board has sent a survey to members requesting suggestions for the use of the funds, both now and in the future, and we appreciate all who have responded to our inquiries. This is an ongoing process, and we continue to welcome whatever input you have on this issue. Our objective is to ensure that LCW can play a significant financial role with respect to important community health initiatives long into the future.

The change in governance and receipt of the aforementioned grant will require an update to our internal policies and procedures, and our board is working on those revisions currently. We hope to update our members on the new policies at the Annual meeting in November.

Our quarterly programming has been very successful and well attended so far this year. In April, Jon Barada provided an update on the Bloomington Health Foundation. I want to thank Maria McKinley for helping organize this event. In July, Amy Meek spoke to us about the Nurse Family Partnership Program, and SCR President Brian Shockney updated us on the construction of the new Hospital and Regional Academic Center. In September, Dr. Lee McKinley will be speaking to us about Population Health. Finally, in November, we will hold our annual meeting at Ivy Tech.

In other news, our Scholarship Committee, headed by Treasurer Sally Hegeman, is working earnestly and diligently to gather and evaluate applications for the awarding of scholarships in the fall. Additionally, we had a board vacancy when Mary Kerby left earlier this year after completing her graduate studies at IU. We are thankful to her for her service. Mary was an IU graduate student in Public Health and you may recall that she and a fellow student gave our third quarterly presentation last year on the importance of movement in everyday life. We miss what Mary added to our board and wish her well. Our bylaws allow for the appointment of up to three more board members, and our Board has been interviewing some great candidates. We are looking to add additional board members very soon.

That is a brief summation of what we are working on. We value your input and, as always, ask that you let us know how we can help advance the cause of good health in our community.

Ben Niehoff

President

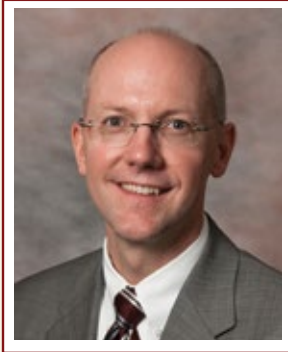
Local Council of Women — Your Voice for Community Health Since 1897



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Brian Shockney named President of IU Health's South Central Region

On June 28, 2018, Brian Shockney's position as interim South Central Regional president of IU Health became permanent. He will also continue to fill the position of COO of the SCR, which he has held since



2016. Shockney has been with IU Health since 2010, when he became COO of IU Health Arnett Hospital in Lafayette. Before that, he spent 11 years as president and CEO of Memorial Hospital in Logansport. He worked at Tipton Hospital when it partnered with Methodist Hospital in Indianapolis, which then merged with the Indiana University Hospital and became part of the Clarian organization, which eventually became IU Health, so he is well acquainted with change in the healthcare arena. He earned his bachelor's degree from Indiana University-Kokomo and an MHA from Indiana University in Indianapolis. He is a fellow in the American College of Healthcare Executives.

At LCW's July membership meeting, Shockney said he and his wife Angie, who is a nurse, have been enjoying becoming acquainted with Bloomington. The couple have three children, a son who is a construction manager in Tennessee, a daughter who is an engineer at a jet engine company, and a daughter who is a junior in accounting at Ball State University.

LCW looks forward to working with Brian Shockney and the rest of the IU Health South Central Region leadership in continuing to support the hospital and community healthcare.

LCW's July Membership Meeting

Offering Information on the Nurse-Family Partnership Program and on the New Hospital

President Ben Niehoff began the meeting by introducing the two speakers: Amy Meek, director of the IU Health Community Health in Bloomington Nurse-Family Partnership program, and Brian Shockney, recently appointed president of the IU Health South Central Region (SCR). Ben then announced that Dr. Lee McKinley will speak on the topic of population health at the next member meeting, which will be held on September 26 from 11:30 to 1:00 at St. Mark's church on the Bypass. Membership chair Victoria McClary reported that LCW has experienced a substantial growth in members, who now number more than 100.

Nurse-Family Partnership Program

Amy Meek, RN, works with the Monroe County Public Health Clinic, a collaboration between IU Health Bloomington Hospital and the Monroe County Health Department, and also heads the Nurse-Family Partnership (NFP) program. Thirty years of rigorous evidence-based research have shown that the program, which works with low-income first-time mothers, leads to healthier pregnancies, healthier babies, and improved lives for the mothers, to such an extent that every dollar invested in the program can yield \$6.20 in benefits.

Meek said a lot of preparation, including partnering from both the clinical and the judicial standpoints, had gone into the program so that it could begin its work locally in January 2018. The three goals of the program are to improve pregnancy outcomes, to improve child health and development, and to help establish the stability and economic self-sufficiency of the family.

The program pairs each woman with a personal registered nurse, who offers support and education during and after the pregnancy until a baby is two years old. All the nurses are specially trained to help clients with topics such as breastfeeding, attachment to the baby, child safety, infant development, parenting, and self-sufficiency. To qualify for the program a woman must have no history of previous live births, be less than 28 weeks pregnant, be income-eligible (i.e., receive WIC and/or Medicaid), and live in one of five SCR counties: Greene, Lawrence, Monroe, Orange, and Owen. There is no cost to participate in the program. Startup funding has been provided by the State of Indiana for three years, from 2018 to 2021.

Meek noted that the program works best if moms are enrolled in it during "that magical window of opportunity," the 28 weeks after they first become pregnant. That is when, generally, women are especially inspired to do the best for their babies. After a woman's enrollment, the nurse with whom she has been paired will visit weekly for the first four weeks, and then every other week until the baby is born. After the birth, the nurse will visit weekly for the first six weeks, and then every other week until the baby is 21 months old. Visits will then occur monthly, until the baby's second birthday and the family's "graduation" from the program. Nurses will do subsequent yearly follow-up visits to track the family's progress. Fathers are encouraged to participate in visits, if appropriate.

(Cont'd. on page 3)

The program currently has four nurses who work under Meek, all of whom combine clinical and social work skills and have undergone intense training. Among them they have multiple years of experience in pediatric, community health, and home health nursing. One of the nurses, who grew up in a missionary family in Africa, thought she “had seen it all,” Meek said, but she “has been blown away by some of the conditions she has experienced here,” as a number of the women they are working with live in very reduced circumstances, including poor housing with no running water or indoor plumbing. Some of the moms are under the age of 14. Amy Meek noted that Lawrence County has one of the highest teen birth rates in the entire state.

With four nurses, the program can accommodate at least 100 to 120 patients. Currently, after only six months in operation, it is serving 49 moms in the five counties covered by the program. Women are referred to the program by their WIC offices and at times doctors’ offices or judges (who can recommend, but not require, a woman’s participation). NFP is disseminating information on the program through organizations such as schools, medical offices, and WIC. Meek said they are not afraid of having too few participants, because “girls are pouring in.” Participation in the program does not preclude taking advantage of other programs, such as “First Steps,” Indiana’s early intervention program providing services to infants and toddlers from birth to third birthday who have developmental delays or disabilities, or “Healthy Families Indiana,” a voluntary program designed to promote healthy families and healthy children through a variety of services

Although the NFP program was given initial funding by the state, continuation of that financial support is not guaranteed. A new grant application cycle is coming up, and Meek said they are also in discussions with Medicaid about providing some funding. Other grants are available, as well, so she is hopeful the program will be able to continue, because it does so much good.

2016 statistics from the work of other NFP programs in Indiana show that 93 percent of NFP babies were born at full term and full weight, and 90 percent had received all the necessary immunizations. Of the moms without a GED, 18 percent had earned one while in the program, and 14 percent went on to higher education. Healthier pregnancies have resulted from improvements in the women’s lives, such as reduced use of cigarettes, alcohol and illicit drugs, and better dietary and exercise habits; and healthier babies have resulted from these life style improvements, as well as increased breastfeeding rates, increased knowledge about newborn care and safety, and improved goal-setting for education and work for the mothers, leading to their higher rates of employment.

More information on the Nurse-Family Partnership program can be found at <https://iuhealth.org/in-the-community/south-central-region/nurse-family-partnership>.

Progress on the New Hospital

President of the IU Health South Central Region Brian Shockney gave an update on the progress of planning and construction for the new hospital. He noted that planners were currently finishing up the “design development” stage. With 32 different IU Health sites in the South Central Region,

most of which are in Monroe County, planners are asking “how do we change all the processes we do today at these sites to be able to do those things in the new hospital?” and they are trying to incorporate the changes into their planning, so that they “won’t need to spend the first year changing things because they weren’t thought-through carefully enough.” At the same time, they are “attempting to envision what healthcare is going to be like, 10, 20, 30 years from now.” This process should be completed by the end of July, and the new approaches will begin to be implemented before the move to see how they work in practice but, Shockney said, to be careful they “will take it a process at a time.”

Although site work has been ongoing for several months, nothing is yet visible above ground. Construction of the actual building will begin in November. The plan is to admit the first patient in July 2021, after the first six months of that year have been spent “doing a lot of testing of systems,” to try to avoid any operating problems when the hospital opens to the public. An “Activation Team” will plan the activation of the facility and the move to the new hospital. All IU Health partners in the region, and even some in the state, will help with patients during the move, and the National Guard will offer assistance, as well.

In response to questions from the audience, Shockney explained that bus routes serving the new hospital have already been plotted out, in order to provide easy access for those who do not drive. He also affirmed that “IUH Bloomington Hospital will not leave a blight behind.” IU Health will turn the site of the old hospital over to the city with the recommendation that it may wish to keep the parking garage and the original brick hospital building facing Rogers Street, and possibly other individual smaller buildings as well, which are still in good shape. The main hospital building will need to be torn down—to keep it would require the installation of a completely new infrastructure, including a new heating, ventilation and air conditioning system, which would be a much more expensive alternative.

On the new health campus, the education facility will open about six to eight months before the hospital, because it will be less complicated to construct. The Nursing School is doubling its enrollment in anticipation of having more space, and the IU Medical School, too, is ramping up its program in Bloomington. The hospital has applied to the Medical School to be selected to host Emergency Department and Family Physician residencies.

Shockney explained that the new hospital will “have more beds than now, but different beds.” There will be a maximum of 90 inpatient beds, with the rest being used for outpatients, including observation and post-surgery patients, and others who may not need to stay overnight. And because “today rehab and psychological (behavioral health) services are not coordinated very well,” the hospital wants to bring together community partners, such as Centerstone and Meadows, to work on improvements in that area.

To sum up, Shockney said, it is exciting and challenging to plan and implement the new hospital, but “I will not let the move happen until we’re sure we can do it right.” In LCW’s name, Ben Niehoff welcomed him to his new position and thanked him for the informative update.

April Membership Meeting

Jon Barada Updates LCW on the Bloomington Health Foundation

At LCW's first membership meeting of 2018 in April, Jon Barada, Director of what had been the Bloomington Hospital Foundation, addressed why the organization had decided to become the Bloomington Health Foundation. He noted that because it wished to remain an autonomous local entity, it had opted not to join the newly formed IU Health Foundation based in Indianapolis. At the same time, it changed its name in recognition of the circumstance that community-wide healthcare needs encompass more than just the hospital. It will now support a variety of health needs, including those that are hospital-related. By considering community-wide needs, it can partner with other organizations to "work for innovative, evidence-based solutions to local health concerns." As an example, Barada cited the GOAL (Get Onboard Active Living) program, which "is really making a difference for kids and families with weight issues."

Barada said the Foundation's values are such that, with a board of community members actively involved in governance and decision-making, it will make an impact by demonstrating integrity while pursuing collaborative and innovative problem solving, and striving for excellence in all it does.

Barada pointed to a guest column in the April 20, 2018 issue of **The Herald Times** in which Angela Parker, chair of the Foundation, listed some sobering statistics:

- More than 75 percent of national health spending is attributable to chronic diseases that are largely preventable.
- In Indiana, babies are born dependent on opioids 33 percent more often than the national average.
- More than 18 percent of children in Monroe County live in poverty, and 19 percent lack access to good nutrition that will support an active, healthy life.
- In our region more than 7,600 people are living with Alzheimer's.
- In Indiana, the average ratio of population to mental health providers is 730:1.

In light of statistics like these, a number of healthcare professionals have voiced a need to the Foundation for an organization that would "work across sectors" to help people achieve healthy life styles in order to ameliorate or prevent health problems. Barada noted that "it will take a movement" to address the health issues of Bloomington and neighboring communities, such as addiction, obesity, diabetes,

dementia, and other illnesses, including cancer. Many persons need help in learning how to access available resources, such as food, housing assistance, and transportation to get to doctor appointments and to medical treatments like dialysis or chemotherapy.

One approach to improving healthcare outcomes that seems to be promising is the "intensive outpatient model." The hospital achieved good results in an experiment with this model, in which a doctor, a nurse practitioner, and a psychiatric social worker served a group of 60 outpatients, visiting each of them once a month and giving them the necessary medical attention as well as helping them access needed resources. This model is expensive, requiring a long-term, focused, collaborative approach.

Barada said the Foundation now feels there are even more needs in the community for people and programs than for things. It is currently doing an assessment, asking local groups such as the Boys and Girls Club and the hospital what they see as the most urgent health problems and needs in the community, what they themselves are doing as organizations to meet them, and what more could be done. The Foundation will work to secure the philanthropic support necessary to help address these issues, and it is trying to identify partners with whom it can collaborate.

Jon Barada asked LCW members what community health issues they would address if they had \$1 million dollars. Several persons stressed a great need for trained personnel who can teach individuals and families how to access all the resources that exist to help them: having more trained caseworkers would make it possible to shepherd many more people through the resources, processes, and treatments they require. Also mentioned were the need for more nurses trained to deal with addiction and with dementia, and the fact that there aren't enough safe places for people with addictions and their children.

Ed. note: On June 5, 2018, the Bloomington Health Foundation celebrated 50 years of the Hospital Foundation's activities, as well as the adoption of its new name. To mark the occasion it announced the award of \$1 million in grants, half of which were allocated to IU Health Bloomington Hospital and programs under its aegis, including the IUH Olcott Center, which was given \$212,000 to aid it in its mission of providing free support to persons with cancer. The remaining \$500,000 was designated for a variety of community organizations, including Volunteers in Medicine, Centerstone, Monroe County United Ministries, Catholic Charities, and the Monroe County Community Health Clinic.



LCW members Sally and George Hegeman attended an informational open house at the Monroe County Public Health Clinic on July 17, 2018 and said they were "really impressed" by all the healthcare services it offers. The next issue of the LCW newsletter will include a report on the MCPHC.

Save the Date

SCI Kiwanis Indiana Balloon Fest:

September 7 - LCW sponsors 5K Walk/Run With The Balloons™ (Volunteers Needed)

September 8 - LCW will have an informational booth about our organization (Volunteers Needed)

Third Quarterly Membership Meeting

Wednesday, September 26
11:30-1:00
St. Mark's Lutheran Church on the Bypass.
Dr. Leigh McKinley will speak on population health.

LCW Annual Meeting

Wednesday, November 28
6:00 p.m.
Ivy Tech

LCW Financial Report

MAY 31 - JUNE 30, 2018

May 1-31, 2018

OLD NATIONAL BANK

CPC as of April 30, 2018 \$6298.55
BS as of April 30, 2018 \$1,126.17
Combined CPC and BS April 30, 2018 \$7,424.24

CPC May 1-31, 2018

Deposits \$00.00
Withdrawals* \$550.00
Statement balance May 31, 2018 \$5,748.55

BS May 1, 2018 \$1,126.14

Interest: May 1, 2018 \$0.03
Statement Balance 3/31/2018 \$1,126.17

* Kiwanis Balloon Fest (\$500) Kirby Gift Card (\$50)

Total CPC and BS May 31, 2018 \$6,874.72

June 1-30, 2018

CPC June 1-30, 2018

Deposits \$00.00
Withdrawals \$00.00
Statement Balance June 30, 2018 \$5,748.55

BS June 30, 2018 \$1,126.17

Interest June 30, 2018 \$00.03

Statement Balance 4/30/1018 \$1,126.20

Total CPC and BS June 30, 2018 \$6,874.75

• Based on average share (1,774,538) value of \$10.60)

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

Summer 2018 Issue

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