

# Riverviews



News from Riverview Health

## Losing Baby Weight with the BOD POD



[riverview.org](http://riverview.org) | Fall-Winter 2017

Also in this issue:

Hypothyroidism:  
Listening to Your Body

New In-office Procedure  
for Knee Pain

When the 'Baby  
Blues' Happen to You

# Letter from Seth



I hope you've all had a happy and healthy summer! As much as I miss those long summer days, it's nice to experience the crisp fall weather.

This time of year means school is in full swing for many families, including mine. After a busy summer, my oldest son returned to Indiana University for his sophomore year. My middle son started his senior year of high school, and my youngest is in sixth grade. While we enjoyed our second summer here in Westfield, we're ready to get back to our regular routine. We're enjoying the cooler weather, football games, colors of the leaves and looking forward to the holiday season.

We had a busy summer at Riverview Health as well, as the organization transitioned to a new electronic health record system. With our new patient portal, MyChart, you can now access your health records, schedule primary care appointments, view test results and more, all online at your convenience. This project required immense time and effort by our staff and physicians, but we're excited for the added benefits you'll be able to see and use. (See page 8 for more information).

Like me, I'm sure many of you have been watching the construction progress of Riverview Health Westfield Hospital, located at the northeast corner of U.S. Route 31 and state Route 32. We're so excited to be a part of the growth in Westfield. The new hospital is scheduled to open in early 2018, and it will have a full-service emergency department, inpatient beds, 24/7 urgent care, three surgery suites, diagnostic imaging, a walk-in orthopedic clinic, drive-through pharmacy and several physician offices.

In our next issue of Riverviews, we'll announce the official opening of our new hospital—along with a ribbon-cutting ceremony and open house so everyone has a chance to check it out. We hope to see you there!

Seth Warren,  
PRESIDENT AND CEO, RIVERVIEW HEALTH

*At Riverview Health, our mission is to improve and preserve the health and well-being of those we serve. Our vision is to redefine the healthcare experience, becoming the best place to work, practice medicine and receive care.*



## NEWS FROM RIVERVIEW HEALTH *Fall-Winter 2017*

### INSIDE THIS ISSUE:

News and information .....	2
Losing baby weight with the BOD POD .....	3
Becoming the patient.....	4
Listening to your body.....	5
Is it a virus or something else? .....	7
Weekend ankle sprain—we've got you covered .....	8
Freeze out knee pain with a new in-office procedure .....	9
Land and water fitness classes .....	10
When the 'baby blues' happen to you .....	11
Spotlight: Women of Vision Giving Club ....	12
Upcoming seminars & events.....	13
Support groups .....	14

### LOOKING FOR A PHYSICIAN?

Riverview Health Physicians is our network of primary, specialty and immediate care physicians conveniently located throughout Hamilton and Tipton counties. For a complete listing of physicians and office locations, visit [riverview.org](http://riverview.org).

Riverviews is published for the health of people living in Hamilton and Tipton counties.

#### PRESIDENT AND CEO

Seth Warren

#### MARKETING AND PR DIRECTOR

Brandy Hill

#### MARKETING/COMMUNICATIONS COORDINATOR

Christin Barber

#### DIGITAL STRATEGIST

Michelle Sprehe

#### MARKETING/OUTREACH COORDINATOR

Katie Youngen

#### Questions or Comments?

Call 317.776.7999

We hope you enjoy receiving news and information from Riverview Health and its affiliates. If you do not wish to receive this newsletter, please send an email with your name and address to [info@riverview.org](mailto:info@riverview.org) or call 317.776.7999.

© 2017 Riverview Health



# Exciting changes at Riverview Health

At Riverview Health, we're continually making enhancements to ensure we're always providing top-notch service to our patients and guests.

## Riverview Health Earns 2017 PRC Five-Star Excellence Awards

Riverview Health was recently chosen as a 2017 Five-Star Excellence Award winner by Professional Research Consultants (PRC), Inc., a healthcare market research company. The honor was given to three distinct areas within Riverview Health—OB/GYN services; outpatient surgery services; and discharge information—for scoring in the top 10 percent nationally among all of PRC's hospitals. **Read more: [riverview.org/PRC2017](http://riverview.org/PRC2017)**

## Riverview Health Receives National Honor for Patient Safety

Earlier in 2017, Riverview Health received the highest grade in patient safety by the Leapfrog Group, a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American healthcare. **Read more: [riverview.org/patientsafety2017](http://riverview.org/patientsafety2017)**

## Riverview Health Awarded HFAP Accreditation

Riverview Health was awarded accreditation from the Healthcare Facilities Accreditation Program (HFAP), an independent accreditation organization recognized by the Centers for Medicare and Medicaid Services. It earned this distinction after HFAP conducted an extensive and objective review of the quality and safety standards of Riverview Health.

**Read more: [riverview.org/HFAP2017](http://riverview.org/HFAP2017)**

## New Clinicians

Please join us in welcoming the following clinicians:

- » **Daniel Frick, MD**—specializes in family medicine
- » **Roy Henderson, MD**—specializes in sports medicine
- » **Debra McLean, NP**—specializes in cardiology
- » **Lanie Pryor, PA**—specializes in orthopedics
- » **Albert Solomito, MD**—specializes in emergency medicine
- » **Kylee Stinson, PA**—specializes in emergency medicine
- » **Betsy Zile, NP**—specializes in family practice



## Cars Need Check-ups, Too

While you're thinking about your own wellness, you shouldn't forget about the health of your vehicle. Making sure your ride is ready to face a frigid winter can ensure you're not left out in the cold with a car that won't start or is stuck. Take your car to your local mechanic to have your battery and fluids checked. Driving with a snow-covered windshield is dangerous, so don't forget to top off your windshield wiper fluid. Keep the rest of your wiper fluid in the trunk along with a snow shovel, a blanket, water, snacks and jumper cables for the ultimate DIY preparedness kit.



## UPCOMING Seminars & Events

At Riverview Health, we offer a series of educational seminars, screenings and other events aimed at helping you stay well. We invite you to join our experts to learn more about specific medical conditions, as well as the advanced treatment options available at Riverview Health. Many of the informational programs include a light dinner, as well as plenty of time for questions and answers. We look forward to seeing you there. **For more information, visit [riverview.org/classes](http://riverview.org/classes).**

## GIFTING for a Great Cause

Since 1976, Riverview Health Foundation has provided funding to help purchase technology, enhance capabilities and expand the services at Riverview Health. Interested in donating? **Call 317.776.7938 or visit [riverview.org/donate](http://riverview.org/donate).**

## SIGN UP for our E-Newsletter!

Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter at [riverview.org/subscribe](http://riverview.org/subscribe). **Sign-up is easy!**





With the help of the Body Knowledge program at Riverview Health, Susan Beckwith has been able to shed baby weight and gain muscle to meet her health and wellness goals.

# Losing Baby Weight with the BOD POD

**A**s Susan Beckwith works out, she sports a shirt that reminds her of her motivation: “Working off the best pounds ever gained. #BabyWeight,” it says. After years of infertility and trying to conceive, Susan and her husband were finally blessed with a healthy baby boy in early 2017.

“After waiting for this for so long, pregnancy was a dream come true,” Susan said. “Every pound was worth it.”

But as a result of fertility treatments and pregnancy, Susan gained nearly 50 pounds.

“After giving birth, I was ready to get back to a healthier place,” Susan said.

Once she was ready to work out, Susan quickly lost 19 pounds, but then plateaued.

“I needed help because I didn’t want to just lose the rest of the baby weight,” Susan said. “I also wanted to gain strength and improve my overall health and wellness.”

So, Susan looked to the Body Knowledge program at Riverview Health to help her meet her goals and learn skills that would help her stay healthy in the future.

The Body Knowledge program at Riverview Health is more than just a diet and exercise plan. The program uses a BOD POD, which is the gold standard for tracking body composition. The BOD POD uses air-displacement technology to determine how much fat and fat-free mass is in the body. It also provides an estimated resting metabolic rate and total energy expenditure—or daily calorie

needs—based on an individual’s total body composition.

After Susan’s initial BOD POD assessment, Brittany Nelson, a registered dietitian with Riverview Health, designed a nutrition program that was tailored to Susan’s individual calorie needs and metabolism.

**“Many weight-loss programs will show results on the scale, but that doesn’t tell us how the changes are affecting your body,” Brittany said.**

The program also included weekly meetings with a certified health and wellness coach that covered topics like nutrition, exercise, stress, time management and more.

“During her 16-week program, we conducted nine BOD POD assessments so we could measure her precise body composition changes,” Brittany said. “Susan’s results showed me that she was losing weight the right way—by dropping fat and increasing muscle. That’s something I couldn’t measure by just looking at her changes in body mass index.”

Throughout her 16-week Body Knowledge program, Susan lost an additional 27 pounds and shed 12 percent of her body fat. But most importantly, Susan learned health and wellness skills that she can continue throughout her life—and teach to her son, one day.



**Scott Miller, RN, spends his days taking care of patients in the Intensive Care Unit at Riverview Health, but earlier in 2017, he became the patient by focusing on taking care of his body. With the help of the Body Knowledge program at Riverview Health, Scott lost nearly 30 pounds, gained about five pounds of muscle and is now feeling better than ever.**

# Becoming the Patient

---

**A**s an ICU nurse at Riverview Health and a father to five children, Scott Miller takes care of other people every day. But he was neglecting his own health. He was on medication to manage his diabetes and high blood pressure, and he was a smoker until 2013. Not only that, but he had steadily gained weight during the past few years until he reached an all-time high of 245 pounds. Scott got the wake-up call he needed when he saw his weight was nearing 250 and his blood glucose levels were extremely high.

“My job as an ICU nurse has definitely helped nudge me in the right direction of wanting to improving my health,” Scott said. “I see people all the time that aren’t much older than me who are in terrible health and sometimes beyond repair.”

Knowing he needed to make a change, Scott looked to the Body Knowledge program at Riverview Health. He completed a BOD POD initial assessment and met with a certified health and wellness coach to help him start living a healthier life.

After his initial assessment, Scott started changing his diet by watching his calorie intake, increasing the amount of water he was drinking and focusing on fruits and vegetables.

“Eating healthy has become so easy that I can hardly get out of the produce aisle at the store anymore,” Scott said. “I include healthy fats like avocados and almonds, a moderate amount of carbs to help with muscle growth and development, and protein—plenty of protein—from lean meat and vegetables.”

He signed up for a fitness membership with Riverview Health Rehab & Fitness, where he began using a treadmill. Today, Scott works out regularly, sometimes even going to the gym twice in the same day.

When Scott started with the Body Knowledge program, he weighed 223 pounds, and his initial BOD POD assessment showed he had 36 percent body fat. After three months, his weight was down to 200 pounds, with a body fat percentage of 30 percent. Soon after that, his weight was up to 202 pounds, but with a body fat percentage of 26.8 percent. While the higher weight would normally have been frustrating for someone on a weight-loss journey, Scott was able to determine from his regular BOD POD assessments that his increase in weight was caused by an increase in muscle.

“Scott’s most recent BOD POD results show his healthy eating habits and increased physical activity are helping him continue to lose fat while gaining muscle,” said Brittany Nelson, a registered dietitian with Riverview Health. “Overall, he’s lost 26 pounds of fat and gained 5.2 pounds of muscle.”

Thanks to his improved diet and exercise regimen, he’s not only lost weight, but his blood glucose levels and hypertension have improved, and he no longer needs to take his blood pressure medication.

“In the past, I could sleep for 18 hours if given the opportunity after a 12-hour shift,” Scott said. “But now, I naturally have so much more energy than I used to, and that’s been pretty life-changing,” Scott said. “Seeing and feeling these results just provides more motivation to keep living a healthy life.”





For years, Jennifer Fero felt like her body was just falling apart, and she chalked her tiredness up to juggling a busy life. But after being diagnosed and treated for hypothyroidism, she feels back to her energetic self.

## Listening to Your Body

*“My body had stopped working, so diet and exercise wouldn’t work without a doctor’s help,” Jennifer said. “For the first time, I allowed myself to be vulnerable.”*

**T**en years ago, Westfield resident Jennifer Fero looked similar to most busy moms: she was balancing a full-time job, taking care of her son, managing a household and helping care for an ill family member. There was no wonder why she felt tired all the time. Her skin and hair were dry, and her nails were brittle. Maybe she was just run-down, she thought.

“I’ve exercised religiously my whole life, and I eat fairly healthy, so I thought I was taking good care of myself,” Jennifer said. “These symptoms could have been associated with anything, so I just brushed it off.”

But when Jennifer had routine blood tests done when she was pregnant with her second son, she found out she wasn’t just run-down—there was a reason for her symptoms: hypothyroidism.

“I’ve always relied on my OB/GYN for annual check-ups and only saw a doctor if I was sick, so I had no idea what to do when I was told I had hypothyroidism,” she remembered. “But my OB/GYN referred me to Riverview Health and Noblesville Diabetes & Endocrinology because she insisted the specialists there were the absolute best.”

Jennifer made an appointment with Dr. Lori Brame, an endocrinologist at Noblesville Diabetes & Endocrinology, a Riverview Health Physicians location.

“I wasn’t sure what to expect during my first appointment, because I’d never seen a specialist

other than my OB/GYN," Jennifer said. "I try to be really good at articulating what's going wrong. I did some research so I could be somewhat prepared when I walked into her office."

Dr. Brame confirmed Jennifer's diagnosis of hypothyroidism and began talking about treatment options with daily medication.

**"I consider myself healthy, but someone was telling me I'd have to be on a medication for the rest of my life, and that was really hard emotionally," Jennifer said.**

Hypothyroidism is often an autoimmune disorder and is usually treated by oral medications. There are several medications to treat this condition, and different people require different dosages, so it takes some monitoring to find a treatment that works best for each person, according to Dr. Brame.

Dr. Brame often hears people recite a myth that hyperthyroidism occurs in those who are thin and hypothyroidism occurs in those who are overweight—but that just isn't true. Hyper- and hypothyroidism can be seen in people of any weight, and it occurs in men as well as women.

"Several things can affect your thyroid levels," Dr. Brame said. "There are a lot of symptoms that can be misinterpreted as thyroid problems when they're actually from something else, so it is important to confirm the diagnosis with blood tests."

Common symptoms of hypothyroidism can be somewhat vague and include fatigue, muscle pain, sudden weight gain, headaches, depression, difficulty with concentration or memory, and dry hair and skin.

After giving birth to her son, Jennifer's thyroid levels were monitored, and doses were adjusted until a sweet spot was found. But then she started having joint pain and intestinal problems, and she gained about 40 pounds—despite working out and eating healthy meals.

"It was like I hit my 40s and all of a sudden my body just started to break," Jennifer recalled. "I was told by my primary care physician that the joint pain was due to my weight gain, but something just didn't seem to add up."

Soon after changing her dosage to her thyroid medication, Jennifer's joint pain completely disappeared, and she felt much better. But one thing wasn't changing—her weight.

"Dr. Brame said she was going to have to have a hard conversation with me," Jennifer remembered. "She said because of my body mass index, I was technically considered obese, which could open me up for other health problems such as diabetes."

It didn't seem right, Jennifer thought, because she was working out all the time and had made improvements to her already healthy diet. So in the spring of 2017, Dr. Brame prescribed a medication to help kick-start Jennifer's weight loss and put her on a schedule to slowly wean her off.

"My body had stopped working, so diet and exercise wouldn't work without a doctor's help," Jennifer said. "For the first time, I allowed myself to be vulnerable."

Jennifer hopes others can learn from her story that they should listen to their body.

"For all those women out there who have issues and have been to doctors—don't give up," Jennifer said. "Our bodies do change. You just have to keep going until you find the answer."



## Fall Planting for Spring Growth

Just as you got used to the rainbow of fresh summer produce, the fruits and veggies you love went out of season. But some veggies actually thrive in colder weather—meaning you can plant your own produce for a spring feast. Many leafy greens, such as spinach and kale, grow beautifully in the fall and spring. If you have patience, plant some garlic in the fall for a bounty in the spring. While you're at it, plant some tulips in the fall before the first frost to brighten up your yard and bring you happiness in early spring.

Lori Brame, MD, is a board-certified endocrinologist with Riverview Health Physicians.

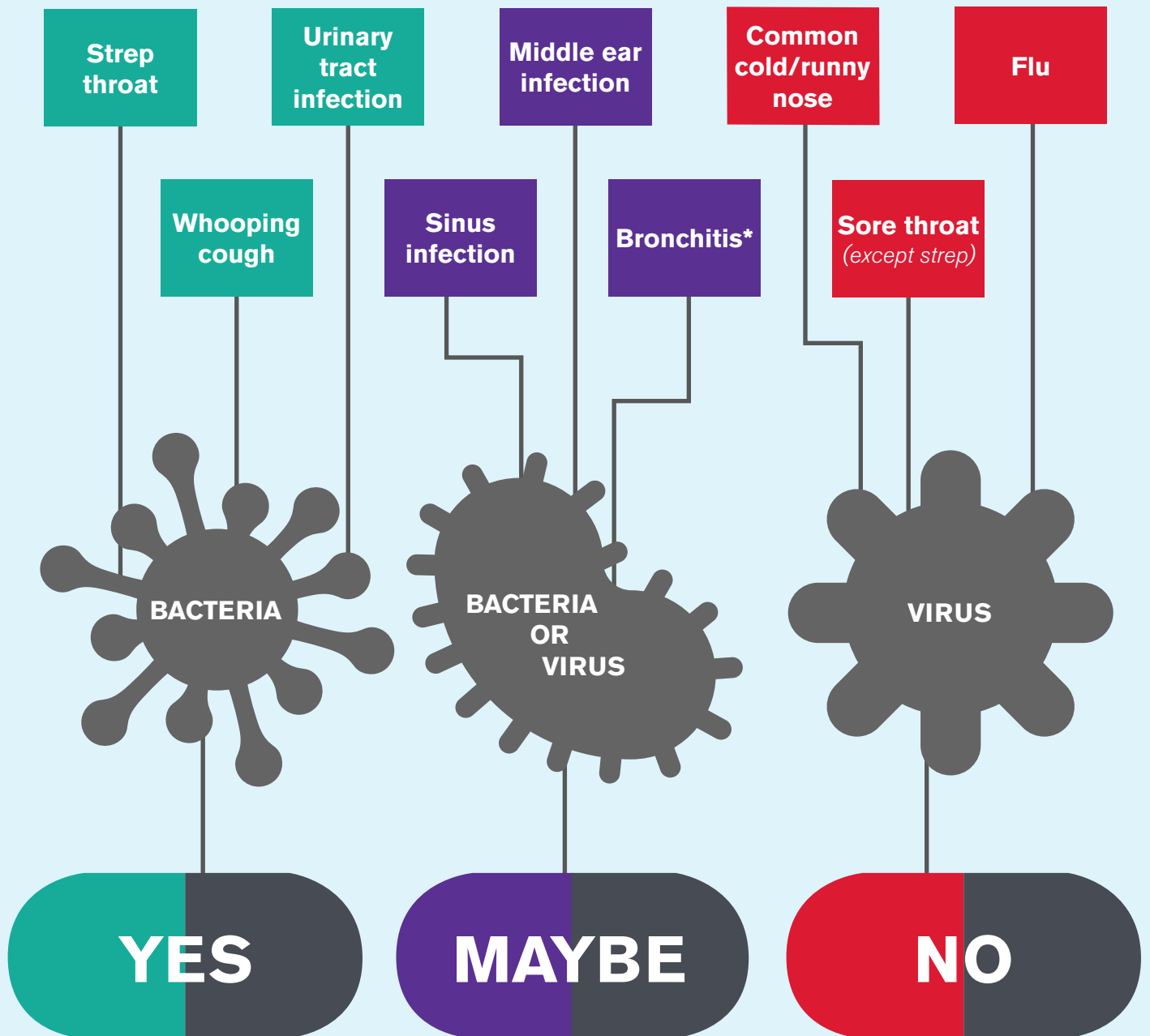


# SHOULD YOU USE ANTIBIOTICS?

## Antibiotics May Not Be the Answer

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

## WHAT'S GOT YOU SICK?



\*In some cases, acute bronchitis is caused by bacteria, but even in these cases antibiotics still do not help.

Source: Centers for Disease Control & Prevention



# Weekend Ankle Sprain?

## We've Got You Covered

Riverview Health is proud to offer an after-hours walk-in clinic at our Hazel Dell-New Hope Orthopedics & Sports Medicine office in Carmel.

The clinic is staffed by Riverview Health Physicians orthopedics and sports medicine providers including Roy Henderson, MD, Joseph Hui, MD, Stephen Jacobsen, MD, and Ron Harper, PA.

Appointments are not required, and patients will be seen on a first-come, first-served basis.

Our experienced and knowledgeable providers and staff will be able to treat injuries that don't require a visit to the emergency room, like sudden aches or pains, sprains and other injuries resulting from physical activity. The evening and weekend hours are convenient for treating injuries from after-school sports or weekend activities.

Long-term problems, like overuse injuries and chronic joint pain, are best treated by making an appointment at one of our orthopedic and sports medicine practices for a thorough evaluation.

### Hazel Dell-New Hope Orthopedics and Sports Medicine

14535 Hazel Dell Parkway, Building A  
Carmel, IN 46033  
317.705.4392

### Meet Our Providers



Roy Henderson, MD



Joseph Hui, MD



Stephen Jacobsen, MD



Ron Harper, PA

### Hours

Monday-Friday: 4-6 p.m.  
Saturday: 8-10 a.m.

## Your Health on Your Time with MyChart

During late spring of 2017, Riverview Health transitioned its patient portal services to MyChart. MyChart includes exciting features that previously weren't available to users of the old patient portal, MyRiverView. Whether you're at work, on the road or at home, MyChart gives you online access to your medical information so you can:

- » Schedule primary care appointments.
- » Send your doctor confidential messages and upload images of your visual symptoms.
- » Access your test results and your doctor's comments.
- » Pay bills online.
- » Request prescription refills.
- » View and print immunization records.
- » Download the MyChart app on your mobile device to view your account on-the-go.

*Please note that MyChart should never be used in emergent situations. If you have an emergency, please call 911.*

**Need an account? Please contact your Riverview Health physician to request an access code.**

# Freeze Out Knee Pain with a New In-office Procedure

Knee pain is a common complaint with many different treatment options that range from over-the-counter pain relievers and therapy to newer high-tech treatments. Riverview Health is pleased to be the first provider in Indiana to offer a new non-surgical in-office knee pain treatment called cryoneurolysis. Joseph Hui, MD, an orthopedic and sports medicine doctor with Riverview Health Physicians, is offering cryoneurolysis in Westfield and Carmel.

Cryoneurolysis is an in-office procedure in which a physician uses a special instrument to freeze nerve endings to prevent them from growing and, ultimately, dull or eliminate the sensation of knee pain. The procedure freezes two of the three main nerves that run to the knee—two of which control sensations, and the third controls motion. The nerve that controls motion is unaffected, meaning that patients won't lose any mobility or experience weakness.

"This procedure is a good tool for patients who aren't good candidates for knee replacement surgery because of reasons like weight, age or generally poor health," said Dr. Hui. "It would also be a good treatment for anyone who is a candidate for knee replacement, but would like to delay the surgery."

For those who have had a total knee replacement, cryoneurolysis can also be used to help alleviate post-operative knee pain. Common risks and side effects include pain, bleeding, infection, numbness and tingling on the inner portion of the lower leg.

The procedure takes approximately 20 to 25 minutes and can be repeated if necessary. Patients report six weeks to nine months of pain relief from this procedure.



Dr. Joseph Hui offers non-surgical options for treating knee pain.

## Schedule an appointment with Dr. Hui at one of his office locations:

### Hazel Dell-New Hope Orthopedics & Sports Medicine

14535 Hazel Dell Pkwy., Bldg. A

Carmel, IN 46033

**317.705.4392**

### Westfield Orthopedics & Sports Medicine

510 E. State Road 32, Suite A

Westfield, IN 46074

**317.867.5263**



## Help Yourself By Helping Others

Whether you're stressed out because of the holidays or are combatting winter blues, you may need a dose of kindness. Studies show that doing good deeds and helping others increases your level of happiness. It can be something as small as pushing a stray shopping cart inside from the parking lot, or paying for the coffee order for the person in line behind you. Find a way to treat others how you want to be treated, and maybe they'll pay it forward.

Joseph Hui, MD, is a board-certified sports medicine doctor with Riverview Health Physicians.



# Land and Water Fitness Classes

Looking to add something different to your workout routine? Check out these classes at Riverview Health Rehab & Fitness.

## Fluid Dynamics

**Type of class:** Water

**Cost:** \$50

**Class duration:** Eight weeks

Pilates, yoga and water aerobics come together in this fun hour-long class. The focus of this class is to build and tone muscles, strengthen your core, improve your posture and increase your breathing awareness. Swimming skills aren't required, but you must feel comfortable in water.



## Tai Chi

**Level I**

**Type of class:** Land

**Cost:** \$50

**Class duration:** Eight weeks

This class follows the Sun Style of Tai Chi in a program developed by Dr. Paul Lam for the Tai Chi for Health Institute/Arthritis Foundation. Tai Chi encompasses a series of slow, gentle movements. Practice focuses on balance, strength, flexibility and breath awareness.



**Level II**

**Type of class:** Land

**Cost:** \$50

**Class duration:** Eight weeks

Dr. Paul Lam's Tai Chi for Arthritis Level II class builds on what you learned in the Tai Chi Level I class. In addition to learning new Tai Chi forms, you'll fine-tune your movements from Level I. By performing a set of slow, smooth and continuous movements, your journey to decreased stress, improved balance and posture, and increased strength and flexibility will begin. You do not need to have arthritis to benefit from this program.



## STAY IN SHAPE WITH A FITNESS MEMBERSHIP

At Riverview Health Rehab & Fitness, you'll find high-quality strength and cardiovascular training equipment, along with free weights, therapy bands, exercise balls and more. Our Noblesville facility is 12,000 square feet and includes an indoor 1/18th-mile track, and our Carmel facility is 4,200 square feet. Both locations include warm-water indoor pools for aquatic classes and water therapy. Riverview Health Rehab & Fitness in Noblesville and Carmel offer monthly fitness memberships and recreational fitness classes for the general public.

Our memberships don't require a long-term contract, and you can try an individual fitness class like aqua aerobics, mat Pilates and Tai Chi before committing to an eight-week session.

### Cost

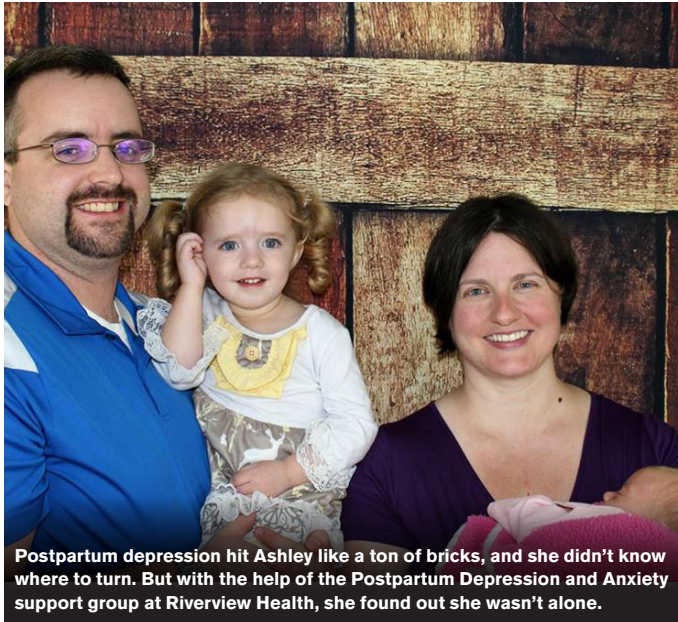
- » \$65 for the initial month, which includes an assessment and program appointment
- » \$30 every month thereafter

Fitness members also have access to credentialed personal trainers through the Personal Training/Fit for Life program, as well as a sports enhancement program for serious student-athletes in third grade and up.

**To learn more about memberships and Rehab & Fitness services, visit [riverview.org](http://riverview.org) or call 317.776.7225 for the Noblesville location or 317.705.4350 for the Carmel location.**



# When the ‘Baby Blues’ Happen to You



During pregnancy and the first few weeks of a baby's life, moms often hear things like “being a mom is the greatest.” Then, there are the pictures all over social media—smiling babies and moms who make motherhood look like a breeze.

For those who don't think they quite match up to these ideals and images, it can feel like failure. Throw in the hormonal imbalance that's common after birth, and it becomes the perfect storm for postpartum depression.

The responsibility of taking care of a new baby and expectation of keeping it all together can leave moms feeling as if they have nowhere to turn. But the Riverview Health Postpartum Anxiety and Depression support group provides a supportive, understanding and non-judgmental environment where women can encourage and help each other adjust to the changes in their lives. Riverview Health Maternity Center counselor Kristy McNamee says in addition to the connection moms make, the support group provides coping skills, education on self-care and thought-changing exercises.

Ashley Hatton knows the true value of this support group. She welcomed her sweet baby girl, Emilia, on Jan. 20, 2017. With her older daughter nearly 2-and-a-half years old, Ashley considered herself a seasoned mom at this point. She even experienced “baby blues” the first time around and felt prepared. So when the lactation consultant informed her about the Postpartum Anxiety and Depression support group, Ashley didn't think she would need it.

Due to some minor health complications with the new baby,

Ashley began to feel some anxiety before even leaving the hospital. From there, just like a downward spiral, postpartum depression began to take over.

“I was one week postpartum and the baby wasn't sleeping, so I wasn't sleeping,” Ashley said. “I was miserable and felt as if I was making everyone around me miserable. I had never experienced this low point before and I began to think that the kids would be better off without me. That's when my sister urged me to seek help.”

Initially, Ashley sought help through a mental health program and was able to speak to a counselor.

“The first step was tough since it felt like you're admitting you have a problem,” Ashley recalled.

It wasn't until Ashley finally decided to try out the Riverview Health Postpartum Anxiety and Depression support group that she felt like she turned a corner.

“The real benefit of having this type of support group is that it gives moms an opportunity to share their struggles with each other, and, as a result, it lets them know they are not alone,” Kristy said.

Ashley says she basically unloaded at the support group, and Kristy was a big part of helping her feel comfortable. She was encouraged to share her entire story at her first session—everything from before having kids to her current situation. Hearing she wasn't alone was a huge help in overcoming postpartum depression. Before the support group, Ashley remembers thinking that no one really understood what she was going through.

“Moms are always told that everyone gets the baby blues and that it's normal,” Ashley said. “Being able to connect as two moms and speak with someone on a level playing field was so great. I can't speak highly enough about this support group.”

Having gone through her personal journey, Ashley now wants to share the simple, yet powerful, phrase with other moms that helped her so much—you're not alone.

## Postpartum Anxiety and Depression Support Group

**When:** First and third Wednesday of each month, 10 a.m.-noon

**Where:** Riverview Health (Dad's Retreat, lower level of Women's Pavilion)

**Contact:** Kristy McNamee, [kmcnamee@riverview.org](mailto:kmcnamee@riverview.org)

# Spotlight: Women of Vision Giving Club

Women of Vision Giving Club is a group of empowered women who are dedicated to making a difference. The philanthropic focus of the club is addressing the growing healthcare needs of women and girls who come through the doors of Riverview Health.

Women have two options when deciding to join—either a \$250 associate membership or a \$500 voting membership. All year, club members work to raise money for Riverview Health. At the beginning of each year, each department at Riverview Health receives a grant application, and in March, the voting members gather to decide which grants to fund.

Noblesville Resident Mary Jane Polsgrove has been a Women of Vision Giving Club member for three years, and she encourages women to help the community by joining.

“With everyone supporting this marvelous organization, our efforts are seen throughout the community in many ways,” Mary Jane said. “When grant money is distributed at the end of each year to various departments of the hospital, and after learning from videos about the assistance received, I am awed by the power of helping those in need.”

Not only does each member receive benefits, such as a discount at Riverview Women’s Boutique and a free eight-week fitness class at Riverview Health Rehab & Fitness, they can also feel confident that their entire membership fee benefits women’s services, programs and equipment at Riverview Health.

The following departments were awarded 2017 Women of Vision Giving Club Grant:

- » Maternity services—\$14,350
- » Volunteer services: Touch of Love program—\$9,000
- » Riverview Women’s Boutique—\$6,595
- » Rehab and Fitness: Lymphedema treatment supplies—\$3,000
- » Radiation Oncology: Breast cancer education—\$1,300
- » Pregnancy and infant loss program—\$1,000

Women of Vision Giving Club membership is open to any woman who feels strongly about supporting the health and wellness of the women in her community.

**To learn more or join the club, contact Riverview Health Foundation philanthropy officer Maggie Owens at 317.776.7938 or [mkowens@riverview.org](mailto:mkowens@riverview.org).**



In 2017, more than \$35,000 was granted to Riverview Health departments from the Women of Vision Giving Club to support equipment and programs to benefit the health of women and children. **Visit [riverview.org/WomenOfVision](http://riverview.org/WomenOfVision) to watch a video and learn more.**

## STAYING UP-TO-DATE WITH THE FOUNDATION

### 25th Annual Heartfelt Thanks Golf Tournament

The 25th annual Heartfelt Thanks Golf Tournament, sponsored by BMO Harris Bank, was held June 21, 2017, at Pebble Brook Golf Club. More than 170 golfers and 30 volunteers enjoyed beautiful weather, great fellowship, and a delicious lunch and dinner generously donated by Gaylor Electric, Inc. Through the support of sponsors, Riverview Health Foundation was able to raise more than \$100,000. With funds raised this year, the Heartfelt Thanks Golf Tournament has contributed more than \$2.3 million in the past 25 years to support Riverview Health projects such as a large-bore MRI machine, digital imaging equipment for a cardiovascular cath lab and many others.

### Women of Style Show

On September 14, 2017, Riverview Health Foundation and Riverview Health Auxiliary will partner to host the Women of Style Show at the Ritz Charles in Carmel. The event will display fashion from The Secret Ingredient and Day Furs. Tickets for this event are \$45 each, and all proceeds will benefit women’s services, programs and equipment at Riverview Health. **Purchase tickets by calling 317.776.7938 or by visiting [riverview.org/womenofstyle](http://riverview.org/womenofstyle).**

## YEAR-END GIVING

### Honorary Gifts

During the holiday season, please consider Riverview Health Foundation for your year-end giving. An honorary donation to the Foundation is the perfect gift for the person who has it all. Recipients will be sent a holiday card notifying them of their honorary gift.

### Appreciated Stock

Another idea that many opt for at the end of the year is to make a donation of appreciated stock. Rather than cashing in your stock and paying taxes on the gains and writing a check, you may simply transfer the ownership of the stock to Riverview Health Foundation. By donating shares of stock directly to Riverview Health Foundation, you’ll receive the tax deduction for the fair market value of the stock on the date the gift was made.

**To learn more, contact Maggie Owens at 317.776.7938.**

# Upcoming Seminars & Events

## SEPTEMBER

### Shoulder Pain Seminar

**When:** Wednesday, Sept. 13, 6-7 p.m.

**Where:** Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon, as he shares information on common shoulder issues and treatments. Topics include shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacements.



### Hand and Arm Pain Seminar

**When:** Tuesday, Sept. 19, 6-7 p.m.

**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Christy Kellams, a fellowship-trained orthopedic surgeon, will present different treatment options for common hand and arm problems such as rheumatoid arthritis, carpal tunnel, repetitive use and other conditions.

### Blood Drive

**When:** Tuesday, Sept. 26, 2-6 p.m.

**Where:** Riverview Health (outside Surgery Pavilion, entrance 15)

The Indiana Blood Center will be on-site outside of the Surgery Pavilion at entrance 15. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood, please visit the Indiana Blood Center at [www.donorpoint.org](http://www.donorpoint.org) or call 317.916.5150.**

### Low Back Pain Seminar

**When:** Tuesday, Sept. 26, 6-7 p.m.

**Where:** (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join board-certified and fellowship-trained physicians Dr. Praveen Perni and Dr. John Ward to learn more about treatment options for low back pain caused by sciatica, a pinched nerve or stenosis. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery.

## OCTOBER

### Joint Replacement Seminar

**When:** Thursday, Oct. 5, 6-7 p.m.

**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join Dr. Jeffrey Ginther, a board-certified and fellowship-trained orthopedic surgeon, as he discusses the latest techniques and procedures for hip and knee replacement, including anterior hip replacement and computer-assisted surgery for knee replacements.



### Back in Balance Seminar

**When:** Thursday, Oct. 12, 6-7 p.m.

**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Do you have a spinning sensation when you lie down or feel off-balance when you walk? Have you fallen lately? Join Elissa Moise, DPT, as she discusses balance issues and how physical therapy may be able to help.

### Joint Pain Seminar

**When:** Tuesday, Oct. 24, 6-7 p.m.

**Where:** Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon, to learn more about the newest techniques for joint pain and joint replacement.

**All seminars are free and include a light dinner. Registration is required for seminars and can be completed by visiting [riverview.org/classes](http://riverview.org/classes) or by calling 317.776.7999.**



# NOVEMBER

## Alzheimer's Roundtable

**When:** Thursday, Nov. 2, 6-8 p.m.

**Where:** Riverview Health  
(Krieg DeVault Conference Room,  
lower level of Women's Pavilion)

Together, with our long-term care partners, we'll host a panel discussion to educate the community about Alzheimer's disease, dementia and memory loss. This group of experts includes representatives from the Alzheimer's Association, CICOA Aging & In-home Solutions and others.

## Diabetes Seminar

**When:** Thursday, Nov. 9, 6-7 p.m.

**Where:** Riverview Health  
(Krieg DeVault Conference Room,  
lower level of Women's Pavilion)

Join our diabetes educators for an evening of diabetes facts and healthy tips. We'll discuss myths and truths regarding diabetes and conclude the program with a Q&A session.



### Keep Your Lips Hydrated

Between cold, blustery weather and hot, dry air from a heater, escaping dryness is nearly impossible during the winter. This unfortunate lose-lose situation can lead to something no one likes: chapped lips. So, it's important to be armed with knowledge and products to protect your kisser. Before autumn disappears, stock up on lip balm so you have some at work, in the car and at home. Apply a thin layer before bed when your lips are particularly prone to drying out—especially if you breathe through your mouth while you sleep. But read ingredient lists, as some lip balms can contain chemicals that may irritate your skin.

## Healthy Cooking for the Holidays

**When:** Thursday, Nov. 16, 6-8 p.m.

**Where:** Riverview Health  
(Krieg DeVault Conference Room,  
lower level of Women's Pavilion)

Join our registered dietitian and professionally trained chef as they prepare holiday favorites with a healthier twist. Learn how to prepare healthier versions of your favorite dishes without sacrificing taste. We will serve each item prepared and end the evening with a Q&A session. Attendees will receive a copy of each recipe and cooking tips.

# DECEMBER

## Blood Drive

**When:** Tuesday, Dec. 12, 2-6 p.m.

**Where:** Riverview Health (outside Surgery Pavilion, entrance 15)

The Indiana Blood Center will be on-site outside of the Surgery Pavilion at entrance 15. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood, please visit the Indiana Blood Center at [www.donorpoint.org](http://www.donorpoint.org) or call 317.916.5150.**

## Support Groups

### Adolescent Pregnancy Peer Support Group

**When:** First Monday of every month, 6-7 p.m.  
**Where:** Riverview Health (Dad's Retreat, lower level of Women's Pavilion)  
**Information:** 317.776.9400

### Breastfeeding Support Group

**When:** Every Thursday, 10:30 a.m.-noon  
**Where:** Riverview Health  
(Krieg DeVault Conference Room,  
lower level of Women's Pavilion)  
**Information:** 317.776.7202

### Diabetes Support Group

**When:** Second Thursday of every month, 5-6 p.m.  
**Where:** Riverview Health  
(Conference Room 1435, use entrance #11)  
**Information:** Diabetes Education Center,  
317.776.7233

### Infant Loss Support Group

**When:** Last Thursday of every month, 7-9 p.m.  
**Where:** Riverview Health  
(Dad's Retreat, lower level of Women's Pavilion)  
**Information:** Dede Flaherty,  
[dflaherty@riverview.org](mailto:dflaherty@riverview.org) or 317.776.7302

### Mended Hearts

**When:** Third Wednesday of every month, noon-2 p.m.  
**Where:** Riverview Health Education Building (former Kahlo building), 205 Westfield Rd., Noblesville  
**Information:** 317.776.7377

### Postpartum Anxiety and Depression Support Group

**When:** First and third Wednesday of each month, 10 a.m.-noon  
**Where:** Riverview Health (Dad's Retreat, lower level of Women's Pavilion)  
**Information:** Kristy McNamee,  
[kmcnamee@riverview.org](mailto:kmcnamee@riverview.org)

### Survivors of Suicide Loss Support Group

**When:** Second Tuesday of every month, 6:30-8 p.m.  
**Where:** Riverview Health  
(Classrooms A&B, lower level of Professional Building)  
**Information:** Sue Pruce,  
[spruce@riverview.org](mailto:spruce@riverview.org)



395 Westfield Road  
Noblesville, IN 46060  
RIVERVIEW.ORG

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
INDIANAPOLIS, IN  
PERMIT NO. 9427



## I'm not just the CEO of my family. I'm also the CMO—Chief Medical Officer.

I keep up with the health needs of my entire family. Whether it's my husband's allergies, pesky cold and flu season or vaccines my kids need for school, I depend on the doctors, nurses and personalized primary care of Riverview Health.

***To learn more, visit [riverview.org/primary](http://riverview.org/primary)***

**RIGHT SIZE. RIGHT CARE. RIGHT HERE.**

NOBLESVILLE / CARMEL / CICERO / FISHERS / SHERIDAN / TIPTON / WESTFIELD

*Riverview Health has a full-service hospital with advanced, 24/7 ER capabilities and doctor offices located throughout Hamilton and Tipton counties.*