

Riverviews



News from Riverview Health



Bouncing Back After a Heart Attack

riverview.org | Fall-Winter 2018

Also in this issue:

Riverview Health
Westfield Hospital:
More Than 100 Years
in the Making

Enhancing Care for Our
Tiniest Patients

Should You Choose
an ER or Urgent Care?

Letter from Seth



New. It's a sign of growth. A fresh start. And full of possibilities. There's nothing like new.

The fall of 2018 brings us a new season, a new school year and a new hospital.

We're excited to announce that Riverview Health Westfield Hospital is opening in September. While we've had some unexpected delays during construction, we are so pleased with the outcome, and we know the community of Westfield and the surrounding area will be as well.

When we first announced this project a few years ago, it was intended to be an outpatient center. However, as construction began and we talked with city officials and people in the community, we reconsidered this decision. Westfield has quickly become one of the fastest growing cities in the state. To meet the needs of the growing population, many people in and near Westfield wanted a hospital closer to home.

With that in mind, we built Riverview Health Westfield Hospital. While these changes certainly slowed construction, we believe the end result is worth the wait. The new hospital has a combined ER and urgent care, an inpatient unit, surgery suites, a full array of diagnostic imaging (X-ray, CT, ultrasound, MRI, mammography), drive-thru pharmacy, lab and physician offices.

We're especially proud of our combined ER and urgent care—a new model we're introducing to this area. When you're injured or ill, you may not be sure what level of care you need. We offer a single, convenient access point to seek care so you don't have to decide. You'll be guided to the level of care you need and billed accordingly. No one expects an emergency or urgent medical need. But we're here if you need us.

Please swing by to see the new hospital. To learn more, visit riverview.org/WestfieldHospital.

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 2018*

INSIDE THIS ISSUE:

News and Information	2
Bouncing Back After a Heart Attack.....	3
Riverview Health Westfield Hospital: More Than 100 Years in the Making.....	5
From Land to Completion: Riverview Health Westfield Hospital	7
ER or Urgent Care?	8
One Step at a Time: Healing with Riverview Health Rehabilitation	9
Finding Your “Why” with the Body Knowledge Program.....	10
Enhancing Care for Our Tiniest Patients.....	11
Riverview Health Foundation Grateful Patient.....	12
Upcoming Seminars and Events	13
Fitness Classes and Support Groups.....	14

LOOKING FOR A PHYSICIAN?

Riverview Health Physicians is our network of primary, specialty and immediate care physicians conveniently located throughout Hamilton County. For a complete listing of physicians and office locations, visit riverview.org.

Riverviews is published for the health of people living in Hamilton county.

PRESIDENT AND CEO

Seth Warren

MARKETING AND PR DIRECTOR

Brandy Hill

MARKETING/COMMUNICATIONS COORDINATOR

Christin Barber

MARKETING/OUTREACH COORDINATOR

Haley Myrick

DIGITAL MARKETING STRATEGIST

Michelle Sprehe

SOCIAL MEDIA COORDINATOR

Caroline Voelz

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 or call 317.776.7999.

© 2018 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 to Open Four New Combined ER and Urgent Care Facilities

Riverview Health will build four new freestanding emergency departments with urgent care services all under one roof—the first of their kind in the Indianapolis area. The new centers will be located in north Carmel, west Carmel, Fishers and the Nora area of Indianapolis. Construction will begin later this year with plans to open all four locations in 2019. The retail model will focus on customer service and treating patients quickly. The ER services will be available 24/7, while the urgent care hours will be 7 a.m. to 10 p.m. every day.

Auxiliary Pledges \$50,000 to Improve Clinical Care

Riverview Health Auxiliary has pledged to raise and donate \$50,000 to the new Infusion Center project at Riverview Health. Riverview Health Auxiliary is a group of volunteers that leads the charge on various fundraisers held throughout the year and raises money to support patients of Riverview Health and their families. In addition, profits from the Riverview Health Gift Shop, which is operated by volunteers, also go toward the fundraising efforts of the Auxiliary.

Riverview Health Purchases New Hospital Beds to Enhance Patient Care and Safety

Riverview Health purchased 57 state-of-the-art Hill-Rom Centrella™ Smart+ beds for its medical-surgical unit. The beds are designed to simplify how caregivers work while keeping patients safe by reducing the risk of falls. The care team is able to better ensure fall-risk patients are in a safe state at all times through a new feature that automatically arms the bed exit alarm and notifies caregivers if a patient tries to get out of bed. The beds are also equipped with a display system that projects icons onto the floor so the bed safety status can be monitored from a distance.

New Clinicians

- » **E. David Brown, MD**—*Gastroenterology*
- » **Shan Cheng, MD**—*Gastroenterology*
- » **Matthew W. Crittendon, MD**—*Emergency Medicine*
- » **Lucas Drake, MD**—*Gastroenterology*
- » **Jason Jayroe, MD**—*Cardiology*
- » **Stephen Keller, MD**—*Emergency Medicine*
- » **Charles Marting, DO**—*Internal Medicine*
- » **Ernest Orinion, MD**—*Gastroenterology*
- » **Nathan Parmer, PsyD**—*Neuropsychology*
- » **David Pound, MD**—*Gastroenterology*
- » **Erika Radel, DO**—*Anesthesiology*
- » **Jason Roberts, MD**—*Gastroenterology*
- » **Brian Sperl, MD**—*Gastroenterology*
- » **Julie Teague, NP**—*Family Medicine*
- » **Frank Troiano, MD**—*Gastroenterology*
- » **Robert Vincent, MD**—*Gastroenterology*



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.**

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.**

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. **Sign-up is easy!**





Bouncing Back After a Heart Attack

Steven Huntley is a planner—literally. For 28 years he served as the director of city planning in Noblesville where he oversaw everything from zoning applications to the enforcement of city ordinances. Retiring in 2012 didn't change Steven's love of order, either. He's an organized traveler and has a map marking each Indiana road on which he has driven his yellow 2002 Corvette. He's also meticulous about caring for his yard, which means no dead leaves allowed. Retirement was going just as Steven planned—that is until he suffered from a heart attack.

On July 4, 2017, Steven went to play a game of tennis with his friends. His wife, Linda, had encouraged him to start doing more cardio, and tennis was a sport Steven had enjoyed since college. At 9:30 a.m. it was already a stiflingly hot day, but the group of eight men were having fun. The fun wouldn't last, though, because two and a half hours into their matches Steven felt a squeezing sensation in his chest.

"I thought I was just hot, but then in the next 30 seconds my left leg went numb, and I started to get dizzy," Steven recalled. "I told the other guys that I was going to go sit down to rest, but when I went to walk away, I fell to my knees and had to lean against the fence for support. That scared everyone."

Initially, Steven thought he was suffering from a heat stroke. He asked his friends to help him to his car so he could sit and cool off, but his symptoms only worsened.

"When we turned on the air-conditioning I got really light-headed, and things started to spin," Steven said. "That's when I told my friend to call an ambulance."

Before Steven's friend was off of the phone with the 9-1-1 operator, Noblesville emergency medical services (EMS) arrived. They quickly evaluated Steven by checking his blood pressure, pulse and obtained his electrocardiogram (EKG) results while en route to Riverview Health.

Dr. J. Mario Pyles, medical director of cardiovascular services at Riverview Health, was the interventional cardiologist on-call during the incident.

After suffering from a heart attack on the tennis court in July 2017, Steven Huntley enjoys taking walks with his wife, Linda, and dog, Coco, to help him stay healthy.

“On their way to the hospital, the EMS team contacted our emergency room physician and faxed over Steven’s EKG results. The EKG showed an acute heart attack and the STEMI protocol was initiated,” Dr. Pyles said.

STEMI, which stands for “ST-Elevation Myocardial Infarction,” is the medical term for a heart attack. When STEMI protocol is initiated, the cardiology team quickly assembles ahead of the patient’s arrival at the emergency room. Once the patient arrives, the team springs into action.

“Steven’s artery was 80 percent blocked—filled with a large plaque and clot. We used blood-thinning medication and a balloon catheter to open the vessel, and then inserted a drug-eluting stent,” Dr. Pyles said.

Because he wasn’t hesitant to call an ambulance and the quick response of Noblesville EMS and the cardiology team at Riverview Health, Steven received life-saving care in record time.

“The goal is to have a patient’s door-to-balloon time less than 90 minutes, which is the national standard,” Dr. Pyles said. “Steven’s time was 63 minutes. That sort of speed is crucial because the faster you return blood flow and oxygen to the heart, the less damage ensues. We have a saying in cardiology—‘time is muscle.’”

“Even if you feel you are healthy, you should never ignore the signs of a heart attack or think it can’t happen to you.”—Steven Huntley

When asked why he didn’t hesitate to call an ambulance, Steven said it was because his symptoms were such textbook indicators of a heart attack.

“I had pain down my arm and leg and squeezing in my chest,” Steven recalled. He chuckled and added, “Also, I knew that if I didn’t call an ambulance and if I ended up dying that Linda would wake me up and kill me for it.”

After being released from the hospital, Steven decided it was time to make some major lifestyle changes. He has Type 2 diabetes, which was his primary risk factor for having a heart attack. Diabetes causes the plaque in the arteries to be less stable and break off more easily.

MENTED HEARTS

While he was recovering at the hospital from having a heart attack, Steven Huntley was visited by members of Mended Hearts—a support group at Riverview Health for heart patients, their families and caregivers. The peer-to-peer support and information the group provided was a resource Steven said he was thankful for.

For more information about Mended Hearts and for the meeting location and times, call 317.776.7377.



Steven Huntley has played tennis since college and still enjoys the sport as a form of exercise.

“I am more careful about managing my diabetes now. I watch what I eat and exercise regularly,” Steven said. “In the past, it wasn’t unusual for me to sit down and eat an entire sleeve of saltine crackers topped with peanut butter in one sitting. I try to practice moderation with my diet now, and I’m more diligent about exercising.”

However, Steven recommends that even those who feel they are relatively healthy be cautious.

“I heard from multiple nurses that I didn’t look like the typical heart attack patient. I took my diabetes medication regularly, I didn’t smoke, I wasn’t overweight, I didn’t have high blood pressure and I only had moderately elevated cholesterol prior to the heart attack,” Steven said. “My point is, even if you feel you are healthy, you should never ignore the signs of a heart attack or think it can’t happen to you.”

After he was released from the hospital, Steven completed eight weeks of recommended cardiac rehab, and he didn’t stop there. Despite having “graduated” from the cardiac rehab program, Steven continues to go three times a week to keep his strength and endurance up.

All that work seems to be paying off. It has been more than a year since Steven suffered from his heart attack, and he is back at doing what he loves: playing tennis, traveling, and taking walks with his wife, Linda, and dog, Coco. Better yet, after a follow-up stress test with Dr. Pyles, he received news that he had no permanent damage to his heart from the incident.

“I couldn’t have been happier with the care I received,” Steven said. “Riverview Health has all the expertise that the major hospitals in the area have, but you’re not just a number here. I can honestly say if it wasn’t for the EMTs and Riverview Health, I wouldn’t be here today.”



Riverview Health got its start in 1909 as Samuel Harrell Hospital & Sanatorium in downtown Noblesville.

Riverview Health Westfield Hospital: More Than 100 Years in the Making

It's a hot Wednesday morning in June, and Jane Morton is doing what she does every Wednesday—waiting for someone to walk through the doors of Riverview Health so she can greet them with a warm smile and offer a friendly “hello.”

Morton, 85, has been volunteering as a greeter at Riverview Health on and off for more than four decades. But her relationship with Riverview Health goes much deeper than that.

“I’ve been connected ever since I was born in 1933 at the old hospital on the square,” Morton said. “I still have the hospital bill my mother kept from my birth. It only cost \$30. A lot has changed.”

Indeed, things change. Prices go up with inflation; technology advances; transportation evolves; and communities grow. And Riverview Health is no different. Founded in 1909, Riverview Health was originally Samuel Harrell Hospital & Sanatorium—a three-story brick building in the heart of Noblesville.

Today, Riverview Health consists of a sprawling five-level hospital campus and more than 20 off-site physician offices. And most recently, they’re opening a new hospital in Westfield to meet the needs of a growing population there—just as they have done for more than a century.



Hamilton County Hospital Cornerstone Ceremony, 1949



Hamilton County Hospital, 1950

The First Hospital in the County

Back when Morton was born, the hospital was located half a block from the Noblesville downtown square. But it's since been razed and paved over, and now a parking lot for a bank covers the ground.

"When I stop and think about it, I'm amazed at how much this area has changed," said Morton, who has spent her entire life in the county. "What used to be cornfields are now buildings and houses. And it seems like every time I turn around a new subdivision has gone up."

As the population of Hamilton County began to grow, the hospital was sold in 1914 to the county for \$30,000 and was renamed Hamilton County Hospital. On May 12, 1951, it was relocated to a newly constructed 86-bed facility—where it still stands today. A year later, it was renamed to Riverview Hospital to pay homage to its location on the banks of the White River.

Always Growing

As the years went on, Riverview Hospital became an indispensable part of the community. Instead of traveling more than 20 miles to go to a hospital in downtown Indianapolis, community members had their own hospital in their backyard.

In 1965, Noblesville resident Pete Mariani came from Anderson and joined the staff of Riverview Hospital as the administrator. In the following years, Mariani would lay the organizational foundation for Riverview Hospital to grow into what it is today.

With Mariani's forethought and guidance, a 64,000-square-foot patient wing was added in 1967 to the north side of the hospital. This allowed for the addition of patient beds, equipment, space for an intensive care unit and the addition of specialty physicians.

"Without a strong medical staff, you won't have much of a hospital," Mariani said. "Just like today's staff, our staff of physicians and nurses were extremely skilled and really cared for their patients."

Nothing displayed this more than their actions during the Indianapolis blizzard in 1978, Mariani recalled. More than 20 inches of snow blanketed the area, and there was only one physician in the hospital. The staff was snowed in for three days.

"We all pitched in to do the cooking, laundry, housekeeping—you name it," Mariani said. "We even took a snowmobile to go to a house and pick up a woman who was in labor."

The dedication Mariani saw during those three days is still seen in the staff today, he added.

"While the outside of Riverview continues to grow, the people on the inside shouldn't be overlooked, and I'm excited to see them expand into the new hospital in Westfield," Mariani said.

A New Chapter

More than 100 years since it first opened, Riverview Health is still a county-owned hospital that strives to improve and preserve the health of its community members. Hamilton County is the fastest growing county in the state, according to the data from the U.S. Census, and that's due in part to the population boom in Westfield.

Patricia Fox, who joined Riverview Hospital in 2000 and took the reigns as chief executive officer in 2004, oversaw the rebranding of Riverview Hospital to Riverview Health in 2014. The rebrand showed further growth by looking beyond the hospital to include off-site practices and services. Fox also guided Riverview Health toward Westfield and secured the land for Riverview Health Westfield Hospital before retiring in 2016.

"Bringing comprehensive services to Westfield and all communities along and near the U.S. 31 corridor made sense and would provide everything they needed in one location," Fox said. "Riverview Health has a wonderful culture and provides excellent care, and I wanted to bring that to Westfield."

With the opening of Riverview Health Westfield Hospital, you'll see some new faces as well as the same dedicated staff members and volunteers who work at the Noblesville hospital, which remains open and serves as the main campus.

Riverview Health volunteer and Noblesville resident Jim Story, 77, started volunteering at the Noblesville hospital in 2009 and is excited for this new chapter in the long history of Riverview Health.

"I don't think there's any health system where you can get better care," Story said. "Most of the time, it's a smile and friendly feeling—and that's what we try to promote as volunteers. The people in Westfield will learn that's what Riverview has always been about."



Riverview Hospital, 1957



Riverview Hospital, 1965

From Land to Completion: Riverview Health Westfield Hospital



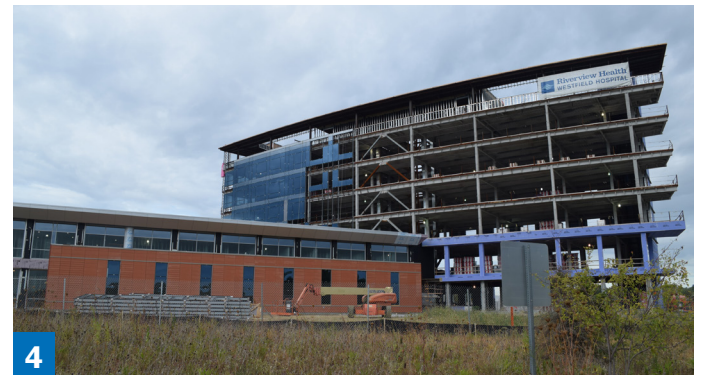
Anyone who regularly drives by the intersection of U.S. 31 and State Road 32 has seen the exciting evolution of Riverview Health Westfield Hospital. The hospital features the area's first combined ER and urgent care, which means you only have to come to one place when you're sick or injured, and you will be guided to the level of care you need. Riverview Health Westfield Hospital also houses a drive-thru pharmacy, laboratory and imaging services, surgical suites, inpatient beds, an employer clinic and physician offices.

Photo 1: Riverview Health executives, city and county officials, and architect and construction members gather to break ground on the new hospital in March 2016.



Photo 2: Construction on the building's frame begins.

Photo 3: A longstanding tradition at construction sites, the last beam is signed and hoisted into place with a tree atop it to celebrate the completion of the building's framing.



Photos 4-5: The building takes shape as walls and windows are added in preparation for the final touches and completion of interior work.

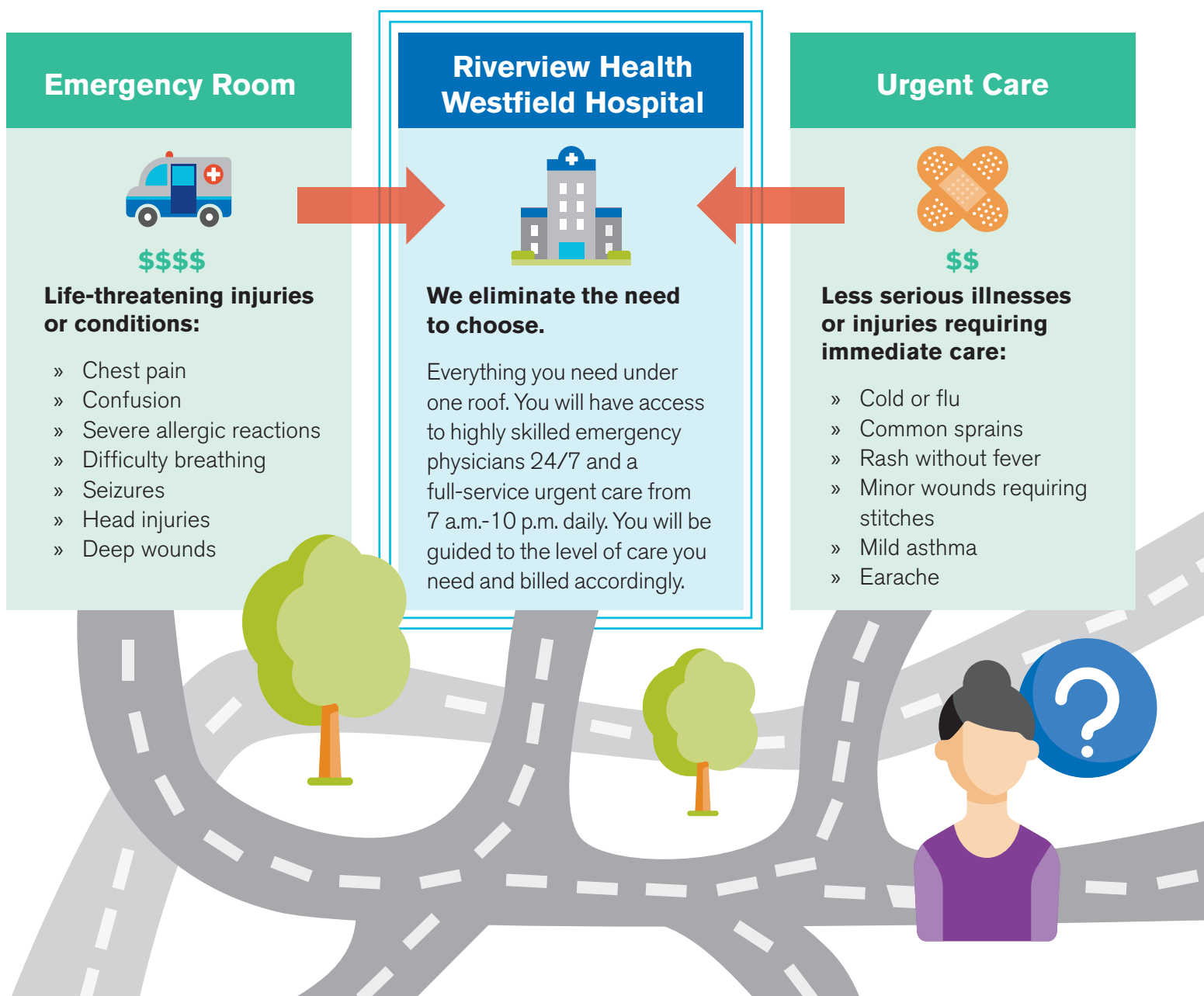


ER or Urgent Care?

Medical issues often strike without warning and at the most inconvenient times. A mysterious rash develops on your baby over the weekend; you cut your hand chopping vegetables for dinner; your spouse wakes up in the middle of the night with a sharp pain in the abdomen.

When faced with these situations, it's common to feel confused about where to go for treatment. Rather than falling into the rabbit hole of medical information found on the internet, leave the decisions to the experts.

Riverview Health Westfield Hospital is proud to offer the area's first full-service, 24-hour emergency room combined with the most available urgent care hours in Hamilton County—7 a.m. to 10 p.m. daily. Patients who are unsure if they need urgent care or emergency services will now have one convenient access point where they will be guided to the level of care required and billed accordingly. So, no matter the symptoms, we've got you covered.



One Step at a Time: Healing with Riverview Health Rehabilitation

If you were to stop and talk with Randy Worden, you'd never guess he had just been through one of the toughest years of his life. He's easygoing and likes to joke, which is something he said helped him get through his recent health scares.

"It all started the summer of 2017 when my wife and I went to see our son in Portland, Maine," Randy recalled. "I developed a blister on the back of my right heel that wouldn't go away."

Randy is a Type 2 diabetic, so the blister concerned him because diabetes can make it harder for the body to heal and fight infection. When he got home from the trip he followed up with a podiatrist to get help. But despite wound treatments and antibiotics, the blister developed into a serious infection that would soon affect Randy's entire leg.

By November, things took a turn for the worse—the infection in Randy's leg developed into sepsis, and he was admitted to Riverview Health. He underwent life-saving surgery to amputate his right leg below the knee, which ultimately stopped the infection from spreading and potentially killing him.

After surgery and taking some time to heal, Randy began working with the acute inpatient rehabilitation team at Riverview Health—the only facility of its kind in Hamilton County. Randy's team of therapists focused on increasing his self-care skills and maximizing his ability to enjoy life.

"When I first started working with Randy in the rehab unit he was very anxious," said Michael Cummings, an occupational therapist at Riverview Health. "As much as he was limited by weakness and a new amputation, he was also hesitant to move due to fear of falling."

To combat these fears, the rehab team focused on exercises that would increase Randy's strength and balance.

"When we were finished, Randy was not only able to do functional tasks by himself—like sit up or transfer from his bed to his wheelchair—but he was also more talkative and confident," Michael said. "We completed a home evaluation prior to Randy leaving the hospital to make sure his environment was properly set up for him. That seemed to help reassure him that when he left the hospital everything would be OK."

After Randy was released from the hospital and completed in-home therapy, he was referred to Riverview Health Rehab & Fitness where he continued his road to recovery.

"When Randy first started outpatient therapy he was barely walking on his own. Now he walks with a rollator or a cane independently," said Christen Geisz, an outpatient physical therapist at Riverview Health Rehab & Fitness. "He's an

incredibly hard worker with the potential to have a high level of mobility. We plan to continue to work with Randy so he can achieve that."

And there doesn't seem to be any slowing Randy down. Now, it isn't uncommon to find him out weeding his garden or walking on his own to the neighborhood gym to exercise.

Randy credits much of his recovery to the support he received from those around him—his wife, Diana; his sons, Joel, Rob and Ryan, and the rest of his family; the prayers and well wishes from friends and members of his church (Our Lady of Grace); and the staff at Riverview Health.

"Rehab kept telling me, 'you'll be completely different after therapy.' They were so positive and really helped me push through," Randy said. "From where I started to where I am now—I couldn't have done it without their help."



After having his leg amputated, Noblesville resident Randy Worden works with Riverview Health physical therapy assistant Sabra Snider to continue improving his mobility and get his life back.

Finding Your “Why” with the Body Knowledge Program



Since starting the Body Knowledge Program, Sam Mishelow has lost 25 pounds of fat mass, which is equal to five of the silicone molds of fat he holds in his hand.

Sam Mishelow was ready to make a change in his life. During the past year, he'd experienced the loss of three close friends to various health issues. He was planning to welcome his first grandchild soon. And as he reached age 65, his weight had slowly crept to 218 pounds. He wasn't happy with his health.

Between his job as chief strategy officer at Meyer Najem Construction, being a board member at Riverview Health and maintaining other community commitments, Sam's schedule kept him busy, which sometimes meant getting up before 6 a.m. and not getting home again until after 8 p.m. He knew he would have to shift some priorities if he wanted to make a lifestyle change.

Riverview Health provides employer wellness services to Meyer Najem, and one day he stumbled upon a flyer with information about the Body Knowledge program featuring the BOD POD. He'd heard of the program and was interested in learning more.

So he decided to give it a try.

After completing a BOD POD assessment that calculated his body measurements including weight, fat mass and fat-free (lean) mass, Brittany Nelson, Riverview Health registered dietitian, designed a program for Sam that included weekly one-on-one sessions and BOD POD assessments every other week to track his progress.

“Our programs are personalized for each individual,” Brittany said. “Many of our patients track calories and macronutrients, but Sam didn't want to do that. He focused more on portion size, intuitive eating and making more balanced choices.”

Sam needed a plan with some accountability.

“I had gone through a dozen weight-loss programs going from 220 pounds to 180. But a year and a half later, I was always right back where I started,” Sam said.

To develop a plan for Sam, Brittany started by getting to know him.

“During our regular meetings, we talk about the importance of having a compelling ‘why’—which is the internal reason you have that's driving the change you want to see,” Brittany said. “Each week, we explore a different topic related to wellness, nutrition or fitness. We set goals and encourage our patients as they move along their journey.”

With Brittany's guidance and support, Sam has changed the way he eats. Instead of mindlessly picking up a cheeseburger and fries for lunch during his busy workday, he grabs a salad and soup. He uses nonfat Greek yogurt on his baked potato instead of sour cream. He skips going out to eat on Friday nights and instead grills chicken with asparagus or broccoli, all while feeling satisfied with his food choices.

Exercise has become a priority for Sam. While he used his busy schedule as an excuse before, he's not letting himself do that anymore. He and his wife take regular walks on the Monon Trail.

In addition to looking and feeling better, the BOD POD has shown results as well. Sam lost 25 pounds of fat mass, decreased his body fat percentage by 9 percent and has not lost any muscle.

“Often as adults age, they will lose muscle when they start a weight-loss program, which isn't healthy,” said Brittany. “The BOD POD helps us keep an eye on that.”

His cholesterol level has gone from an elevated 230 to 176, which is now in the healthy range.

Sam encourages anyone looking to make a change to find the strength within yourself.

“I told myself ‘only you can do anything about it!’” Sam said. “I want to watch my grandchildren grow up. I want to stay mobile and active.”

“I'm still a work in progress, and maybe I always will be,” Sam said. “There are a lot of things I want to do still. A lot of places I want to go. I'll only be able to do those things and see those places if I'm able to move easily and I'm healthy.”

For more information about the Body Knowledge program at Riverview Health, visit riverview.org/BODPOD or call 317.776.7225.

Enhancing Care for Our Tiniest Patients

Beginning Oct. 1, Riverview Health Maternity Center will partner with Peyton Manning Children's Hospital at St. Vincent to provide 24/7 pediatric hospitalist care for newborns, pediatric inpatients and emergency consultations at Riverview Health. Riverview Health Maternity Center is currently equipped with a Level II special care nursery to treat babies who require close monitoring. Most newborns' needs are met by a Level II special care nursery. This collaboration will only enhance the high-quality care provided to our patients.

What is a pediatric hospitalist?

Pediatric hospitalists are doctors who provide care for your little one in a hospital setting. While general pediatricians focus primarily on treating patients in an outpatient clinic or medical office, pediatric hospitalists devote their time and expertise to medical needs of newborns immediately following birth and pediatric patients who have been hospitalized. Hospitalists also ensure that the care is seamless between the hospital and outpatient setting by communicating with your child's primary care provider and other specialists.

What else makes the Riverview Health Maternity Center unique?

Highly Skilled Team

All of our nurses are trained in advanced cardiac **lifesaving** and neonatal **resuscitation**.



Golden Hour



The Golden Hour provides one hour of quiet **skin-to-skin**

bonding time between mother and baby immediately after birth. During this time, staff members provide privacy and encourage family and visitors to do the same.

High Patient Satisfaction Scores



Level 2 Special Care Nursery



Our Level 2 special care nursery is staffed with **pediatric hospitalists 24/7** for babies born at greater than 32 weeks gestation that require advanced care.

Breastfeeding

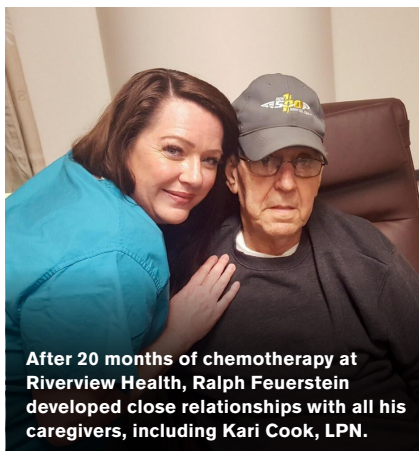
More than **80 percent** of new moms at Riverview Health breastfeed. Our lactation consultants are on-site daily to assist moms with breastfeeding and to provide support.

1:1 Care

Our staffing structure allows us to provide a **1:1 nurse-to-patient** ratio for all our laboring moms.

Riverview Health Foundation

Grateful Patient



After 20 months of chemotherapy at Riverview Health, Ralph Feuerstein developed close relationships with all his caregivers, including Kari Cook, LPN.

Give them something to remember you by. This was Ralph Feuerstein's motto. Whether it's a waitress at a restaurant or doctor at an appointment, Ralph believed it was the interactions you had with people that could make any experience

positive and memorable—even when facing a terminal prognosis.

At the age of 74, Ralph was diagnosed with mesothelioma—an aggressive form of cancer found in the thin lining of the lungs, abdomen and chest wall. While any cancer news is scary, mesothelioma in particular has no known cure and has a poor prognosis.

From his first oncology appointment with Dr. Daniel Milton, an oncologist at Riverview Health, Ralph began to build relationships with his care team, which he continued to do throughout the 20 months he received chemotherapy treatments. And with his great wit, he gave them all something to remember him by.

"Dr. Milton spent 45 minutes talking with us at Dad's first appointment," said Debbi Smith, Ralph's daughter. "We never once felt rushed and you could tell everyone really cared about him."

Every few weeks, Ralph would make his usual visit to the Riverview Health Infusion Center, and surprisingly, it became something he looked forward to. With his initial positive experience with Dr. Milton, Debbi recalled chemotherapy for her dad being "like a visit to go see old friends." While these words aren't typically used to describe chemotherapy, it was

the people he got to see that made all the difference.

"Starting an IV can be a difficult process, so you'd be surprised how much you can bond with someone when you're sticking them with a needle," said Kari Cook, LPN, who works in the infusion center. "Not being so serious and telling jokes were ways to help Ralph with his initial hesitancy of chemotherapy."

Another infusion center nurse, Kandace DeSadier, remembers learning about Ralph's plans to buy a cabin in Michigan, which was a topic she could tell made him happy and often discussed with him. The little chats and witty jokes soon grew into a true friendship.

Even after moving to Michigan, Ralph insisted on making the nearly five-hour drive back to Noblesville over the span of six months to get his chemotherapy at Riverview Health. Debbi believes the relationships her dad developed during his care were truly special and described the people who helped him along his journey as fun, real and caring.

Even after Ralph's last treatment at Riverview Health in November 2017, the communication lines remained open. Considering the friendship they had built, it was only natural for Kari and Kandace to swap telephone numbers with Ralph. He often called them about medical questions, or perhaps to just chat with an old friend and catch up.

Following his care at Riverview Health, Ralph felt compelled to make a donation through the Riverview Health Foundation Grateful Patient program. This allowed Ralph to say "thank you" in a meaningful way to those who went above and beyond.

Ralph left a legacy through his donation to the Riverview Health Infusion Center expansion project. His generous gift will help ensure future patients of Riverview Health will continue to receive the highest level of care in a comfortable atmosphere.

To learn more about the Grateful Patient Program, visit riverview.org/GratefulPatient.

Foundation Updates & Events

Women of Vision Series Event

Riverview Health Foundation, in conjunction with Smith's Jewelers, will host a Women of Vision event featuring a jewelry trunk show and gem seminar at The Bridgewater Club on Wednesday, Sept. 26. Tickets for this event are \$10 each, and may be purchased by calling 317.776.7938 or by emailing Maggie Owens at mkowens@riverview.org

Year-End Giving

During the holiday season, please consider Riverview Health Foundation for your year-end giving. A 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 the gift made in their honor.

Upcoming Seminars & Events

SEPTEMBER

Innovations in Joint Replacement

When: Wednesday, Sept. 12, 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 describes the cutting-edge techniques for joint replacements at Riverview Health.

Dr. Ginther will discuss the advantages of using cryoneurolysis to ease post-operative pain, as well as his expertise in computer-assisted surgery for knee replacements and the direct anterior approach for hip replacements.

Bump Start

When: Saturday, Sept. 15, 10 a.m.

Where: The Urban Chalkboard,
452 E. Carmel Dr., Carmel

Bump Start is a free event for expecting and soon-to-be expecting parents. Come learn about preparing for pregnancy and beyond while exploring The Urban Chalkboard, a popular play café for young families. Our experts will lead the event and cover everything from tips for a healthy pregnancy to advice about what to put on your shopping list for your new baby. You'll also receive a free childbirth booklet and mommy starter kit, which includes postpartum items for mom.

Shoulder Pain Seminar

When: Wednesday, Sept. 19, 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.

Handling Hand & Arm Pain

When: Tuesday, Sept. 25, 6-7 p.m.

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

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

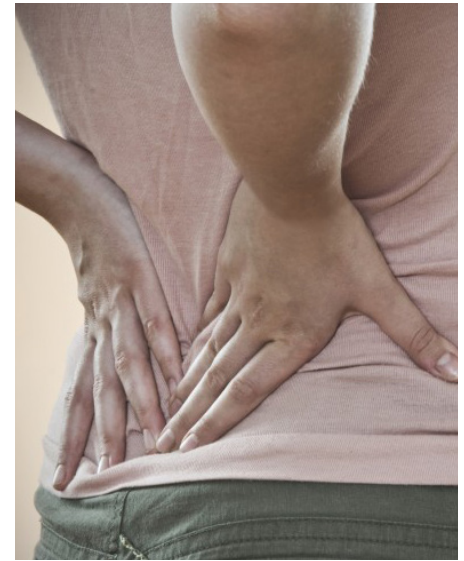
OCTOBER

Back in Balance Seminar

When: Thursday, Oct. 4, 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.



Low Back Pain Treatment Options

When: Wednesday, Oct. 10, 6-7 p.m.

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

Join board-certified and fellowship-trained physicians, Praveen Perni, MD, and John Ward, MD, to learn about treatment options for low back pain, sciatica and spinal stenosis. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery.

Innovations in Joint Replacement

When: Thursday, Oct. 25, 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 describes the cutting-edge techniques for joint replacements at Riverview Health. Dr. Ginther will discuss the advantages of using cryoneurolysis to ease post-operative pain, as well as his expertise in computer-assisted surgery for knee replacements and the direct anterior approach for hip replacements.

NOVEMBER

Healthy Cooking for the Holidays

When: Thursday, Nov. 8, 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 also receive a copy of each recipe and cooking tips.

Treating Joint Pain

When: Wednesday, Nov. 14, 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 about the newest techniques for joint pain and joint replacement. Topics include hip, knee and shoulder pain and the variety of treatments available for each condition.



Land and Water Fitness Classes

Looking to add something different to your workout routine? Check out these classes at Riverview Health Rehab & Fitness. For more information or to register, call 317.776.7225 for the Noblesville location or 317.705.4350 for the Carmel location.

Morning Splash

Type of class: Water



If you have a hard time getting started in the morning, there's nothing like a splash of water to do the trick. Wake up with a total-body water workout. This fun, focused class is designed for participants looking to be safely challenged with shallow water work. Using all the muscles in a variety of movements, this class will improve your cardiovascular fitness, muscle movement and help you achieve your overall fitness goals.

Align and Refine Yoga

Type of class: Land



Restore balance to the body and mind with a sequence of postures, flows, breath work and guided relaxation. Clear, detailed instruction with focus on proper form and function will help you build a safe, fun and nurturing practice. This class is suitable for beginners looking to start yoga and seasoned students wanting to refine their practice.

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: Call 317.776.7200

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: Call 317.776.7202

Diabetes Support Group

When: Once a quarter. Upcoming sessions will be held Sept. 13, Nov. 8 and March 14 from 5-6 p.m.

Where: Riverview Health (Conference Room 1435, use entrance 11)

Information: Contact the Diabetes Education Center at 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: Contact Dede Flaherty at 317.776.7302 or by email at dflaherty@riverview.org

Mended Hearts

When: Upcoming sessions will be held Sept. 19, Oct. 17, Nov. 14 and Dec.12 from 11:30 a.m.-2 p.m.

Where: Riverview Health
(Classrooms A&B, lower level of Professional Building)

Information: Call 317.776.7377

Postpartum Anxiety and Depression Support Group

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

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

Information: Contact Kristy McNamee at kmcnamee@riverview.org

Survivors of Suicide Loss Support Group

When: Second Tuesday of every month, 6:30-8:30 p.m.

Where: Riverview Health
(Classrooms A&B, lower level of Professional Building)

Information: Contact Sue Pruce at 317.442.7827 or by email at spruce@riverview.org

Registration is required for seminars and can be completed by visiting riverview.org/classes or by calling 317.776.7999.



395 Westfield Road
Noblesville, IN 46060
RIVERVIEW.ORG

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

*Riverview Health Westfield Hospital –
Opening in September*



**Introducing the new Riverview Health Westfield Hospital.
Featuring the area’s first combined ER and Urgent Care.**

Sometimes you don't know whether you need to go to an ER or Urgent Care. At Riverview Health Westfield Hospital, our combined ER and Urgent Care will offer a single access point – where you'll be guided to the level of care you need. The hospital will also house an inpatient unit, surgery suites, physician offices, drive-thru pharmacy and a walk-in orthopedic and sports medicine clinic.

To learn more, visit riverview.org/westfieldhospital

RIGHT SIZE. RIGHT CARE. RIGHT HERE.
NOBLESVILLE / WESTFIELD / CARMEL / CICERO / FISHERS / SHERIDAN

Riverview Health has hospitals in Noblesville and Westfield with advanced, 24/7 ER capabilities and doctor offices located throughout Eastern Company.