

Riverviews



News from Riverview Health

Life After Loss



riverview.org | Fall-Winter 2022

Also in this issue:

Four New Joints,
One New Perspective

Overcoming
Endometriosis with
Robotics

Get to Know Plastic
Surgery Nurse
Injector Lauren

Letter from Seth



What a great summer it was! I know in my house, we spent a lot of time outside, traveled back to the Jersey Shore to visit family and watched our youngest son play soccer at Hoosier FC in Noblesville and out at Grand Park in Westfield. The summers go by so quickly with all our activities, so I'm looking forward to things slowing down just a little.

As the kids are now back in school this fall and flu season is around the corner, it's a great time to schedule annual physicals and well visits. Kids should see a family doctor or pediatrician at least once a year to monitor their growth and development, update vaccinations and allow you to discuss any concerns with their provider.

It's also a good idea for adults to have regular physicals so your provider can assess your overall health, help you identify or manage any chronic conditions and refer you for screenings like mammograms or colonoscopies. And don't forget to protect yourself and your family from the flu by getting your annual flu shot, which can be done in your provider's office.

If you don't already have a primary care provider you see at least once per year, visit riverview.org/doctor to find one who's accepting new patients.

At Riverview Health, we're also continuing to monitor COVID-19 cases within our system, Hamilton County and the state of Indiana. We suspect numbers could increase this fall and winter as they have in the past. Please take precautions to protect yourself from this disease. While it's been mild for most people, we see people here at the hospital who are very sick with COVID. Talk to your primary care provider about getting vaccinated or if getting a booster is right for you. Vaccinations don't always prevent you from contracting COVID, but they have been highly effective in preventing patients from getting very sick and being hospitalized.

In good health,

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.



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

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Exciting Updates 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.

Two Consecutive Years of Excellence in Infant and Maternal Health

For the second year in a row, Riverview Health was recognized by the Indiana Hospital Association, in partnership with Governor Eric J. Holcomb and State Health Commissioner Kris Box, MD, FACOG, with the INspire Hospital of Distinction award for its commitment to infant and maternal health. The award is based on implementing best practices in five key areas, including infant safe sleep, breastfeeding, tobacco prevention and cessation, perinatal substance use and obstetric hemorrhage.

Riverview Health Leadership Changes

Riverview Health is pleased to welcome Dave Hyatt as its new chief operating officer and Michael Mover as its new chief information officer. Both bring healthcare experience and knowledge that will be essential to ensuring Riverview Health keeps up with the ever-changing needs of its patients and makes high-quality care a priority. Additionally, 14-year Riverview Health employee Jayna Friend was appointed to chief financial officer. Other leadership changes include the transition of Tammi Nash, RN, to chief nursing officer as Joyce Wood, RN, MBA, FACHE, who served as the chief nursing officer and vice president of organizational improvement for 18 years, retires. She finishes a 32-year career at Riverview Health and a 43-year career in nursing. To learn more about Joyce's story, turn to page 9.

Calling All Volunteers

Riverview Health is looking for volunteers to join its great team. Some of the many volunteer service areas include patient transport, guest services and the gift shop. Shifts are available in the morning or afternoon, at least one day per week, Monday-Friday. **If you're interested in volunteering at Riverview Health in Noblesville or Westfield, please contact the manager of Volunteer Services, Melinda Nash, at 317.776.7236 or mnash@riverview.org.**

New Clinicians

Please join us in welcoming the following clinicians:

- **Meagan Boone, PA**—Internal Medicine
- **Andrea Cherry, NP**—Hematology/Oncology
- **Madeline Chikamba, MD**—Internal Medicine
- **Stephen Greenfield, MD**—Orthopedic Surgery
- **Zoey Johnson, PA**—Orthopedic Surgery
- **Kylie Knoblett, PA**—Pulmonary Disease
- **Kara Lutes, NP**—Pain Medicine
- **Aaron Nelson, DO**—Pain Medicine
- **Umar Osman, MD**—Pulmonary Disease
- **Krista Spalding, NP**—Internal Medicine
- **Ashwin Vasudevamurthy, MD**—Hematology/Oncology
- **Courtney Wendt, NP**—Vascular Surgery

GIFTING for a Great Cause

Riverview Health Foundation provides funding for new health services, programs and equipment needed by our community. Since the Foundation's beginning in 1976, more than \$15 million has been raised and given to support new equipment and programs serving the patients at Riverview Health and their families.

You can help save and change lives at Riverview Health by making a charitable donation. No matter the size, your gift can be directed toward a medical area that is near and dear to your heart—whether its cancer, cardiology, maternity or the area of greatest need. **To donate, call 317.776.7317 or visit riverview.org/donate.**

Save the date for the Riverview Health Foundation Black Tie Affair: Shaken, Not Stirred on Oct. 28, 2022.

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!



Life After Loss



After experiencing a devastating stillbirth with their daughter, Haley, at 27 weeks, the Niehueses were learning to grieve. But while getting through their personal journey of loss, they welcomed a new baby boy to the family almost exactly one year later.

The images from Kindsey and Lynn Niehues' recent family photoshoot show all smiles and a loving family. It all looks effortless. About nine months ago, their newest addition, Justin, rounded out their family by making a big brother and sister out of 3-year-old Derek and 6-year-old Bridgette. But over the course of one year, the Niehueses experienced one of the happiest days of their lives as well as their toughest. Almost exactly one year to the day before Justin came into the world, their daughter, Haley, was born without a heartbeat at 27 weeks.

"It was a pretty normal pregnancy with Haley," Kindsey recalled. "I felt a little morning sickness, which I had not had with my other pregnancies. But I chalked it up to being pregnant for the first time after I turned 30."

Despite all the normal check-ups and ultrasounds, Kindsey had a gut feeling that something wasn't right one Sunday afternoon when she didn't feel the normal movement of her baby.

"I had been up doing a lot and noticed that I hadn't really felt anything," Kindsey said. "So, I did all the tricks I could think of. I drank a bunch of orange juice, laid down, shined a light on my belly, but nothing seemed to be working."

A little panic began to set in that night as Kindsey left a voice message for Dr. Joseph Geyer at Riverview Health Physicians OB/GYN. Dr. Geyer was her doctor at the time, before retiring in 2021. Dr. Geyer had her come in the next morning. With the hope of simply overreacting, she waited as they checked for a heartbeat. But silence filled the room.

Kindsey experienced two early miscarriages prior to losing Haley—once before her oldest, Bridgette, and then once again before her second baby, Derek. Although it wasn't always a smooth road to growing their family, nothing could have prepared Kindsey and Lynn for the news that they had lost their baby at 27 weeks.

The next 24 hours were a blur for the Niehueses.

"It was a lot to process," Kindsey said. "I had shut down and was numb. I can't really even recall the specifics."

Haley was born on March 16, 2021, at 1 a.m. Dr. Stephanie Brazus stepped in to deliver Haley for Dr. Geyer, who was unavailable. At the time, Kindsey and

Lynn did not know they were having a girl. They waited until the birth to find out the gender of their two previous children, so they planned to do the same with their third. As they were finding out they were having a baby girl, they were also grieving her loss.

"Unfortunately, some stillbirths are unexplained," Dr. Brazus said. "I had Kindsey tested for everything, but there wasn't anything that we could pinpoint as the cause."

Grieving a loss like this was new territory for Kindsey, and she admittedly recalls not being immediately drawn to the idea of a bereavement counselor. It wasn't her natural instinct to open up to someone who she felt did not genuinely care. So, when Dede Flaherty, RN, pregnancy and infant loss coordinator at Riverview Health, first reached out to Kindsey, she was skeptical. But despite Kindsey's initial hesitancy, it didn't take long for Dede to become a regular check-in person. Now when asking about Dede, Kindsey warmly describes her as the most amazing soul.

When Kindsey and Lynn found out they were expecting soon after losing Haley, Dede called to see how they were doing, and she continued to do so every step of the way. This new pregnancy was a blessing, but they still carried all the emotions from their recent loss. After Dr. Geyer had retired, Kindsey turned her care over to Dr. Brazus. At her eight-week ultrasound, they found out she had a subchorionic hematoma.

“A subchorionic hematoma is a common cause for bleeding early in pregnancy, so it’s nothing to be alarmed about but rather something you keep a close eye on to make sure it doesn’t become a problem,” Dr. Brazus said.

Due to her previous stillbirth and the high-risk nature of Kindsey’s pregnancy, she had her 20-week ultrasound with a maternal-fetal medicine specialist. Everything looked good, and she was cleared to continue her care with Dr. Brazus who continued to work closely with maternal-fetal medicine specialists.

“I was very comfortable with Dr. Brazus and knew she was competent,” Kindsey said. “When we had lost Haley, she went through everything to try to find an answer. She left no stone unturned. I also felt she knew the mental side of our situation, which I really appreciated. I was a seasoned mom, but I was also a seasoned grieving mom.”

At 34 weeks, Kindsey started to experience itchy feet, which is the main symptom of cholestasis—a complication that affects the liver. Dr. Brazus had her come into the hospital right away to get bloodwork done to test her liver function. Memories of their experience with Haley were all coming back as they took the same elevator and waited in the same triage room. The ultrasound thankfully showed the baby doing well, but they would have to wait one week for the lab results to come back. Then, at 35 weeks, her blood test results showed a high amount of bile acid, so they decided to do an early induction.

“I like to remind all my patients not to feel as if they are overreacting when it comes to their pregnancy,” Dr. Brazus said. “I tell them to call about any worries, and I make a point to be available for them.”

It was a Saturday afternoon when Kindsey was admitted to the hospital. With nearly 16 hours of laboring, no food and little progress, the situation wasn’t ideal. In addition, the combination of feeling stressed about a pre-term birth and it being near the one-year anniversary of losing Haley had Kindsey full of emotions.

Kindsey’s water was broken to get things moving and progress the labor. Within a few hours, she went from being about halfway dilated to fully dilated and ready to push. Then, to everyone’s relief, Justin Niehues was born at 3 p.m. on March 6, 2022.

“The silence of having a stillborn was traumatizing, so hearing him cry was the best sound in the world,” Kindsey said.

The Niehues weren’t out of the woods just yet. Because Justin was born at 35 weeks and considered premature, his lungs were not fully developed, resulting in respiratory issues. He needed to go to the Level II Special Care Nursery at Riverview Health, which Kindsey considers a blessing in disguise.

Once Kindsey was discharged, she was able to stay all 13 nights at the hospital while Justin was in the special care nursery. This allowed her to be physically close to her new baby with 24/7 access to him.

“I was able to stay in my same hospital room and was free to come and go as I pleased,” Kindsey said. “It was almost more like a hotel experience. But what I appreciated the most was having the amazing team of nurses who would reassure me when my mind would wander and I would worry throughout the night time when things were quieter. They never acted like I was bothering them with questions, and they were so encouraging.”

Finally, after nearly two weeks in the Level II Special Care Nursery and one day after the one-year anniversary of Haley’s loss, Justin was healthy enough to leave the hospital.

Justin is now thriving while the Niehues family is settling into a new home. Kindsey recognizes that her story of loss and miscarriage is not unique to just her and Lynn, as other parents have also experienced the same. But rather than being treated as just another family grieving the loss of a baby, Kindsey felt the maternity team at Riverview Health understood that this was their family’s own personal journey.

“On the actual day of Haley’s birthday, while I was still in the hospital with Justin, one of the nurses, Acacia, brought in a happy birthday sign with Justin’s footprints on it,” Kindsey said. “It’s all the little things that made a difference, including the community feel that I know you wouldn’t get in a bigger hospital system.”

“The silence of having a stillborn was traumatizing, so hearing him cry was the best sound in the world.”
— Kindsey Niehues



Born prematurely at 35 weeks on March 6, 2022, Justin Niehues is now thriving at home after spending nearly two weeks at the Riverview Health Level II Special Care Nursery.

Overcoming Endometriosis with Robotics

After years of dealing with the pain of endometriosis, Cindy Gaines was tired of suffering. She decided to undergo a hysterectomy using the da Vinci® robotic surgical system with Riverview Health OB/GYN Dr. Valerie Gathers. Now fully healed, Cindy says she wishes she would have done the procedure sooner.

After years of suffering from endometriosis, Cindy Gaines had tried everything to manage her symptoms. She was regularly struggling with painful cramping. Her active lifestyle was not what it had once been as she could no longer participate in activities she enjoyed. She had a surgery to remove her left ovary and fallopian tubes. She tried Lupron injections. She had a Nexplanon birth control implant placed. She took prescription medications. While some of those methods provided some relief, nothing was long-term, and the pain always returned. At 48 years old, she thought menopause would be her only way to feel better again, which could have been years away.

Finally, in October 2021, Cindy started seeing Dr. Valerie Gathers at Riverview Health Physicians OB/GYN.

“Endometriosis is a painful disorder where the endometrium—the tissue that should be growing inside your uterus—grows outside of the uterus,” Dr. Gathers said. “It can grow on your ovaries, fallopian tubes and in other places in your pelvis.”

In Cindy’s case, the endometriosis was occurring all over her internal organs, including her bowels, bladder and abdominal walls, which was causing a lot of pain.

“Dr. Gathers told me, ‘you’re just putting band-aids on this. And it’s not working. If you were my mother, my sister, my friend, I’d tell you to get a hysterectomy,’” Cindy said.

Cindy took her time contemplating surgery, as she worried about the recovery and how it would affect her life. But as her endometriosis symptoms worsened, she decided to go for it.

Dr. Gathers recommended using the da Vinci robotic surgical system for Cindy's hysterectomy.

"The da Vinci system allows a surgeon to perform complex procedures through tiny incisions with incredible precision," Dr. Gathers explained.

During a da Vinci hysterectomy, the surgeon sits at a console across the room from the patient. Using a high-definition camera, 3-D vision and a magnified view, the surgeon's hand movements are seamlessly translated into precise, real-time movements of the surgical instruments.

"Cindy had stage 4 endometriosis—meaning it had spread beyond her pelvic organs," said Dr. Gathers. "This makes the surgery a lot more complicated because we have to dissect out her pelvic organs. Also the da Vinci magnifies the surgical field so it's vital for trying to get out even the smallest endometriosis implants."

Benefits of the da Vinci surgery include minimal scarring, less blood loss, fewer pain medications and an overall faster recovery.

"Many patients are back to work within a couple of weeks with only lifting restrictions," said Dr. Gathers. "Patients' overall recovery is shorter. They have a lot less pain, and some, like Cindy, don't even require narcotics once they leave the hospital."

For Cindy, the recovery was just that. She was walking around immediately after surgery, took two doses of the prescription pain medicine and then only used Tylenol and Ibuprofen.

Two weeks after surgery, Cindy was walking 1.5 miles every day. All the pressure and heaviness she'd been feeling for years was finally gone.

"I kick myself for waiting so long. I feel so much better," Cindy said.

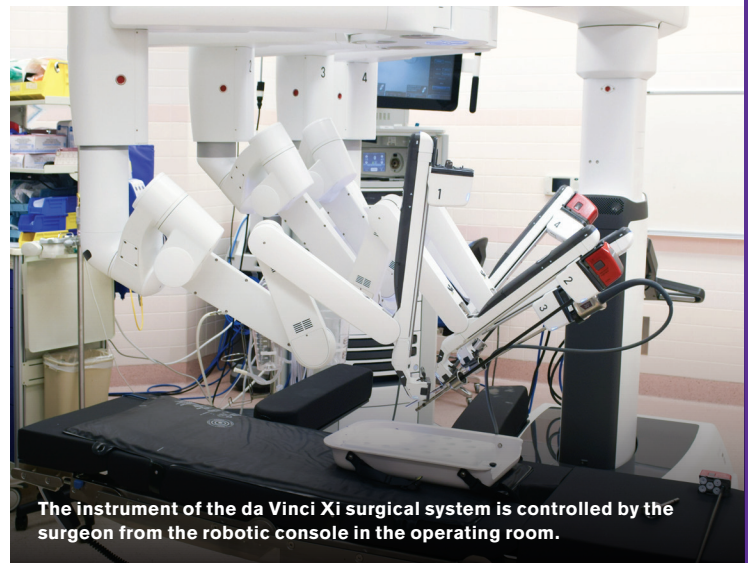
Like many women, Cindy put everyone and everything else ahead of herself, neglecting her own health.

"I always put myself on the back burner," she said, "And I need to make sure I focus on me sometimes."

She credited Dr. Gathers with giving her the push she needed to have the surgery.

"Dr. Gathers is wonderful—just a great doctor," she said.

"My whole experience was awesome. And I would highly recommend the da Vinci robotic surgery to any woman considering a hysterectomy."



Four New Joints, One New Perspective

By Norman Mindrebo, MD
Riverview Health Physicians Orthopedics & Sports Medicine

I've always been an active individual. Orthopedic surgeons typically have an aura of being active and strong, and I've always tried to set a good example for my patients. I've lifted weights for years, and I enjoy horseback riding and cycling with my wife, Peggy.

But in 2020, I started to slow down and noticed I couldn't walk more than a quarter of a mile on our daily walks.

Through the years, I've often heard my orthopedic patients call what they are experiencing "discomfort" rather than "pain." We learn to live with it, and even ignore it. And that was what happened in my situation.

I credit my daughter with snapping me out of the delusion that what I was experiencing was normal aging. While she was home for Thanksgiving in 2020, she watched as I walked our property and put items away in our barn. I couldn't even carry a piece of lawn furniture without holding onto something.

She looked at me and said, "Dad, when did you get old?"

Her statement caught me off-guard, and I knew I had to do something. The following Monday, I scheduled an X-ray to see what was going on with my joints.

The X-ray showed I had bone-on-bone arthritis in my knees and hips. How could I have let this go on for so long? As an orthopedic surgeon, shouldn't I have known better?

It's amazing how even doctors can overlook our health deterioration while simultaneously treating others for the same problems. But as the saying goes, "it's easy to look for the splinter in someone else's eye and miss the log in our own."

I was ready to make a change, and by December 2020, I was scheduled for a double hip replacement. After the surgery, I grew an inch taller and was able to stand up straight again.

A few months later, I underwent total knee replacement surgery on both of my knees. Once again, I grew an inch taller and was back to my pre-arthritis height.

After my surgeries, I wanted to push myself to be the best I could be. If the doctors, nurses and therapists were going to invest in me, it was my job to set a good example for myself and my own patients.



After years of performing hip and knee replacements on patients, Dr. Norman Mindrebo became a joint replacement patient himself and gained a greater understanding of what his patients experience.

We often don't realize that many people in the world lack the opportunities to receive treatment like we do. I've done medical mission trips in parts of the world where patients don't have access to surgical procedures, so I knew if God was giving me this chance, I needed to use it to the fullest.

I worked hard in therapy and recovered quickly. And it was worth it—the difference between my life before and after my replacements is like night and day.

Before my surgery, I didn't fully appreciate what it meant to walk down a hill or stairs pain-free. Riding in a car for more than a couple hours left me in intense pain, and getting on a horse was a huge challenge.

Now I can walk down the stairs like everyone else. I can ride in the car for hours without any discomfort. And to make things even better, I feel like John Wayne getting on a horse again!

I'm so grateful for this experience and how it has changed me as a surgeon. It has instilled a deeper level of empathy for my patients and what

they are going through. It has also made me appreciate how, even though our joints may be hurting, exercise is so important to help slow the damage and aid in the healing process.

If you're on the fence about getting a joint replacement and you're in pain, the best advice I have is to do it. It may seem scary, but it will change your life infinitely for the better.



Dr. Norman Mindrebo describes the difference between his life before and after his double hip and knee replacements as "night and day," and now he can return to the activities he loves.

**Riverview Health Physicians
Orthopedics & Sports Medicine
317.770.3777**

Getting the Most Out of Your Medications



Prescription after prescription. As you age, you may feel like your list of medications gets longer with every visit to the doctor. But what if your medications were counteracting each other and you didn't even know it? Or a prescription you have been taking for two years was only meant for short-term use, but you kept refilling it? Mistakes like these happen more often than you think, especially if you are seeing several different physicians for your care.

To combat prescription mishaps and get the most out of your medication treatment, Riverview Health offers medication therapy management, or MTM. Pharmacy manager Amy Sheller, PharmD, is one of the pharmacists a patient may see during an MTM session.

"Medication therapy management is usually an in-person appointment with a comprehensive review of all the prescriptions, over-the-counter medications and even herbal products that patients may use at home," Amy said. "I also look at where I may be able to save patients money on monthly prescriptions by finding generic brands or eliminating prescriptions that have no use."

Prior to an MTM session, Amy instructs the patient to bring all the medications they use—prescriptions, over-the-counter medications, herbal products and topical medications. To begin, Amy will look at the ingredients on every medication and examine how the drugs are interacting. She then determines the purpose for each medication.

"I want to make sure that my patients know the purpose of each medication and why they are taking it. I often see patients who are taking a prescription to treat a common condition. Sometimes we find out that the condition has been resolved, but they're still taking that medication because it became routine," Amy said.

In some instances, Amy experiences an "aha!" moment and finds a prescription in a patient's routine that they should not be using and may be harming their health. While working with an older patient, Amy noticed that the patient had recently started taking a medication to treat early symptoms of dementia.

"The patient had been taking a medication that can cause confusion, dizziness, and memory loss. I worked with their primary care physician to taper them off this medication because the patient reported the condition had resolved," Amy said.

Aside from prescription mishaps and drug interactions, Amy explores how she can save patients money each month by finding a generic version or recommending the elimination of a prescription altogether. Before making any changes to a medication, Amy personally calls the prescribing physician to discuss her suggestions and gets each physician's approval. By doing this, there is no additional stress on the patient to explain to their physician why they want these changes.

"I always encourage people to ask their pharmacist questions," Amy said. "However, that may be intimidating when there is a line of people behind you at the pharmacy. That is why I am so passionate about MTM."



If you are interested in learning more about Medication Therapy Management, call the Riverview Health Outpatient Pharmacy at 317.770.2446 or request an appointment at riverview.org/MTM.



A Career of Care: Joyce Wood's Story

When Joyce Wood was in the fourth grade, she knew she wanted to be a nurse. She never wavered in her goal, and after a 43-year career in nursing, she has never looked back or regretted that decision.

After 32 years with Riverview Health—the past 18 as vice president of organizational improvement and chief nursing officer—Joyce decided to retire in 2022.

At the start of her career, she spent 12 years working in post-operative surgery and recovery with another health system. She then joined Riverview Health in 1990, coming on board for a day shift opportunity.

"I was only going to be here for four or five years," Joyce said.

However, a year later, an opportunity came up in utilization review and quality. It was a day shift job with no evenings or weekends, so she went for it and quickly realized she loved being a part of the business side of healthcare. Over the years, she accumulated other responsibilities, including risk management, education and compliance. She has also had administrative oversight over the pharmacy, outpatient therapies, respiratory care, nursing services, infection control, wound care and the accountable care organization. In 2003, she was named the vice president of organizational improvement and in 2004 became the chief nursing officer.

Reflecting back on her career, Joyce has seen so many changes—from the physical improvements within the hospital to advancements in nursing and the addition of new services and technologies.

"When I began my career at Riverview Health, it was a 1970s-appearing hospital," Joyce said. "Throughout the years, we have revamped the entire campus."

Riverview Health built its current main campus in Noblesville in 1951 and during Joyce's tenure, has completely remodeled and made additions—upgrading the interior and opening new units, including a new emergency department, maternity unit and the Courtney Cox Cole Infusion Center, among other projects. During those years, Riverview Health has also expanded its footprint within Hamilton County by employing physicians across the county, as well as building a new hospital in Westfield and adding three freestanding emergency room/urgent care centers.

"We now have almost every specialty that you could need—which is impressive for a community-based hospital," Joyce said. "And we have all the same technology that all the larger institutions have."

While Riverview Health has seen incredible growth over the years and experienced many successes, Joyce said that her proudest moments are seeing the incredible care provided and, above all, helping people.

"While I don't do that at the bedside anymore, the processes that we put into place allow for our patients to receive great care," Joyce said. "I get to see the effects of that all the time."

Joyce has experienced many moments over the years that have stuck with her: Receiving heartfelt thanks and appreciation from patients for life-saving care. Organizing an honor walk for a dying patient about to donate his organs. Connecting a mother with the nurses who cared for her daughter in her last moments of life. Counseling patients and their family members as they make the most difficult life decisions.

As Joyce departs the profession she's loved all these years, she leaves behind an incredible team that she has set up for success.

"I would put our nursing staff up against anyone, anywhere," Joyce said. "If you are considering going into nursing, do it. Nursing is a great career, and we need more dedicated nurses to take care of people."

Joyce's contributions to the community have extended beyond Riverview Health, as she has held various leadership roles on boards with multiple non-profit agencies, including Meals on Wheels, Marian University Nursing Program, Riverview Health Foundation, Prevail, Trinity Free Clinic and others.



Opening of Riverview Health Westfield Hospital // 2018



Groundbreaking of Riverview Health Emergency Room & Urgent Care—Fishers // 2019



Thank you, Joyce, for all you've done. You'll be missed. Happy retirement!

Meet Aaron Nelson, DO, and Kara Lutes, CNP—Riverview Health Pain Management Center Providers

At Riverview Health Pain Management Center in Westfield, patients receive cutting-edge treatment in an empathetic and caring environment. By working as a team, Dr. Nelson and Kara collaborate on patient care and see patients quickly so they can overcome pain and live their lives to the fullest.

Aaron Nelson, DO

Specialties: Injections, neuroablation, radio frequency ablation, implantable therapies and minimally invasive surgery.

Dr. Nelson served in the United States Army for 15 years and completed tours in Afghanistan and Iraq. During his time in the military, he graduated from medical school and served as an anesthesiologist for the Army Forward Surgical Team.

“My interest in treating pain really comes from not only taking care of those large-scale traumatic injuries, but also recognizing that there is an aftermath that can destroy people’s lives,” Dr. Nelson said.

Dr. Nelson is a chronic pain patient himself after having multiple levels of his spine fused due to an injury. This experience has helped him understand the pain his patients face and empathize on a deeper level.

As a provider, Dr. Nelson prioritizes functional gains and improving patients’ everyday lives so they can enjoy what matters most to them.

“I love hearing a patient’s specific story about what they’ve been able to get back to,” Dr. Nelson said. “I love hearing that they attended their kid’s graduation and didn’t have to leave early, or that they were able to travel across the country for a wedding or a family reunion. I love hearing the stories of everything they thought they would miss out on, but they are now able to do because treatment helped them.”

Dr. Nelson says the only thing he loves more than being a doctor is being a dad. He also enjoys training his dogs, which serve as service dogs.



Kara Lutes, Certified Nurse Practitioner

Specialties: Medication management, clinic visits and procedure recommendations.

Kara is from Fort Wayne, Ind. and has been living in the Indianapolis area since December 2021. Kara knew from an early age she wanted to help others with her career, and after she graduated high school, she began nursing school. After completing her degree, Kara spent time working in emergency rooms before deciding to specialize in pain management as a nurse practitioner.

“I think there is a strong need for providers in the specialty of pain management. It gets sidelined a lot,” Kara said. “A lot of people live in chronic pain and don’t have anyone to focus on that component of their healthcare.”

Kara focuses on the holistic side of her patients’ care and believes creating a soothing environment for patients is crucial to helping them heal. Kara explores all treatment avenues with her patients to determine the best course of action for their unique situation.

“My favorite part of my job is being able to change a patient’s quality of life and for them to feel heard during their visit,” Kara said.

Kara also appreciates the close-knit feeling of Riverview Health.

“The nurses I work with here are fantastic,” Kara said. “Recently I ordered an X-ray, and within minutes the tech popped upstairs to talk with me and ask how exactly I wanted it done. You don’t get experiences like that at larger systems.”

In her free time, Kara loves to run, ride her bike and play with her two children.



To schedule an appointment at the Riverview Health Pain Management Center, call 317.770.5861 or visit riverview.org.

Get to Know Plastic Surgery Nurse Injector Lauren Hooton

For many people, the thought of a needle coming near their face can seem pretty scary. But with kind blue eyes and a skilled hand, Lauren Hooton, RN, BSN, puts her patients at ease.

Lauren, an aesthetic nurse injector with Riverview Health Physicians Plastic Surgery, has honed her skills under the expertise of Riverview Health Physicians plastic surgeon Joshua Tieman, MD.

“Working under Dr. Tieman and learning from him has been truly incredible,” Lauren said. “As the only medical provider in our office in addition to him, I’m alongside him for every patient—from surgery consults and postoperative visits, to injectables—and I’m hearing how his brain works and how he determines the best plan of care for each patient.”

After graduating from nursing school in 2017, Lauren worked as a pediatric nurse for more than four years.

“When I was in pediatrics, I was working with highly complicated diagnoses, so my ability to communicate complex things to kids and parents has really helped me learn how to provide excellent care and education for current patients,” Lauren said.

When thinking about her next move after working in pediatrics, entering the aesthetics field was a natural fit. Growing up as a dancer and then a cheerleader for the Indianapolis Colts football team, Lauren has always had a passion for the beauty and entertainment industry. Since joining Riverview Health Physicians Plastic Surgery, Lauren has done in-depth research on injectables and attended a training hosted by Allergan, the maker of Botox. But the training she’s received from Dr. Tieman has proven to be most valuable.

“A plastic surgeon’s years of training are so extensive, which makes learning from Dr. Tieman a privilege,” Lauren said. “He’s extremely focused on the anatomy of patients, which is so beneficial as an injector.”



If you’re interested in making an appointment with Riverview Health Physicians Plastic Surgery, call 317.214.5795 or visit riverview.org.

One of Lauren’s favorite things about being a nurse injector is creating relationships with her patients who come in feeling insecure about their appearance and leave feeling confident.

“I love how much the aesthetics field is progressing and how

people are realizing Botox isn’t just something you do once you’ve aged—it’s just as much a preventive option for the appearance of fine lines and wrinkles,” Lauren said. “A lot of my patients are in their 20s or early 30s and looking for preventive injections. On the flip side, some patients in their 50s are worried they’re too late, and that’s by no means the case.”

Lauren prides herself in taking the time to fully understand each

patient’s goals and have honest conversations with them about results and expectations.

“A lot of people hear ‘Botox’ and think it fixes everything,” Lauren said. “I work on educating patients about what is possible and what may be best treated by Botox, filler or something else.”

But when it comes down to it, understanding facial structure and muscles is something that is imperative in the injectable field in order to achieve safe and effective results.

“There are so many options when it comes to finding a person to perform injections, but I think it’s pretty special to get your injectables in a plastic surgery office by someone who has been trained by a plastic surgeon.”

What is Botox®?

When used for cosmetic purposes, Botox, or botulinum toxin, is FDA-approved and works by temporarily limiting muscle movement, which reduces the appearance of fine lines and wrinkles on your face, as well as prevents the formation of new wrinkles. Botox can also be used to correct a gummy smile, help chronic migraines, treat excessive sweating and more.

Riverview Health and Beyond

At Riverview Health, much more happens here than just medical care. From partnering with local organizations and attending community events to our employees receiving awards for excellent service, see what we have been up to in 2022.



Riverview Health partners with Fifth Third Bank to surprise the families of two babies born at Riverview Health on May 3 with \$1,053 to open a college savings account.



Riverview Health Foundation presents Riverview Health with a check for \$500,000 that was raised to help support and improve healthcare services for patients.



Valencia Montgomery, PsyD, and Lisa Lee, PT, ATC/L, speaking to the community.



Riverview Health Wound Care team was chosen to participate in a new program to study the benefits of hyperbaric oxygen therapy for veterans.



Riverview Health ER and Urgent Care—Carmel earns the Intuitive Health 2022 Center of Excellence Award



Alla Soyfer, NP, and Brian Peters, director of Pharmacy, organize donations to Ukraine.

Making Improvements Through Fundraising

Earlier this year, Riverview Health Auxiliary generously gifted \$50,000 to help purchase 16 new bassinets for the Riverview Health maternity unit, which are replaced every 10 years. This gift, along with a grant awarded by the Women of Vision Giving Club and gifts received at the 2022 Women of Vision Luncheon, went toward purchasing the bassinets.

“Over the past five years, we have seen an 11.9 percent increase in births,” said Michelle Allen, director of maternal and child services at Riverview Health. “There were 646 infants born at Riverview Health in 2021, so the bassinets get a lot of use. It is important to have up-to-date bassinets to ensure the safety of each baby born at Riverview Health as they travel from mom to the nursery.”



After evaluating several different options, Riverview Health selected MedViron Rise Bassinets. Some key new features include adjustable height to fit the stature of each individual mom and for recovering C-section moms, as well as drawers that open on each side for easy access.

Riverview Health Auxiliary has been helping raise funds for Riverview Health Foundation for more than 50 years through the operation of the Riverview Health Gift Shop and other fundraising activities. Past gifts from the Auxiliary have gone to support the Courtney Cox Cole Infusion Center, Help for Healing Fund, the special care nursery in maternity and numerous other projects and programs.

“Riverview Health Foundation is grateful for the ongoing efforts of the members of the Auxiliary who dedicate so much time and energy to help raise funds and support the patients and visitors of Riverview Health,” said Megan Wiles, executive director of Riverview Health Foundation.

Honoring a Long-time Volunteer

Riverview Health Board of Trustees announced the renaming of the Riverview Health Gift Shop to **Carolyn’s Corner Gift Shop** in honor and memory of long-time volunteer Carolyn Johns. Carolyn passed away on March 10, 2022. Board members felt it only appropriate to rename the Gift Shop in her honor and in recognition of her dedication and many contributions to Riverview Health.

Having worked in retail since she was 18, Carolyn’s expertise and work ethic was instrumental to the Riverview Health Gift Shop where she volunteered for more than 30 years until she retired in 2020.

The Gift Shop never felt like work for her. It was a place where Carolyn could be around people and keep up with the latest trends—all while volunteering for a good cause.

Carolyn’s dedication to the Gift Shop is one of the primary reasons for its success. She was there Monday through Friday helping with purchasing and displays of the many gift and clothing items for which the shop has become well known. With more than 23,000 hours of volunteer time dedicated to the Gift Shop and just shy of her 90th birthday, Carolyn’s retirement was both sad and joyous for employees at Riverview Health.

“We are so grateful for her years here,” said Melinda Nash, volunteer manager at Riverview Health. “We’re thrilled to be able to honor her.”



Carolyn Johns
January 13, 1931 — March 10, 2022



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