

# Riverviews



News from Riverview Health

## Getting Back in the Game with Athletic Training



Photo by Jill Almodovar

[riverview.org](http://riverview.org) | Spring-Summer 2018

### Also in this issue:

Coming Soon:  
Riverview Health  
Westfield Hospital

Getting a Bump Start  
on Your Pregnancy

Riverview Health  
Foundation Year in  
Review: 2017

# Letter from Seth



What a busy winter it's been! My boys like to stay active even when it's cold outside, so my wife and I have been spending a lot of time at the event center at Grand Park and the Pacers Athletic Center in Westfield watching their soccer practices and their basketball and futsal games. If you haven't heard of futsal, it's a type of indoor soccer played on a smaller field. It's been around for years but is gaining popularity in the U.S. While I love watching my sons play anywhere, I'll be glad when this

colder weather subsides and we can be outside for games.

The winter season didn't slow my family down, and it certainly didn't slow down anything for Riverview Health either. We've been going non-stop as we continue to care for our patients while making plans to improve and expand the services we offer.

Riverview Health Westfield Hospital is scheduled to open this spring. Though it has been a lengthy construction project, the final result will be worth the wait. See page 10 for more information about the hospital.

If you've been to our campus in Noblesville, you might have seen some recent updates there as well, including space for our new MRI with cutting-edge technology, a renovated cafeteria, new windows and other cosmetic changes around the building.

While our construction projects are the most visible, we've also been growing in other ways. Riverview Health Physicians has welcomed five new physicians over the past few months. As our practices continue to grow, we are adding more clinicians to take care of our patients.

While we are always experiencing changes at Riverview Health, one thing that has remained consistent since 1909 is our commitment to continue to adapt and expand to meet the healthcare needs of the community. And that won't be changing any time soon.

Have a happy and healthy spring and summer!

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 *Spring-Summer 2018*

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### 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](http://riverview.org).

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

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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.

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# 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 Designated as an Accredited Chest Pain Center

Riverview Health is once again designated as an Accredited Chest Pain Center. This accreditation means Riverview Health and its EMS partners excel in efficient, effective care of heart attack or acute coronary syndrome patients, starting with pre-hospital care, and including care in the emergency center, cath lab and through the discharge process.

## Riverview Health Earns AchieveWELL Award

Riverview Health has received the Five Star AchieveWELL Award through the Wellness Council of Indiana. The Five Star level of AchieveWELL recognizes elite organizations in Indiana that have made employee well-being a priority in the workplace and embrace it as part of the business strategy.

## New Clinicians

- » Akira Barhams, MD—Family Medicine
- » Kara Buckingham, PA—Orthopedic Surgery
- » Monica Bush, PA—Emergency Medicine
- » Niles Carter, MD—OB/GYN
- » Steve DeLee, DO—Family Medicine
- » Timothy Glass, MD—General Surgery
- » Mary Greenwalt, NP—Vascular Surgery
- » Sulfikar Ibrahim, MD—Hematology/Oncology
- » Roland Isaacs, NP—Pulmonary Medicine
- » Michael Kaveney, MD—Orthopedic Surgery
- » Lauren Kompier, DPM—Podiatric Surgery
- » Viney Mathavan, MD—General Surgery
- » Michael Marciniac, NP—Pulmonary Medicine
- » Kiersten McKinney, NP—Family Medicine
- » Mark O'Brien, MD—Family Medicine
- » Michael Rothbaum, MD—Ophthalmology
- » Laura M. Sink, NP—Urology
- » Megan Wood, MD—Otolaryngology
- » Michele Wright Mast, NP—Hematology/Oncology



## 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!**



## Visit a Local Park

Sometimes our schedules are so hectic we don't take time to enjoy (free!) community amenities. This spring and summer, get to know your local parks. Take your dog for a walk, plan a picnic with your family or simply read a book on a bench. The change of scenery and fresh air will do wonders for your mood.



With the help of the Orthopedics & Sports Medicine team at Riverview Health, Ryan was able to overcome a PCL tear he received during a football game the fall of his junior year. Photo by Jill Almodovar

# Getting Back in the Game with Athletic Training

*“I wouldn’t have been ready to play any games without athletic training.”*  
-Ryan Barnes

**R**yan Barnes looks more like an adult athlete than a high school senior. At 6 feet 4 inches tall and 230 pounds, the 17-year-old Noblesville High School (NHS) student would be an intimidating opponent on the college basketball court—let alone in a high school gym.

As a two-sport athlete—playing football and basketball—Ryan knows how important it is to stay at the top of his game. So, that made a knee injury during his junior year devastating.

“During the eighth football game of the season, I dove for a tackle and when my knee hit the ground I felt a pop,” Ryan recalled.

Despite the injury, Ryan kept playing and was assessed at halftime by Riverview Health athletic trainer Pete Dewar and team physician Dr. Stephen Jacobsen. From there, he was put in a brace and returned to the game. But the brace was just the beginning of his treatment.

The next morning at 7 a.m., Ryan went to see Riverview Health assistant athletic trainer, Kate Query, in the NHS athletic training room. He then learned that he may have torn his right PCL. The PCL, or posterior cruciate ligament, is an important stabilizer of the knee.

“His knee had some laxity and other concerns, so Kate sent him over to see Dr. Jacobsen that same morning at the Riverview Health walk-in clinic in Carmel,” Pete said.

Riverview Health Physicians Orthopedics & Sports Medicine Walk-in Clinic offers after-hours availability for patients such as Ryan. No appointment is needed to see the clinicians, who treat injuries that don’t require a visit to the emergency room, like sprains, strains, fractures, sudden aches or pains and other injuries resulting from physical activity. As in Ryan’s case, the weekend and evening hours are especially convenient for treating injuries from Friday night games.

As the team doctor for NHS athletes, Dr. Stephen Jacobsen—or “Dr. J” to those who work closely with him—says he is in constant contact with Riverview Health athletic trainers at NHS.

“We meet in the athletic training room every week in the fall to examine athletes and come up with treatment plans,” Dr. Jacobsen said. “Our athletic trainers even come in to the operating room to watch cases when their athletes undergo surgery.”

Riverview Health partners with Noblesville, Hamilton Heights, Sheridan and Westfield Washington schools to provide sports medicine coverage for students during games and practices. It’s this partnership that allows athletic trainers like Pete to work on-site with student-athletes up to six days a week, and sometimes twice a day. And, because of their proximity, they are often the first person an athlete will see after being injured.

**“When you have long-term rehab like this, you pretty much use every tool in your toolbox.” - Pete Dewar**

“We are the frontline when handling student injuries and triaging them,” Pete said. “Consistency in care and speed are important, and our end-goal is always to help the athletes heal and get them back in the game as soon as they safely can.”

After meeting with Ryan the morning after his Friday night football game injury, Dr. Jacobsen ordered an MRI scan. The scan confirmed his PCL tear, and from there, the sports medicine team was able to come up with a treatment plan.

“Every day after school I would come in and do treatment with Pete for about 30 minutes,” Ryan said. “It was nice being able to have treatment right there in the athletic training room and not go anywhere.”

His sessions with Pete consisted of a variety of treatments, including ultrasound, electric stimulation, restricted blood flow therapy and exercise rehabilitation.



“When you have long-term rehab like this, you pretty much use every tool in your toolbox,” Pete said. “You want to keep the body guessing and throw as much at it as you can and see what’s effective.”

After intensive therapy, Ryan was back to 100 percent by January and ready for basketball season.

“I wouldn’t have been ready to play any games without athletic training,” Ryan said.

When asked what advice he had for new students beginning their high school athletic career, Ryan urged students to build a relationship with the coaches and athletic trainers.

“Communication with them is key, and will ultimately make you a better athlete,” Ryan said.

Connecting with student-athletes and building a rapport is one of Pete’s favorite parts about being an athletic trainer.

“I’ve learned a lot about Ryan while working with him, and I think his intelligence is what made the biggest difference,” Pete said. “He is very aware of what is going on around him, and he understands how everyone needs to work together to achieve the best outcome.”

## AFTER-HOURS WALK-IN CLINIC

Life is unpredictable, and sport-related injuries often occur outside the hours of 9-to-5. To help treat all of life’s inconveniently timed sprains and aches, we are proud to offer an after-hours walk-in clinic at our Riverview Health Physicians 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 and Stephen Jacobson, MD.

Our experienced providers and staff are able to treat injuries that do not 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, chronic pain and spine pain are best treated by making an appointment at one of our orthopedic and sports medicine practices for a thorough evaluation.

### Riverview Health Physicians Orthopedics & Sports Medicine Walk-in Clinic

14535 Hazel Dell Parkway, Building A  
Carmel, IN  
317.705.4392

#### Hours

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

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



# Technology Lends a Hand to Local EMS

**D**uring a pediatric emergency, tensions are running high for parents, and the pressure is on for emergency medical services (EMS) personnel to take life-saving actions. Fortunately, paramedics and emergency medical technicians are expertly trained and prepared for the high stress levels they encounter on the job.

But treating children brings unique situations, as these tiny humans require extra precaution and care. In fact, EMS personnel obtain advanced life support certifications and training that are specifically focused on how to treat pediatric patients, as it differs from how adults are treated.

But soon, EMS staff from Noblesville, Sheridan and Wayne Township Fire Departments will have a tool to help them care for children. This spring, these departments will begin using a customized system called Handtevy to help their staff treat pediatric emergencies. Handtevy is a software system that includes a component for mobile devices and more. The use of the Handtevy is made possible through a partnership between the fire

departments and Riverview Health.

“Our paramedics and EMTs are extremely skilled in what they do,” said James Macky, Noblesville Fire Department EMS Division Chief. “But this app can help save valuable time during an emergency by automating the thought process when treating a child.”

Two significant differences between treating children and adults are determining the correct dosage for medications, and selecting and using equipment correctly. This is where Handtevy comes in. Using the app, a paramedic can input a child’s age and height to calculate the correct dosage for a medication, or to help with the selection of properly sized equipment.

Handtevy also integrates with EMS reporting systems to ensure seamless, accurate charting for the paramedic.

“As with all medical care, thorough and correct charting is essential to help ensure the best outcome for a patient,” said John Howard, MD, Riverview Health EMS Medical Director. “A patient’s chart is used by multiple healthcare staff members, so it’s important we all have the same accurate information to help us treat a patient.”

In addition, Handtevy has the capability to integrate with hospital electronic health record systems, an option that Riverview Health is exploring.

“I’m confident this technology will not only aid the performance of our staff, but it will help save the littlest members of our community,” Chief Macky said.



## Sleep Tight

Resist the urge to stay up later as the days get longer. Keeping your bedtime consistent helps your body know when it is time to sleep—which helps you feel rested and ready for your day when you wake up.

# This App Could Save Your Life

**I** magine you're out shopping with family when your loved one is suddenly unconscious and needing life-saving measures. You call 9-1-1 and wait while time feels like it's standing still. Then, a person comes running up and starts performing cardiopulmonary resuscitation (CPR) until the emergency medical services (EMS) personnel show up.

Where did this person come from, and how did he know you needed help? Well, there's an app for that.

PulsePoint, a free citizen emergency response app, will soon make this scenario possible in Hamilton County. Westfield Fire Department is partnering with Riverview Health to bring this technology to the county this year.

"When it comes to cardiac-related emergencies, time is crucial," said Rob Gaylor, Westfield Fire Department Deputy Chief. "PulsePoint will help bridge the gap between when a 9-1-1 call is placed and when first responders arrive on scene. The more users we get on the app, the stronger our citizen responder force becomes."

## Here's how it works

When you call 9-1-1, the call is routed through Hamilton County dispatchers who will activate PulsePoint if needed. The Hamilton County dispatch office is used for all EMS agencies in the county. Anyone who is certified in CPR by the American Heart Association (AHA) can register as a certified citizen responder. Then, when there is an emergency situation requiring CPR in a public location, local emergency dispatchers will activate the app to notify nearby app users about the emergency. The certified citizen responder can then provide CPR until professional help arrives.

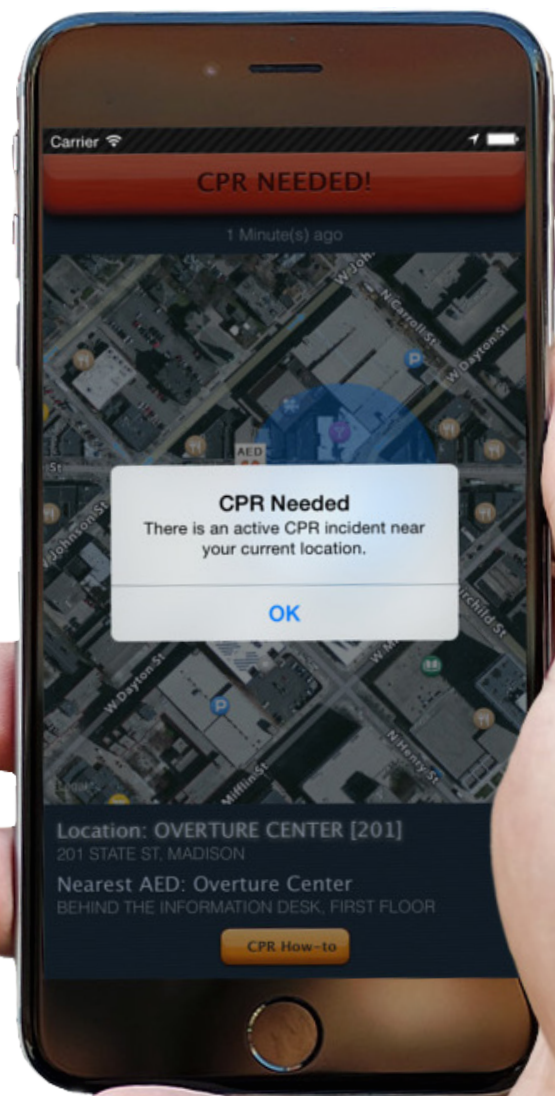
## Only for use in public places

For privacy reasons, app users will only be notified of emergency situations in public places—like a mall, soccer field, park or store. While app users should be certified in CPR, Good Samaritan Law legally protects people who provide reasonable assistance to those who are, or who they believe to be, injured, ill, in peril or otherwise incapacitated.

"By making this app available at the dispatcher level, patients throughout the entire county will benefit from its capabilities," said John Howard, MD, Riverview Health EMS Medical Director. "The most important thing during a cardiovascular emergency is to keep the heart pumping, and citizen-administered CPR is a huge part of that."

PulsePoint can help combat the conflict some may feel when they see an emergency and ask, "Should I help, or are they OK?"

"This app has the potential to change—and save—lives, and we're thrilled to have it here," Chief Gaylor said.



To help celebrate the app and build the local user base, Riverview Health is hosting several CPR classes for the public. For more details, keep an eye on [riverview.org/classes](http://riverview.org/classes).

# Getting a Bump Start on Your Pregnancy

By Theresa Holland BS, BSN, IBCLC, ICCE  
Perinatal education and lactation services coordinator

For some women, pregnancy and baby care may seem instinctive, and for others, it might as well be rocket science. If you fall into the latter category, don't fret. There are plenty of resources through the maternity services at Riverview Health to help you feel less overwhelmed. Our experienced, highly qualified staff can be your safety net during this exciting time of your life.

I've been working in maternity care for more than 22 years, and now as the perinatal education and lactation services coordinator at Riverview Health, I help prepare and support moms and dads along their parenthood journey. From even before becoming pregnant to those precious days you spend getting to know your little one, there's a lot to learn.

While most of the baby prep happens after you find out the good news, pregnancy health begins long before your positive pregnancy test. Being aware of your preconception health and getting the proper guidance from a healthcare professional can help you focus on lifestyle changes and health areas that have been shown to increase your chance of having a healthy baby.

Despite the advances in medicine and prenatal care in recent years, birth outcomes, such as low birth weight and early births, are worse in the United States than in many other developed countries, according to Centers for Disease Control and Prevention. Every pregnancy is unique, and while some of these outcomes can't be avoided, preconception health can help make a big difference. For starters, here are six things to do before getting pregnant:

- » Talk to your doctor about getting pregnant.
- » Take a daily prenatal vitamin.
- » Avoid drinking alcohol and stop using any harmful drugs.
- » Learn about your family medical history.
- » Maintain a healthy weight.
- » Get your stress level in-check.

## JOIN US AT BUMP START

**When:** Saturday, April 21, 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.



Once you become pregnant, the countdown to welcoming your baby begins. Starting from the first day of your last period, it'll be about 40 weeks, which is how your due date is calculated. It's important to find an obstetrics (OB) physician you're comfortable with and who you feel is right for you, as he or she will be with you for each step leading up to the big day. From your first pregnancy appointment where you'll sit down with a nurse to receive a complete overview of what to expect, to your regular office visits, the team at Riverview Health Physicians OB/GYN will provide you with personalized care that's focused on your unique needs.

Riverview Health also offers the following classes and support groups to help you prepare for the arrival of your new baby and beyond:

- » Bump Start—an event designed for expecting and soon-to-be-expecting parents
- » Preparation for childbirth classes
- » Breastfeeding classes and support group
- » Breastfeeding and returning to work class
- » Postpartum anxiety and depression support group

**To learn more about our maternity classes and support groups, visit [riverview.org/maternityclasses](http://riverview.org/maternityclasses).**

For any questions about these maternity resources and programs, please email Theresa Holland, BS, BSN, IBCLC, ICCE, at [tholland@riverview.org](mailto:tholland@riverview.org).



# Navigating Hormonal Changes

By Katheryn Moreira, MD, Riverview Health Physicians OB/GYN

As you age, your body produces less estrogen and progesterone, causing your monthly periods to stop—and other symptoms that differ for every woman. So how you manage this time of life can vary for every woman, too.

Technically, you reach menopause when you haven't had a period in 12 months in a row. However, perimenopause—the stage before menopause when hormonal changes begin—can last for many years. During perimenopause and menopause, you may experience:

- » Menstrual changes. Even if your periods were previously regular, the amount of blood flow and time between periods may now vary.
- » Night sweats. Light to profuse sweating that occurs during sleep, frequently waking you up and disturbing your rest.
- » Hot flashes. Sudden, intense feelings of heat in the face, neck and chest, often accompanied by increased perspiration.
- » Mood swings. Periods of anger, frustration or sadness may appear suddenly.
- » Weight gain. Pounds creep up, especially around the waist, as the body loses muscle and gains fat.
- » Vaginal changes. The vagina can become dry and thin, making intimacy uncomfortable or even painful.
- » Urinary changes. Leakage or incontinence.
- » Mental changes. Forgetfulness or trouble focusing.

Small lifestyle changes may help you feel better immediately—and throughout the rest of your life. Start with simple adjustments like dressing in layers and keeping room temperatures

lower, especially at night. Other changes include getting regular exercise, minimizing alcohol use, practicing healthy eating habits and finding ways to reduce daily stress, such as walking and talking with friends, meditation or yoga.

You may also want to discuss hormone replacement therapy (HRT) with your doctor. Simply put, HRT is a way to replenish your body with key hormones and is available in many forms, including pills, patches, creams and gels. There is, however, no “one-size-fits-all” HRT, and there are both benefits and risks to it, depending on your symptoms and health history. For example, HRT should generally be avoided by women with certain types of cancers or a history of heart attacks, blood clots or strokes.

When it comes to managing menopause, the best course of action is to talk to your doctor, who can help you monitor your ongoing symptoms and assist with finding the right treatment for you.

Katheryn Moreira, MD, is a board-certified OB/GYN specialist with Riverview Health Physicians.



Sources: FDA.gov, WomensHealth.gov

# Land and Water Fitness Classes

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



## Aqua Motion

**Type of class:** Water  
**Cost:** \$72  
**Class duration:** Eight weeks

This class is intended for those who already have some exercise stamina and want to participate in low-impact, non-traditional exercises to improve their heart health. In this aquatic class, we'll use patterned movement combinations to maximize the resistance of water and get your body in motion. We'll also focus on improving your cardio and strength.



## Align and Refine Yoga

**Type of class:** Land  
**Cost:** \$50  
**Class duration:** Eight weeks

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.



## Silver Sneakers Now Available in Noblesville and Carmel

Riverview Health Rehab & Fitness now offers Silver Sneakers memberships to eligible participants, which allows access to fitness facilities in Noblesville and Carmel without a monthly membership fee. Staying active as you age is essential to maintaining good health, and can be a crucial part of helping you maintain your strength and independence. Physical activity helps improve your ability to heal, your mental capacity and your mood. To make staying active easier, now you can work out close to home, too. Riverview Health Rehab & Fitness facilities in Noblesville and Carmel offer:

- » High-quality cardio and strength-training equipment
- » Land and water fitness classes (additional fee applies)
- » Clean, spacious facilities
- » Knowledgeable and friendly staff
- » Personal training (additional fee applies)

You may be eligible for a Silver Sneakers membership at no cost to you. Check with your health insurance carrier to see if you qualify. **For more information, call Riverview Health Rehab & Fitness in Noblesville at 317.776.7225 or in Carmel at 317.705.4350.**



## Go Green

Enjoy the variety of fresh produce this season has to offer by eating one large salad a day. Make it colorful and keep your palette guessing by adding lots of veggies, fruits and nuts. Forgo the calories hidden in most premade salad dressings by making your own vinaigrette—a little balsamic vinegar and olive oil go a long way!

# Coming soon: Riverview Health Westfield Hospital

The much-anticipated Riverview Health Westfield Hospital will open this spring. While holding a variety of medical services, the building will open in phases. Floors one and two will open first, while the remainder of the building will be finished approximately three months later.

## ■ Fourth Floor

Riverview Health Physicians Orthopedics & Sports Medicine will have an office in the building and will house sports medicine physicians Roy Henderson, MD, Joseph Hui, MD, and orthopedic surgeons Christy Kellams, MD and Michael Kaveney, MD. This office will also have a walk-in orthopedic clinic.

The fourth floor will also hold outpatient rehabilitation services, including physical therapy and occupational therapy.

## ■ Third Floor

Once open, the third floor will be an inpatient unit with 16 beds, all with private, spacious rooms.

## ■ Second Floor

The second floor will house four inpatient beds as well as surgery services. The hospital will have three surgery suites, along with the necessary recovery rooms and pre- and post-operative rooms.

## ■ First Floor

### Emergency and Urgent Care

The hospital will hold the area's first combined ER and Urgent Care. When you're injured or ill, you may not be sure what level of care you need. Riverview Health Westfield Hospital will offer a single, convenient access point at which to seek care so you don't have to decide and you will be guided to the level of care you need.

### Laboratory Services

The hospital will have a full lab that will offer both inpatient and outpatient services and tests.

### Employer Clinic

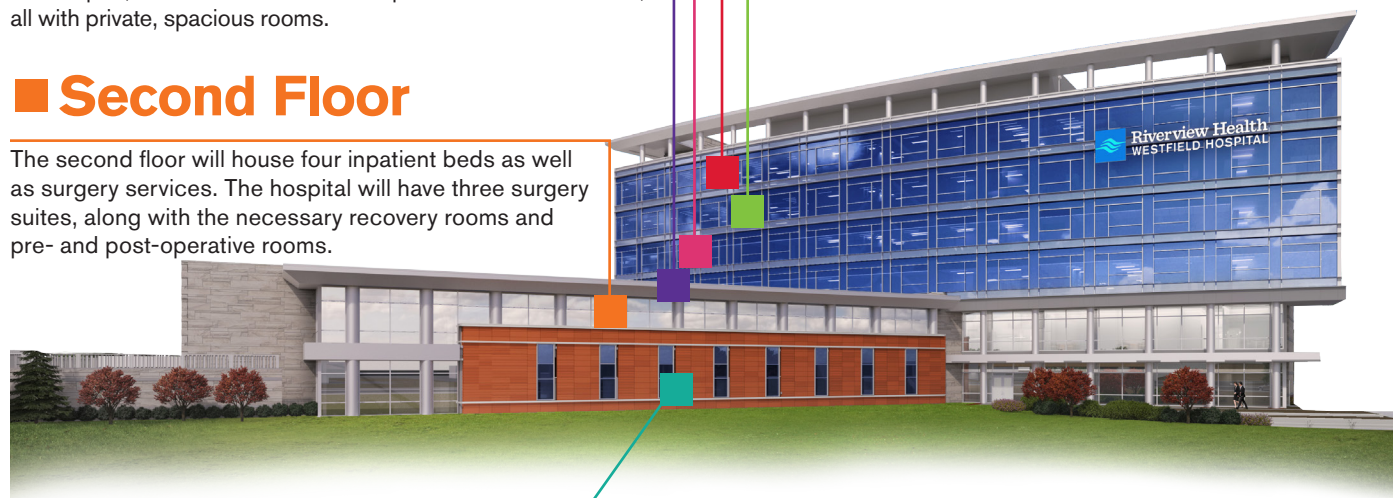
Riverview Health provides employer services for Westfield Washington Schools, Hamilton County and the City of Westfield. Employees from all of those organizations will be able to access care at this location.

## ■ Sixth Floor

The sixth floor will provide room for growth for other physicians, such as surgical specialists.

## ■ Fifth Floor

This floor will house Riverview Health Physicians primary care providers Valerie Beard, MD, Jeffrey Klak, DO and internal medicine provider Sonal Ravichandran, MD. Other specialties will include endocrinology and general surgery.



### Pharmacy

Riverview Health Outpatient Pharmacy—Westfield will relocate to Riverview Health Westfield Hospital. The pharmacy will serve both inpatient and outpatient needs and offer a convenient drive-thru window.

### Imaging

The imaging center will provide services for the hospital's inpatients, as well as those visiting the ER or Urgent Care. Patients also may schedule services ordered by a physician. The services will include ultrasound, digital X-ray, 3-D mammography, CT and MRI scans.

### WorkMed Clinic

We will add a third WorkMed clinic in the hospital. Our other two locations are in Noblesville.

# Riverview Health Foundation

## Year in Review: 2017

Thanks to the generosity of our donors, Riverview Health Foundation had another wonderful year of raising dollars to support programs and projects at Riverview Health. After celebrating our 40th anniversary in 2016, we began 2017 by laying the framework for how the Foundation could make the next 40 years and beyond just as impactful.

### April

We announced our grant recipients from our Women of Vision Giving Club. These grants were awarded to departments within Riverview Health that support and serve women and children.

The 2017 grant recipients included:

- » Maternity Services: \$14,350
- » Pregnancy and Infant Loss Program: \$1,000
- » Radiation Oncology—Breast Cancer Education: \$1,300
- » Rehab and Fitness—Lymphedema Treatment Supplies: \$3,000
- » Riverview Health Auxiliary—Touch of Love: \$9,000
- » Riverview Women's Boutique: \$6,595

These grants are made possible through gifts received by the Women of Vision Giving Club and proceeds from our Women's Endowment Fund. If you are interested in learning more about the giving club and how you can join, please visit [riverview.org/women-of-vision-giving-club](http://riverview.org/women-of-vision-giving-club) or call 317.776.7938.



Handmade blankets are provided to all babies born at Riverview Health, courtesy of the Riverview Health Auxiliary's Touch of Love program.



Riverview Health Foundation executive director Megan Wiles addresses the crowd at the 25th Annual Heartfelt Thanks Golf Outing at Pebble Brook Golf Course.

### June

The Foundation hosted the 25th Annual Heartfelt Thanks Golf Outing at Pebble Brook Golf Course. BMO Harris Bank was again our presenting sponsor, and we had a beautiful day of fun, fellowship and great golf, while raising funds to support our many projects. Gaylor Electric, Inc. provided another wonderful lunch and dinner for the attendees.



Local models showcase the fashions during the Women of Style luncheon.

### September

Our 2017 Women of Vision Luncheon was postponed and combined with the Riverview Health Auxiliary's annual style show in September. The event was titled "Women of Style" and highlighted women in Hamilton County who make a difference in the community. At the luncheon Tina McIntosh, Founder and President of Joy's House, was presented with the Women's Impact Award for 2017.



**Tina McIntosh, Founder and President of Joy's House, was presented with the Women's Impact Award during the 2017 Women of Style event.**

### Upcoming Foundation Events

#### 14th Annual Women of Vision Luncheon

On Friday, May 4, Riverview Health Foundation will host its annual Women of Vision Luncheon, featuring speaker and national author Kelly Corrigan. Kelly will share her stories on strength, empowerment and overcoming life's challenges. The event will take place at the Embassy Suites & Conference Center in Noblesville. Registration begins at 11 a.m. **To learn more about Kelly, visit [kellycorrigan.com](http://kellycorrigan.com).**

**For sponsorship information or to purchase tickets, contact Maggie Owens at [mkowens@riverview.org](mailto:mkowens@riverview.org) or call 317.776.7938.**



**Riverview Health unveils its new MRI machine—the Toshiba Titan 1.5**



#### 26th Annual Heartfelt Thanks Golf Outing

The 26th Annual Heartfelt Thanks Golf Outing, presented by BMO Harris Bank, will be held on Wednesday, June 20, at the Pebble Brook Golf Club in Noblesville. Golf registration begins at 9:30 a.m. Shotgun start at 11 a.m. **For sponsorship information or to secure a foursome, contact Maggie Owens at [mkowens@riverview.org](mailto:mkowens@riverview.org) or call 317.776.7938.**

#### Donate to the Riverview Health Foundation

To learn more about ways to give and how your donation can make a difference, contact Maggie Owens at 317.776.7938.

## October

Riverview Health opened a new MRI suite with a Toshiba Titan 1.5. Generous donors contributed more than \$750,000 to the Foundation for the new MRI machine. We're grateful for their partnership in ensuring our community has access to high-quality healthcare and advanced technology close to home.

The Toshiba Titan 1.5 allows for the latest exam techniques to be used while making the MRI experience more comfortable for patients. The wider bore provides a greater feeling of openness for the patient, and the new technology dramatically reduces acoustic noise—the most significant cause of patient discomfort during an MRI exam.

## 2018 and Beyond

As we look ahead to 2018, we are excited about the opening of Riverview Health Westfield Hospital and the expansion of our Infusion Center at the Noblesville campus, as well as some exciting Foundation events. **For more information about the Riverview Health Foundation, or if you would like to make a gift, please visit [riverview.org/foundation](http://riverview.org/foundation).**

# Upcoming Seminars & Events

## MARCH

### Body Knowledge & Living a Well-Balanced Life

**When:** Wednesday, March 14, 6-7 p.m.

**Where:** Riverview Health Rehab & Fitness, 601 Westfield Rd., Noblesville

Join Brittany Nelson, RD, to learn about how the Body Knowledge program, featuring the BOD POD, can help you reach your health and wellness goals. Brittany will explain how the quick, accurate BOD POD readings work together with the Body Knowledge program to help you set and achieve personalized goals, including weight loss, dietary improvements and lifestyle changes.

### Treating Sinus & Allergy Issues

**When:** Wednesday, March 21, 6-7 p.m.

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

Join Dr. Michael Agostino, a board-certified ear, nose and throat specialist, to learn more about common sinus and allergy issues and the latest treatments.



## APRIL

### Innovations in Joint Replacement

**When:** Thursday, April 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, April 21, 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.

### Healthy Feet are Happy Feet

**When:** Thursday, April 26, 6-7 p.m.

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

Join podiatrist Dr. Nathan Graves, and Shannon Smith, NP, to learn about treatment options for common foot ailments. The presenters will discuss everything from conservative to surgical treatments, as well as the role Riverview Health Wound Care plays in healing foot ulcers or infections.

## MAY

### Living with Diabetes

**When:** Thursday, May 10, 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.

### The Road to Recovery: Life After a Stroke

**When:** Tuesday, May 15, 6-7 p.m.

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

Join Dr. Ron Miller for a seminar on stroke care, including the benefits of physical, occupational and speech therapies as well as education on stroke prevention. Learn how the therapy programs at Riverview Health can help you or a loved one return to an optimal level of function after a stroke.

## Low Back Pain Treatment Options

**When:** Wednesday, May 23, 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 more 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.

## JUNE

### Innovations in Joint Replacement

**When:** Thursday, June 7, 6-7 p.m.

**Where:** The Bridgewater Club,  
3535 East 161 St., Carmel, IN

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.

### Treating Joint Pain

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

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

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.

## AUGUST

### Living with Diabetes

**When:** Thursday, Aug. 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.

### Managing Your Medications

**When:** Wednesday, Aug. 15, 6-7 p.m.

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

Confused about your medications? Join Amy Sheller, PharmD, Riverview Health Outpatient Pharmacy manager, to learn how medication therapy management can help ensure that you are getting the most out of your prescriptions. If you are on multiple medications and want to make sure your current drug therapy is safe and effective, this seminar is for you.

### Sleep Disorders & Your Health

**When:** Thursday, Aug. 23, 6-7 p.m.

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

Join Dr. Michael Levine, medical director of Riverview Health Sleep/Wake Disorders Services, to learn how sleep disorders, such as sleep apnea, can have a serious effect on your health, including increased risks for heart disease, stroke, depression, diabetes and other chronic diseases. Dr. Levine will also discuss the latest in the diagnosis and treatment of sleep issues.

## 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:** Second Thursday of every month,  
5-6 p.m.  
**Where:** Riverview Health  
(Conference Room 1435, use  
Women's Pavilion entrance)  
**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:** 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 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 p.m.  
**Where:** Riverview Health (March and April  
sessions will be held in room 1406. All  
other sessions will be held in 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](http://riverview.org/classes) or by calling 317.776.7999.**



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## 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.

***Opening this spring. To learn more, visit [riverview.org/westfieldhospital](http://riverview.org/westfieldhospital)***

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