

NEWS FROM RIVERVIEW HEALTH

WINTER 2015

# RIVERVIEWS

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



## FIGHTING BREAST CANCER WITH POSITIVITY



**ALSO IN THIS ISSUE:**

BACK IN ACTION AFTER SPINE SURGERY, CELEBRATING 40 YEARS OF SUCCESS, AND STRIVING FOR A HEALTHY HEART

# Letter from Pat



Welcome to Riverviews! Thank you for taking the time to read through our magazine. We've made every effort to fill it with content we think you'll benefit from and enjoy.

As the days get shorter and the weather gets colder, it's easy to want to curl up at home and hibernate until March. There are several things working against us in our effort to stay healthy until spring. Many fruits are no longer

in season in the grocery stores, and snowy weather not only makes outdoor exercise harder but also more dangerous. But don't throw in the towel and trade it for a blanket on the couch just yet. We're here to help you through the winter to achieve your wellness goals by spring.

Hearty soups and heavy meals are popular during this time of year, but it's important to remember to eat them in moderation. While the holidays are a wonderful time to share a delicious dinner with family and friends, try using a small plate to help with portion control and reduce the possibility of overeating.

Whether you're hosting or attending holiday parties in the coming months, it's a good idea to have hand sanitizer for you or your guests. Practicing proper hand hygiene is the first line of defense to avoid catching a winter cold or the flu.

You don't have to wait until January 1 to resolve to live a better, healthier life. You can start today by moving your exercise routine indoors or joining a fun exercise class at Riverview Health Rehab & Fitness.

Focusing on your physical health is important, but don't forget about your mental wellness too. If you find yourself getting caught up in the hustle and bustle of holiday shopping or end-of-year work at the office, try to find some moments to steal away into a quiet room to clear your mind and take some deep breaths.

By keeping all these things in mind, you can be sure to set yourself up for a healthy holiday season.

Wishing you a warm winter full of good health.

Pat Fox  
PRESIDENT AND CEO, RIVERVIEW HEALTH

## NEWS FROM RIVERVIEW HEALTH Winter 2015

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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 and Tipton counties. For a complete listing of physicians and office locations, visit [riverview.org](http://riverview.org).

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

**PRESIDENT AND CEO**  
Pat Fox  
**MARKETING AND PR DIRECTOR**  
Olivia Huser  
**MARKETING/COMMUNICATIONS COORDINATOR**  
Christin Barber  
**MARKETING COORDINATORS**  
Michelle Sprehe, Elizabeth Goers

**Questions or Comments?**  
Call 317.776.7999

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

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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 Honored for Cardiac Care

Riverview Health is one of only 319 hospitals nationwide to win the prestigious American College of Cardiology's NCDR ACTION Registry-GWTG Platinum Performance Achievement award for 2015. To earn this award, a certain level of treatment guidelines had to be implemented for eight consecutive quarters. [riverview.org/ACCaward](http://riverview.org/ACCaward)

### Women's Boutique at Riverview Health Receives Accreditation

The Women's Boutique at Riverview Health recently received a three-year accreditation award in post-mastectomy prosthetics. This accreditation, presented by the American Board for Certification in Orthotics, Prosthetics & Pedorthics, Inc., includes products such as specialty bras, breast forms and wigs for women who have undergone mastectomies or chemotherapy after a breast cancer diagnosis. This is the highest level of accreditation available in the profession of orthotics and prosthetics. [riverview.org/BoutiqueAward](http://riverview.org/BoutiqueAward)

### Riverview Medical Group Renamed Riverview Health Physicians

The physician group at Riverview Health is now known as Riverview Health Physicians. This name reflects the connection providers have to Riverview Health and the comprehensive physician care Riverview Health provides the community. [riverview.org/RHPannouncement](http://riverview.org/RHPannouncement)

### New Clinicians

Please join us in welcoming the following clinicians:

- » **Addison Haynes, DO**—specializes in family medicine and osteopathic manipulative medicine
- » **Holly Longstreet, DO**—specializes in family medicine and osteopathic manipulative medicine
- » **Bushra Rafeeq, MD**—specializes in internal medicine and nephrology
- » **Sonal Ravichandran, MD**—specializes in internal medicine

### Saving winter skin

The cold temperatures of winter can take a toll on our bodies. With blowing winds and dry air, it's important to stay moisturized and maintain healthy skin. Try keeping hand cream in your purse or desk, and use a cold cream cleanser to remove makeup. Also, consider using a humidifier at home to keep the air fresh and moist. Lastly, try not to shower in extremely hot water, as it'll remove natural oils from your skin.



For more wellness tips, look for these icons throughout this edition of Riverviews.



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

### 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. Visit [riverview.org/stay-connected](http://riverview.org/stay-connected) to register. Sign-up is easy!



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.



# FIGHTING BREAST CANCER WITH POSITIVITY

**T**here are words people use to describe themselves. They start out broad—woman, mother of three, dedicated worker, Noblesville resident—but the longer the list of words grows, the more personal they become.

Determined. Breast cancer survivor. Inspirational.

Pam McDonald is all of these things.

Pam, 48, started getting annual mammograms at the age of 31. Her grandmother had breast cancer at a young age, so she knew she faced an increased risk.

One day after a shower, Pam noticed it—a small lump in her left breast. She was due for a mammogram soon, so she decided to wait until her appointment. After two mammograms showed something suspicious, her doctor performed a biopsy, and her fears were confirmed. At less than a centimeter in diameter, there it was. Cancer.

“I’m a do-it-and-take-action type of person,” Pam declared. “I thought, ‘there’s nothing I can do to change this,’ so I sprung into action. That was kind of my therapy.”

Within two weeks of receiving her diagnosis, Riverview Health Physicians surgeon Samuel Heiser, MD, performed a lumpectomy to remove the tumor in Pam’s breast. Dr. Heiser also removed four lymph nodes, two of which were found to be cancerous. The spread of the cancer to her lymph nodes made her diagnosis early Stage II cancer.

“It all happened very quickly. From diagnosis to meetings with radiologists and oncologists, everything was streamlined, and they took great care of me,” Pam recalled. “Everyone was so helpful and took the time to explain things to me. I

took a notebook to every appointment and didn’t leave until I had all my questions answered and understood my course of treatment.”

Having a plan and asking questions is one of the best ways to cope with a new breast cancer diagnosis, according to Dr. Heiser.

“The anxiety with breast cancer is probably greater than any anxiety I see with any other medical problem,” Dr. Heiser said. “But if you can be in a situation where you have very up-to-date information, skilled physicians, the most modern equipment available and then a small team of physicians, nurses and nurse navigators who are communicating with each other on a very routine basis, it’s kind of the best of all possible worlds when you’re facing a problem like this.”

Because her tumor was estrogen-positive and her grandmother had cancer before the age of 50, Pam had a preventative hysterectomy in case her cancer was genetic.

“If you know you have a family history of breast cancer, be aware of changes in your body and get screenings when they’re recommended,” Pam urges.

“If you find something, take action as quickly as possible.”

After surgery, Pam had a few weeks of radiation but no chemotherapy, as the tumor was found to be non-aggressive.

“I was very lucky that this was detected early and my treatment plan was fairly easy,” Pam said. “The most important thing is to put together the right team and have confidence in them. You feel all these emotions when you’re first diagnosed: sadness, fear and worry. But the staff at Riverview Health was able to put me at ease.”

For Dr. Heiser, it’s taking the time to console and answer questions from patients that makes his job rewarding.

“It’s 5:30 pm, and you’re hungry and you want to go home—but you know how scared that woman is and how important it is to say, ‘look, come on in, let’s talk,’” Dr. Heiser says. “Passion is what drives you that little step further to be a little bit better doctor.”

Though Pam will be on medication for the next five years to control the estrogen in her body, for now, she’s back to being what she was before her diagnosis: a woman, mother of three and a dedicated worker.



## Helping Cancer Patients with a Touch of Love

Through the rollercoaster of coping with a cancer diagnosis and treatment, Riverview Health patients are warmed by the love generated by volunteers and local community members.

For 10 years, several women have come together to participate in A Touch of Love—a group of dedicated volunteers overseen by Riverview Health Auxiliary and Volunteer Services.

These women volunteer their free time to knit and crochet blankets, shawls, hats and pillows for patients undergoing chemotherapy at Riverview Health. Not only that, but every baby born at Riverview Health receives a handmade blanket, often kept by families as a keepsake.

The group is funded by Riverview Health Foundation Women of Vision Giving Club. In 2015, the Women of Vision Giving Club was able to provide enough funding to help purchase supplies to last through 2016.

Not only does A Touch of Love provide emotional support and care to patients, but many homebound community members are able to contribute their yarn creations to the cause, making it truly a win-win group.

**For more information about A Touch of Love, contact Jerri Barnes at 317.770.8205.**

**To make a donation to Women of Vision Giving Club, visit [riverview.org/donate](http://riverview.org/donate) or contact Jessica Deering at 317.776.7938.**

## VIDEO: Pam’s Story



Hear how 48-year-old Pam McDonald overcame her challenges by staying positive and seeking out a team of experts at Riverview Health. Her steadfast determination to beat her breast cancer makes her story a true inspiration.

**WATCH: [riverview.org/FightingBreastCancer](http://riverview.org/FightingBreastCancer)**



After receiving a breast cancer diagnosis Jan. 30, 2015, Pam McDonald went into fighting mode and refused to let the illness define her or affect her life with her kids.



After unbearable back and leg pain were relieved by spine surgery at Riverview Health, Jim Vrooman is back in his role as a hospital volunteer.

## BACK IN ACTION AFTER SPINE SURGERY

Few people know the ins and outs of Riverview Health better than its volunteers. They can be seen helping patients and visitors at each entrance on the main campus, smiling in elevators or transporting patients through the hallways at the hospital.

For 10 years, Jim Vrooman and his wife, Betty, have been volunteering their time at Riverview Health to help hospital patrons. Sporting a volunteer vest, Jim's favorite job is as a bed transporter—wheeling patients around the hospital and trying to brighten their days.

"I think anytime you volunteer you're doing something for free, so your reward is the cheer and help you bring other people," Jim remarked. "You fulfill their needs, and when you go home at night, you feel good for doing that."

For months, Jim's love for volunteering meant he pushed through back pain that had been bothering him on and off for years. As an avid athlete in his earlier days, Jim played several sports and even pitched in the world tournament of softball in the 1960s. An old football injury at the age of 14, along with his active lifestyle through the years, led to several joint replacement surgeries for Jim, including both his knees and a hip.

But none of that stopped him from volunteering until February 2015, when Jim's back pain became so severe that he was unable to move. During a 10-hour car ride home from a vacation in Mississippi, Jim couldn't stand up without unbearable pain and weakness in his back and legs.

"I called my Riverview Health doctor and said, 'I'm driving straight to the hospital from this road trip. I can't take the pain,'" Jim recalled.

Jim was admitted to Riverview Health where John Ward, MD, an interventional pain specialist with Riverview Health Physicians,

gave him injections to help manage his pain. Despite the injections, the pain persisted, and Jim was referred to orthopedic and spine specialist Praveen Perni, MD.

"Jim had a severe condition causing instability of his spine in two places in his lower back," Dr. Perni said. "This caused spinal stenosis, in which his nerves were being compressed, leading to increased leg pain and weakness."

Within a few days of seeing Dr. Perni, Jim was scheduled for back surgery. During Jim's surgery, Dr. Perni was able to free the pinched nerves and create stability by fusing parts of his spine together using a bone graft and screws.

"The relief was immediate," Jim remembers. "I was walking the next day, and the best part was I was completely pain-free."

For the next three weeks, Jim completed rehabilitation and physical therapy at Riverview Health. Though he used a wheelchair before his surgery, he was soon walking with

a cane and then walking completely unassisted.

"The nurses and rehab staff did a wonderful job of getting me back in shape," Jim gushed.

Getting up and moving soon after surgery is one of the most important aspects of recovery, Dr. Perni says.

"Jim was the perfect patient—he did everything that was asked of him, and his determination is what got him back to his active lifestyle," Dr. Perni said.

But Jim gives all the credit to the surgery and rehab staff.

"You have the option to choose where to go for your healthcare," Jim said. "To me, this is the place I choose for any surgery or medical care."

A few weeks after his surgery, Jim was given the all-clear to go back to doing what he loves—volunteering.

"I know I didn't get any special treatment just because I'm a volunteer," Jim said. "The staff here gives everyone the same personal touch they gave me. This is the best place to be."

### Low Back Pain Seminar

**When:** February 3, 6-7 pm

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

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

They'll discuss ways to reduce pain, including injections and surgery. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Holiday heartburn

With all the food that comes with the holidays, there's bound to be heartburn. To prevent heartburn, don't eat within three hours of going to bed, avoid lying down after eating, and try to maintain a healthy weight. Once heartburn hits, improve your posture and loosen any tight clothing that could restrict your stomach. Also, try to neutralize stomach acid by chewing gum or slowly drinking a glass of water with a dissolved teaspoon of baking soda.



### Should You See a Spine Doctor About Your Back Pain?

Experiencing back pain at some point is inevitable. Whether you've overexerted yourself lifting something heavy, had an injury or you have poor posture for extended periods—back pain happens.

But just because you're experiencing pain, it doesn't necessarily mean you have to go running—or worse, hobbling—to an orthopedic or spine specialist.

First, try some conservative treatments such as over-the-counter pain medicine, anti-inflammatories, heat, ice, stretching, physical therapy and rest.

Most back pain will get better within a couple weeks. If after about six weeks your pain hasn't gone away, you may find relief through spinal injections by an interventional pain doctor.

If your pain starts to affect your quality of life and daily activities or movement, consider seeing a doctor sooner. If your pain involves weakness, shooting pain or numbness in your legs, you should see a doctor within a couple days of experiencing these sensations. Seek help sooner if your pain occurs at night or is associated with fever, chills or extreme weight loss, as these can be symptoms of an infection or greater underlying problems.

It's important to take care of yourself and pay attention to your body. If leg weakness or bowel or bladder changes associated with back pain go ignored, they can lead to permanent problems.

# RIVERVIEW HEALTH FOUNDATION 40TH ANNIVERSARY

## CELEBRATING 40 YEARS OF SUCCESS

For many, the year 1976 sticks out as one of many celebrations. The United States celebrated its bicentennial. The Indiana Hoosiers men's basketball team went undefeated, winning the NCAA National Championship. More quietly, though, a group of dedicated men and women in Noblesville chartered the Riverview Hospital Memorial Foundation. In 2016, that organization, known today as Riverview Health Foundation, will celebrate its 40th anniversary.

The community effects of Riverview Hospital Memorial Foundation could be seen from the very beginning. In its first year, it welcomed more than 150 members and helped Riverview Hospital purchase an echocardiograph for the Cardiology department. During the next few years, much of the focus for the Foundation was on contributing to the purchase of other much-needed equipment.

In the early 1980s, the Foundation increased its efforts to include two larger projects and expand its reach into the community by providing loans and grants to physicians to open medical practices in Hamilton County, and, with the help of a bequest from the Geneva Fisher Estate, the creation of Riverview Wellness Center. Many of the physicians who received funds from the Foundation to open offices are still practicing with Riverview Health.

As generous donors continued to provide financial support to help grow the Foundation, so grew the needs of Riverview. Capital campaigns for areas such as the Surgery Center, Emergency Center, Women's Pavilion and Cardiology department helped Riverview Health not only expand its services, but meet the needs of the increasing number of patients.

The Foundation also helps support Riverview Health through its endowment and the Women's Endowment Fund. The Women's Endowment Fund was started during the Women's Pavilion campaign in 2003 in order to support women's programs, services and equipment at Riverview Health. Through this endowment and the Riverview Health Foundation Women of Vision Giving Club, patients in the Maternity Center, Women's Center and Cancer Center are able to receive various items and high-quality services.

While equipment and medical technology are ever-changing, Riverview Health and Riverview Health Foundation continue to focus on one thing—the health and well-being of our community. In 2014, Riverview Health provided more than \$20 million in uncompensated care for residents in Hamilton and Tipton counties.

The benefits afforded by Riverview Health Foundation and its donors for the past 40 years—as well as current and future donors—will leave a legacy that lasts for the next 40 years and beyond.

## PLANNED GIFTS: LEAVING A LEGACY

In 1909, Dr. Samuel Harrell founded Harrell Hospital and Sanatorium, which later became Riverview Health. His legacy of leadership helped secure the future for high-quality, compassionate medical care in Hamilton and Tipton counties.



Dr. Samuel Harrell

To honor Dr. Harrell's commitment to the health of his community, Riverview Health Foundation created a society in 1999 named in his honor for those who make a planned gift to Riverview Health Foundation. This special type of gift creates a legacy by which the donor can be remembered.

### Planned gifts include:

- » **Bequests**—Property or money designated to Riverview Health Foundation upon death, including the designation of Riverview Health Foundation as a beneficiary of a life insurance policy or retirement account.
- » **Charitable remainder trust**—An irrevocable trust that generates a potential income stream for you or your beneficiaries for a period of time with the remaining assets given to Riverview Health Foundation.

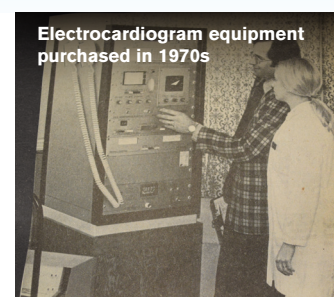
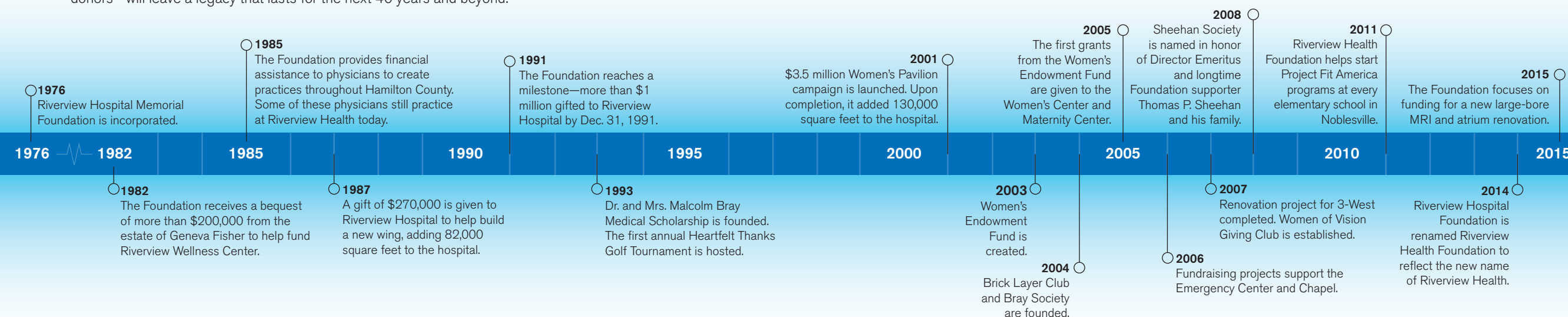
When a planned gift is given to Riverview Health Foundation Endowment Fund, the original gift amount will remain in the fund and a percentage (4-5 percent) of the total balance of the fund will be used to support the long-term healthcare needs of Riverview Health.

To learn more about planned giving opportunities, please consult with your professional advisor.

## 5 Ways to Give Before the End of the Year

1. Do some of your holiday shopping on smile.amazon.com and designate Riverview Health Foundation as your charity of choice. *But don't forget about our local merchants, the Riverview Health Auxiliary Gift Shop or the Women's Boutique at Riverview Health.*
2. Make a tax-deductible gift online using your credit card by visiting [riverview.org/donate](http://riverview.org/donate). You may also mail a check payable to Riverview Health Foundation to 395 Westfield Rd., Noblesville, IN 46060.
3. Contact your professional advisor to make a provision in your estate plan for a future gift. Please be sure to notify Riverview Health Foundation of your gift so you're recognized and included in the Dr. Samuel Harrell Society.
4. Make a distribution out of your charitable gift fund or donor-advised fund to Riverview Health Foundation.
5. Make a gift of appreciated stock. Rather than cashing in your stock and paying taxes on the gains and writing a check, you may simply transfer the ownership of the stock to Riverview Health Foundation. By donating shares of stock directly to Riverview Health Foundation, you'll receive the tax deduction for the fair market value of the stock on the date the gift was made.

For more information, please contact Megan G. Wiles at 317.776.7317 or [mwiles@riverview.org](mailto:mwiles@riverview.org).



# Upcoming Seminars & Events

## DECEMBER

### Blood Drive

**When:** December 15, 2-6 pm  
**Where:** Riverview Health (Outside of Surgery Pavilion)

The Indiana Blood Center Bloodmobile will be on-site in front of Riverview Health Surgery Pavilion. Raise your sleeve and donate blood to help others in our community. **To learn more about donating blood or to schedule an appointment, please contact the Indiana Blood Center at [donorpoint.org](http://donorpoint.org) or call 317.916.5150.**

## JANUARY

### Women's Health & Wellness Event

**When:** January 23, 8 am-noon  
**Where:** Riverview Health (Women's Pavilion)

Join us for a morning filled with health and wellness events including risk assessments, screenings, breakout sessions and discussions designed to inform and inspire women.

**For more information, visit [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Knee & Hip Pain Seminar

**When:** January 26, 6-7 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Timothy Williams, a board certified and fellowship-trained orthopedic surgeon, will cover important information regarding partial and full joint replacement procedures and the treatment of arthritis. A light dinner will be served. The program is free, but registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

## FEBRUARY

### Low Back Pain Seminar

**When:** February 3, 6-7 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join board certified and fellowship-trained physicians, Dr. Praveen Perni and Dr. John Ward, to learn more about treatment options for low back pain caused by sciatica, a pinched nerve or stenosis. They'll discuss ways to reduce pain, including injections and surgery. A light dinner will be served. The program is free, but registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



### Hand & Arm Pain Seminar

**When:** February 10, 6-7 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Christy Kellams, a fellowship-trained orthopedic surgeon, will present different treatment options for common hand and arm problems such as rheumatoid arthritis, carpal tunnel, repetitive use and other conditions. A light dinner will be served. The program is free, but registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Joint Replacement Seminar

**When:** February 18, 6-7 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Dr. Jeffrey Ginther, a board certified and fellowship-trained orthopedic surgeon, will explain different procedures for hip and knee replacements, such as the direct anterior approach for hip replacement and computer-assisted knee surgery. He will also discuss who's a good candidate for surgery. A light dinner will be served. The program is free, but registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Heart Healthy Cooking Event

**When:** February 23, 6-7:30 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join Riverview Health and its team of cardiologists and staff for an evening of heart-healthy recipes and cooking tips. We'll serve each item prepared and conclude the evening with a Q&A session. Attendees will receive a coupon for a complimentary blood chemistry profile at the Riverview Health Outpatient Laboratory and a copy of each recipe. Registration and payment are required by February 16. Cost per person is \$15. **Register online at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



### Health benefits of houseplants

Bringing some green into your home during winter can prove beneficial to both your physical and mental health. Indoor plants help purify the air by removing toxins and fighting pollutants. Plants also release water, which increases humidity and decreases your chance of dry skin, colds, sore throats and dry coughs. According to the American Horticulture Therapy Association, houseplants also bring psychological benefits such as increased self-esteem, improved mood, and reduced stress, anxiety and depression.



February is American Heart Month. Learn about our cardiovascular screenings at [riverview.org/HeartMonth2016](http://riverview.org/HeartMonth2016).

## TWO DECADES OF STRIVING FOR A HEALTHY HEART

More than 20 years ago, Jerry Barr and Ralph Taylor made commitments to improve the health of their hearts. Ever since, they've each been loyal patrons of Riverview Health Cardiopulmonary Rehab Gym.

For Jerry, his wake-up call came after suffering a heart attack in 1994, when he was just 53 years old.

"I have a family history of heart disease," Jerry said. "My father and grandfather both died of heart attacks, so I feel like I have to do everything I can to exercise, and consult regularly with my cardiac rehab nurses, cardiologist and primary care physician."

In 2000, Jerry had another heart attack. He thought his artery was clear until a cardiac rehab nurse strongly urged him to get his heart checked out. Jerry went in for what he thought was a simple heart catheterization procedure, but ended up getting a life-saving stent.

"I feel comfortable about doing my exercise at the cardiopulmonary rehab gym at Riverview Health because I'm being monitored while I exercise," Jerry said. "The cardiac nurses are concerned if I'm not there or miss one or two days. That reminds me what I need to be doing."

It was at this gym two decades ago where Jerry met Ralph. Ralph, 61 and a Noblesville resident, was advised by his cardiologist 20 years ago to start working out at the gym to help delay the need for a bypass procedure. Nine years later, he had a quadruple bypass at Riverview Health.

"I chose Riverview Health because I know the people here," Ralph recalls. "I'd rather be close to home and know the nurses and staff. Having a friendly face around is comforting."

Ralph continues to come into the gym about three times a week, and he's proud to be off his heart medications. Both men agree their time at the gym is good for their heart in more ways than one.

"I keep coming back because of the people and because it's convenient and I need the exercise," Ralph says. "The nurses are great. Over the years, you make friends and you become part of a group, so my plan is to keep coming in."

## SUPPORT GROUP SPOTLIGHT: MENDED HEARTS

Feeling alone after receiving a diagnosis of heart disease is something you'll never have to experience at Riverview Health. On the third Wednesday of each month, you can find a group of friends meeting and bonding over their shared stories of living or caring for someone with heart disease. Once a bunch of strangers, this tight-knit group finds camaraderie and solace by being members of Mended Hearts, a national organization for people with heart disease and their caregivers.

Mended Hearts has more than 20,000 members nationwide, including chapter #350 in Noblesville.

When members aren't meeting, they gladly pay visits to newly diagnosed patients in the hospital or those who are about to undergo a heart procedure. It's this emotional support that's unmatched when it comes to providing comfort and encouragement.

**Learn more about Mended Hearts at [riverview.org/classes](http://riverview.org/classes).**

## Support Groups

### Adolescent Pregnancy and Peer Support Group

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

### Breastfeeding Support Group

**When:** Every Thursday, 10:30 am-noon  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)  
**Information:** 317.776.7200

### Diabetes Support Group

**When:** Second Thursday of every month, 7-8 pm  
**Where:** Riverview Health (Conference Room 1435, use entrance #11)  
**Information:** Diabetes Education Center, 317.776.7233

### Infant Loss Support Group

**When:** Last Thursday of every month, 7-8 pm  
**Where:** Riverview Health (Dad's Retreat, lower level of Women's Pavilion)  
**Information:** Dede Flaherty, [dflaherty@riverview.org](mailto:dflaherty@riverview.org) or 317.776.7302

### Mended Hearts

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

### Survivors of Suicide Loss Support Group

**When:** Second Tuesday of every month, 6:30-8 pm  
**Where:** Riverview Health (Classrooms A&B, lower level of Professional Building)  
**Information:** Colleen Lawson, [juvlawson@aol.com](mailto:juvlawson@aol.com)





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