

NEWS FROM RIVERVIEW HEALTH

FALL 2015

# RIVERVIEWS

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



## USING AN INJURY TO GAIN PERSPECTIVE



**ALSO IN THIS ISSUE:**

GOOD THINGS COME IN THREES, HELPING STUDENTS WITH ADHD, AND A NOTE FROM RIVERVIEW HEALTH FOUNDATION

# 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 temperature begins to drop and the leaves change, it's time to start thinking about taking preventative measures to ensure you don't catch a nasty cold or the flu during the fall and winter months.

Autumn is a great time to safeguard your loved ones and yourself by getting an annual flu vaccine. At the Riverview Health Fair on Oct. 3, we're offering a one-stop shop for flu vaccines, lab tests, women's health services and other important screenings.

If you can't make it to our health fair, be sure to make an appointment with your primary care physician for an annual check-up and vaccinations. If you don't have a primary care physician, Riverview Health Physicians has expanded its primary care team by adding Dr. Odell Smith at Noblesville Family Care and Dr. Meredith Taylor at Prairie Lakes Family Medicine. **For a complete list of our doctors, visit [riverview.org/doctor](http://riverview.org/doctor).**

If you don't want to wait until the health fair to have blood work done, you can order screenings that test your cholesterol, blood sugar, thyroid, nutrition, heart health and more. **These tests can be ordered online without a doctor's order—just visit [riverview.org/labs](http://riverview.org/labs).**

It's easy to get wrapped up in caring for your children or family members, but don't ignore your own health needs. It's equally important to take care of yourself.

Have a happy and healthy fall season!

Pat Fox  
PRESIDENT AND CEO, RIVERVIEW HEALTH

## NEWS FROM RIVERVIEW HEALTH Fall 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.

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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 Receives Awards

Riverview Health recently received two awards from the American Heart Association (AHA).

- » **The Mission: Lifeline Receiving Center Silver Plus Award** was achieved for successfully implementing nine quality-improvement measures outlined by AHA for the treatment of patients who suffer severe heart attacks.
- » **The Fit-Friendly Worksites Award** recognizes employers who go above and beyond when it comes to their employees' health. This includes offering employees physical activity support, increasing healthy eating options at work and promoting a wellness culture.

Read more at [riverview.org/AHAawards](http://riverview.org/AHAawards).

## 2015 Five-Star Excellence in Healthcare Award

Riverview Health recently won a 2015 Five-Star Excellence in Healthcare Award for overall quality of care given by Professional Research Consultants, Inc., a healthcare market research company.

The honor was given to the 3-East Inpatient Med/Surg Unit for scoring in the top 10 percent nationally for "Excellent" responses according to patient feedback.

The Five-Star Excellence in Healthcare Award is given annually to healthcare organizations that excel in creating outstanding experiences for patients, as well as making their organizations a better place to work and practice medicine.

## New Clinicians

Please join us in welcoming the following clinician:

- » **Meredith Taylor, MD**—specializes in internal medicine and pediatrics

## Don't let the flu catch you

Peak flu season runs from December to February, but it can hit as early as October. To help prevent the spread of the flu, avoid people who are sick, and stay home if you're sick. Wash your hands frequently with soap and water, and wash items that come in contact with your nose or mouth. No matter how many precautions you take, the best way to prevent the flu is to get vaccinated every fall.



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

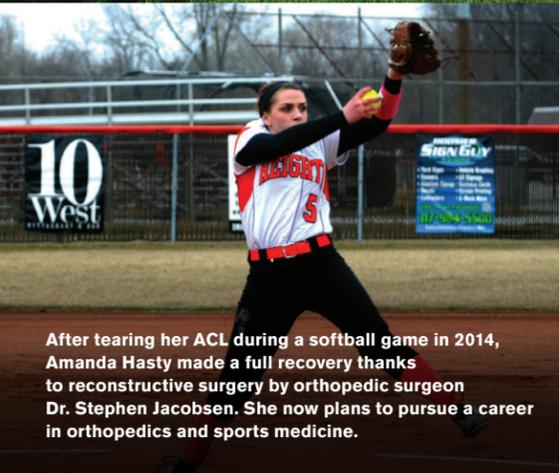
Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter. **Visit [riverview.org/stay-connected](http://riverview.org/stay-connected) to register. Sign-up is easy!**



*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.*



# USING AN INJURY TO GAIN PERSPECTIVE



**I**t was late in the game between Hamilton Heights and Yorktown high schools in April 2014 when a Yorktown pop-fly rocketed to the area between left field and center field. Amanda Hasty, a 17-year-old Hamilton Heights junior at the time, was playing left field.

As the ball fell, she ran, arms outstretched for the catch, when suddenly she collided with her centerfield teammate.

Snap. They both went down.

Amanda tried to make it to her feet, but she collapsed. Yorktown went on to win the game. In addition to the sting of a loss, Amanda went home with a painfully swollen knee.

A couple days later, she went to get her knee checked out by Riverview Health Physicians orthopedic surgeon Stephen Jacobsen, MD, and he identified an anterior cruciate ligament (ACL) tear and a medial collateral ligament (MCL) sprain in her left knee.

“Part of me was upset that I’d be out for the rest of the season,” Amanda remembers. “But it was only my junior year, and I knew this wasn’t the end of my high school sports career.”

Dr. Jacobsen has treated ACL injuries in people of all ages, but before he could reconstruct Amanda’s ACL, the swelling had to go down, and she needed to get some range-of-motion back. After a couple weeks, Amanda headed in for surgery where Dr. Jacobsen reconstructed her ACL using a graft from a ligament in her hamstring.

“For young, active people, we almost always want to use a source for the ACL graft that’s from the patient because it tends to be more resilient and a better

option,” Dr. Jacobsen noted.

Finding a good, flexible graft source is extremely important for people who tear their ACL at a young age because they’re more likely to have another tear, Dr. Jacobsen says.

“Young ACL patients are vulnerable for a tear of the same ACL or the other ACL because they have more life ahead of them, and they’re more active as a teenager than in their 30s and 40s,” he said.

Regardless of age, ACL tears also tend to be more common in women than men, Dr. Jacobsen says.

“There’s a number of reasons why women are more likely to tear their ACL,” according to Dr. Jacobsen. “Some of these things you can’t change, like the fact that women have a smaller space in their knee for the ACL than men, so the size of their ligament is smaller on average. Some studies say higher tear rates in women may be related to differences in the shape of the bones of the knee or to differing hormonal levels.”

Biomechanics are also a factor because women tend to jump and land more straight-legged than men, Dr. Jacobsen says. But that can be changed.

Some studies show a reduction in ACL tear rates among women who undergo a preseason training program—such as the sports enhancement programs at Riverview Health Rehab & Fitness—to focus on altering the way they land after a jump.

For Amanda, focusing on these techniques with her athletic trainer, as well as overall strength and fitness conditioning, helped her gain the confidence and physical ability to return to the field for her senior season. Though her injury put her on the sidelines for a few months, it inspired her to focus on her future.

“For me, this really was a motivator,” Amanda recalled. “Even my trainer said it changed me as a person. I went to the gym a lot, and it made me a stronger, better player.”

Amanda was able to play softball her senior year and walk across the stage at her high school graduation in June 2015. And her injury even played a role in the academic path she plans to take in college.

“This whole situation has pushed me into wanting to go into orthopedics, specifically sports medicine,” Amanda said. “Dr. Jacobsen and his staff were so great. He really took the time to explain things to me and my parents. I’m interested in learning more about what he does.”

Dr. Jacobsen said he’s happy not only with her recovery, but also that she used it as an opportunity.

“She took something that could have been a major setback for some, and instead, used it to grow,” Dr. Jacobsen said. “We’re happy to play some small role in that.”



## Nine Reasons Your Workout Should Start with a Warm-up

Doing warm-up exercises before your workout is important for many reasons. A good warm-up will gradually increase your heart rate, increase circulation to your muscles, tendons and ligaments, and afford you the chance to mentally prepare for your workout.

The importance of warm-up exercises can be compared to driving your car in freezing cold weather. It’s generally best to allow your car to warm up a bit before driving it. The same principle applies when you work out. You want to physically prepare your body for the demands of a workout by gradually warming it up.

With so many benefits from a proper warm-up, here’s a list of the top reasons why you should begin your workout with a warm-up.

- » Blood flow to the muscles increases, allowing for the efficient delivery of essential nutrients, such as glucose (sugar) and fatty acids, to the muscles.
- » Internal body temperature rises, allowing for improved muscle movements while reducing the potential for injury.
- » Nerve impulses move faster, allowing for improved coordination and reaction times.
- » Overall oxygen delivery improves, while shortness-of-breath decreases.
- » An incremental rise in heart rate helps prevent a rapid increase in blood pressure.
- » Muscles acclimate to a greater workload and become more pliable, resulting in enhanced power potential.
- » Blood flow to the heart gradually increases, reducing the risk of cardiac arrhythmias.
- » Sweating is promoted, which helps cool the body during exercise.
- » Mental activity improves, leading to a more focused, beneficial workout.

## Food for muscle and joint health



Muscle health starts with protein. You can find protein-rich foods in sources such as dairy, meat, poultry, eggs, seafood, legumes and whole grains. Don’t forget carbohydrates, as they provide energy for your muscles and build new tissue. Additionally, unsaturated fats help maintain the integrity of muscle cell membranes. Glucosamine and chondroitin are dietary supplements that are essential to your joint and cartilage health. Foods rich in vitamin A, like kale, broccoli and collard greens, protect the body from breaking down joint-lubricating collagen. Consider foods with omega-3 fatty acids—which decrease inflammation from exercise—including fish, flaxseed, avocado and walnuts.

After tearing her ACL during a softball game in 2014, Amanda Hasty made a full recovery thanks to reconstructive surgery by orthopedic surgeon Dr. Stephen Jacobsen. She now plans to pursue a career in orthopedics and sports medicine.



Amy Vanosdol and her husband expanded their family by three in October 2013, when they welcomed triplets into the world. These were the first triplets born at Riverview Health.

## GOOD THINGS COME IN THREES

**D**uring a routine ultrasound early in her pregnancy in 2013, Amy Vanosdol was getting nervous. The ultrasound technician had been silent for a long time. Then, the silence was broken.

Three. There are three babies, the technician said.

"I was in shock," Amy remembers. "It didn't seem possible at first. It took a little time for me to realize, 'wow, these are triplets.'"

Amy and her husband already had two children, who were 11 and 13 years old, when they decided to try for one more child.

Initially, Amy found out she was carrying twins, but then a third baby was discovered hiding behind the twins. In a rare occurrence, one of the embryos divided into two, creating identical twins in addition to the other embryo, a fraternal twin, for a total of three babies.

"We began to get really excited because we felt special—triplets are so uncommon," Amy recalls. "We knew God had a purpose because we were trying for just one more, but He chose us for a special assignment."

Riverview Health Physicians OB/GYN specialist Polly Trainor, MD, has been Amy's doctor for more than a decade, and Amy was grateful to have Dr. Trainor by her side for this pregnancy.

"I love Dr. Trainor, to put it mildly," Amy enthused. "She knows me, and she's paid very close attention to every little detail about my pregnancies and my health as a woman."

Amy, who was 37 during her pregnancy, had some increased risk factors for gestational diabetes, preterm delivery, preeclampsia and twin-to-twin transfusion because of her age and the fact that she was carrying multiples. She was diagnosed with anemia

because of her pregnancy, and she had to have frequent ultrasounds to make sure the babies' were developing properly. She also received steroid injections to help the babies' lungs develop, in case she delivered early.

"Amy isn't a person who likes to take help," Dr. Trainor said. "All of us women think we're Superwoman, but this kind of brought her to her knees."

Amy is thankful she had Dr. Trainor to hold her hand and reassure her, she said.

"At times, I was kind of fragile and fearful when it came to my health issues, but Dr. Trainor always eased my mind," Amy recalled. "She takes things slow. She's very gentle, soft-spoken, kind and funny."

During week 35 of Amy's pregnancy, she was scheduled to have a C-section, but her water broke the day before, and unfortunately, Dr. Trainor was out of town.

"I knew these babies had to come but, at the same time, my heart was a little sad because Dr. Trainor had been through it all, and I knew it was her who got me to that point," Amy remembers. "But I knew she would want me to be brave and strong in her absence."

Riverview Health Physicians OB/GYN specialists Stephanie Brazus, MD, and Katheryn Moreira, MD, were on-hand to deliver the triplets.

"When I was wheeled in to deliver, it was one of the best feelings to see so many doctors, nurses and staff prepared and waiting for me," Amy said. "It just went so smoothly. Dr. Brazus and Dr. Moreira were amazing."

Despite being disappointed she couldn't deliver Amy's babies, Dr. Trainor is happy there was a great outcome.

"I have great partners who took care of her in my absence, and we had great pediatric support," Dr. Trainor said. "We have a really wonderful team here."

On Oct. 14, 2013, Amy brought Addison Grace, Ashton Marie and Maxwell James into the world with no complications.

Amy and her family live about an hour away from Riverview Health, but she doesn't mind driving the distance to see Dr. Trainor.

"That's how committed I am to Riverview Health," Amy says. "They're committed to me so I'm committed to them. They've taken great care of my family and me. I'm so thankful for my faith in God for leading me to Riverview Health and all the wonderful doctors and staff there."

### Five Things Your OB/GYN Wants You to Know

As an OB/GYN specialist with Riverview Health Physicians, Cameal Wright, MD, focuses on treating a woman as a whole. Dr. Wright strives to create a place for open communication between her and her patients, and education is a large part of that. By educating women on the five key areas below, she hopes to provide more confidence when it comes to taking care of their health.

**Pap exam frequency**—The American Congress for Obstetricians and Gynecologists recommends women with a normal Pap result wait three years before getting another Pap exam. Previously, the recommendation was to have a Pap exam every year. Many women believe their gynecological exam is a Pap exam only, so if they don't need a Pap every year, they don't come in regularly. We want our patients to know their annual pelvic and breast exam is equally important to their overall health and well-being.

**Planning pregnancy**—There are many tests and treatment recommendations we can provide before women conceive to help ensure a smoother pregnancy. In general, any sexually active woman should take folic acid, as it's shown to help prevent major birth defects in infants.

**Lab screenings**—As we age, it's important to check our cholesterol, glucose and iron levels so when we're not feeling well, we have baseline results for comparison.

**Sexual dysfunction**—We recognize sexual dysfunction is a huge issue for women, and many don't feel comfortable discussing it. We want women to know our office is a safe place to have these types of discussions. We can make recommendations and help find the cause of their dysfunction so we can more effectively treat it.

**Mental health**—We're often the first line of contact when a woman says she's feeling down. Anxiety and depression are issues we frequently deal with, and when appropriate, we refer women to mental health providers in the community.

### Fun fall activities for the whole family



It's easy to stay in and begin an early hibernation when sweater weather comes along. But don't overlook all the fun ways to stay active with the whole family this fall. Scavenger hunts are a great way to work together and have fun outside at any age. You can also explore a corn maze and increase your kids' puzzle and problem-solving skills. Take photos during a walk so you can identify leaves with your kids and teach them about the fall foliage. And when it's their turn to take photos, it allows their creativity to blossom.



Cameal Wright, MD, is a board certified OB/GYN physician with Riverview Health Physicians.

# HOMESCHOOL DOESN'T HAVE TO BE A BATTLE



It can be a struggle to get your kids back into the swing of school, schedules and homework—especially if they have trouble focusing. Children with Attention-Deficit/Hyperactivity Disorder, or ADHD, need a little extra help from you to get on-track with school and set them up for success throughout the year.

Riverview Health Physicians pediatrician Kathleen Miller, MD, has a special interest in helping children with attention disorders.

“Sometimes I’ll see patients who’ve been failing school and have no friends because they’re so impulsive—they can’t keep their hands to themselves and they’re always in trouble,” Dr. Miller noted. “After treatment, when they come back and give you a big hug and tell you ‘thank you,’ it reminds you how addressing this disorder can change a child’s life.”

As for schoolwork, Dr. Miller says there are several things you can do to help your child succeed including:

- » **Take a break after school**—Let your child have about 30 minutes to relax and have a snack after school.
- » **Set a timer**—When children have a timer, they know there’s a definite ending period. It helps keep them on track so they know this period is allotted for homework. Time periods differ between ages with a rough guideline of about 20 minutes per grade level.
- » **Remove distractions**—Students’ study areas should be in a quiet place without distractions like TVs, cell phones, radios or game systems.
- » **Have an open line of communication with the teacher**—Being able to talk to your child’s teacher to learn what problem areas or issues your child faces in the classroom can help you work on them at home. Sometimes decreasing the amount of homework can help children with ADHD get through it.

Organization is critical for students with ADHD, Dr. Miller says.

“They really need someone to help them prioritize their work sometimes,” she says. “They need to learn what objects are needed to study with and how to use an assignment notebook.”

In addition, children with ADHD may have trouble with memorization.

“It’s important to be patient. Learning new spelling words may take a couple of weeks instead of days,” Dr. Miller advises.

If a parent suspects his or her child has an attention disorder, it’s important to work with his or her teacher to learn how the child behaves at school compared to at home. If a child isn’t doing well in school, it affects his or her self-esteem and makes school more difficult for them, Dr. Miller notes.

“All children are different, and I enjoy working with their families to find a treatment that works best for the child,” Dr. Miller says.

“I believe treating a child with ADHD isn’t just medical. The school and the parents should be involved.”

**To schedule an appointment with Dr. Miller or one of her colleagues at Fishers Pediatrics, call 317.578.4193.**

## Fall colors in your food

Fall brings colors to the trees as well as your plate. A variety of colors in seasonal fruits and vegetables means more vitamins and nutrients. Sweet potatoes have concentrated vitamins and minerals, as well as fiber. They also contain antioxidants with anti-inflammatory properties. Pumpkins contain potassium, fiber, vitamins A and B, carotenoids, and amino acids in the flesh and seeds. Brussels sprouts help prevent anemia, cardiovascular disease and prostate diseases. And apples, roasted or fresh from the orchard, can help with weight control.



# RIVERVIEW HEALTH FOUNDATION: EVERY GIFT MATTERS

By Megan Wiles, executive director of Riverview Health Foundation

Just as a single drop of water can cause a ripple effect in a pool, your gift can make a difference in the lives we touch at Riverview Health. Indeed, it’s the collection of gifts from all of us that makes a difference in our community. Riverview Health Foundation

Contact Megan Wiles at 317.776.7317 or [mwiles@riverview.org](mailto:mwiles@riverview.org). To make a donation, visit [riverview.org/donate](http://riverview.org/donate).



has been the beneficiary of numerous gifts—from single drops to tidal waves. It’s now my privilege to help continue to grow these resources for the benefit of Riverview Health and our communities.

Philanthropy has been a big part of my life for several years. I’ve been fortunate to serve as president of Legacy Fund, the Community Foundation for Hamilton County from 1998 to 2006. My husband and I have lived in Noblesville for a majority of our lives, and I’m proud our children were born at Riverview Health. When our children were little, I took a break from work to focus on the kids and spend time volunteering. Earlier this year, I was presented with the opportunity to serve as executive director of Riverview Health Foundation. I consulted with my family, and together, we knew this was my next path in giving back to the community.

My responsibility as the temporary steward of the gifts given to the Foundation is to make sure more drops are added to our pool of resources to help improve Riverview Health. Some of the gifts were given so they could be used right away for community education, new or enhanced services within the hospital, or the purchase of new equipment to better serve our patients. Other gifts were given to our endowment fund to support the hospital today and for years to come.

While many may know Riverview Health is a county-owned hospital, most don’t realize that it’s completely self-sufficient and we don’t receive any funding from county or city tax revenues. In 2014 alone, Riverview Health delivered more than \$25 million in charity care to residents of Hamilton County. We serve a vital role in our community, and I’m proud of the care we provide patients and their families.

I’m excited about the future growth of Riverview Health Foundation. We continue to raise money for important projects that allow us to meet the growing needs of our community—like the new large-bore MRI and our soon-to-be-renovated atrium, which will include a new, larger gift shop run by Riverview Health Auxiliary volunteers. We always welcome contributions to our endowment, to ensure a growing permanent source of financial support to serve the residents of Hamilton and Tipton counties.

I invite you to join me as a philanthropist for Riverview Health Foundation. With your help, we can fulfill our mission to improve and preserve the health and well-being of those we serve. Let’s pool our resources together for the benefit of our community—because every drop counts!

**For more information, visit [riverview.org/foundation](http://riverview.org/foundation).**

## Riverview Health Foundation Events Are Key to Success

One of the primary ways Riverview Health Foundation raises money for Riverview Health is through hosting events. And each year, event donations make up nearly 25 percent of the total support the Foundation provides to Riverview Health.

This year, the Foundation hosted the 11th Annual Women of Vision Luncheon on April 23, and the 23rd Annual Heartfelt Thanks Golf Tournament on June 24. But we’re not done yet. We’re also hosting the 12th Annual Women’s Retreat in early November in Cancun, Mexico.

Year-to-date, Riverview Health Foundation has raised nearly \$130,000 and welcomed a total of nearly 500 participants to our events.

**To learn more about Riverview Health Foundation events, call 317.776.7938 or view our upcoming events at [riverview.org/foundationevents](http://riverview.org/foundationevents).**

## Riverview Health Foundation is now on Amazon Smile!

Amazon Smile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices and convenient shopping features that can be found on Amazon.com. But when customers shop on Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

### How do I choose Riverview Health Foundation when shopping on Amazon Smile?

1. Go to [www.smile.amazon.com](http://www.smile.amazon.com) and log in or create an Amazon account.
2. Select Riverview Health Foundation by searching for “Riverview Health Foundation” and choose our organization.
3. Shop just like you do on Amazon.com.

# Upcoming Seminars & Events

## SEPTEMBER

### Tipton Pork Festival

**When:** September 10-12  
**Where:** Downtown Tipton

Join Riverview Health at the 2015 Tipton Pork Festival and learn how you can improve your overall health and well-being. You can meet some of our team members, get your blood pressure checked and learn about healthy choices you can make for you and your family.

### Blood Drive

**When:** September 14, 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.**

### Low Back Pain Seminar

**When:** September 16, 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. Dr. Perni and Dr. Ward will 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.**

### Joint Pain Seminar

**When:** September 23, 6-7 pm  
**Where:** Renaissance Indianapolis North Hotel, 11925 N. Meridian St., Carmel

Dr. Norman Mindrebo, a board certified orthopedic surgeon, will speak about your treatment choices for joint pain and joint replacement. 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.**



### Riverview Health Twilight Run & Walk

**When:** September 26, 3-6:30 pm  
**Where:** Strawtown Koteewi Park, 12308 Strawtown Ave., Noblesville

Join us to support the runners and learn about healthy lifestyles. All runners, from beginners to advanced marathoners, are welcome to participate in this event. **For more information, please visit [riverview.org/classes](http://riverview.org/classes).**

### Hand & Arm Pain Seminar

**When:** September 29, 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. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

## OCTOBER

### Riverview Health Fair

**When:** October 3, 8 am-noon  
**Where:** Riverview Health

Join us for a morning filled with health screenings, educational sessions and other wellness tips at the Riverview Health Fair. Here, you'll find information on a wide range of topics including women's services, joint care, heart health, rehabilitation and fitness, and sleep-related issues. Participants can take advantage of a number of free and discounted screenings. **For more information, please visit [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**

### Joint Replacement Seminar

**When:** October 20, 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 replacement, such as the direct anterior approach for hip replacement and computer-assisted knee surgery. He will also discuss who is 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.**

### Back in Balance Seminar

**When:** October 27, 6-7pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

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

### Breast Cancer Celebration of Life

**When:** October 29, 6-8 pm  
**Where:** Purgatory Golf Club, 12160 E. 216th St., Noblesville

Celebrate a special evening of fellowship and fun featuring guest speaker, award-winning TV anchor, reporter and columnist, Anne Ryder. Hors d'oeuvres will be served and a cash bar will be available.

**Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



## NOVEMBER

### Knee & Hip Pain Seminar

**When:** November 5, 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.**

### Diabetes Seminar

**When:** November 11, 6-7 pm  
**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. 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.**

### Alzheimer's Roundtable

**When:** November 17, 6-7 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

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

### Healthy Cooking for the Holidays

**When:** November 19, 6-8 pm  
**Where:** Riverview Health (Krieg DeVault Conference Room, lower level of Women's Pavilion)

Join our registered dietitians as they show you how to prepare healthier versions of your favorite holiday dishes without sacrificing taste. We'll serve each item prepared and end the evening with a Q&A session. Attendees will receive a copy of each recipe and cooking tips. The program is free, but registration is required. **Register at [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



## Support Groups

### 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 (Classrooms A&B, lower level of Professional Building)  
**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, [jvulawson@aol.com](mailto:jvulawson@aol.com)

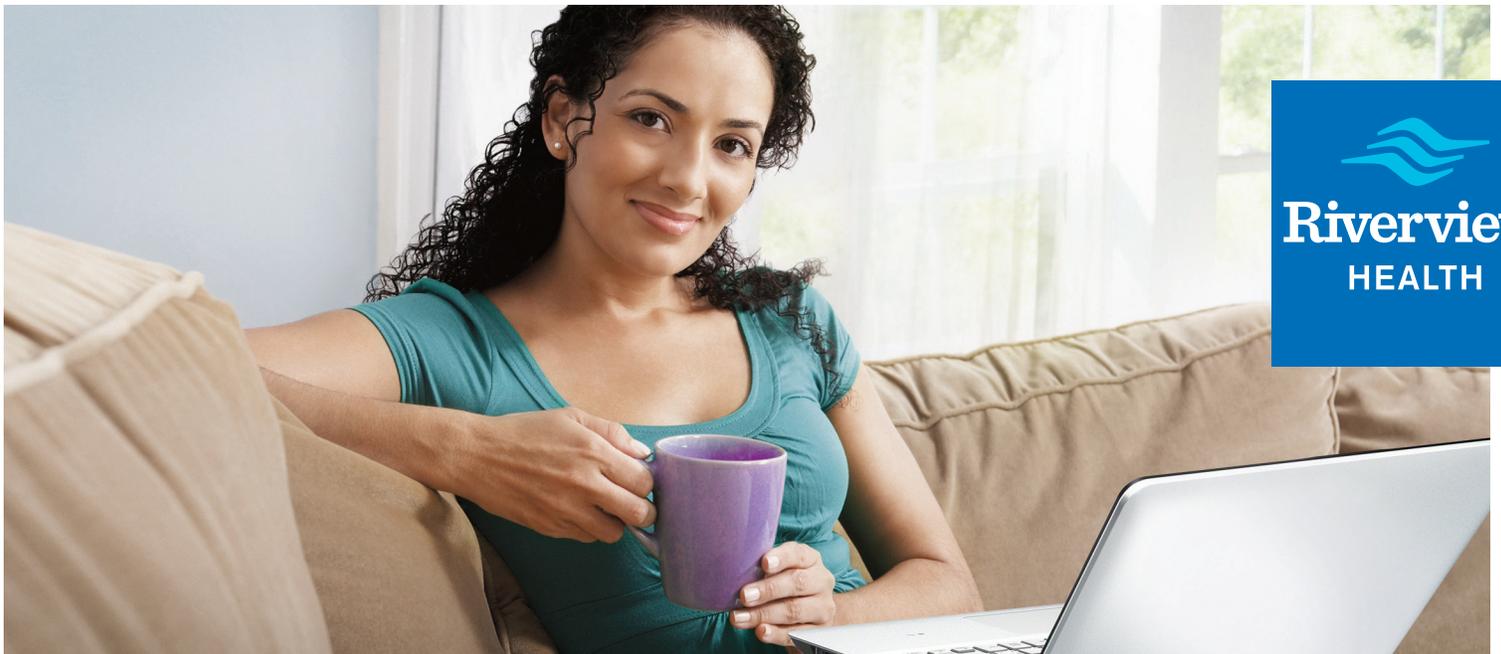


**To register for an event or learn more, please visit [riverview.org/classes](http://riverview.org/classes) or call 317.776.7999.**



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

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

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