

Riverviews



News from Riverview Health



It's Twins! And New Beginnings

riverview.org | Fall-Winter 2021

Also in this issue:

When Art Meets
Surgery

A Tall Order: Beating
Breast Cancer and
Lymphedema

Heroes in Lab Coats

Letter from Seth



We've hit a season of growth at Riverview Health. During the past few months, we've added new physicians in various specialties and locations throughout our network.

First, we've added a couple of new family medicine providers. **Dr. Trenton Schmale** joined Sheridan Family Medicine, and **Dr. Jeni Clayton** joined Prairie Lakes Family Medicine in Fishers. Every person should have a primary care provider whom they see at least annually for a checkup. If you're looking for one, please visit riverview.org.

Earlier this year, **Dr. Valencia Montgomery** joined Riverview Health Physicians Neuropsychology—a busy practice that spends a lot of time conducting dementia evaluations with patients. They work with families to provide recommendations that are specific to the patient's needs, while also allowing the highest level of independence for that person. Because of our aging population, the need for this specialty has grown in our community as people and their families are managing this difficult diagnosis. To get to know Dr. Montgomery, see page 13.

Riverview Health Physicians OB/GYN recently welcomed **Dr. Holly Storm**. This practice has been steadily growing during the past couple of years and sees patients in Noblesville and Westfield.

Dr. Joshua Tieman, plastic surgeon, opened a new practice in Westfield—Riverview Health Physicians Plastic Surgery. Dr. Tieman will work with our general surgeons to provide reconstruction services following mastectomies and also provide services for patients at Riverview Health Wound Care. He is also experienced in a wide range of elective procedures including breast augmentation, reduction or lift, body contouring procedures and injectables, like Botox, and fillers. To learn more about Dr. Tieman, see page 9.

From adding new doctors to adding completely new specialties, the coming year is shaping up to be an exciting time for us.

In good health,

Seth Warren,
PRESIDENT AND CEO, RIVERVIEW HEALTH

At Riverview Health, our mission is to improve and preserve the health and well-being of those we serve. Our vision is to redefine the healthcare experience, becoming the best place to work, practice medicine and receive care.



NEWS FROM RIVERVIEW HEALTH *Fall-Winter 2021*

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

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Call 317.776.7999

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

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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.

COVID-19

As the COVID-19 pandemic continues to evolve, we at Riverview Health strive to adapt quickly, yet with caution, after making educated decisions. This means updates to visitor restrictions, general precautions and scheduled appointments or events may change on short notice. **To find the most up-to-date information, please visit riverview.org/COVID-19.**

Riverview Health Installs the DxA 5000 Total Laboratory Automation Solution

Riverview Health is the first hospital in central Indiana to install the DxA 5000, a total laboratory automation solution. This new equipment delivers rapid and consistent turnaround time, provides a new level of comprehensive pre-analytical sample quality detection and significantly improves laboratory efficiency. The DxA 5000 reduces the number of manual steps in sample processing, going from 32 steps down to just four.

Riverview Health Held Successful Vaccination Clinic

With the help of more than 200 Riverview Health staff and volunteers, as well as Hamilton County Emergency Management volunteers, Riverview Health administered 18,851 doses of the COVID-19 vaccine. Riverview Health was among the first COVID-19 vaccination sites in the state because of its ability to meet the stringent storage regulations from vaccine manufacturers. The vaccination clinic ran from mid-December 2020 through early April 2021.

New Clinicians

Please join us in welcoming the following clinicians:

- **Chandra Brahmachari, MD**—Neurology
- **Michelle Carlos, NP**—Neurology
- **Jeni Clayton, MD, MPH**—Family Medicine
- **Mary Curtis, NP**—Pulmonary Disease
- **Amy Frank, NP**—Neurology
- **Samuel Franks, MD**—Pathology
- **Jeffrey Konopka, MD**—Orthopedic Surgery
- **Angela Lawson, NP**—Pulmonary Disease
- **Caitlin Luebcke, NP**—Pulmonary Disease
- **Jennifer McNair, NP**—Family Medicine
- **Adam Miller, MD**—Pathology
- **Valencia Montgomery, PsyD**—Psychology
- **Trenton Schmale, MD**—Family Medicine
- **Michael Sever, MD**—Pathology
- **Holly Storm, DO**—OB/GYN
- **Joshua Tieman, MD**—Plastic Surgery
- **Jyothi Varanasi, MD**—Neurology
- **Kristine Weaver, NP**—Family Medicine



GIFTING for a Great Cause

Riverview Health Foundation provides funding for new health services, programs and equipment needed by our community. Since the Foundation's beginning in 1976, more than \$13 million has been raised and given to support new equipment and programs serving the patients at Riverview Health and their families.

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

SIGN UP for our E-Newsletter!

Want to keep up on the latest from Riverview Health? Stay connected by signing up for our e-newsletter at riverview.org/subscribe. Sign-up is easy!





It's Twins! And New Beginnings

Springtime usually brings blooming flowers, leaves and green grass—all signs of new beginnings. For Megan and Adam Matson, the spring of 2021 also brought the arrival of not one, but two new babies. The Matsons are now a family of six, which includes twin babies, Cole and Claire, Lincoln, 6, and Adam's son and Megan's stepson, Colin, 15.

Growing their family to six wasn't an easy journey. Megan's first pregnancy didn't happen overnight. After a year of trying without success, Megan sought additional medical help and switched her care to Jennifer Nemunaitis-Keller, MD, who at the time was a physician at a hospital in Anderson, Ind.

"Dr. Nemunaitis had a different approach than my previous doctor," Megan said. "I could tell she was really proactive when it came to my pregnancy concerns, and all her guidance is what I believe ultimately helped me get pregnant with my son, Lincoln."

Dr. Nemunaitis-Keller recalls Megan's situation and the path she took to get pregnant.

"Megan and Adam consulted with me in November 2013 after having attempted pregnancy for a year," Dr. Nemunaitis-Keller said. "Some initial testing included blood work, semen analysis and a hysterosalpingogram, which is a dye test performed in radiology to see if the fallopian tubes are open. We then tried some ovulation induction medications for a few months. This route did not work for them, so she was referred to an infertility specialist in Indianapolis."

After one round of in vitro fertilization (IVF), and with the guidance of Dr. Nemunaitis-Keller, Megan was able to get pregnant and give birth to a healthy baby boy, Lincoln, on July 16, 2015.

"The whole process of IVF is a lot to go through," Megan said. "There are so many emotions and ups and downs. So, after having Lincoln, we were prepared to be done having kids."

In 2019, Dr. Nemunaitis-Keller joined Riverview Health Physicians OB/GYN in Noblesville. Even though it was farther away, and she didn't plan on having more children, Megan decided to follow Dr. Nemunaitis-Keller to her new practice. Little did Megan know her plans would soon change—twofold—the following year.

"I ended up taking an at-home pregnancy test," Megan said. "When it came back positive, I didn't really believe it. Not until bloodwork and the first ultrasound confirmed my pregnancy the following week did it actually become real for me."

Megan and Adam were so sure they were done having kids that they already had future travel plans lined up. Now, Megan was seven weeks pregnant and about to find out they'd be welcoming twins. Both Megan, an emergency room nurse, and Adam, a paramedic, are quite familiar with the clinical world, so even before the ultrasound technician broke the big news, they knew from looking at the screen—they'd be expecting double the joy.

Once the shock of the baby news and then finding out they were having twins sunk in, Megan focused on having a healthy pregnancy.

“With a twin pregnancy, the first thing to establish is if the babies have their own gestational sacs and their own placentas,” Dr. Nemunaitis-Keller said. “This can be readily seen by ultrasound late in the first trimester or early second trimester. This determines how high-risk they are.”

Although twin pregnancies alone are considered high-risk, Megan’s case was straightforward, as each baby had its own gestational sac and placenta. Other than elevated blood pressure and a little bleeding at 24 weeks, she recalls her pregnancy being fairly smooth.

“I often offer to refer my twin pregnancies to maternal-fetal medicine for their anatomy ultrasound at 20 weeks,” Dr. Nemunaitis-Keller said. “Twins do carry a slightly higher risk of birth defects. After that we follow the babies’ growth in the office with ultrasounds every three to four weeks. We add twice weekly non-stress tests around 32 weeks gestation, which monitors the babies’ heart rates for 30 minutes to make sure there are no signs of distress.”

Megan continued to stay positive as her baby bump continued to grow and movement became a little more physically challenging.

“The hardest part of the pregnancy was having to go on bed rest for more than two months,” Megan said. “It isn’t easy to do when you also have another little kid at home.”

Although the goal was to keep Megan from delivering too early, a twin delivery is typically recommended by 37 weeks gestation because twin pregnancies are more prone to growth restriction, Dr. Nemunaitis-Keller said.

With the relationship she had already built with Dr. Nemunaitis-Keller during her first pregnancy, and the security of having a level II special care nursery at Riverview Health Maternity Center, Megan knew she was in good hands. Luckily, both babies were in the right position—heads down by 20 weeks—so the plan was to wait as long as possible and to deliver vaginally at Riverview Health.

“The room was full, but everyone was fantastic. Everyone was cheering me on, and all the nurses kept calling me a rock star.” — Megan Matson

At Megan’s routine non-stress test around 34 weeks, Dr. Nemunaitis-Keller recommended she be admitted to the Maternity Center for additional monitoring because she noticed some contractions. The first few days included procedures to help slow down the labor and administering steroid shots to help the development of her babies’ lungs. By night three, the contractions were in full gear.



On the evening of April 22, 2021, Megan and Adam welcomed two healthy, fraternal twins—Cole and Claire. Their son and daughter came into the world seven minutes apart, with just a handful of pushes and no complications.

On the evening of April 22, 2021, Megan and Adam welcomed two healthy, fraternal twins—Cole and Claire. Their son and daughter came into the world seven minutes apart, with just a handful of pushes and no complications. The labor may have been smooth sailing, but the energy in the room was action-packed.

“There were two doctors and two nurses for each baby and a surgery technician just in case. This was in addition to the clinical team that was there for me,” Megan said. “The room was full, but everyone was fantastic. Everyone was cheering me on, and all the nurses kept calling me a rock star. They were taking our phones to help with pictures once both babies were out. It was all such an amazing experience.”

At just shy of 36 weeks, Cole and Claire were considered premature, so they spent one week in the level II special care nursery at Riverview Health. After being discharged, Megan was able to stay overnight with her babies and was given a room at the Maternity Center so she could be close to them.

“It was like staying in a hotel, which was great,” Megan said. “And the week in the special care nursery actually really helped get the babies on a good schedule that we’ve tried to stick to at home.”

While the Matsons seem to have settled in nicely with their two new additions, they made sure not to get too settled. As if adjusting to twins wasn’t challenging enough—they also bought a new home.

“Our realtor actually called me in the middle of labor to let us know the offer we had put in on our new house was accepted,” Megan said with a chuckle.

It may not have been planned out, but with two new babies and a new home, 2021 has been a year of new beginnings for the Matsons.

Heroes in Lab Coats

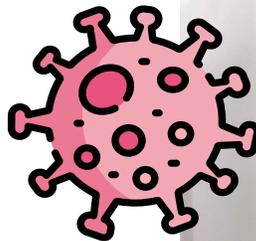


Tucked away on the fourth floor of our hospital in Noblesville, you'll hear the whirring of machines and quiet bustle of a busy laboratory team, whose work affects nearly every Riverview Health patient. The COVID-19 pandemic put a strain on all healthcare workers, and the lab staff has been in overdrive ever since—working around the clock to process hundreds of lab results and COVID-19 tests each day. At its peak, the lab processed about 2,000 COVID-19 tests a week, estimated Sarah Burnett, MLS(ASCP), Director of Laboratory Services at Riverview Health.

“When the pandemic hit in early 2020, our first priority was to get the platforms and equipment needed to process different types of COVID-19 tests,” Sarah said. “Thankfully, we were able to act quickly and set systems in place and reconfigure shifts to prepare for an influx.”

Because the laboratory and staff were prepared and capable, the Indiana Department of Health reached out and asked Riverview Health to be a part of a network of top labs in the state.

“We joined the network because we felt strongly about our commitment to supporting our community and our patients,” Sarah said. “We implemented five different ways to perform COVID-19 testing, and we purchased four pieces of equipment to help us meet demands.”



Each new process and equipment required hours of preparation and learning. Once they were up and running, these new platforms allowed laboratory staff to process COVID-19 PCR tests in two hours, which was crucial for patients who were admitted or needed surgery.

“As a moderately sized lab in a smaller health system, we were able to adapt quickly, and our team members are involved in a lot of different aspects of our services,” Sarah said. “It’s truly impressive to see how much effort they put in and what a wonderful job they do.”

With nearly 60 lab employees and state-of-the-art equipment, Riverview Health processes 98 percent of the various lab tests ordered by its providers. In 2017, Riverview Health became a reference lab for Rush Memorial Hospital as well as some other clients who do not have the equipment or capability to run certain tests. Most of the lab orders come from outside the two Riverview Health hospitals—such as physician offices, nursing homes and reference lab clients, Sarah said.

“Between our main lab in Noblesville and our lab at our hospital in Westfield, we process about 80,000 tests a month,” Sarah said. “About 10,000 of those are complex tests that take hours to perform.”

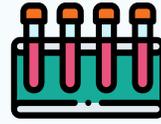
To help process tests more efficiently, Riverview Health recently became the first hospital in central Indiana to install DxA 5000, a total laboratory automation solution from Beckman Coulter. The new piece of equipment significantly reduces the number of manual steps in processing lab samples—going from 32 steps down to just four.

“When it comes to enhancing patient care, the speed, accuracy and efficiency of lab results can play a big role—which has become even more apparent throughout the pandemic,” Sarah said. “With our already great team in place, this new equipment will further improve our lab operations and allow us to really lead the way in patient testing. Through all the changes, supply issues and new processes brought on by the pandemic, it’s humbling to see the huge effect we’re having on the community.”

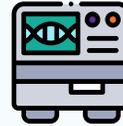
Riverview Health Laboratory by the Numbers



58
employees



80,000
tests processed
each month

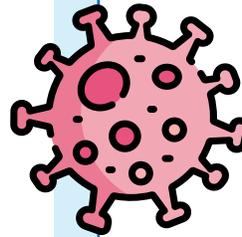


10,000
complex tests
each month



98%
of lab orders
processed in-house

3 ways to perform
COVID-19 PCR tests



52,168

COVID-19 tests since 2020
(antibody, antigen and PCR)

2,000

COVID-19 tests in one
week during peak pandemic





A Tall Order: Beating Breast Cancer and Lymphedema

Shannon Watson's phone began to ring. As a Riverview Health employee, she quickly recognized the number as her doctor's office. Shannon excused herself from her desk to take the call in private.

During the call, Shannon got the news she had been fearing—she had breast cancer. She was just 44 years old.

Once back at her desk, the severity of the situation came crashing down on her. She began to sob.

"Luckily, I had a great coworker with me who was so caring and understanding and talked to me in the moment," Shannon said. "I also called my mom, who calmed me down as well."

Shannon's diagnosis came during the onset of the COVID-19 pandemic in 2020, which further complicated her treatment.

"My surgery was delayed due to COVID, which was really scary for me," Shannon said. "I kept thinking to myself, 'What if it spreads or gets bigger before I can have surgery?'"

Due to visitor restrictions, Shannon also had to go to her appointments alone, which was something she said was difficult for her.

"I was by myself and scared. I didn't really know what questions to ask or anything. I think I heard 'cancer,' 'breast removal' and that's all."

Luckily, Shannon's Riverview Health surgeon, Samuel Heiser, MD, with Hamilton Surgical Associates, helped ease her fears and walked her through the process step-by-step.

"Dr. Heiser and his team were amazing and made me feel like everything would be ok. I cannot begin to give them enough praise. He

made me feel so much better about even being diagnosed with cancer," Shannon said. "He has a very calming demeanor and answered all of my questions. I walked into his office scared and came out feeling better."

Shannon also appreciated the work of Lynn Alexander, a nurse and patient navigator at Riverview Health.

"Lynn answered a million of my questions that I—of course—thought of after my appointment," Shannon recalled. "She was available day or night and even called me on the weekend. She helped me through it all and offered to speak with my children, too, because they did not handle the diagnosis very well."

Shannon underwent a successful double mastectomy with reconstruction. She felt good post-op and was ready to get back to her life. But Shannon's struggles weren't over.

"Prior to her surgery, Shannon underwent a pre-op evaluation with our lymphedema team at Riverview Health Outpatient Rehab," said Amy Huntsman, an occupational therapist at Riverview Health. "Dr. Heiser then requested we allow Shannon time to heal for three months before having her return for post-op arm remeasurements."

Lymphedema is caused by blockages in the lymphatic system, which causes various parts of a patient's body to swell as fluid builds up. Shannon had lymph nodes removed during her surgery, increasing her risk for developing lymphedema. When Shannon was remeasured three months after surgery, it was noted that she had a considerable change in her arm girth, as well as in her hands and trunk.

"After her evaluation, it was determined that Shannon was experiencing stage one lymphedema, which consists of soft, pillowy skin. This is considered reversible if it is caught early on and if a patient undergoes lymphedema treatment," Amy said. "This is a big win and is why the lymphedema team at Riverview Health started pre-op evals in the first place—so patients can be informed about lymphedema prevention and treatment can be quickly implemented."

While her outlook was positive, it was still difficult for Shannon to get the news of another complication and diagnosis.

"Amy wrapped my arms at the end of our first appointment, something I was not prepared for," Shannon said. "When I got to my car, I—once again—cried. All I could think of initially was how ridiculous I looked. I was stressed that I would have to wear them every day and forever."

However, Shannon didn't give up, and has been diligent with her treatments. She wears a reduction compression arm band each day, had therapy two times a week with Amy and did exercises and massages at home to help her lymphatic system.

"Amy has been great," Shannon said. "She is always available to me to answer questions and help. She truly cares about her patients and it shows. She has taught me so much about lymphedema and the treatments. Not only that, she encourages me each and every time I see her."

"She is learning to be her own self-advocate as a breast cancer survivor and how to effectively manage lymphedema and increase lymphedema awareness in this community." — Amy Huntsman

Amy also helped Shannon get approved for the Women of Vision Giving Club grant offered by Riverview Health Foundation. Because insurance did not cover all the costs for Shannon's lymphedema supplies, the grant was used to help purchase her gloves, compression t-shirt and compression bra. Shannon worked with the former Riverview Health Women's Boutique manager, Terri McCall, to have a personalized fitting for her garments.

While Shannon's journey toward beating lymphedema is not over, she is determined to keep powering through.

"Shannon is not a complainer and comes promptly to therapy—expecting to learn something new with a positive mindset for recovery," Amy said. "She is learning to be her own self-advocate as a breast cancer survivor and how to effectively manage lymphedema and increase lymphedema awareness in this community. I applaud her efforts and the way she pushed her fears aside—COVID-19, cancer and lymphedema—which is a tall order, to say the least."



Shannon Watson is the mother of two and a breast cancer survivor. After being diagnosed with lymphedema in 2020, Shannon learned how to effectively manage her symptoms with lymphedema therapy at Riverview Health.

Lymphedema Support Group

This support group is designed to educate and provide support and resources for people living with lymphedema. Each meeting will feature a different speaker who will discuss topics pertinent to the care and management of lymphedema.

Next Meeting:

Tuesday, Sept. 21, 6:30-7:30 p.m.

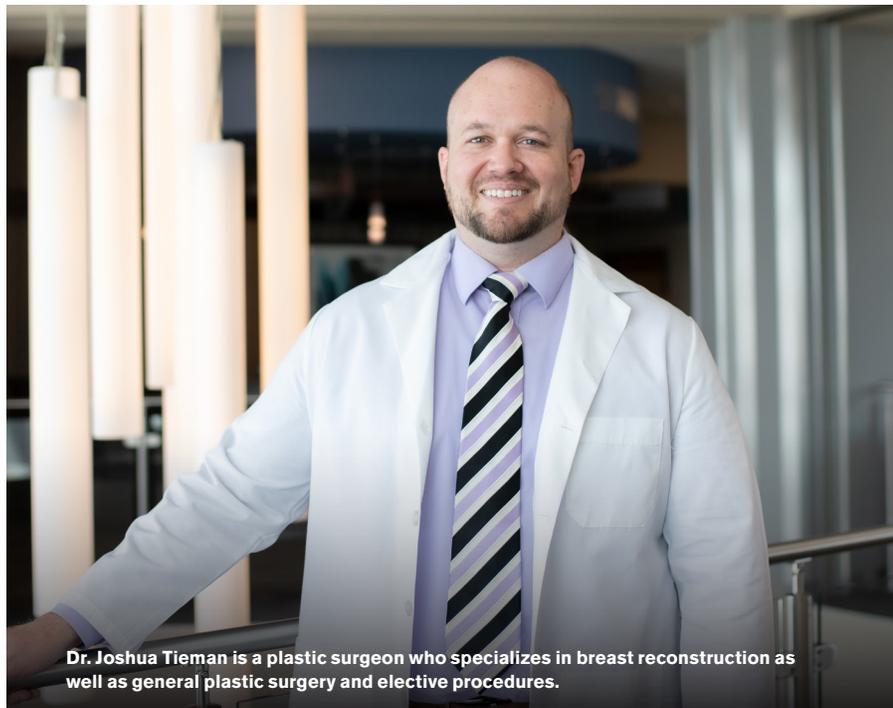
Location:

Riverview Health Rehab & Fitness in Noblesville
601 Westfield Road
Noblesville, IN 46060

Contact Info:

Amy Huntsman, OTR-CLT-LANA
317.776.7225.

When Art Meets Surgery: Introducing Dr. Joshua Tieman



Dr. Joshua Tieman is a plastic surgeon who specializes in breast reconstruction as well as general plastic surgery and elective procedures.

Joshua Tieman, MD, knew plastic surgery was his calling when he began medical school. A creative individual, Dr. Tieman wanted to pursue a surgical specialty that would allow him to incorporate his artistic side. Plastic surgery seemed like the perfect fit, and his decision was solidified after he witnessed his first plastic surgery case in the operating room.

"I did a summer research rotation at the University of Utah, where I worked with the plastic surgeons there. It was the first time I ever scrubbed in on a case or went to the operating room, and I was blown away by the complexity and depth of the reconstructive procedures I saw," Dr. Tieman said. "As a general surgeon, the thrill of fixing a problem in the operating room was tremendous, but it didn't feel as personal as the plastic surgery cases I've done. In plastics, the end goal of a surgery involves a combination of my abilities, as well as the patient's vision and my own. When you can deliver that or better to a patient, there is no greater feeling."

At Riverview Health, Dr. Tieman offers a variety of services, such as elective breast, body and face procedures. Dr. Tieman also specializes in breast reconstruction for cancer patients. Whether a woman has undergone a mastectomy recently or years prior, Dr. Tieman is happy to meet with her to discuss surgical options.

"My training at the University of Utah put me on the cutting edge of breast reconstruction and will allow me to provide wonderful care to the women in this area," Dr. Tieman said. "I am also excited to offer Botox and fillers, and I will be performing the injections myself."

Originally from Arizona, Dr. Tieman said the culture of Riverview Health is what sold him on the job.

"When I interviewed, it was obvious how committed and passionate the staff and administration are about providing quality service to the community. That was extremely attractive to me in an employer," Dr. Tieman said. "As a bonus, it was in a great part of the country I've heard tremendous things about. My wife and I and our two children are thrilled to be in Indiana. It's great to live

somewhere that is so green and has water everywhere!"

Outside of the operating room, Dr. Tieman enjoys a variety of hobbies, including hunting, fishing and creating artwork. He also builds custom cars.

"My father and I started building cars together before I could even drive. Over the years, our projects became more and more ambitious and involved. Most of the projects have been what are considered hot rods, or restomods, where you put a modern engine, suspension and interior into a classic car," Dr. Tieman said. "One of the last big projects we did was a '68 Camaro for a businessman in Hong Kong. It had over 500 horsepower and a race chassis. It was an amazing car to build."

**To schedule an appointment with
Dr. Tieman, visit riverview.org or
call 317.214.5795.**

Don't Delay Your Healthcare



During most of 2020, officials across the country advised everyone to stay home and avoid groups of people and public places. This recommendation even included physicians' offices and hospitals. Most of us did just that. We had groceries delivered, avoided crowds and only went out when necessary.

With COVID-19 vaccinations now widely available, most people have returned to normal routines, even if those still differ somewhat from their pre-pandemic lives. However, research still suggests that many individuals have neglected catching up on their yearly physicals, as well as other routine screenings and immunizations.

"Putting off your yearly physical, mammogram, colonoscopy or other tests can be risky," said Eric Marcotte, MD, chief medical officer at Riverview Health. "People delaying these screenings run the risk of being diagnosed at a later, more advanced stage of disease."

In fact, the National Cancer Institute has predicted more than 10,000 additional deaths over the next few years from breast and colorectal cancers, due to poor screening rates during the pandemic.

"At Riverview Health, we're continuing to take every precaution to keep our hospital and physician offices safe places to receive care," said Dr. Marcotte.

To make an appointment with a Riverview Health Physicians provider, call 317.565.0565.

Screening Timeline

Keep in mind that these are general recommendations. Many people may need screenings at an earlier or later date depending on their personal and family health history. Talk to your provider about what's right for you.

Age ————— **18** ————— **40** ————— **45** ————— **50** ————— **55** ————— **→**

18



All women age 18 and older should schedule a yearly visit with a provider to discuss their need for a pelvic exam, Pap test, clinical breast exam and HPV test.

40



All women should receive a baseline initial mammogram at age 40. Women should then get a mammogram every year after that.

45



All men and women should have an initial colonoscopy to screen for colorectal cancer.

50



Men should talk to their provider about a prostate cancer screening.

55



Lung screening is recommended for women and men with a smoking history.

Learning to Adapt During COVID-19

2020 was an unprecedented year filled with countless challenges, and the phrase “new normal” was heard daily during conversations. But that’s exactly what it was—a new normal—and everyone had to adapt.

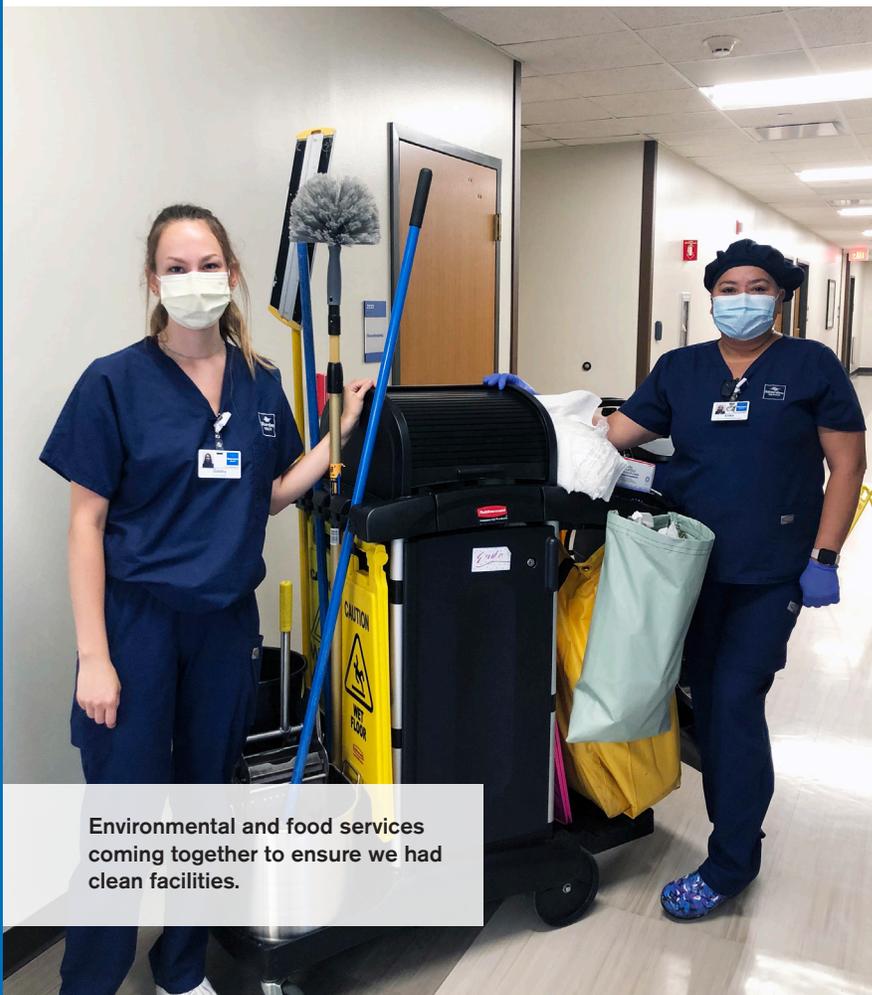
Riverview Health looked very different in 2020, and though we were faced with a lot of uncertainty, our staff adjusted to ensure our facilities ran smoothly. Many employees had to change the way they worked, or even took on new roles. *These changes looked like...*



Implementing a drive-through coumadin clinic for patients who needed testing.



Athletic trainers transporting patients or screening visitors at entrances.



Environmental and food services coming together to ensure we had clean facilities.



Celebrating volunteers from afar.



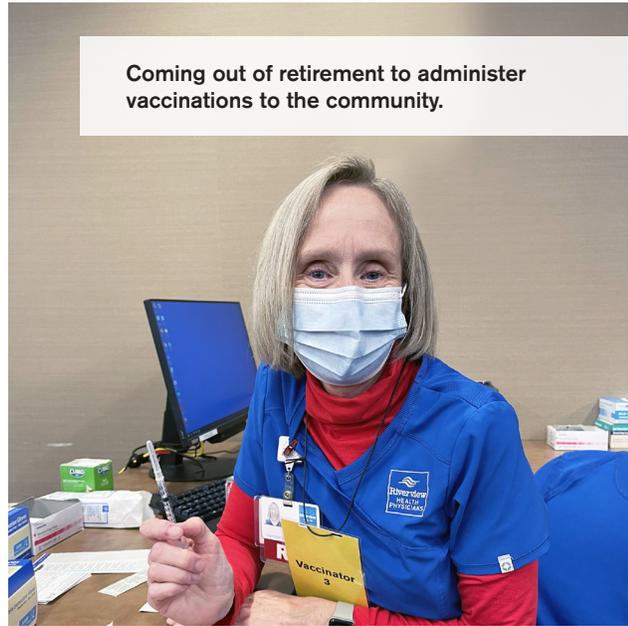
Conducting COVID-19 testing in the lab.



Getting vaccinated to keep patients safe.



Taking a break from normal work duties to bring joy to staff members through Operation Cheer.



Coming out of retirement to administer vaccinations to the community.



Volunteering countless hours at the Riverview Health COVID-19 vaccination clinic to help vaccinate thousands of individuals around Hamilton County.

#MyFocus: Get to Know Valencia Montgomery, PsyD



If you are interested in scheduling an appointment with Dr. Montgomery, call 317.776.7131 or visit riverview.org.

Meet Valencia Montgomery, PsyD. Dr. Montgomery practices at Riverview Health Physicians Neuropsychology and specializes in the treatment of patients with dementia. As a new provider at Riverview Health, we decided to ask Dr. Montgomery a few questions to get to know her better.

Q. What other career paths did you consider before you decided to become a PsyD?

A. This was a second career for me. I spent time working at Fortune 500 companies, and I have an accounting and computer science background. Also, if you count that I wanted to be a nuclear physicist as a child, this is my third career path!

Q. What is your favorite part about your job?

A. Patients and their families. I enjoy helping them in ways that fit into their own personal contexts and the opportunities I have to make a positive difference in their lives.

Q. How have your patients influenced your life?

A. My exposure to patients with dementia has left a lasting impression and reminds me to live in the moment. I hope to affect dementia treatment through research and by helping dementia patients and their families. Being a physician allows me to have a career working with a population that I enjoy and add to the literature to—hopefully—create change.

Q. What do you like to do for fun?

A. I have two active older puppies, a bernedoodle (Sasha “Swift”) and a goldendoodle (Riley Bear). I spend a lot of time playing, cuddling and catering to their every desire. My greatest love—that has been curbed since COVID—is travel. I take at least one trip outside the country each year and make several road trips and other excursions around



the United States. Other than that, I spend a great deal of time baking, making jewelry and—more recently—coloring.

Q. Who is your biggest hero in life?

A. Corny, but true—my mom. As a child, I had the pleasure of watching selfless giving in action through my mother. She cared for individuals in our community and led by example. She showed me what it means to love unconditionally.

Q. What is your favorite genre of music?

A. As a former classically trained dancer, I enjoy most genres of music. Right now, though, requests for Alexa to play the “Adele station” on Pandora can be heard frequently.



Dr. Montgomery is passionate about traveling. During a normal year, Dr. Montgomery tries to take one trip outside the country and several road trips around the United States.

Riverview Health Foundation: Helping Women & Children

Riverview Health Foundation creates meaningful charitable opportunities in support of Riverview Health to advance the community's health and quality of life now and in the future. To further these efforts, Women of Vision Giving Club, a group of empowered women who are dedicated to making a difference, raise funds every year to present to areas and programs at Riverview Health that support the health and wellness of women and children. This year, more than \$50,000 was distributed to the following:

- **Riverview Women's Boutique: \$9,828**
- **Rehab & Fitness — Lymphedema Treatment Supplies: \$2,500**
- **Radiation Oncology — Breast Cancer Education: \$2,000**
- **Radiation Oncology — Breast Cancer Awareness Gifts: \$1,500**
- **Volunteer Services — Touch of Love Program: \$11,200**
- **Pregnancy and Infant Loss Program: \$2,000**
- **Maternity — Milk Warmer: \$1,750**
- **Maternity — Maternal Simulator: \$10,555**
- **Maternity Services: \$11,245**

Grant Helps Improve Childbirth Safety

As one of the Women of Vision Giving Club grant recipients, the Riverview Health maternity department purchased obstetric training equipment from Gaumard—an industry leader in simulation-based healthcare workforce training solutions. Training takes place on a quarterly basis for physicians, nurses and certified surgical technologists. This is done by using an automated, high-tech, lifelike patient manikin that mimics a woman going through labor and delivery.

"We're so excited to offer maternal simulation training to our team," said Michelle Allen, director of Maternal and Child Services. "This training will better prepare staff for emergencies that take place during labor and delivery as well as reinforce all the teamwork and skills needed to make childbirth as safe as possible."



Volunteer at Riverview Health

Riverview Health relies on the assistance of hundreds of volunteers each year, and new volunteers are always welcome. Some of the many volunteer service areas include patient transport, guest services, the Gift Shop, Riverview Women's Boutique and openings at Riverview Health Westfield Hospital. Benefits include complimentary meals during volunteer shifts and discounts in the Riverview Health Gift Shop, Riverview Women's Boutique and Riverview Health Rehab & Fitness centers.

If you're interested in volunteering at Riverview Health, please contact the manager of Volunteer Services, Melinda Nash, at 317.776.7236. An in-person interview, background check and health screening are required prior to being a volunteer.

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