

Riverviews



News from Riverview Health

The Comforts of Home in the Courtney Cox Cole Infusion Center



riverview.org | Spring-Summer 2020

Also in this issue:

Get to Know
Dr. Jenna Walls

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Expands Throughout
Hamilton County

4 Ways to Cope with
Feeling Overwhelmed

Letter from Seth



As the county hospital, Riverview Health takes pride in caring for everyone in our community. Each year, we provide approximately \$15 million worth of uncompensated care to those without the means to pay. Though the hospital is owned by Hamilton County, we are not funded by tax dollars. As a non-profit organization, we rely on Riverview Health Foundation to raise funds and help with large projects.

Essentially, Riverview Health Foundation raises money to help us improve the community's health and quality of life, which makes our donors partners in saving and changing lives. Donations come in small and large amounts, and we're grateful for them all. In the past, the Foundation has raised funds to help us purchase sleep sacks for our newborn babies, wigs and compression sleeves for cancer patients, a state-of-the-art MRI and much more. In more recent years, the Foundation has been raising money to help build our new infusion center.

In 2019, we were thrilled to announce a generous donation from a well-known, local family. The money donated by Courtney Cox Cole, Dave and Jackie Cox and Darren and Monica Peck helped build the new infusion center. We are so honored that they chose us for this gift. In addition to the money donated, they also offered insightful suggestions on designing the infusion center. Courtney was a patient at Riverview Health, so she knew firsthand how we could create our new space to better accommodate patients. The large windows, natural light and fireplaces are just a few of the ideas she and her family proposed to us.

After Courtney passed away in September 2019, it seemed only fitting that the family asked that our new infusion center should bear her name. She was known in the community for her positivity and determination, so we are honored to link her name with ours as her legacy lives on to benefit our patients for years to come.

For more information on the Courtney Cox Cole Infusion Center, visit page 3.

In good health,

A handwritten signature in black ink, appearing to read "Seth Warren".

Seth Warren,
PRESIDENT AND CEO, RIVERVIEW HEALTH

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



NEWS FROM RIVERVIEW HEALTH *Spring-Summer 2020*

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WHERE TO FIND US

Riverview Health Noblesville Hospital
395 Westfield Rd.
Noblesville, IN 46060
317.773.0760

Riverview Health Westfield Hospital
17600 Shamrock Blvd.
Westfield, IN 46074
317.214.5555

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

PRESIDENT AND CEO

Seth Warren

MARKETING AND PR DIRECTOR

Brandy Hill

MARKETING/COMMUNICATIONS COORDINATOR

Christin Barber

SOCIAL MEDIA COORDINATOR

Kinsey Johnson

MARKETING/OUTREACH COORDINATOR

Haley Myrick

DIGITAL MARKETING STRATEGIST

Michelle Sprehe

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 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 Opens First of Four Combined ER and Urgent Care Facilities

Riverview Health is pleased to announce Riverview Health Emergency Room & Urgent Care—Fishers is open. This facility is the first of four to be built and is located at 9690 E. 116th St. next to Topgolf. The new facilities have a retail model and focus on customer service and treating patients quickly. The ER services are available 24/7, while the urgent care hours are 7 a.m. to 10 p.m. daily. An ER physician will see all patients, regardless of the level of service needed. However, patients will only be billed for the level of care that is provided. The Carmel location at 146th St. and Hazel Dell Pkwy. will open in spring 2020. The other two locations are set for West Carmel/Zionsville and the Nora area of Indianapolis.

Courtney Cox Cole Infusion Center is Open for Patients

At the end of last year, Riverview Health officially opened the doors of the Courtney Cox Cole Infusion Center. The new infusion center within the Noblesville hospital triples the space of the previous location. The new and improved design of the infusion center includes several ideas and suggestions from Courtney and her family—which includes her parents, Dave and Jackie Cox, and sister and brother-in-law, Monica and Darren Peck—who experienced firsthand the previous infusion center. Named in memory of Courtney Cox Cole, the space is more welcoming with a soothing color scheme, plenty of natural light and calming artwork, and it is designed to accommodate a variety of needs and patient preferences.

New Clinicians

Please join us in welcoming the following clinicians:

- » **Lydia Banton, LMHC**—Behavioral Care
- » **Annette Dinneen, MD**—Dermatology
- » **Michael English, PA**—Neurosurgery
- » **Kathryn Freeman, DO**—Proctology
- » **Sandra Garofalo, NP**—Oncology
- » **Valerie Gathers, MD**—OB/GYN
- » **Daniel Leas, MD**—Orthopedic Surgery
- » **Erin Murphy, NP**—Gastroenterology
- » **George Negrete, MD**—Surgery
- » **Emily Shelley, DO**—Dermatology
- » **Alexander Tatem, MD**—Urology
- » **Qwintoria Upshaw, NP**—Internal Medicine
- » **Travis Welch, PA**—Orthopedic Surgery



UPCOMING Seminars & Events

At Riverview Health, we offer a series of educational seminars 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.**

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 317.776.7317 or visit riverview.org/donate.**

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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!



The Comforts of Home in the Courtney Cox Cole Infusion Center



Carolyn Dahlager spends several hours a week at the Courtney Cox Cole Infusion Center where she receives magnesium infusion therapy to treat a health condition. Carolyn says she enjoys the comfortable homey environment during her treatments.

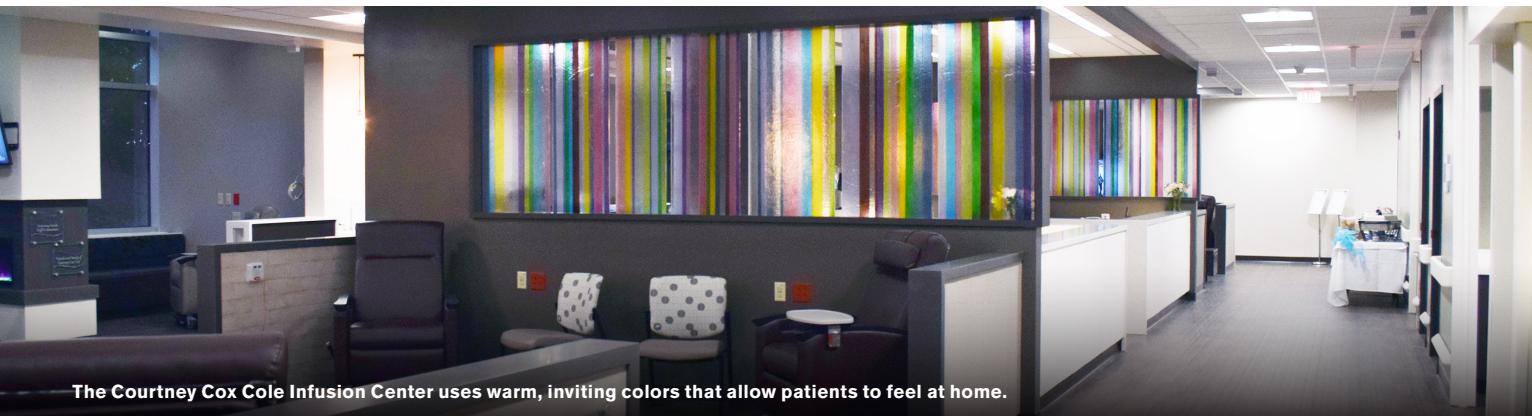
Carolyn Dahlager relaxes peacefully in a recliner. Sitting near the warm glow of a fireplace, she stares out a giant window to admire nature and imagine what will soon be a beautiful garden. She spends several hours a week sitting in this spot as she receives magnesium infusion therapy to treat a health condition—something she's done for the past two years and will continue for the foreseeable future. Carolyn enjoys the comfortable, homey environment during her treatments, but she's not at home—she's at the Courtney Cox Cole Infusion Center at Riverview Health.

After much planning and construction, the highly anticipated Courtney Cox Cole Infusion Center at Riverview Health opened for patients in November 2019, and Carolyn was one of the first to experience the new space.

"The new infusion center is remarkable," Carolyn mused. "I don't know what they could have done better."

Carolyn and other infusion center patients owe much of their gratitude to Riverview Health Foundation donors, and most notably the Cox, Cole and Peck families for their \$500,000 donation. But the influence of these three families goes beyond money, as they largely inspired the design elements—especially Courtney Cox Cole.

After her cancer diagnosis several years ago, Courtney became a patient at the Riverview Health infusion center. While she was happy with the care she received there, she and her family wished they had a more comfortable environment for treatment. Courtney and her family met with leaders at



The Courtney Cox Cole Infusion Center uses warm, inviting colors that allow patients to feel at home.



Courtney Cox Cole, along with her parents, Dave and Jackie Cox, and sister and brother-in-law, Monica and Darren Peck, stopped by the construction site to get a sneak peek of the final blueprints.

Riverview Health to help develop concepts for a new infusion center. Then, last year, Courtney, along with her parents, Dave and Jackie Cox, and sister and brother-in-law, Monica and Darren Peck, pledged their support to help build a new infusion center.

The Courtney Cox Cole Infusion Center triples the amount of space that was offered in the previous infusion center. The center now offers private rooms, semi-private suites and social treatment areas, ensuring that patients receive care in their preferred manner—whether it be alone or with others.

Sadly, Courtney passed away in September 2019, but her legacy will live on to benefit patients for generations to come. As the project was completed, the Cox, Cole and Peck families and friends enjoyed a sneak peek at the infusion center.

"You walk in there and you're like, 'the fireplaces—that's Courtney,'" Monica said. "The natural light, the porch, the social or private treatment areas—Courtney is all over that whole area to me."

The colors and textures within the infusion center are warm and inviting. The large windows and fireplaces offer a soothing ambiance. The heated, massaging recliners allow patients to sit back, relax and even fall asleep.

While Carolyn was thrilled with her care, and the staff had already become a "second family" to her during the past two years, the previous infusion center didn't offer a lot of privacy. Since the opening of the new center, she's been enjoying the semi-private suites where she can relax and view the outdoors through her large window.

Each suite has a television, but Carolyn usually prefers to spend her time quietly.

"It offers a peaceful time to be able to close everything off," she said. "You're able to take a nap or just look outside."

Carolyn is also looking forward to the garden that will be constructed outside the windows for patients to enjoy. The garden will feature beautiful landscaping and a sculpture created by local artist Rachel Kavathe, who is working in conjunction with Nickel Plate Arts.

Though infusion therapy is often associated with chemotherapy for patients with cancer, there are many patients, like Carolyn, who receive infusions for other reasons. The infusion center also treats those with conditions such as infections, gastrointestinal disorders, pulmonary conditions such as asthma, and rheumatology conditions like arthritis and psoriasis.

Patients can spend anywhere from 15 minutes to 16 hours receiving an infusion, said Angie Bolinger-Anderson, director of cardiovascular and cancer services at Riverview Health.

"Each patient is going through something different, and we recognize how hard it can be to sit in a hospital receiving treatment for hours at a time," Angie said. "That's a lot of time here, and we want our patients to feel comfortable like they're at home. And thanks to the Courtney Cox Cole Infusion Center, we're now able to provide that atmosphere for our patients."

RIVIEW HEALTH FOUNDATION MASQUERADE BALL

The Riverview Health Foundation Masquerade Ball was held last November at Embassy Suites by Hilton Noblesville, and while the night included music, food and fun with fellow community members, the event carried a very special purpose. Riverview Health Foundation was able to raise more than \$175,000, which directly benefited the new Courtney Cox Cole Infusion Center. The evening also celebrated many generous donors.

"As the philanthropic arm of Riverview Health, we are grateful for the opportunity to contribute money toward keeping high-quality healthcare close to home for so many patients," said Megan Wiles, Riverview Health Foundation executive director. "Although this has always been our mission, the new Courtney Cox Cole Infusion Center was such a special project because the experiences of patients and their families were truly at the core of the many decisions made when building the new space."

A special thank you to the event's gold-level sponsors, American Structurepoint and Krieg DeVault.

To learn more about the Courtney Cox Cole Infusion Center, watch the video at riverview.org/video.



Just Keep Moving



After a traumatic accident in August 2018 left JD Anderson with two broken legs, he's excited to be up and moving again and back to the activities he loves—like volunteering for the Noblesville High School band and supporting his son during performances.

Noblesville resident James D. Anderson (JD) is a proud band parent. His son, Connor, is a percussionist in the Noblesville High School band. As someone who loves being involved with his community, JD volunteers to help build props for the band's halftime shows. It's something he loves doing and continues to do—even after a traumatic accident he experienced in August 2018.

After a football game halftime show, JD was walking with other band volunteers from the football field back to the high school.

The volunteers looked both ways to ensure no cars were coming, then began to cross the street. JD positioned himself behind the prop trailer to make sure nothing fell off, but as they walked, JD was suddenly struck from behind by a vehicle.

"We have no idea where the car came from," JD said. "It tossed me to the side and then plowed into the back of the prop trailer."

I ended up landing face down on the side of the road."

In intense pain, JD's biggest fear at that point was being moved. Thankfully, one of the other volunteers who had come to JD's side made sure no one attempted to touch him until emergency personnel were on site. Once the fire department and police arrived, they were able to successfully turn him over onto his back and get him into an ambulance.

"When I was in the ambulance, I could feel my toes move, so I knew that was a good sign," JD said.

While JD didn't have a scratch from the knees up, below his knees were a different story. An examination after the accident revealed that both of JD's legs had multiple tibia and fibula fractures, and his right foot was fractured as well. He underwent surgery that night to have rods placed from his knees to his ankles.

After the surgery, there was discussion of JD being placed in a rehab facility due to his inability to access his home without a wheelchair ramp. Eager to come home, JD didn't like the idea. He didn't need to worry, though, because his friends in the Noblesville High School band stepped in.

"They knew the only thing keeping me from coming home was a lack of a ramp, so all the band families got together and built me a 22-foot-long wheelchair ramp that was compliant with the Americans with Disabilities Act. Because of their help I was able to go home directly after surgery, which I was incredibly grateful for," JD said.

Ready to get back to normal activities, JD worked hard during his home therapy sessions. Eventually he was able to master his basic needs—such as using a walker and climbing his stairs so he could shower—and JD graduated to outpatient therapy at Riverview Health Rehab & Fitness in Noblesville.

"Our goal in therapy was to help him walk with a normal gait pattern and for him to eventually be able to walk without an assistive device," said Riverview Health physical therapist Jennifer Fehlinger. "We also worked on lowering his pain and regaining normal function. In short, we wanted to help him get his life back."

"One of the things on the walls in rehab said, 'Just keep moving,' and that stuck with me. It became obvious that if I didn't keep moving, I wouldn't move. The more I did, the faster I would recover." — JD Anderson

During therapy, JD worked through a combination of therapeutic exercises, manual therapy, neuromuscular re-education and gait training. Manual therapy was done to improve the many soft tissue restrictions in his lower legs, as well as to improve the mobility of his ankles and knees.

"My experience with rehab at Riverview Health was excellent. The therapists were constantly adjusting what I was doing so I made the most progress. It wasn't just something they robotically did, my care was personalized," JD said.

While therapy was hard and painful at times, JD was determined to excel—and it showed.

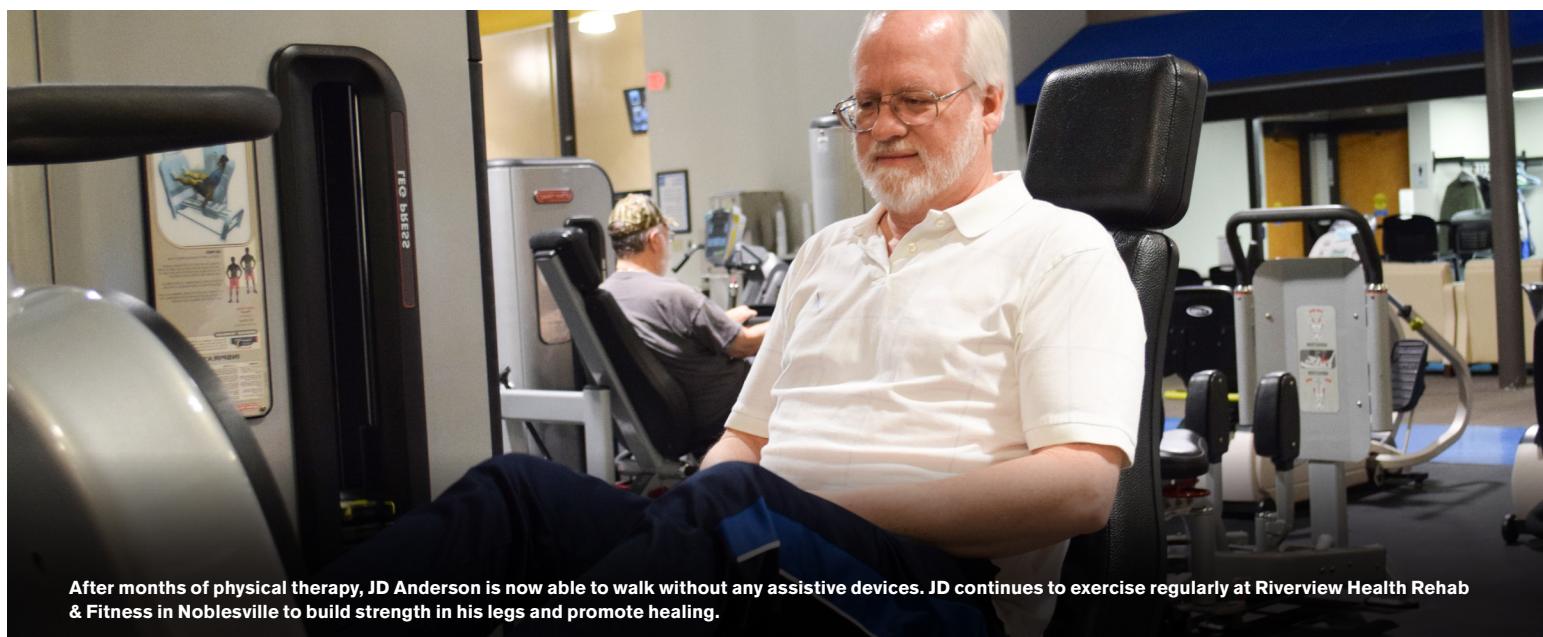
"Despite having high levels of pain, JD always kept a positive attitude," Jennifer said. "He never stayed focus on his deficits. He asked questions when he wasn't sure about something, and really put forth 110 percent during our sessions. He always seemed to have a smile on his face."

JD managed to have a good sense of humor while in therapy, too. It isn't very common to have someone in therapy who has not one, but two broken legs.

"When we'd start a new exercise, sometimes the therapists would momentarily forget and say something like 'now start with your good leg,'" JD chuckled. "I didn't have a good leg."

JD's attitude and work paid off. He is now able to walk without any assistive devices and is getting back to the activities he loves—like volunteering for the band and supporting his son during performances.

"The accident was just another challenge to go through," JD said. "You have an endless supply of those in life. This one was a little more annoying than others, but you still have to get up and go. One of the things on the walls in rehab said, 'Just keep moving,' and that stuck with me. It became obvious that if I didn't keep moving, I wouldn't move. The more I did, the faster I would recover."



After months of physical therapy, JD Anderson is now able to walk without any assistive devices. JD continues to exercise regularly at Riverview Health Rehab & Fitness in Noblesville to build strength in his legs and promote healing.

Riverview Health Expands Throughout Hamilton County

When medical issues arise, they are often hard to diagnose. Trying to decide whether symptoms warrant urgent or emergency care can waste valuable time and money. However, citizens of Hamilton County are no longer faced with this challenge. Instead, they can leave the decision to the professionals in their neighborhood at the new Riverview Health Emergency Room & Urgent Care facilities.

Riverview Health introduced the first-ever combined emergency room and urgent care to Hamilton County at Riverview Health Westfield Hospital. This facility has a full-service, 24-hour emergency room, combined with an urgent care that operates from 7 a.m. to 10 p.m. daily. This model allows patients to be guided to the level of care they need and billed for the level of care received—all at the same convenient location.

Since the development of Riverview Health Westfield Hospital, Riverview Health has continued its growth throughout Hamilton County. In November 2019, Riverview Health opened its first freestanding emergency room and urgent care facility in Fishers. In spring 2020, Riverview Health will open its second freestanding emergency room and urgent care, which will be located in Carmel.

The growth doesn't stop there. Riverview Health has broken ground in West Carmel/Zionsville and plans to open this fall. Riverview Health also plans to open its fourth stand-alone emergency room and urgent care, which will be located in the Nora area of Indianapolis.

"We continue to expand throughout Hamilton County," said Seth Warren, president and CEO of Riverview Health. "And we are excited to provide high-quality, convenient care that also includes the best customer service to more and more patients."

No one really plans for a medical issue to arise. So, when it does, Riverview Health strives to make it as easy as possible for you and your family to get the care you need.

What a combined ER and urgent care means for you:

You don't have to settle for paying huge emergency room bills when you only need urgent care services (during urgent care hours of 7 a.m. to 10 p.m. daily). Or, should you need a higher level of care than you initially thought, you don't have to leave an urgent care to go to an ER—you're already there.



Together with Intuitive Health and Equity, Riverview Health broke ground in West Carmel/Zionsville in September 2019.



Riverview Health Emergency Room & Urgent Care—Fishers held a ribbon-cutting ceremony and open house for the public before officially opening in November 2019.



Riverview Health is set to open its second free-standing emergency room and urgent care in spring 2020. This facility is located at 146th St. and Hazel Dell Pkwy. in Carmel.

A Simple Scan Can Save a Life

Laura and Jack Everling made plans to get heart scans together when they both turned 50. They each had a family history of heart problems, so they thought it was best to err on the side of caution. They never dreamed the scans would turn into a lifesaving decision.

The heart scans were the only thing standing between Laura and Jack's spring break trip to Florida, so they were eager to get them over with. As planned, they completed their scans and then took off for some sun and beach time. However, while in Florida, the Everlings received a call from their primary care physician, Dr. Jeremy Fisk.

"Dr. Fisk recommended that Jack go back in and have an echocardiogram done," Laura recalled. "So, when we got back from our trip, Jack went to Riverview Health a second time and saw Dr. Pyles."

Soon after their second visit, Dr. J. Mario Pyles, medical director of cardiovascular services at Riverview Health, called the Everlings with news that Jack's heart looked abnormal. He recommended they schedule a cardiac catheterization procedure.

On May 23, 2019, Jack came in for his heart catheterization. After the procedure, Dr. Pyles told the Everlings that Jack had four blockages in his arteries—three of which were 100 percent blocked.

"Dr. Pyles told me that the only thing that could fix the blockages was heart surgery," Jack said.

Jack didn't waste time and made an appointment for quadruple bypass surgery.

"The surgery went extremely well," Jack said. "I was sore coming home from the hospital and recovery was a little rough at first, but after the first week at home I was able to get up and do things for myself."

Jack started cardiac rehabilitation in July 2019 and is still working toward a full recovery. He does, however, already feel the positive effects from his surgery.

"I never knew what it felt like to feel good," Jack said. "I couldn't believe it when Dr. Pyles told me that my arteries had probably been in this condition for almost 20 years."

Laura and Jack both enjoy walking in 5K races and were shocked that he hadn't noticed any major symptoms like chest pain during any of the walks they participated in.

"Toward the end of the 3.1 mile walk he would usually have to stop for a second or slow down due to shortness of breath, but blamed it on his age and weight," Laura said.



After a 10-minute heart scan at Riverview Health revealed that Jack Everling had four blocked arteries, he underwent quadruple bypass surgery to save his life. Now after a successful recovery, Jack is back to doing what he loves—walking 5Ks with his wife, Laura.

Laura and Jack never thought his heart was in such poor condition but are thankful they were able to detect and resolve the issue. Their positive outcome since Jack's surgery has led them to urge their friends and family members to get heart scans as well.

"We can't say enough about how important a heart scan can be," Jack said. "A painless, 10-minute scan saved my life, and I want others to know what it's like to finally feel healthy after so many years."

The Everlings are excited to get back to walking their 5Ks and are thankful that this time they will be able to complete one together without having to stop to take a breath.

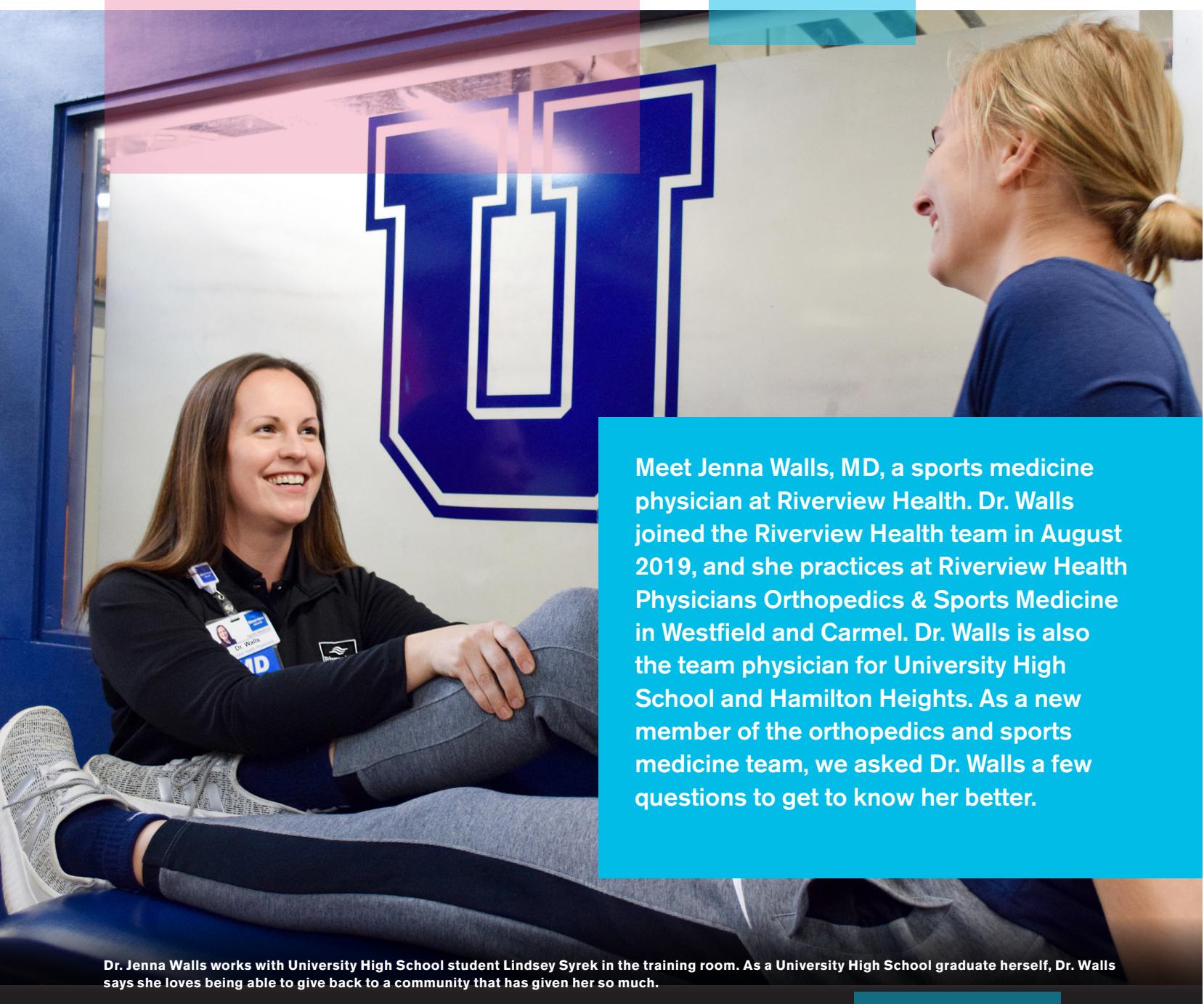
HEART & VASCULAR SCREENINGS

Riverview Health Heart & Vascular offers preventative screenings that you can schedule or pre-qualify for without a doctor's order.

- » **CT Heart Scan (\$49)** – This scan is performed using a CT scanner to determine the amount of hardened plaque inside your coronary arteries.
- » **EKG Screening (\$10)** – This baseline screening records the electrical activity of your heart to determine if your heart is normal, under stress or experiencing strain or damage.
- » **Vascular Screening (\$79)** – This package includes three tests:
 - Carotid artery screening
 - Abdominal aortic aneurysm screening
 - Ankle brachial index test

For more information, visit riverview.org/heartscreenings or call 317.776.7247.

#MyFocus: Get to know Dr. Jenna Walls



Meet **Jenna Walls, MD**, a sports medicine physician at Riverview Health. Dr. Walls joined the Riverview Health team in August 2019, and she practices at Riverview Health Physicians Orthopedics & Sports Medicine in Westfield and Carmel. Dr. Walls is also the team physician for University High School and Hamilton Heights. As a new member of the orthopedics and sports medicine team, we asked Dr. Walls a few questions to get to know her better.

Dr. Jenna Walls works with University High School student Lindsey Syrek in the training room. As a University High School graduate herself, Dr. Walls says she loves being able to give back to a community that has given her so much.

Q. You're the team physician for University High School and Hamilton Heights. Did you play any sports in high school?

A. I played tennis for one year and ran cross-country for two years. Chronic knee pain kept me from participating in sports my senior year of high school, so I served as the team manager for our cross-country and basketball teams. This continued into my college years at Washington and Lee University in Lexington, Virginia, where I served as a student athletic trainer and team manager for their men's basketball team for four years.

Q. Before you decided to become a sports medicine physician, what other career paths did you consider?

A. In middle school and early high school, I thought strongly about pursuing a career in veterinary medicine. However, as I started spending more time around sports and athletes, the concept of sports medicine was introduced. While I considered other areas of medicine during college and medical school—such as emergency medicine, anesthesiology and surgery—my experience working with athletes in college ultimately drove me to a career in sports medicine. I was also heavily influenced by other sports medicine physicians and athletic trainers who mentored me throughout my education.

Q. What are your goals as a physician?

A. My main goal is to provide the best care that I can for my patients. I strive to help my patients take an active role in their recovery and to be an advocate for their health and well-being. Not all of my patients are athletes, so I hope to help educate each of my patients on how they can stay active for years to come.

Q. You graduated from University High School in Carmel. How has it been being the team physician at your old school?

A. University High School is such a special place, and I love being able to give back to a community that has given me so much.

Q. What does a typical week on the job look like for you right now?

A. I see patients in our Westfield and Carmel clinics Monday through Friday. During our busy athletic seasons, I also typically see student athletes in the high school training room one afternoon each week. I also attend home athletic events at University High School and Hamilton Heights, especially during the fall and winter sports seasons.



Q. What do you love most about your job?

A. I love having the opportunity to meet new people and to form new relationships on a daily basis. I also enjoy helping my patients through difficult times and seeing them overcome an injury or pain. I see a wide range of ages and activity levels in my practice, so each day is a new adventure.

Q. How have your patients influenced your life?

A. My patients influence me to be both a better physician and a better person every day. I love caring for patients who are motivated to stay active and lead a healthy lifestyle. This often pushes me to look at my own life and motivates me to stay active.

Q. When you're not busy seeing patients, what do you like to do for fun?

A. I enjoy working out, cooking, reading, knitting and volunteering at my church. I also love spending time with my two German Shepherds, Dax and Nita.

Q. Do you have any advice for young students who may be considering a career in orthopedics and sports medicine?

A. Get involved early! Look for ways to shadow orthopedic surgeons and sports medicine physicians during high school or college. This will help you get a true feel for the lifestyle.

4 Ways to Cope with Feeling Overwhelmed

Feelings of stress and anxiety can crop up seemingly out of nowhere. As they creep in slowly, you may begin to feel as though you're struggling to keep your head above water. As we age, the demands of life and responsibilities keep growing, and the adjustment periods can lead to stress as we learn how to manage everything.

As the topic of mental well-being has been in the spotlight more frequently in the past few years, the World Health Organization (WHO) has taken notice. In fact, WHO included "burnout" in its list of International Classification of Diseases, a diagnostic tool for medical providers—though the guidelines won't go into effect until 2022.

Here are four tips from experts at Riverview Health on how to manage feelings of burnout:

1. Make an appointment with your primary care provider.

Prolonged periods of extreme stress not only affect your mind, your mood and your relationships—it can have serious effects on your physical health, according to Riverview Health chief medical officer and family medicine provider Eric Marcotte, MD.

"Stress and fatigue can lead to problems with your respiratory system, heart and gastrointestinal issues," Dr. Marcotte said. "It also can lead to high blood pressure, which takes a toll on your entire body and can lead to a heart attack or stroke or put you more at risk for other diseases."

By making an annual appointment with a primary care provider, you can stay on top of your health—even if you feel fine. Having annual baseline results from blood pressure, weight, cholesterol, blood sugar and other preventive screenings will help you and your provider know if something is off in the future.

2. Take mental health days.

Whether it's taking time off from work or going for a night out to take a break from your kids and responsibilities at home, too few people take advantage of mental health days. A large reason for feeling hesitant to take time for yourself is the dreaded feeling of guilt.

Guilt that you'll let down your employer. Guilt that taking a day off to do nothing makes you appear lazy. Guilt that taking a break from your family means you don't love them.

If you're constantly operating in stress-mode, you're not doing yourself, your coworkers or your family any favors. Allowing yourself to step back and decompress helps you refocus and return to a happier, healthier state of mind, which those around you will notice.

3. Invest in personal wellness coaching.

Professional wellness coaches can help you improve your overall health and well-being by establishing a partnership through conversation that facilitates progress, discovery, change and growth.



The wellness coach at Riverview Health is credentialed through the American College of Sports Medicine as a certified health and wellness coach (CHWC) and is trained to help patients develop and implement personal wellness plans by:

- » Accepting and meeting you in your current state of health
- » Addressing all elements of well-being
- » Asking you to take charge
- » Guiding you in doing mindful thinking and doing work that builds confidence
- » Helping set realistic goals, as small victories lay the foundation of self-efficacy

Sessions are designed to help you learn new skills, strategies and tools to make healthy, sustainable behavioral changes.

4. Discover employer-based counseling services.

Despite how it may feel when you're overwhelmed at work, your employer doesn't want you to feel that way. Many companies are investing in their employees by offering free counseling services as part of their benefits packages. While services may vary from employer to employer, you don't have to have experienced a catastrophic life event to seek counseling. In fact, many employer-based counseling programs offer multiple counseling sessions for an unlimited number of life stressors—whether it's related to work, home life or something else.

And though these services are brought to you by your employer, counselors offer a safe space and are bound by privacy laws to never share anything with your employers. Check with your company's human resources department to ask what kinds of mental health and wellness benefits they offer.

Ready to make a change? To find a primary care physician, visit riverview.org/doctor, or to learn more about wellness coaching, visit riverview.org/classes.

A Pup with a Purpose



Lucy is a two-year-old black lab who enjoys playing, eating treats and taking naps just like any pup, but what makes her special is her ability to help those in need as a therapy dog.

Lucy's owner, Sandy Goff, and her husband have always had black labs. After losing one of them a couple years ago, they decided it was time to look for a new puppy.

"My husband and I had heard about therapy dogs and how helpful they could be. I was looking for volunteer opportunities myself and loved the idea of

getting back into the classroom with a therapy dog," Sandy said.

"This, along with a few other reasons, is what ultimately led us to raise a puppy with a purpose."

The Goffs then found Lucy through Ultimate Canine in Westfield, where she was bred, socialized and temperament tested to qualify for therapy training.

"Part of Lucy's initial training was visiting a classroom at Hamilton Heights High School and greeting students and teachers in the halls, so we have continued to visit the school every Thursday morning and on special occasions," Sandy said.

Sandy credits Mrs. Magdum's class at Hamilton Heights High School for being instrumental in preparing Lucy.

"It was much more difficult than we had originally anticipated," Sandy said. "We spent 18 months preparing Lucy for her test, and even though she has earned her official therapy dog title, we still continue to work with her."

Lucy has learned many ways to assist those she comes in contact with, like getting up in bed with patients or placing her head on their lap if they are in a wheelchair. Lucy is also happy to demonstrate how she lays with students in need of comfort when she visits the school. Like most therapy dogs, Lucy is able to be petted by anyone who wishes to. This is one of the many ways she brings joy to Riverview Health patients, visitors and staff when she visits.

Lucy works at Riverview Health every week on Tuesday mornings. Therapy dogs are only able to work for two and a half hours at a time, so Sandy and the staff at Riverview Health

have created a standard route for Lucy to take each time she works at the hospital.

First, Lucy visits with patients in the inpatient rehab gym before traveling down the ramp where she spends a few minutes loving on the third-floor volunteers. She then takes the elevator down to the second floor and walks through the atrium, stopping to visit with patients, visitors and staff on her way to the oncology department. After playing with the oncology staff and taking a short rest, Lucy takes the same route back up to the inpatient rehab gym and works for a little while longer.

"We love coming to Riverview Health," Sandy said. "Lucy has a little community here and genuinely enjoys running her route to visit with them every week."

Sandy enjoys her time at Riverview Health just as much as Lucy. Sandy explained how initially she thought Lucy would be needed primarily for the patients, but soon realized that she is enjoyed just as much by the hospital staff.

"It's the best job ever being on this side of the leash," Sandy said. "I love seeing their faces light up and the overall joy Lucy brings children and adults alike."



Lucy, who works as a therapy dog at Riverview Health one morning a week, provides employees and patients alike with comfort and a chance to take a breather from their day.

Upcoming Seminars & Events

MARCH

Shoulder Pain Seminar

When: Wednesday, March 11, 6-7 p.m.
Where: Renaissance Indianapolis North Hotel,
11925 N. Meridian St., Carmel

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon and sports medicine physician, as he shares the best treatment options for common shoulder ailments. Topics will include various shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacement surgery.

Sinus & Allergy Seminar

When: Wednesday, March 25, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd.,
Noblesville (Krieg DeVault conference room,
entrance 3, lower level)

Join Dr. Michael Agostino, a board-certified ear, nose and throat specialist, to learn more about common sinus and allergy issues, nasal airway disorders and the treatments available for these conditions.

APRIL

Making Healthy Changes as a Couple

When: Thursday, April 9, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd.,
Noblesville (Krieg DeVault conference room,
entrance 3, lower level)

Are you and your significant other ready to make a change? Join Riverview Health wellness dietitian Brittany Nelson, RD, to learn how the Body Knowledge program can be tailored to couples who want to work together to achieve their weight loss and wellness goals.

Low Back Pain Treatment Options

When: Wednesday, April 22, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd.,
Noblesville (Krieg DeVault conference room,
entrance 3, lower level)

Join board-certified and fellowship-trained physicians, Praveen Perni, MD, and John Ward, MD, to learn about treatment options for low back pain, sciatica and spinal stenosis. Dr. Perni and Dr. Ward will discuss ways to reduce pain, including injections and surgery.

MAY

The Road to Recovery: Life After a Stroke

When: Thursday, May 14, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd.,
Noblesville (Krieg DeVault conference room,
entrance 3, lower level)

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

Diabetes Technology Seminar

When: Thursday, May 28, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd.,
Noblesville (Krieg DeVault conference room,
Entrance 3, lower level)

Join our diabetes educators for an overview of the technology available for diabetes management. We'll discuss how this technology can help simplify your diabetes care and conclude the program with a Q&A session.

JUNE

Treating Joint Pain

When: Thursday, June 11, 6-7 p.m.
Where: Renaissance Indianapolis North Hotel,
11925 N. Meridian St., Carmel

Join Dr. Norman Mindrebo, a board-certified orthopedic surgeon and sports medicine physician, to learn about the latest techniques for treating joint pain at Riverview Health. Dr. Mindrebo will discuss hip, knee and shoulder pain as well as advances in joint replacement procedures.

Treating Low Back Pain & Sciatica

When: Wednesday, June 17, 6-7 p.m.
Where: Riverview Health Westfield Hospital,
17600 Shamrock Blvd., Westfield (second
floor lobby)

Join board-certified and fellowship-trained physicians, Praveen Perni, MD, and Pawan Sethi, MD, for a seminar on low back pain and sciatica. Dr. Perni and Dr. Sethi will discuss low back pain prevention, conservative therapy options after an injury and the advanced surgical and non-surgical treatments available at Riverview Health.

AUGUST

Handling Hand & Arm Pain

When: Thursday, Aug. 6, 6-7 p.m.
Where: Riverview Health Westfield Hospital,
17600 Shamrock Blvd., Westfield (second floor
lobby)

Join Dr. Christy Kellams, a board-certified and fellowship-trained orthopedic surgeon, as she describes the treatment options for common hand and arm problems. Dr. Kellams will discuss conditions such as carpal tunnel, thumb arthritis, tennis elbow, trigger finger and more.

All seminars are free and include a light dinner. Registration is required for seminars and can be completed by visiting riverview.org/classes or by calling 317.776.7999.

SUPPORT GROUPS

Adolescent Pregnancy and Peer Support Group

When: First Monday of every month, 6-7 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)
Information: Call 317.776.7200

Breastfeeding Support Group

When: Every Thursday, 10:30 a.m.-noon
Where: Riverview Health, 395 Westfield Rd., Noblesville (Krieg DeVault conference room, lower level of Women's Pavilion, use entrance 3)
Information: Call 317.776.7202

Diabetes Support Group

When: Once a quarter (upcoming sessions: March 12, June 11 & Sept. 10), 5-6 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (conference room 1406, use entrance 3)
Information: Contact the Diabetes Education Center at 317.776.7233

Grief Support Group

When: Third Wednesday of every month, 3-4 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (5 South conference room, room 521)
Information: Contact Katherine Murray at 317.468.4124 or by email at kmurray@suburbanhospice.org

Infant Loss Support Group

When: Last Tuesday of every month, 7-9 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)
Information: Contact Dede Flaherty at 317.776.7302 or by email at dflaherty@riverview.org

Leading with Joy: Survivors of Suicide Loss Support

When: Second Tuesday of every month, 6:30-8:30 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (Classrooms A&B, lower level of Professional Building, use entrance 4)
Information: Contact Sue Pruce at 317.776.7365

Mended Hearts

When: Third Wednesday of every month, 11:30 a.m.-2 p.m.
Where: Riverview Health, 395 Westfield Rd., Noblesville (Classrooms A&B, lower level of Professional Building, use entrance 4)
Information: Call 317.776.7377

Postpartum Anxiety and Depression Support Group

When: First and third Wednesday of every month, 10 a.m.-noon
Where: Riverview Health, 395 Westfield Rd., Noblesville (Dad's Retreat, lower level of Women's Pavilion, use entrance 3)
Information: Contact Kristy McNamee at kmcnamee@riverview.org

Land and Water Fitness Classes

Looking to add something different to your workout routine? Check out these classes at Riverview Health Rehab & Fitness. Both facilities offer class membership packages good for unlimited classes, and drop-ins are also welcome (space permitting). For more information or to register, call 317.776.7225 for the Noblesville location or 317.705.4350 for the Carmel location.

Balance, Stretch and More!

Type of class: Land



A class of gentle movements designed to promote better balance, range of motion and strength using chairs when needed. This 60-minute class offers a smorgasbord of exercises that are progressive and structured to create a complete workout that is effective, challenging and fun! Class components will change weekly by adding light weights, resistance exercises and functional movement.

Aqua Joints

Type of class: Water



Aqua Joints is a low- to moderate-intensity class that safely and effectively challenges the body's strength, range of motion, endurance and balance with exercises that are designed to be gentle on your joints. This class is perfect for those looking to improve ease of movements for day-to-day, functional activities.



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