

VIM & VIGOR

FALL 2019 • \$2.95

MGH
MARION GENERAL HOSPITAL

What Can't SHE DO?

23 ways every woman can get healthier

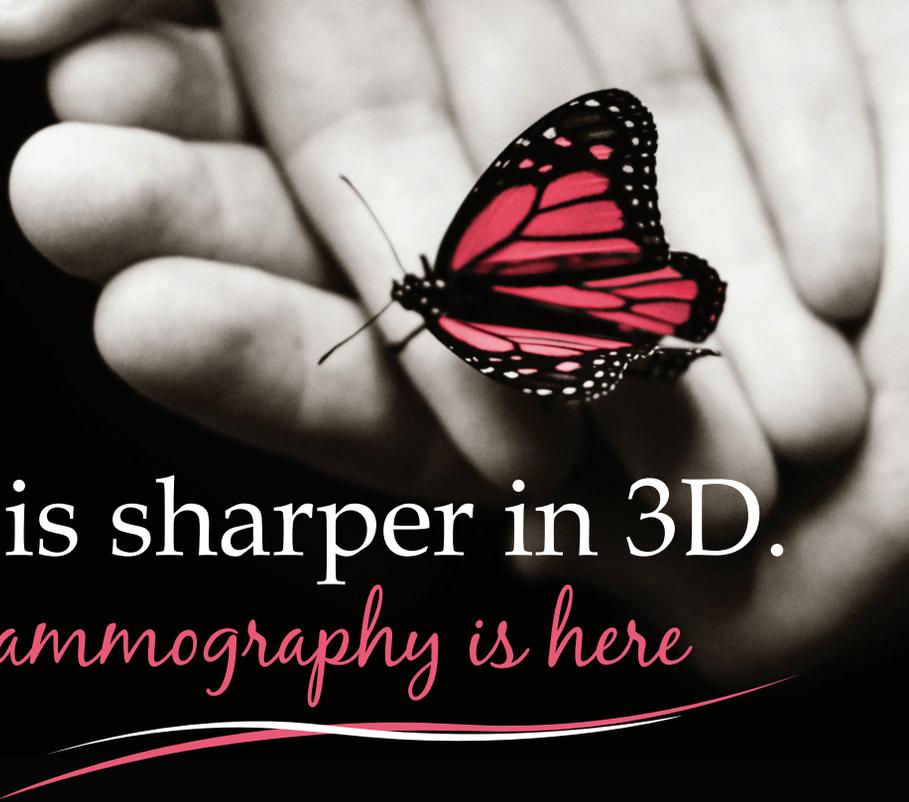
PLUS Julia Louis-Dreyfus faced breast cancer and came out laughing

DO YOU KNOW WHEN TO USE URGENT CARE?

Hospital Adds Police Force

HONORING EMPLOYEES WHO EMBODY MGH VALUES

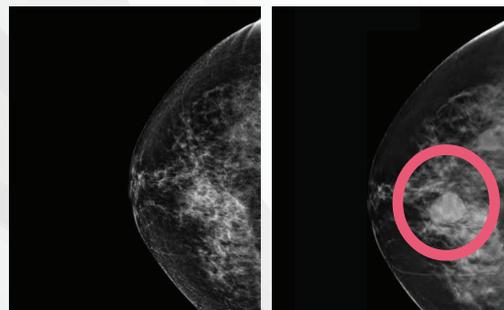




Everything is sharper in 3D.
3D Mammography is here

We're Committed to Your Health

Marion General Hospital proudly offers the latest advancements in medical images, reaffirming our commitment to provide the highest quality care to our valued patients and the Grant County community.



OLD TECHNOLOGY NEW TECHNOLOGY

Financial assistance available to those who qualify



Ask if 3D Mammography is Right for You

765-660-6222

South Marion Medical Park | 1406 West Bella Drive, Marion

FALL 2019 Contents

THE BIG STORY

A new way to look at women's bodies. PAGE 14

FEATURES

9 Quiz: Women's Health
How much do you know about the bodies and minds of American women?

10 Witty and Well
Julia Louis-Dreyfus' breast cancer diagnosis came at the peak of her legendary TV career, but now she's back to work—and still laughing.



14 What's Going On in Your Body?
Women's health challenges can include uterine fibroids, pregnancy loss and menopause symptoms. But with knowledge and care, all women can feel better.

22 Daughter, Caregiver
When it comes to taking care of older or sick loved ones, women bear the brunt of the burden.

28 Lessons from Mom
Your mom's health history can hold valuable information about your own wellness.

49 On a Mission
Awards honor MGH employees who embody the hospital's values.

52 When to Use Urgent Care
MGH Express Urgent Care offers help for a variety of non-emergency complaints.

53 MGH Adds Police Force
Officers will enhance MGH security.



IN EVERY ISSUE

- 2 Opening Thoughts
- 3 Life in General
- 6 Volunteer Services
- 7 Donations
- 8 Ask the Expert
- 32 The Quick List
- 33 This Just In
- 38 The Truth: Carpal Tunnel Syndrome
- 40 How To: Fly with a Baby
- 42 Quiz: Freak Out or Chill Out?
- 44 At a Glance: Germy Stuff
- 46 In the Market: Mushrooms
- 48 Health by the Numbers: Women and Heart Disease
- 56 Community Connections

An age-old battle: coffee vs. tea. PAGE 34



54

A Deeper Dive Into Addiction
Community Plunge events address mental health and opioid use disorders.

TEAM APPROACH TO CUTTING EDGE HEALTH SERVICES



Change is one of the constants in life we continually contend with. In today's lifestyle, change happens not only often, but also very quickly. It has become a challenge for society in general to identify, work through, adapt to and conquer the myriad changes that face us on a daily basis, whether it is at work, at home or in entertainment.

We at MGH pride ourselves on recognizing changes when they first appear and addressing them as quickly as possible. It is always a team effort here at MGH, especially when it comes to identifying, overcoming and conquering the ever-changing elements within healthcare.

In this issue of *Vim & Vigor*, you will find not only a sampling of what I am speaking of but also the reassurance of our commitment to staying on the cutting edge of today's healthcare services, thus enabling us to provide the best healthcare we possibly can to you and the entire community we serve.

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital



VIM & VIGOR

MARION GENERAL HOSPITAL

PRESIDENT/CEO

Stephanie Hilton-Siebert

CHAIR, BOARD OF DIRECTORS

Barbara A. Ihrke, PhD, RN

CHIEF, MEDICAL STAFF

James Orrell, MD

EDITOR

Terri Couse

PRODUCTION

EDITORIAL

ASSOCIATE CREATIVE DIRECTOR: Matt Morgan

EDITOR-IN-CHIEF: Meredith Heagney

CONTENT EDITOR: Sophia Conforti

SENIOR ASSOCIATE EDITOR: Gillian Scott

COPY EDITORS: Mark Allen, Jenna Murphy, Erin West

DESIGN

ASSOCIATE CREATIVE DIRECTOR: Tami Rodgers

CHIEF ART DIRECTOR: Cameron Anhalt

ART DIRECTOR: Molly Meisenzahl

PRODUCTION

VP, PRINT PRODUCTION: Laura Marlowe

PRODUCTION TECHNOLOGY: Cheryl Beaver, Mary Winters

CIRCULATION

DIRECTOR OF LOGISTICS: Kalifa Konate

OPERATIONS

PRESIDENT: Eric Goodstadt

SVP, CLIENT SERVICES: Laura Years

GROUP OPERATIONS DIRECTOR: Amy Rachels

MARION GENERAL HOSPITAL



441 N. Wabash Ave., Marion, IN 46952-2690

If you prefer not to receive our magazine or other health and wellness information from Marion General Hospital, please call us at 765-660-6000 or send your request to be removed from our mailing list to terri.couse@mgh.net.

Vim & Vigor™, Fall 2019, Volume 35, Number 2, is published three times a year by MANIFEST LLC, 4110 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251, 602-395-5850. *Vim & Vigor*™ is published for the purpose of disseminating health-related information for the well-being of the general public and its subscribers. The information contained in *Vim & Vigor*™ is not intended for the purpose of diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines. *Vim & Vigor*™ does not accept advertising promoting the consumption of alcohol or tobacco. Copyright © 2019 by MANIFEST LLC. All rights reserved. Subscriptions in U.S.: \$3 for one year (3 issues). Single copies: \$2.95. For subscriptions, write: Circulation Manager, *Vim & Vigor*™, 4110 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251.



MGH WELCOMES NEW PRACTITIONERS



Anthony Hill, MD, earned his medical degree from University of Louisville School of Medicine, Louisville, Kentucky. He completed his residency at Saint Louis University, St. Louis, Missouri. Bringing over 20 years of experience in his field, Dr. Hill specializes in internal medicine and pediatrics. He is board-certified in internal medicine by the American Board of

Internal Medicine. He joins the talented physicians and nurse practitioners of the MGH Hospitalist Program.



Venkata Kancherla, MD, earned his degree from Guntur Medical College in Andhra Pradesh, India, and completed his internal medicine residency at Coney Island Hospital, Brooklyn, New York. He is board-certified in internal medicine and a fellow of the American College of Physicians. He joins the talented physicians and nurse practitioners of the MGH Hospitalist Program. ■

AMERICAN COLLEGE OF OSTEOPATHIC SURGEONS INDUCTS KAREN J. JACOBS, DO, AS FELLOW



The American College of Osteopathic Surgeons (ACOS) recently inducted **Karen J. Jacobs, DO**, a board-certified urologic osteopathic surgeon from Marion, Indiana, as a fellow (FACOS). The designation of fellow of the ACOS is conferred upon members in recognition of their board certification and voluntary activities and service to advance osteopathic medicine and surgery.

After earning her osteopathic medical degree from the Kirksville College of Osteopathic Medicine in Kirksville, Missouri, Dr. Jacobs completed her internship and residency at Deaconess Hospital in Des Peres, Missouri. Currently, Dr. Jacobs practices urology at Marion General Hospital. She has been at MGH for 18 years.

In addition to her involvement with the ACOS, Dr. Jacobs is a member of the American Osteopathic Association and the Indiana Osteopathic Association.

Dr. Jacobs resides in Marion with her husband, John Toennies. She has two children, Nancy Meredith Pletz of Houston, Texas, and Nicholas Meredith of Fairmount, Indiana. She also has five grandchildren: Kai, Phoenix, Brooklyn, Irie and Savannah. In her spare time, Dr. Jacobs enjoys photography.

The ACOS is the primary advocate for the osteopathic surgical profession, representing more than 3,300 surgeons and surgical residents nationwide.

STAFF CERTIFICATIONS

MGH employees advance knowledge to provide quality patient-centered care



Four Marion General Hospital employees have proved their dedication to providing our Healthcare Community with the highest level of quality healthcare. This dedication is demonstrated by their commitment to study for and pass a professional examination to become certified, furthering their education and advancing their knowledge within their chosen professions.

In healthcare, professional certification helps ensure excellence. MGH staff members pursue this with enthusiasm.



Chuck de las Alas, MBA, PT, administrative director of MGH Physical Therapy, has received certification in aquatic physical therapy clinical compe-

tency from the aquatic physical therapy section of the American Physical Therapy Association.

De las Alas received his Bachelor of Science in physical therapy from University of the Philippines and a

Master of Business Administration in healthcare management from Indiana Wesleyan University. A Marion native, de las Alas has been married to his wife, Gail, for 24 years. They have two daughters, Aimee and Mia. Hobbies include eating out (looking for pho, sushi, prime rib, etc.), watching movies (sci-fi, Marvel universe), and listening to music, which he admits he is somewhat stuck in the '80s. A 23-year MGH employee, he says he enjoys working at MGH because "my staff and everyone at MGH are great and wonderful. They genuinely care about our patients and each other."

MEDICAL DIRECTOR OF HOSPITALIST PROGRAM EARNS PROFESSIONAL BOARD CERTIFICATION



Sirajabid Khatib, MD, medical director of the MGH Hospitalist Program and director of Quality Improvement and Care Continuum, has earned professional board certification in healthcare quality and management (HCQM) from the American Board of Quality Assurance and Utilization Review Physicians (ABQAURP).

Dr. Khatib received his medical degree from Jawaharlal Nehru Medical College, Belgaum, India, and completed his internal medicine residency at the University of Missouri-Columbia School of Medicine. He is board certified in internal medicine (hospital medicine) and brings over 10 years of hospitalist experience to MGH. Previously, Dr. Khatib was instrumental in initiating, developing and implementing a hospitalist program at a former facility. Dr. Khatib is a member of the Society of Critical Care Medicine, fellow of Society of Hospital Medicine, American College of Physician Advisors, and diplomate of American Board of Internal Medicine and ABQAURP.

Acquiring the ABQAURP, HCQM board certification demonstrates a commitment to patient safety, healthcare quality and effective care. Furthermore, it indicates the ability to identify evidence-based best practices and make recommendations that balance appropriateness of healthcare services with cost and equality.



Ashley Coyne, RN, BSN, OCN, medical oncology, is now a certified oncology nurse from the Oncology Nurses Certification Corporation.

She earned a bachelor's degree in health and fitness from Purdue University and a bachelor's in nursing from Indiana Wesleyan University. She is also a certified exercise physiologist. Coyne lives in Wabash with her husband of one year, Ken, who is in the Air Force and stationed at Grissom Air Reserve Base. She enjoys traveling to new places, her favorite being the beach. She also enjoys reading and spending time with family and friends. Coyne has worked at MGH for seven years and likes "that it is a small town hospital and that co-workers easily turn into family and friends."



Danielle Thornburgh, RN, BSN, OCN, medical oncology, is now a certified oncology nurse from the Oncology Nurses Certification Corporation.

A 2½-year MGH employee, Thornburgh earned her bachelor's degree in nursing from St. Elizabeth School of Nursing and Grand Canyon University. Thornburgh lives in Upland with her husband, Don. They have two sons, Donovan and Deklan. The family recently bought a new home which they are busy remodeling. Other hobbies include yoga and reading. She enjoys working at MGH and has "wonderful coworkers," she says.



Monica Johnston, physical therapist at MGH Physical Therapy, has received dry-needling certification from Total Motion Release.

Johnston received her Doctor of Physical Therapy (DPT) from Lynchburg College. Hobbies include traveling, exercising, cooking and playing with her dog. She has worked at MGH for almost one year and enjoys working at MGH "because of great coworkers and a supportive boss," she says. ■

MGH POLICE CHIEF EARNS PROFESSIONAL CERTIFICATION



MGH Police Chief Patrick Kolb, administrative director of Protective Services and Emergency Management, has met the educational, experience and examination requirements to be designated as a certified healthcare emergency professional from the International Board for Certification of Safety Managers.

Mr. Kolb received his Bachelor of Science in political science and criminal justice from Indiana Wesleyan University. Prior to his current role, he was a law enforcement officer in the MGH Emergency Department for three years. He comes to MGH with 19 years experience with the Grant County Sheriff's Department, 15 years as part of the Emergency Response Team and nine years as a sergeant.

He is a graduate of the Indiana Law Enforcement Academy, a Law Enforcement Training Board certified instructor, and an International Association of Chief of Police-Drug Recognition Expert instructor. He has coached track and field at IWU for 18 years. Chief Kolb also recently successfully completed the Indiana Law Enforcement Academy Police Chiefs Executive Training Program.

He and his wife, Holly, have two children, Troy, age 9, and Tabitha, age 7. He is a Kansas Basketball fan. "I like the new experience and opportunity to better myself in taking my law enforcement career to a different level," he says.

AUXILIARY ENABLES EXCELLENT CARE

A message from MGH Auxiliary President Kelly Snyder



Kelly Snyder

Being present, appreciating the moment, and cherishing the gift of today is a wonderful life lesson. Sometimes the chaos of life can blur our priorities, but we should never

wish the day away. Finding a way to be grateful for something about every day is a beautiful way to walk through life.

Our hospital auxiliary has been in full force since the beginning of the year. We have held many successful fundraisers and added a new feature: We have introduced food trucks. Our goal is to host an event, open to the public, once per month. These ventures do generate money; however, our biggest money producer is our hospital gift shop. If you have never shopped there, you are missing a real treat. There are some unique gift ideas, baby clothes for the little

ones, beautiful flower arrangements and many other lovely items.

“What does the hospital auxiliary do with these funds?” Glad you asked. Various hospital department heads are able to propose to our auxiliary board some of their “wish list” ideas that normally are not in the budget. The board then decides which ones to approve. We have been able to purchase some exciting items, with the last purchase going to the Patient Education Program.

It is very rewarding to be a part of giving back to the hospital, which in turn enables the hospital to continue to give excellent patient care.

*“What day is it?”
“It’s today.”
“Oh, my favorite day.”*

*-Christopher Robin and
Winnie-the-Pooh*



GIVE



Join Our Team

To learn more about the many volunteer opportunities available at MGH, call Sheila Stewart at **765-660-6410**.

Are you ready to be a volunteer and be part of our team? It is a great way to meet people, help others, enjoy a meaningful conversation, or to put a smile on another’s face. Come join us! ■

MGH hosted its first-ever “Go Red” event in 2019. All proceeds will go toward free heart screenings for those in need in Grant County.

MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers



The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have died by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

Honored as of press time are:

- **Dr. Thomas A. Beck**, physician
- **Dorothy Cunningham**, volunteer
- **Wanda Sue Daugherty**, volunteer
- **Eula Davis**, volunteer
- **Judith Dennison**, nursing
- **Roy Fromholz**, volunteer
- **Madeline Andrea Glenn**, volunteer

- **Cathy Kelly**, medical records
- **Ray Lockwood**, volunteer
- **Beverly Montgomery**, volunteer
- **Norma Northway**, volunteer
- **Lois Nusbaumer, RN**, recovery room supervisor

GIVE

Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have died can be purchased for a minimum of \$50. Call Volunteer Services at **765-660-6410** for more information.

- **Charlene Oatess**, volunteer
- **Joseph Ricks**, radiology
- **David Robinson**, plant engineering
- **Susan Vermilion**, volunteer

MARION GENERAL HOSPITAL ENDOWMENT FUND

In 1994, the Marion General Hospital Endowment Fund was started to accept donations to support the hospital's mission and vision for our Healthcare Community. Donations to the fund are sincerely appreciated. Call 765-662-0065 or mail to:

The Marion General Hospital Endowment Fund
Community Foundation of Grant County, Indiana Inc.
 505 W. Third St.
 Marion, IN 46952



Dorinda Turner, MGH Auxiliary Board Member, addresses Memorial Garden supporters during a ceremony held during National Hospital Week.



Kyle Speakman, MD,
family medicine

WHAT'S THE DEAL WITH VACCINES?

Q What are vaccines?
Vaccines (or immunizations) are weakened or dead forms of certain diseases that are injected into your body to help prevent you from getting the disease. When you are injected with the vaccine, your immune system develops antibodies to fight off that specific disease. If you ever are exposed to that disease in the future, your immune system has a better chance of fighting it off without getting infected or sick.

Q Are vaccines important?
Absolutely! They help prevent deadly diseases that otherwise often have no effective treatments. Following the immunization schedule will prevent over 42,000 deaths and over 20 million cases of diseases per year in the U.S. Also, when everyone gets their vaccines, the diseases they protect against cannot be passed from person to person and will eventually die off.

Q What happens when people don't get vaccinated?
When vaccines are not given, it gives those diseases an opportunity to

spread. For example, due to lower vaccination rates, we have seen outbreaks of hepatitis A, measles and mumps in Indiana all within the past year. Also, some people cannot get vaccines (they may be too young, too sick, allergic to vaccines, etc.), so not getting vaccines puts those people at risk, too.

Q Are there risks to vaccines?
Just like with anything in medicine, including antibiotics and over-the-counter medications, there are risks to vaccines. The most common risks are pain, swelling, redness, fever, lightheadedness and irritability. More serious reactions are also possible, but these occur in only 1-2 per million vaccines.

Q Do vaccines cause autism?
No, vaccines absolutely do not cause autism. Unfortunately, in 2010 the *Lancet* (a medical journal) published Andrew Wakefield's article claiming the MMR vaccines caused autism in eight children. It was later discovered that this was false, the article was retracted, and in fact, Wakefield's medical license was revoked. Multiple

studies have since disproved this claim, with the most recent study released in March of 2019.

Q What about thimerosal?
Thimerosal is a substance that used to be added to vaccines to prevent contamination. Claims were made that thimerosal causes autism, and even though this is not true, thimerosal has been removed from childhood vaccines, and the last childhood vaccines containing thimerosal expired in 2003.

Q What should I do now?
Make sure to check with your doctor or your child's doctor to ensure that all your vaccinations are up to date. If you don't have a primary care provider, you should get one! In the meantime, you can go to the health department. ■

WEBSITE



Learn More About Vaccines

For more information, go to familydoctor.org/immunizations or to cdc.gov/vaccinesafety/concerns.

ON A MISSION

Awards honor MGH employees who embody hospital's values *BY TERRI COUSE*

The MGH mission and values are the foundation of our organization, guiding us every day while allowing us to move forward into the future. MGH has a profound effect not only on our hospital, but throughout the community.

A new wall feature, “Living our Mission and Values,” located on the second floor of the main lobby, is a reminder to our patients and their families of the commitment of the MGH employees—a commitment to carry out MGH’s mission and uphold our exemplary values. The fingerprint logo is symbolic of how we leave our individual fingerprints on every life we touch.

Our community-driven interactions and commitment to provide high-quality patient care, patient service excellence, effective communication, resource management and teamwork are what makes MGH a healthcare leader.

The employees below are outstanding role models for each of those values. This new wall feature will allow us to recognize those employees who we have become so proud of. They are the ones that go above and beyond in a particular area, illustrating a remarkable level of excellence—a level we all strive to achieve.

What makes this wall feature special is that it not only recognizes the present but will, with your assistance, continue to recognize others in the future. Every employee will have the opportunity to submit the name of another member of the MGH family for this special recognition. ■



A new wall feature recognizes employees who model Marion General Hospital values.



Value Award of Quality

Michele Renaud

Michele has gone above and beyond on numerous issues and projects. She never says no or that she doesn't know how to do something, but makes time for people. She reaches out to and assists every department with a smile, never leaving a task undone. She has led several successful projects and works well with leaders. She steps up and does not shy away from tough assignments. Michele is a key resource that has enabled us to continue meeting our Promoting Interoperability (formerly Meaningful Use) requirements, generating significant additional revenues for the hospital.

Michele also worked closely with the QI/Care Continuum Department to prepare the QRDA-formatted files to submit our eQMs (electronic clinical quality measures) as required by Centers for Medicare and Medicaid Services. MGH is one of a select few hospitals that continue to successfully submit eQMs without issues, and without utilizing a vendor for the eQm submission process. She was a lead resource in implementing the Meditech Operating Room Module, saving the hospital significantly in inventory costs. She also led the first phase implementation of the Meditech Medical Oncology Module, transitioning the staff and providers from paper to electronic documentation.

Michele also coordinated a healthy weight loss challenge in the IT department, encouraging several team members to lose weight and improve their health.

Value Award of Patient Service Excellence

Mary Richardson

Mary was recently recognized by the unit shift manager from the Critical Care Department for "being so nice and going above and beyond." She drove to Fort Wayne on her day off to pick up a loaned CPAP machine after a patient's was accidentally broken. Mary wanted to ensure the patient had one when they were discharged. The only way it could be obtained was if someone drove there and picked it up. This is just one of many acts of kindness that Mary has displayed. She continuously flexes her schedule to assist other nurses needing time off. Mary loves community service and assisted with the MGH Health Expo while her leader was out of the office. She has a huge heart and it shines for all to see every day.



Value Award of Communication

Victoria Montemayor

A patient came in to register at MGH who did not speak English; she and her significant other spoke Spanish only. Workers reached out to Victoria, who translated through the whole registration process. When registration was finished, she volunteered to take the patient and her partner to where they needed to be. She stayed with them the whole time they were here, to translate. When they were ready to leave, Victoria walked them out the correct door to where they parked. She went above and beyond and made sure everyone was all able to communicate with each other. Thank you, Victoria, for patient service excellence.



Mission Award of Patient Centered

Glenda Fuller

Glenda is kind, caring and thoughtful. She is exactly how MGH should be represented. She has worked at the Cancer Care Center for several years now. Glenda will take time to pray with an oncology patient who needs prayer. She keeps hard candy for her patients because she knows chemo dries the mouth. She is a great listener. Her patients absolutely love her. She is very thoughtful with cards. She is thoughtful with the staff as well with cards and snacks. She is a true blessing for medical oncology and MGH. She is a team player. She will go into the office early to do work for the nursing homes and early morning pick-ups before going to her job in oncology. She will also pick up an on-call weekend shift that isn't covered or work at a health fair that needs coverage. Glenda is very dedicated and dependable.





Value Award of Resource Management
Maria Melgar De Rocha

Maria goes above and beyond her duties in housekeeping. We can count on her to sweep and mop the floors, empty the trash, and keep the emergency room in immaculate condition. She's never standing still, always finding something to clean or organize. She exhibits superb quality. It is very noticeable that she really cares about her job and her work ethic is amazing. She's such a magnificent team player, always helping out wherever she can. We're blessed to have her as part of our MGH team.



Mission Award of High Quality
Kristi Singer

In addition to being a nurse and scribe, Kristi coordinates new admissions and routine visits for nursing home residents and discharges. She is the "rock" that holds the team together. She liaises well with the nursing home staff and assists in scheduling home and assisted living visits. Her workload also includes transitional care management visits for nursing home discharges. Kudos to her for her commitment to teamwork.



Value Award of Community Driven
Pam Leslie

Pam gives so much of herself, time and resources because she truly cares about the body, mind and soul health of the community. She started and built up the Parish Nurse Program to the point of now having 166 nurses who have gone through the Parish Nurse Education Program. There are now 79 churches with a parish nurse ministering at their location. She is also an effective communicator and teacher. She believes in doing quality work and this has been proven in a number of MGH grants she has assisted in writing. Because of this dedication to quality, these grants have been awarded to MGH.

Pam was instrumental in starting Bridges to Health (a free health clinic in Marion), once again demonstrating her heart for the community. Pam is an assistant professor in pre-licensure nursing at Indiana Wesleyan University and encourages her students to come to MGH to use our parish nurse resources. She has also played a lead role in our hospital's community health initiatives and grant writing, focusing on important community topics such as: Community Health Profile, diabetes education, tobacco cessation, Magnet recognition, opioid use reduction and task force, just to name a few. She represents the values well in "making great happen" at MGH.

Value Award of Teamwork
Natasha Greene

Natasha is one of the hardest working medical assistants. She takes pride in her work and goes above and beyond to care for patients. She is never too busy to help anyone. Since starting her career in an office that served persons with disabilities, she has displayed a very caring heart and been a true advocate. Natasha is committed to her job and those she serves. We are honored to work with her and have the utmost respect for the way she represents herself, her colleagues and MGH.



Mission Award of Affordable Care
Tammy Cornelious

Tammy oversees the Emergency Department (ED) and emergency medical services. As a team leader, she goes above and beyond to make sure our patients taken care of. She supports her team closely while still enabling them to work independently, leading to high morale and great patient outcomes. She is eager to share her knowledge. When a problem arises, she addresses it professionally and seeks to ensure a better outcome for future processes. She recently took on the managing of the urgent care clinic; this is a huge endeavor as the ED is already a large and busy department. She demonstrates the skills of a remarkable leader.



WHEN TO USE

Urgent Care

MGH Express Urgent Care offers help for a variety of nonemergency complaints

BY **TERRI COUSE**



MGH Express Urgent Care Center, which opened in fall 2018, is off to a good start, with staff seeing 48–50 patients a day.

“This makes for a very busy 12 hours, but the staff is doing a great job of keeping things moving along,” said Tammy Cornelious, administrative director of Emergency and Urgent Care Services.

The staff has noted, though, that some patients who are severely ill are coming to MGH Express. We need to remind our patients that this facility is not a mini emergency department and is limited in the tests and treatments that can be performed. So that timely care is not delayed, it is important that patients experiencing chest pain, difficulty breathing, changes in level of responsiveness, or severe burns or injuries to go directly to the MGH Emergency Department.

CALL



Your Time Matters

MGH Express Urgent Care is open 8 a.m. to 8 p.m., seven days a week. MGH Express is located at 1130 N. Baldwin Ave. in Marion and can be reached at **765-660-7480**.



Christopher Roundtree, PA-C, and Melissa Wood-Heller, NP-C, see patients at MGH Express.

The urgent care facility is for minor complaints requiring minimal testing or treatment, such as cough or cold without difficulty breathing, rashes, strains or sprains, minor broken bones, etc. MGH Express can also do school physicals and give certain vaccines. Plain X-rays, such as X-rays of the extremities or chest, can be done.

No matter where you go, it is a good idea to keep a list of all medications you are taking, including dosages and any over-the-counter medications and vitamins. Always ask your insurance company about appropriate care settings approved by your plan.

MGH is proud to be able to provide urgent care services to our community. ■

Urgent Care Services

When your doctor is not available, urgent care can provide attention for non-life threatening medical problems or problems that could become worse while you wait.

- ▶ Common illnesses such as colds, ear aches, sore throats, fever
- ▶ Migraine
- ▶ Asthma
- ▶ Urinary tract infection
- ▶ Minor injuries such as sprains, back pain, minor cuts and burns
- ▶ Minor eye injuries
- ▶ Minor broken bones

MGH Adds Police Department

Officers will provide enhanced security for hospital BY **TERRI COUSE**



It was a historic day at Marion General Hospital on Monday, November 19, 2018, as the swearing in of the first-ever MGH Police Department was celebrated. Indiana Senate Bill 582 allows hospitals to establish a hospital police department, appoint hospital police officers, prescribe duties and direct the conduct of hospital police. The officers will have the same level of authority as the Marion Police Department but limited to the hospital's campus.

MGH President and CEO Stephanie Hilton-Siebert led the ceremony. Grant County Superior Court Judge Warren Haas and Judge Dana Kenworthy were on hand during the official swearing in of the MGH police officers. The first sworn-in officer was Director of Protective Services Patrick Kolb, who is MGH's first-ever chief of police. Officers sworn in include Michael Cruea, Elijah Bilbee, Jay Kay, Jerry Brown, John Hunter, Joseph Turner, Joshua Miller, Gregory Watson and Gavin Perkins. Family members joined the new officers in front of a room of hospital employees, physicians, volunteers and community members.

"MGH found the need to re-evaluate our own level of security," says Hilton-Siebert. "Through this process, it was found that creating the MGH Police



Top: President and CEO Stephanie Hilton-Siebert addresses employees and visitors during the MGH Police swearing in.

Middle (left to right): Officer Greg Watson, his wife, Bonnie, and Judge Dana Kenworthy at the police swearing in.

Bottom: Chief Patrick Kolb addresses visitors during the swearing in.

Department would provide enhanced safety for patients, visitors and staff."

Throughout the process of creating a police department, the hospital has been assisted by Grant County Sheriff Reggie Nevels and Marion Chief of Police Angela Haley. MGH appreciates the service they provide to our community and

is so fortunate to partner with them.

The MGH officers have successfully completed the mandatory training outlined by the Indiana Law Enforcement Training Board. The hospital plans to expand the MGH police force as more MGH protective services employees complete the training. ■

A Deeper Dive into

ADDICT



Community Plunge events address mental health and opioid use disorders and Grant County's resources

BY **KATY HOCHSTETLER**

Over three separate days, approximately 80 participants experienced the Community Plunge. The events, which took place on February 15, March 1 and March 22, were hosted by Grant Blackford Mental Health, Bridges to Health and Marion General Hospital. The goals were to identify preconceived ideas and provide insight on mental health illnesses, the challenges of addictions and available resources in Grant County.

Each day began with a session on mental health and addiction led by Michael

Conn, MD, a psychiatrist who works at Cornerstone Behavioral Health Center of Grant-Blackford Mental Health. Dr. Conn explained medication-assisted treatment and the challenges and processes of detoxing from a substance. Dr. Conn also emphasized that detox is not the end or the cure; it is just the first step. It is a difficult time for patients, as their environments are filled with temptations. Even if they can beat the temptation, they have to deal with the ongoing cravings.

A panel discussion by three of Grant-Blackford's employees, Tia Brewer, Brian Blevins, and Tammy Conn, shared their

lived experiences through addiction and recovery. Brewer and Blevins currently work as peer support specialists. "I love people right where they are," Blevins says of his work. "I help them figure out resources, a plan...I'm a motivational tool for them because I've been right where they are. And I made it out of that dark place, so they can too."

Participants were then able to take part in an immersion experience, where they rotated through several stations with learning tasks. These stations were designed to simulate the physical difficulties of simple tasks with fine motor skills while on drugs or dealing with a mental health issue. The stations included catching objects being tossed into a bucket, purchasing an item and paying for it, and picking items up in a certain order while wearing distortion goggles. At one station, participants were paired up as interviewer and interviewee, where the interviewee wore headphones that demonstrated auditory hallucinations commonly associated with schizophrenia. After the interviewer asked questions, the interviewees were required to complete a third-grade math sheet. This was made even more

TION



difficult as the voice through the headphones said random numbers, slowing and even stopping their progress.

Brett Boswinkle, with help from Karissa Vandeventer, spoke from Family Service Society. After lunch, participants got on a bus and toured Cornerstone, Premier Care, Indiana Health Center, Grant County Rescue Mission, the Community Support Program, St. Martin Community Center, Grace House and Milestone. ■

Katy Hochstetler is the planning grant coordinator at Marion General Hospital.



Top left: Tia Brewer, Brian Blevins, Lindsey Dubois, and Tammy Conn participate in a panel discussion.

Top right: Dr. Michael Conn, a psychiatrist at Cornerstone Behavioral Health, addresses participants.

Left: The group boarded a bus and toured facilities in the community with resources available to recovering addicts and those dealing with mental health issues.

EVENTS & ACTIVITIES

Continuous education programs and support groups

CLASSES

DIABETES

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

FREEDOM FROM SMOKING

Call Paige Linger at 765-660-6557 or email paige.linger@mgh.net.

PRENATAL EDUCATION

Classes provided in conjunction with Family Service Society Inc. Class times vary. Call 765-660-7893 or visit www.mgh.net for more information.

SAFE SLEEP CLASSES

Expectant parents and parents/caregivers of children under the age of 1 are invited to learn how to provide a safe sleep environment. Call 765-660-7893.

Dates: Meets the third Thursday of each month

Time: 4:30-5:30 p.m.

Location: MGH South Marion Medical Park, 1410 Bella Drive

COMMUNITY SERVICE

CAR SEAT SAFETY

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only

Location: MGH Parking Garage, 441 N. Wabash Ave.

SUPPORT GROUPS

(All support groups are free)

BARIATRIC SUPPORT GROUP

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)

Time: 6:30-8 p.m.

Location: MGH 330 Building, Conference Rooms 1-2, 330 N. Wabash Ave.

CANCER SUPPORT GROUP

For patients and families affected by cancer. Call 765-660-7800.

Dates: Meets the third Tuesday of every month

Time: 5-6 p.m.

Location: MGH Cancer Center, 831 N. Theatre Drive

NEW MOM GROUP

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are a few topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 11 a.m. to 12:30 p.m.

Location: South Marion Medical Building, conference room, 1410 W. Bella Drive

TRAUMATIC BRAIN INJURY SUPPORT GROUP

Caregivers and survivors of all types of head injuries welcome. Discuss daily challenges of injured patients and their caregivers as they relate to independent living and returning to the workplace. The main focus is on providing social support. Call Ann Miller at 765-660-6360 for more information.

Dates: Meets the second Tuesday of each month

Time: 6:30-8 p.m.

Location: MGH Fifth Floor, Conference Room B, 441 N. Wabash Ave. ■



CLASS



Come Learn with Us

To register or learn more about our programs, please call the numbers listed or visit www.mgh.net (click “Events”).

MGH

ACCESS



TIMELY CARE YOU DESERVE.

We will get you an appointment and then update your MGH Electronic Health Record, for immediate access to your visit results. Simply call the number below!



Need a PRACTITIONER?



660-MGH4 (6444)

Marion General Hospital
441 N. Wabash Avenue
Marion, IN 46952

Non-Profit Org.
US Postage
PAID
Vim & Vigor

MGH NOW OFFERS

MGH  **EXPRESS**
URGENT CARE

1130 N Baldwin Ave
Marion, Indiana
765-660-7480

7 Days a Week
8 AM - 8 PM