

From Our Family to Yours, Happy Holidays!





LUNSFORD

The Most Trusted Name in Real Estate cblunsford.com

Proud supporters of Meridian Health Services

DRIVE-THRU LIGHT EXHIBIT



December 2-4, 9-11 and 16-18 6:00 - 9:00 pm 3620 W. White River Blvd.



These nine days of holiday spirit are Meridian's gift to the community and will be free of charge to all.

Now on Sundays -Live Nativity Scene with Animals



SUZANNE RESHAM

The Suzanne Gresham Center is dedicated to improving a child's

PARTNERS WITH A

First Merchants Muncie Power Products **Jay Crew Pridemark Construction** Willowbrook Interiors lvy Tech City of Muncie Kluth Family Dentistry

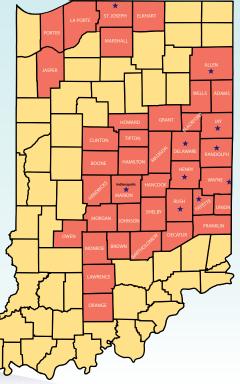


Community Report



39 Residents in INDIANA COUNTIES

receive health services from Meridian.



2016 Community Benefit Summary

Making a Positive Impact on the Communities We Serve!

Meridian offers services throughout Indiana in 41 facilities including 22 clinics. Delaware County is home to our main campus, the Suzanne Gresham Center, Child Advocacy Center, Meridian Health Pediatrics, MeridianMD, Women's Health, and Meridian Senior Health – Behavioral Hospital and Assessment Center.

Meridian serves over 32,508
patients each year. Meridian has grown its
market area and expanded services to provide
"whole-person" health, integrating care for
physical, mental and social well-being.

Meridian has employees in Indiana. Over 150 employees are doctors, nurses and medical assistants on our constantly growing medical staff.

Meridian provided

545,097 outpatient visits in the past year.

In a recent survey, Meridian patients reported a 95% satisfaction rate with Meridian's quality of services.

More than

270 SCHOOLS

have partnered with Meridian to bring services to students. Over 17,068 children received services from Meridian.

Revenue generated was over

\$128.8 MILLION

during fiscal year 2015-16.

Over \$56 million is dedicated for our employees' salaries and benefits.

Meridian's community investment in 2015-16 totaled over

\$55.5 MILLION

Meridian provides charity and uncompensated care, community education and activities that benefit the community in addition to quality healthcare.

Community Outreach

Last year, Meridian provided care to 2,991 individuals who were unable to pay for services





Outreach into the community includes advocacy, events and educational opportunities.

- Child Advocacy Center supports victims of child abuse and has increased the rate of cases accepted for prosecution by 320% since it opened.
- The annual Gresham Center Fam Fest is a free event for families, offering health resources, entertainment and food.
- The "Ducky Derby Race Against Child Abuse" river duck race has raised over \$35,000 for the Child Advocacy Center.
- **FosterHope** helps children in need of foster care, and provides training, resources and financial support to new foster parents.
- Meridian provided 5,346 Hospital and
 Community 24-hour Emergency Service care visits to people with behavioral health emergencies.
- Suicide Prevention Training is offered to local organizations with the assistance of Meridian professionals.

- Meridian hosts a statewide conference for professionals serving individuals with a dual diagnosis – intellectual and mental health challenges.
- MeridianMD and Women's Health promoted awareness campaigns and free health screenings for American Heart and Breast Cancer Awareness Months.
- Meridian's Senior Health Behavioral Hospital helped to substantially reduce Emergency Room readmissions by helping people with long-term success.
- Meridian's medical staff and employees volunteer to teach continuing education programs to healthcare professionals.
- Many Meridian employees are community volunteers donating their time and talents to local organizations.

Services We Provide

- Primary family medical care
- Pediatric health and urgent care
- Psychiatric medical services
- Women's health
- · Senior health inpatient and outpatient care
- Counseling and therapy
- Children and family supportive programs
- Child Advocacy Center for children affected by abuse

- Addictions and chemical dependency services
- Home, community and school-based services
- Homelessness and independent living support
- HIV care coordination
- Programs for individuals with both intellectual disabilities and mental health challenges
- Care management, skill building and supported employment
- Therapeutic foster care and adoption



866-306-2647

www.MeridianHS.org



FEATURES

9 President's Message

Meridian partners boost integrated "whole-person" health approach.

12 LITTLE FREE LIBRARY

Gresham Center encourages reading.

13 BOARD PROFILE: CHRIS FANCHER

A conversation with Meridian advocate and board member Chris Fancher.

14 GIFT CATALOG

Meridian's special gift catalog offers options for giving to others.

16 Dyslexia: A Family's Journey
Dr. Kirk Perry and his wife, Nanci, offer hope to families dealing with dyslexia.

21 A Meridian Champion

Jason and Darcy Brooks partner with Meridian for Holidays at Gresham.



24 A Success Story The power of Meridian's "whole-person" health programming.

33 Dr. Maleeha Khalid Meridian Women's Health physician brings a global perspective.

37 Meridian's New Providers Meet the new members of Meridian's medical team.

41 MeridianMD's New OfficePrimary medical care office opens to the public at Walnut Commons.

45 Project SAFE

Substance Awareness & Family Education: New Meridian event to combat drug abuse.

53 MISHAWAKA FAM FEST Photos from St. Joseph County event.

59 GARDEN AT GRESHAM

Meridian is growing at Gresham in the form of a garden to enhance the community.



ON THE COVER

Photos from Meridian's annual Fam Fest at the Suzanne Gresham











HEALTH Services

Physical. Mental. Social Well-Being.

Meridian Health Services is a regional, progressive healthcare organization specializing in "whole-person" health integrating physical, mental and social well-being.

Meridian Health Services

Main Office 240 N. Tillotson Avenue | Muncie, IN 47304 765.288.1928 | 866.306.2647 www.MeridianHS.org

Hank Milius, President and CEO

Contact: Beth Clark, Vice President of Marketing Beth.clark@meridianhs.org 765.254.5138



Friend us: MeridianHealthServices Follow us: @meridianhealths



EDITORIAL DIRECTION AND DESIGN

Editor: Beth Clark, Meridian Health Services

The JMetzger Group Juli Metzger | John Metzger www.thejmetzgergroup.com765.729.1391 | 765.744.4303

CONTRIBUTORS

Doug Gruse, Kurt Hostetler, Tammy Kingery, Martha Strauss, Tim Underhill.

PRINTING

Pengad Printing 1106 East Seymour Street | Muncie, Indiana 47302 765.286.3000 | 800.854.9101 www.pengadindy.com

TO ADVERTISE, contact:

Kaitlyn Davis: 765.620.0109 | Kaitlyn.davis@meridianhs.org Scott Smalstig: 765.215.7373 | Scott.smalstig@meridianhs.org

CURRENT is the voice of Meridian Health Services. These materials are the sole and exclusive property of Meridian Health Services and The JMetzger Group and may not be used without written consent. Copyright 2016.



The JMetzger Group specializes in branded content, custom publishing and social media solutions. The Melzger Group Learn more: www.thejmetzgergroup.com





Meridian Health Services is dedicated to providing integrated "whole-person" healthcare. This philosophy gives patients the services and care of primary medical care, behavioral health and human services all combined in a holistic approach to treatment.

MAIN LOCATION: 240 N. Tillotson Ave. | Muncie, IN 765.288.1928 www.MeridianHS.org



- > Primary medical care
- > Obstetrics and gynecology
- > Inpatient and outpatient care for senior adults
- > Pediatric medical and behavioral care
- > Counseling and therapy
- > Children and family services
- > Child Advocacy Center for abused children
- > Addictions and chemical dependency services
- > School-based services
- > Homelessness and independent living support
- > HIV care coordination
- > Programs for individuals with intellectual disabilities and mental health challenges
- > Care coordination and supported employment
- > Supported residential housing
- > Foster care and adoption



Physical, Mental, Social Well-Being,



At Meridian, we are dedicated to making healthier communities a priority.

Dear Friends of Meridian,

Welcome to CURRENT, Meridian Health Services' semi-annual magazine, featuring the exciting work and people who are helping make our community healthier. This issue is our Children and Family edition, highlighting families, people and programs who are making a difference.

At Meridian, we're dedicated to making healthcare a priority in the communities we serve. We work every day to make an increasingly difficult landscape of healthcare easier to understand and navigate.

Our "whole-person" health approach ensures that patients get access to primary medical care providers and experts in specialties like psychiatry, pediatrics, women and senior health, and behavioral care.

In this issue of CURRENT, you'll find examples that illustrate how this works in real lives every day.

You will learn about a mother who lost everything due to addictions and how Meridian helped her find control and success to regain her children back, obtain a job and a have a life free of drugs.

You'll also meet Dr. Maleena Khalid, a new OB/GYN physician at Meridian Women's Health, and others like Chris Fancher and Emily Leas who are champions for Meridian.

Be sure to check out the photos from this summer's Fam Fest, including Ducky Derby. We bring thousands of families together every year to have fun and learn about the vast resources we have in our communities to help keep families healthy and safe.

We couldn't do the serious work we do at Meridian Health Services without a supportive board of directors, committee members and dedicated employees. You'll read about them also. Thank you for choosing Meridian Health Services and thank you for your ongoing generosity and good will.



Hank A. Milius



Al Rent **BOARD CHAIRMAN**



Karen Karmolinski DEVELOPMENT COUNCIL

















A simple philosophy. A powerful commitment.



SEATED, FROM LEFT:
Charlie Sursa, Senior Vice President, Investments, CFP* | Dana Sizemore, Senior Registered Sales Associate
STANDING, FROM LEFT:

Wendy Thompson, Senior Registered Sales Associate | Gary Demaree, Financial Advisor, AAMS* Evan Griner, Financial Advisor, AAMS* | Stan Griner, Senior Vice President, Investments, IIMC*

ew things withstand the test of time like a solid relationship.

At Raymond James, we take great pride in the fact that the recommendations of our clients are the primary source for new business. It attests to our success in sustaining long-term relationships...ones that not only endure, but also improve with age.

Sursa Griner Wealth Management of Raymond James is proud of its relationship with Meridian Health Services and proud to follow their leadership in helping make our communities healthier.

Healthy community relationships are what we're all about.



400 South Walnut Street | Suite 100 Muncie, Indiana 47305 765.288.0362 www.raymondjames/sggroup



Muncie Power's products to make sure that happens.

As a leading manufacturer of power take-offs and fluid power components, Muncie Power Products, Inc. has been serving the truck equipment and other fluid power markets since 1935. Headquartered in Muncie, Indiana, Muncie Power maintains manufacturing and distribution facilities across the country to best support industry professionals.



MUNCIE POWER PRODUCTS

A MEMBER OF THE INTERPUMP GROUP



Meridian Health Services is a progressive healthcare organization specializing in "whole-person" health integrating physical, mental and social well-being.



MERIDIAN 2016-17 BOARD MEMBERS

Seated in front, from left: Hank Milius, President/CEO, Julie Newhouse Middle row, seated, from left: Micah Maxwell, Al Rent (Chair), Vicki Taque

Back row, from left: Chris Bowles, Chris Fancher, Terry Whitt Bailey, Brian Ring, Mark Hardwick, Mike Lunsford, Steve Smith, Sue Ann Pflum, Erica Graham

MERIDIAN DEVELOPMENT COUNCIL

Karen Karmolinski (Chair) Brian Ring Brent Webster Wayne Shaffer Dr. David Gobble Vicki Tague Melissa Daniels Micah Maxwell Al Rent Erica Graham Wil Davis Steve Smith Lori Luther Chris Fancher Dr. George Branam

MERIDIAN INVESTMENT COMMITTEE

Vicki Tague, Chair Mike Lunsford Steve Smith John Littler Chris Fancher Wil Davis John Coldren Rick Kelly Mike Galliher

Little Free Library

at the Gresham Center



MERIDIAN'S LITTLE FREE LIBRARY at the Gresham Center is sponsored by BY5, an organization working to improve kindergarten readiness in Delaware County.

MERIDIAN HEALTH SERVICES IS PROUD TO BE PART OF THE growing national phenomena of Little Free Libraries, started in 2010 by an Amish carpenter in Madison, Wisconsin. The simple concept of "Leave a Book, Take a Book" went viral because of the desire to share knowledge and encourage reading.

Meridian's Little Free Library at the Suzanne Gresham Center is sponsored by BY5, an organization working to improve kindergarten readiness for children in Delaware County. Meridian is an Ambassador member of the BY5 Network. Ambassadors are advocates and champions for early childhood issues, as well as financially investing in the BY5 cause. Meridian has been instrumental in advancing many of the BY5 goals and has been especially helpful in providing health care perspectives to BY5's work and the Riley Hospital Early Evaluation Hub.

The purpose of the library is to promote the importance of reading throughout the community for adults and children of all ages. Visitors and patients of the Gresham Center can take a book to read and bring it back to exchange for another when they are finished reading it. This is based on the honor system and no official check out is required to take a book. The library was designed and created by Pridemark Construction, a partner of Meridian Health Services. Donations come from private donors as well as the Gresham Center. The library has been a huge hit since it opened in June, with 20 to 30 new books stocked every couple of weeks.

To donate to the library or other Meridian events, go to www.MeridianHS.org/donate.



MERIDIAN BOARD MEMBER Chris Fancher

DELAWARE COUNTY NATIVE AND LIFELONG COMMUNITY advocate Chris Fancher begins his second term on the Meridian Health Services' Board of Directors.

"I first became associated with Meridian in 2011, as a member of the Investment Committee," said Fancher, who is Senior Vice President of IT and Administration at Muncie Power Products. "I realized then what a hidden treasure Meridian was in our community." A graduate of Delta High School, where he met his wife, Melanie, Fancher is also a graduate of Ball State University. He started in shipping and receiving at Muncie Power Products in 1978 and has worked his way up the ladder at one of Muncie's finest global companies. "My role on the board is financial expertise due to my years as vice president of finance at Muncie Power. I analyze the financial numbers and performance metrics that are presented during the board meetings. My comments and questions are mostly related to those topics. My financial background serves me well on the Investment, Audit, Development and Executive Committees."

Fancher is no stranger to nonprofit work.

"At Muncie Power Products, we promote serving the community in which you live. Mr. Hamer Shafer, our company founder, instilled in me the belief that if you live in a community you have a responsibility to make that community a better place for people to live. He and his wife were great leaders and instilled a culture of giving back to the community. This is why I serve on the Meridian board."

But it was Chris' wife, Melanie, a registered nurse at IU Ball Memorial Hospital for 20 years, who was the first in the family to learn about Meridian Health Services. "We always talk about any boards I'm going to join, and Melanie knew about Meridian and told me all about them." Chris and Melanie have been married 41 years. They have three daughters. Daughter Kelly and her husband Shane Screnock are parents to Nicolas and Olivia and they live in Tennessee; daughter Meredith, and her husband, Travis Hargis, have three boys, Luke, Colin and Reid, and they live in Noblesville; daughter Jill Fancher lives in Muncie.

Fancher has served on many nonprofits including United Way, Ball State University Cardinal Varsity Club, Community Foundation of Delaware County, Hamer D. and Phyllis C. Shafer Foundation, Muncie & Delaware County Chamber of Commerce, Ball Memorial Hospital Foundation, and Meridian Health Services. It was Meridian's Suzanne Gresham Center that was a particular draw for Fancher.

"I am so proud of the success of Meridian's Suzanne Gresham Center," Fancher said. "Their school-based programs provide clinicians to over 270 schools around the state, helping kids deal with the stresses of today's world. Their Child Advocacy Center is a real asset to this community because it helps abused children receive treatment and holds perpetrators accountable for their actions. Also at the Gresham Center, the Development Council provided money to build an outside garden to be used by patients for therapeutic benefits. The garden is planted, maintained, harvested and then shared with Gresham families, local homeless shelters and charities. It is such a great learning opportunity and treatment tool for patients to get engaged in outdoor, skill and team building activities."

Another huge initiative for Meridian is its attention to the growing addictions epidemic sweeping the country. Meridian formed an Addictions Services Steering Team tasked with examining the latest research and best practices to create programs and treatments for addictions.

"Meridian's community engagement is another reason I love working on the Meridian board," says Fancher. "Their events, such as Fam Fest, City Fit, Project Safe and Holidays at Gresham help support a great cause. Their signature charity gala, Rialzo, has raised nearly \$400,000 in the last three years."

Meridian's mission of whole-person health is easy for Fancher to support. "Meridian's focus on whole-person health helps people in all aspects of their life, which is the most realistic way to approach health. The body and mind work together as well as environmental factors influence total well-being. The more we can get people to think of Meridian this way, the better."









~ Can buy a baby-proofing kit for outlets and cabinets for a FosterHope family welcoming an infant into their home

~ Can buy towels and washcloths for a homeless person transitioning to Walnut Commons

A \$10 GIFT:

~ Can buy bus passes for an HIV patient to get to needed doctor's appointments

~ Can buy art supplies for weeks of therapy sessions for a child who's been having difficulty in school

OR

~ Can buy a haircut for a person headed to an interview in our Supported Employment program

A \$20 GIFT:

Can buy a carbon monoxide detector enabling a family to become licensed foster parents

~ Can buy a Substance Abuse Education Workbook allowing someone battling addictions to make progress in recovery



~ Can provide a therapy session for an abused child OR

 Can buy new video games to keep the seniors physically and mentally active in the Meridian Senior Health-Behavioral Hospital

A \$75 GIFT:

~ Can buy a week's worth of groceries for cooking classes which help us teach our clients how to live independently

OR

~ Can buy a digital "Health Buddy" which monitors a patient's heart rate, blood pressure, and blood sugar alerting us to health issues and enabling us to reduce emergency room visits

A \$100 GIFT:

~ Can provide a child with a yearly-check up OR

~ Can provide a holiday party for a group of Connxxions clients dealing with both intellectual disabilities and mental health issues



tools and games directly into schools and homes

~ Can buy emergency clothing for a child and family displaced by abuse

~ Can pay for training, incentives, and supplies for a new foster family

A \$500 GIFT:

~ Can provide the first year of immunizations for a child without insurance

~ Can provide a treadmill for a group home so that the physical well-being of the clients is enhanced and improved

A \$1,000 GIFT:

~ Can pay for a year's worth of care and training for a therapy dog that reduces client stress levels and improves therapeutic results

~ Can pay for an addicted mother's treatment program to help her deliver a healthy baby

A \$2,500 GIFT:

~ Can provide a Sensory Room complete with lights, music and tactile objects to help children with ADHD, autism, and/or learning disabilities learn to process their surroundings in a stimulating but calming atmosphere

PLEASE CONSIDER A HOLIDAY GIFT.



Simply scan this QR Code with your mobile device or tablet or enter meridianhs.org/About/Donate in your browser. You'll zip to our secure website, where you can find more information and donate.



THE PERRY FAMILY. Nanci and Dr. Kirk Perry are surrounded by their children (from left): Nate, Julia, Lydia and John.



CURRENT IN HER OWN WORDS

By Nanci Sears Perry

Learning from dyslexia

The day we found out we were expecting twins was one of the happiest and most surprising days of our lives. We knew something was different about this pregnancy, so we were relieved and excited by the news. We could now focus our research specifically for

the journey ahead.

AS OUR SONS GREW, WE DEVELOPED some concerns. They walked late, talked late, had difficulty crossing the midline with body movements, had difficulty following multi-step directions, and were slow to add new words to their vocabulary. We now know those can be early warning signs of dyslexia. Due to their delays, our boys received speech therapy through First Steps, Indiana's early intervention program. Once the boys were school age, their language difficulties continued. They were articulate, but they had a low vocabulary and their speech patterns were very halting.

After completing First Steps, they continued with speech therapy through what is now Meridian Pediatric Rehab to address expressive language concerns. Today, Meridian is also beginning to connect the delays my boys experienced as warning signs of dyslexia. Two of their speech therapists are now trained in a structured literacy approach known as Orton-Gillingham, and are beginning to incorporate that approach into the services they provide for students with warning signs.

Consistent with dyslexia, in grade school John and Nate struggled to learn the alphabet and had difficulty learning the connection between letters and the sounds they make. Reading was difficult, spelling was even more difficult, and they had a hard time remembering the details of a story. One day they would know spelling words or test material perfectly, the next day it was as if they had never been exposed to it before. We now know that was due to a low working memory, the vehicle that moves information from short-term to long-term memory, a difficulty of some dyslexics.

NEXT PAGE

FROM PAGE 18

Because the boys exhibited many of the warning signs listed on the International Dyslexia Association's website, at a well child visit I asked the pediatrician if the boys could be dyslexic. He wondered as well and suggested that we contact our public school for educational testing. We requested an educational evaluation and the school identified them as having a "Specific Learning Disability," which we later learned is the umbrella term under which dyslexia falls. When we asked about dyslexia, the school told us we would have to see our doctor to get a dyslexia diagnosis. We were now in the circle many parents of children with dyslexia find themselves, having a child that shows early warning signs, asking the right questions, having each professional send us to the other, all the while the child is in the middle often times not getting the targeted interventions needed. A private educational psychologist later confirmed what we suspected, the boys are dyslexic. Relieved that their difficulties had a name, we now knew how to focus our research to better equip us for the educational journey ahead.

Early identification of dyslexia is key to ensuring children develop at a pace on par with their peers, but even with our backgrounds as an educator and a pediatrician, (Kirk is a pediatrician with Meridian Health Pediatrics), the road to a diagnosis and appropriate intervention was difficult.

According to the Yale Center for Dyslexia and Creativity and the National Institutes of Health, dyslexia is a language based learning difference that affects as many as one in five. The International Dyslexia Association defines dyslexia as a learning disability that is neurobiological in origin that may affect an individual's ability to read, write, spell, comprehend, develop vocabulary and/or do math. These difficulties are unexpected, and typically occur in children with average to above average intelligence.

According to Joseph Torgeson of the Florida Center for Reading Research, with early identification and appropriate interventions, dyslexics can catch up with their peers if identified and appropriately remediated before third grade. Undiagnosed, a child will often feel dumb or misunderstood, and will perform at a level well below his/ her potential. Teachers may even mistake a dyslexic child for being a student who doesn't try hard enough or who is lazy. Dr. Sally Shaywitz, M.D. of the Yale Center for Dyslexia and Creativity notes that in spite of great difficulties with language, dyslexics often show tremendous areas of talent. In our home we know this to be true. Both of our sons are skilled woodworkers and distance runners. interests that draw upon their patience and perseverance.

Our sons are now juniors in high school and are on track to receive a Core 40 diploma. Their success is due to late nights doing homework and rereading material, the consistent implementation of the Individual Education Plan (IEP) at school, parent and teacher support, assistive technology, speech therapy from Meridian Pediatric Rehab, and Orton-Gillingham structured literacy tutoring at Cammack United Methodist Church. We are again relieved and thankful. With appropriate identification and support, our sons have been able to excel.

Nanci Sears Perry is the wife of Dr. Kirk Perry, Pediatrician at Meridian Health Pediatrics and Chair of Pediatrics IU Health BMH. She is a graduate of Ball State University and is a founder of Decoding Dyslexia Indiana, a grassroots movement of parents in all 50 states and Canada. She is also on the board of directors of the Indiana Branch of the International Dyslexia Association, an organization dedicated to literacy research and teacher training. Together they have four children.

Dyslexia resources

WEB SITES

Yale Center for Dyslexia and Creativity http://dyslexia.yale.edu

International Dyslexia Association http://www.interdys.org/index.htm

International Dyslexia Association—Indiana Branch http://www.ida-indiana.org

Decoding Dyslexia Indiana http://www.decodingdyslexia.net

Wright's Law

http://www.wrightslaw.com/topics.htm

Headstrong Nation

http://headstrongnation.org/tags/ben-foss

Overcoming Dyslexia by Bennett & Sally Shaywitz

The Dyslexia Empowerment Plan by Ben Foss

MOVIES

The Big Picture: Rethinking Dyslexia by James Redford (HBO special, roco films)

Journey into Dyslexia (HBO special)

Embracing Dyslexia (free on-line, profiles families of early elementary school students) https://www.youtube.com/watch?v=cBIKOXVPbXo

Dislecksia the Movie by Harvey Hubbell

F.A.T. City Project by Rick Lavoie (available through PBS)

"8 Things Every Teacher Should Know About Dyslexia" http://www.weareteachers.com/blogs/post/2014/08/10/ dyslexia-8-things-every-teacher-should-know

"What Every Classroom Teacher Needs to Know" https://app.box.com/s/fsxvph0hmseucs0we0jpix1c3qhjo95v

"Beyond the Classroom: How Can I Help My Child with

http://eida.org/beyond-the-classroom-how-can-i-help-mychild-with-dyslexia/

FOR MORE INFORMATION

In education like in medicine, the best approach to wellness is early identification and appropriate intervention. It is important to make sure children receive their well child visits with their pediatrician to ensure physical and developmental milestones are being reached. If your child is experiencing difficulties, call for an appointment with Meridian Health Pediatrics as a first step in evaluating your child at 765-288-1995. For more information on speech therapy or multi-sensory structured literacy approaches for dyslexia, call Meridian Pediatric Rehab at 765-254-9717.



Keeping Kull healthy and happy!

A New Name, Partnership and Services

Meridian Health Services is dedicated to providing integrated "whole-person" health. Meridian's partnership with IU Health Riley Physicians offers parents convenience and exceptional, quality care in one location for physical, mental and social well-being.

Pediatric Medical Care 765. 288. 1995

Pediatric Rehab 765. 254. 9717

Prime-Time Pediatrics 765. 281. 4599

Childrens Behavioral Care 765. 751. 3173

205 N. Tillotson Ave. | www.MeridianHS.org



- > Comprehensive pediatric care
- > Prime-Time urgent care
- > Well-baby/child check-ups
- > Physical exams
- > Child psychiatry & behavioral care
- > Rehabilitation services
- > Immunizations and vaccines
- > Illness visits
- > Allergy & asthma care
- > Referrals and collaboration with specialists
- > New patients welcome

— in collaboration with — Riley Physicians at IU Health



JAY-CREW

BUILDING LASTING IMPRESSIONS

Jay-Crew provides professional Landscaping, Lawn Care, Irrigation, and year round Maintenance Services to keep your business looking its best.

Jay-Crew is proud to support Meridian Health Services.

DISPLAY OF Senerosity Jason and Darcy Brooks are

much more than Meridian Health donors. They are partners.

Their approach to building a successful life and businesses in East Central Indiana can be found in their giving to Meridian's Holidays at Gresham light display that has become a fixture in the local community holiday landscape.

"We got involved as a corporate "Partner with a Purpose" and have supported all of Meridian's events," said Jason Brooks. "Everything they do is about lifting the community up and we love being partners with them.'

While the idea for Meridian's holiday gift to the community came from CEO Hank Milius, leaders like Jason Brooks put his mind and staff behind the idea to help it grow into a multiweekend attraction that drew nearly 15,000 people in just its third year last year.

"I've always felt that if you want to do something, you might as well do it right," says Jason. "Meridian shares that philosophy."

And doing it right is exactly what The Holidays at Gresham is all about. A small committee was assembled to tackle the idea of giving Muncie a 'point of destination' light display, which for many years had existed at the ME's Zoo in nearby Selma.

The group consisted of Meridian employees as well as businesses with whom Meridian does work with. They transformed the Gresham Center, a former elementary school campus, into a winter wonderland for kids and families. Brooks' Jay Crew company was integral in doing things right from the beginning.

"Our primary business of providing superior outdoor impressions through professional landscape design and maintenance is weighted a bit more to spring and summer, so this project was a nice fit for us for calendar reasons in addition to corporate values reasons," said Brooks.

While the company does snow and ice management for businesses as well, that season is typically busier after the first of the year. "Because we believe in this event so much, our staff is covering all of the volunteering for the event on opening weekend. It has been a real bonding experience for us."

In the first couple of years, as displays were added, electrical infrastructure needed to be added to better illuminate the entire 15-acre campus. Mike Tschuor of Pridemark Construction participated heavily in the planning with Jay Crew in order to help



DEDICATED PARTNERS. Jason and Darcy Brooks are passionate about Meridian Health Services. Through their landscaping company, Jay Crew, they were instrumental in creating Holidays at Gresham, Muncie's popular holiday lighting attraction.

ensure the best possible experience. Design of the displays and arrangement comes from Fred Reese of NV Design, formerly Willowbrook Interiors.

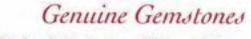
"Needless to say, it's a fun team," continued Brooks. "Great things happen when good people get together to try to make this community better. This is a perfect example of that."

Brooks' business has taken off in much the same way that the Holidays at Gresham has. Started in 1996 with a couple of mowers, a group of college friends, some rented garage space, and a strong desire to take care of clients, Jay Crew now has hundreds of clients all over central Indiana. Although the company has grown and seen many changes, their dedication to outstanding client service remains the same, and is exemplified by the multi-year commitment to the Holidays at Gresham.

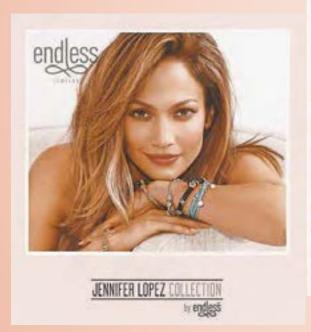
"At Jay Crew we want you to have an outstanding experience and recommend us to others," said Brooks. "With the Holidays, we just want to keep you coming back. It's better every year."

I've always felt that if you want to do something, you might as well do it right. Meridian shares that philosophy.





"Unleash the Power of Personal Expression."







Ashcraft Jewelers, we believe that a stronger, healthier community benefits everyone.

Meridian's "whole-person" health concept is making our community a better place to be.

We are proud supporters of Meridian and Rialzo!

Well done, Meridian.

And thank you!







(765) 284-8811 www.ashcraftjewelers.com







AFAMILY Saved

The power of whole-person health

he life of a 25-year-old single mom is not an easy one, but Ashlee Dotterer was doing the best she could.

She had a steady job with a cleaning service in Muncie. Her sons had a good place to live and were enrolled in a charter school with a low student-to-teacher ratio. Her work schedule allowed her to be home with them after school and in the evenings.

But when she broke up with her boyfriend, the stress became too much and she had two devastating weeks. She lost her job and her home. She was in a car accident. She had to send her two young sons away to live with their father. All because she had started using heroin. Again. And she couldn't

"It wasn't until the drugs no longer numbed my inside that I decided I needed to do something," said Ashlee Dotterer.

A few months later, Ashlee tried to pull herself back together. She stopped using heroin and self-medicated with suboxone, a synthetic opioid that is less addictive than methadone. Two weeks after that, she weaned herself off the suboxone. Depressed and still experiencing some withdrawal



FAMILY. Ashlee Dotterer with her sons, Brycen (left) and Brennon.

symptoms, she finally called Meridian Health Services for much needed professional help. Soon after, she became the first patient at MeridianMD to be treated with Vivitrol, an intramuscular injection that blocks the cravings and the "highs" associated with alcohol and

"Vivitrol provides a threshold that finds receptors in the brain that typically heroin or opioid would find - and it blocks them to eliminate the results and cravings of the drug or alcohol," explained Adrienne Collins, practice manager at MeridianMD. "So if they try and use something like heroin, they won't feel the effects of it." The danger of this drug is that if they use too much of an opioid, they could even overdose without ever getting high.

Combining behavioral and social health supports are key when helping people with addictions.



FOR MORE INFORMATION on how you or someone you know can win their battle with addictions, call Meridian Health Services for professional medical and therapeutic integrated treatment at 866-306-2647 or visit online as www.MeridianHS.org.

FROM PAGE 25

But that knowledge, along with a dramatic decrease in physical cravings, goes a long way in conquering addiction.

In order to get the injection the patient must be clean, or free of opioids and alcohol, for seven to 10 days. "You don't have to be clean when you come in," said Collins. "If you cannot do it by yourself, we will help step you down so you can eventually get a Vivitrol injection."

Injections can be given every 28 days by a medical professional for as long as the patient needs it. Ideally, the therapy will continue for nine to 12 months, giving the person time to change their circumstances and restart their life. "The injection alone is not going to help," said Collins. "It will help you get off the substance, but it is not going to prevent a relapse.



Adrienne Collins

For that reason, the Vivitrol program at Meridian also includes an intensive outpatient therapy component that consists of both group and individual therapy sessions.

Combining behavioral and social health supports are key when helping people with addictions. "The body and mind are both being controlled by addictions, so it takes medical and behavioral treatments working together to create success. Meridian's philosophy of "whole-person" health really is unique as it integrates physical, mental and social health to care for all the needs of a patient," continued Collins.

For Ashlee, now 26, the path to heroin addiction began about six years ago. Giving in to peer pressure, she decided to try a narcotic. Eventually, it became a daily habit. She also started to experiment a little with heroin because it was easier to get than

prescription painkillers. In 2012, she went to a rehab center where she was introduced to a pill form of Vivitrol, which she used for a few months. "It got me started on being clean for a couple of years until I relapsed last August. I didn't have the emotional supports I needed either.

Although she had almost completely detoxified herself by the time she came to Meridian in December 2015, she knew she couldn't stay clean on her own. In her first visit with Brandy LoPilato, a Meridian nurse practitioner, she said, "I'm a drug addict and I need help." And she asked for Vivitrol.

LoPilato, who joined Meridian in September 2015 and became involved in the Addiction Steering Committee soon after, had just started a Vivitrol program that would work in conjunction with Meridian's mental health professionals.

As a primary caregiver treating addictions, LoPilato says, "I use the approach of what I can do to treat the withdrawal symptoms, keep them clean for seven days, get them on Vivitrol, then address the whole picture, including their mental and social well-being." Currently, LoPilato has 30 active patients using Vivitrol. Over the past year, she estimates that she has dealt with close to 100 such cases – some successful, some not. "We see an average of five new patients a week for addiction," she said.

They come from all walks of life, increasingly as a result of dependence on prescription pain medication. Once they are clean, she can do as many or as few injections as necessary. Side effects are minimal and there are no withdrawal symptoms when you stop. After four Vivitrol injections, Ashlee felt that she was in control of herself well enough that she didn't need to continue them. "It seemed to make a difference immediately," she said. During that four-month period, she also did a six-week group therapy program and attended about five one-on-one sessions with a counselor from Meridian.

Along with the Vivitrol, the therapy sessions from Meridian proved beneficial, giving her coping strategies and the motivation to make positive changes in her life. In March, she got her job back and started to rebuild her life.

"I had to change the people I hang out with, the places I go, but now I have a whole new set of friends who are just like me who are clean." She attends the Serenity Club for recovering addicts and a community church. Today, she has a car, a home and most importantly, her sons, ages 7 and 9, are back living with her full time. She also continues to see LoPilato for any health-related issues that come up, and appreciates the complete approach to addiction treatment offered by Meridian.

"It's not all puppies and rainbows, but today I am free on the inside because of taking the steps to do it," she said. "The most important thing was getting my family back. That was my strength. It was either that or I was ready to die." She also hopes her story will let someone else who is struggling as she did know that they can change. "That's what it's all about."

LoPilato is happy to see that her first Vivitrol patient is doing well nearly a year after starting her treatment. "I was so excited when she came back in not long ago," she said. "I hadn't seen her in a while, and I said 'Did we win this or did we lose this?' and she said 'Of course, we won this'. And it was a major relief that's what I needed to hear."



Keeping mullion healthy and happy!

Treating Body and Mind for Total Well-Being

Meridian Health Services is dedicated to providing integrated "whole-person" health. This philosophy offers patients primary medical care, behavioral health and human services all combined in a holistic approach to treatment.



240 N. Tillotson Ave. 765.288.1928

www.MeridianHS.org

- > Primary medical care
- > Obstetrics and gynecology
- > Inpatient and outpatient care for seniors
- > Pediatric medical and behavioral care
- > Psychiatric medical services
- > Addictions and substance abuse
- > Child Advocacy Center for abused children
- > Home and school-based services
- > Foster care and adoption
- > HIV care coordination
- Intellectual disabilities behavioral care
- > Supported housing and employment
- > Care coordination and skill-building

Henry County Hospital Is Now

Henry
Community
Health

Our Passion Is Your Health

Our new name better reflects the breadth and depth of our services encompassing our increasing commitment to not only take care of you when you are ill or injured, but also to take care of you and the communities we serve by providing resources and expertise to help keep you well.









Relationships in Delaware County

Our relationship with the residents and businesses in Delaware County reaches past our recent projects: The 50,000 square-foot shell building in Daleville and Muncie's 155,000 square-foot MidWest Metal Products building.

We are also proud to support Meridian Health Services and their efforts to make our communities healthier.

And when relationships build, our world is a healthier place.

Design Build Construction Development



260.824.0120 brinerbuilding.com





Building a Strong Community Together







Project Management | General Contractor | Design Build | Site Development | Architecture | Interior Design



Building From a Solid Foundation

Pridemark is proud to partner with organizations like Meridian Health Services. They are a reflection of our community's character, just as every construction project we complete is a reflection of our own. We do not put our signature on any project that doesn't first meet our own standards of quality and excellence.

Pridemark Construction is a proud corporate sponsor of Meridian Health Services.

Another Great Reason to Quit!

I Hate Smoking, I Want to Quit

Children of smokers cough and wheeze more and have a harder time getting over colds. Tobacco smoke can cause stuffy nose, headache, sore throat, and eye irritation.

They miss many more school days too. It's understandable why kids hate smoking!

Get free help to successfully quit tobacco. Call today.





Tobacco Kills 1 in 5 Smokers



Make an EDUCATED CHOICE

for your child's preschool and/or day care needs

- State Licensed
- Nationally Accredited through NAEYC; The Mark of Quality (National Education Of Young Children)
- Level 4 through "Paths To Quality"
- ◆ All preschool classes taught by licensed teachers with a minimum of a bachelor's degree in elementary education.

Call now for a tour!

765-284-8605

315 N. Morrison Road, Muncie, Indiana 47304

Email: denise@weewisdomkids.com





Women Caring for Women

Meridian Health Services is dedicated to providing integrated "whole-person" health. Our practice of female physicians offers a "Women Caring for Women" philosophy that assures our team of professionals make every effort to exceed expectations for comfort and quality care.

NEW LOCATION:

100 N. Tillotson Ave. 765.286.2000

www.MeridianHS.org



- Gynecological care
- > Comprehensive & high-risk pregnancy care
- > 3D Ultrasounds
- > Infertility diagnosis, treatment, and counseling
- > Disease and surgery
- > Contraceptive counseling and sterilization
- > DaVinci (Robotic) Surgery
- > In-office Surgery
- > Same physicians throughout pregnancy & delivery
- > New patients welcome

Dr. Maleeha Khalid

Meet Meridian's newest Women's Health physician

Dr. Maleeha Khalid is an obstetrics/gynecology specialist who recently joined the Meridian Health Services staff in Muncie after finishing her U.S. residency at Texas Tech University in Lubbock, Texas. A native of Pakistan, Dr. Khalid graduated from the prestigious King Edward Medical University in her home city of Lahore. Although she had a medical practice in Pakistan, she moved across the globe because she wanted to continue learning.



My job is not just a job. You have to help people out. You have to feel for the patients. I think the best thing I'm going to take with me as a physician and surgeon is empathy. I can sit with a patient and have compassion for what is going with them. I think it is important to talk to patients and be open to all of their questions and concerns.

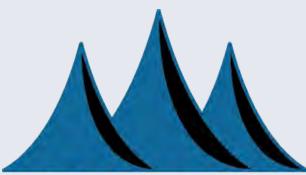
NEXT PAGE



Proud supporter of Meridian's outstanding commmun events!







H&D SUPERENT and Special Occasions

1018 W. CENTENNIAL AVE. • MUNCIE. IN 47303 (765) 289-2851 • HDSUPERENT.COM

How does your personal philosophy align with Meridian's structure?

I like that Meridian focuses on treating the whole person. A group of doctors is available to each patient, and we can communicate as a team and take care of our patient as a whole. When someone comes to me and they have two problems, I have other physicians I can refer them to.



What has surprised you about healthcare in America?

I came to America from an underdeveloped country. Nowhere in the world can compare to the medicine and healthcare in the United States. Before I moved. I did not think that health was an issue in the United States because of the resources that are available. As I began working in Texas, it was strange to me to see that so many people weren't receiving basic preventive medical care. I am glad that Meridian focuses on taking care of the entire community.

Why aren't people getting the help they need?

I think it is a national problem. Part of it is insurance. If people don't have insurance or are underinsured, they don't think it is important to see their physician unless they are experiencing a problem. Preventive care is so important because it helps get to the root of things before a major health problem develops.

What are your biggest concerns for women's health?

As an OB/GYN, preventive care is part of my job. It's really frustrating to me that more people aren't getting mammograms and pap smears. I've seen cases where advanced cervical cancer could have been prevented with a pap smear, but the person never went to a doctor. Pap smears make it possible to diagnose a pre-cancer many years before it happens. It's our responsibility as physicians to make sure that women are aware of the importance of getting pap smears.

The HPV vaccine is also important. More than 70 percent of cervical cancer is related to an HPV infection. We need to tell the masses. Just a small vaccine given to boys and girls can help so much.

As a physician in a new practice, how do you build a relationship with your patients?

You have to be a caring human being. You have to think of your patients as people and realize they are just like you — they have an everyday life and family. I want them to understand that I am here for them. The other day, I saw a patient for the first time, and I started talking to her about her family and her disease. I recommended that she receive a minor surgery. It ended up being cancer, and I had to tell her about it. Tears came up in my eyes. Even after I told her the bad news, as she was obviously upset, she hugged me and said she was so thankful. She said she had been delaying the surgery for two years and I had encouraged her to get the help she needed.

Why did you become a doctor?

My father is a scientist, and he has been a big motivation in my life. He told me and all of my siblings that the sky is the limit. That's why we have always worked hard. We have always tried to be the best human beings. I chose a career in healthcare because I wanted make a difference in people's lives. I could have been an engineer or a lawyer and worked fewer hours and made more money. But it's a different feeling when you are in

healthcare. You are not making a machine. You are the one who is going to make a difference in somebody's life.

Meridian works hard to make people smile.

We help make those smiles brighter.

Leland C. Wilhoite, D.D.S., P.C.
COSMETIC & FAMILY DENTAL CARE

Our goal is to help you achieve the best oral health and most beautiful smile possible.

At Wilhoite Family Dental, we understand that smiles are contagious. Once the first one happens, many follow.

That's why we work so hard with you on your smile. The more confident you are, the more you'll smile.

We not only create beautiful smiles, we're proud to partner with community events that work hard to do the same thing.

2623 West Jackson Street Muncie, Indiana 47303 **765-289-6373**

7073 South St. Rd. 67 Pendleton, Indiana 46064 **765-778-2176**



www.wilhoitefamilydental.com



Since the second of the second



From family medicine to psychiatry, obstetrics and gynecology to gerontology and pediatric health, meet these 9 new medical providers who are deepening Meridian's "whole-person" health services



SUSAN SLAWSON, NP Adult Gerontology MeridianMD - Richmond



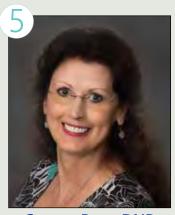
MALEEHA KHALID, MD OB/GYN Meridian Women's Health



KELLY WHITE, CPNP Pediatric Nurse Practitioner Meridian Prime-Time Pediatrics



MAKENZIE LINDAUER, CPNP Pediatric Nurse Practitioner Meridian Prime-Time Pediatrics



CAROLYN BRITT, DNP Adult Psychiatric Nurse Practitioner Richmond



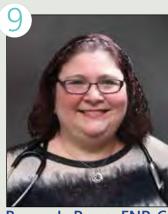
STEVE WILSON, CNS Child Psychiatric Nurse Specialist Richmond



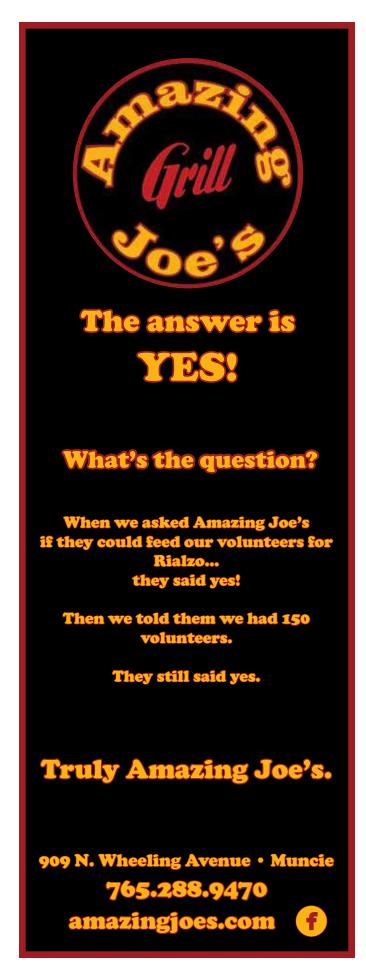
ERIC BETTS, MD Family Medicine MeridianMD - Dunkirk



TRACY LAUX, FNP Family Nurse Practitioner MeridianMD - Dunkirk



Brandy LoPilato, FNP-C Family Nurse Practitioner MeridianMD - Muncie



Meridian

ADHD myths and facts

S MORE IS LEARNED ABOUT attention-deficit/ hyperactivity disorder (ADHD), misinformation about the condition becomes more plentiful as well. Dr. Bianca Maya, pediatrician at Meridian Health Pediatrics and Prime-Time Pediatrics in Muncie, debunks a few of the more common myths about ADHD.

MYTH: Bad parenting is the cause of ADHD in children. ADHD is actually a brain disorder that interferes with functioning and development. Because many of the symptoms are behavioral, some people think that a lack of discipline is the cause. There are also lifestyle factors including stress and poor eating habits that can contribute to ADHD symptoms. That's why Meridian's "whole-person" approach to healthcare is so important. We look at all the factors (physical, mental, social) that might affect conditions like ADHD in order to make the correct diagnosis.

MYTH: ADHD is a childhood condition that they eventually outgrow. Many children are diagnosed with ADHD during the elementary school years, so it's a common misconception that it occurs only in children. But we see many adults with ADHD who were never diagnosed as children. And research shows us that at least 60 percent of children with ADHD will continue to exhibit symptoms

MYTH: ADHD doesn't cause severe problems.

during adulthood.

A person with ADHD can have wide-ranging difficulties in functioning, interpersonal, social, academic and professional skills. It can lead to significant issues at school and work, relationship problems, anxiety, depression, financial struggles and legal difficulties. It can even contribute to psychiatric disorders and higher suicide rates.

MYTH: Medication is the only treatment for ADHD. Medication can make a difference but behavioral therapy should always be considered as a first-line treatment especially for young children. Behavioral therapy has been proven to improve the symptoms and can be as effective as medicine without the side effects in some cases. Therapy involves family oriented sessions led by a therapist that will help foster positive behaviors, improve communication, learn skills to manage it, and help establish structure and routines. It also strengthens the relationship between the parent and child. Meridian offers family-based pediatric and psychiatric care along with social services when needed for a complete treatment plan in helping children with ADHD.



Dr. Bianca Maya is a pediatrician at Meridian Health Pediatrics and Prime-Time Pediatrics in Muncie.



Learn more:

www.meridianhs.org/Physical/MeridianHealth Pediatrics

ALEXANDER KNAPP founded his "plumber, steam and gas fitter" company on the belief that customer satisfaction is key to being successful. That was in 1874.

Today, almost 150 years later, his company is thriving because of that focus on service.



KNAPP SUPPLY serves professional tradesmen, contractors, remodelers and homeowners with only the best in customer service.

That's the key to their long history and the best promise for another 140 successful years.







SINCE 1874

SINCE 1874

SUPPLY

PLUMBING • KITCHENS • INDUSTRIAL SUPPLIES

420 S. Ohio Avenue, Muncie, Indiana 47302 765-288-1893 | 800-475-6277

Knapp Supply is a proud supporter of



Thank you, Meridian, for all you do to make our community healthier!

www.knappsupply.com





Same-Day Appointments & Walk-Ins Welcome

Meridian Health Services is dedicated to providing integrated "whole-person" health. MeridianMD specializes in primary medical care combined with behavioral health offering patients a medical home to help achieve the best possible outcomes for health and convenience.

100 N. Tillotson Ave. 765.288.8770 www.MeridianHS.org



- > Primary medical care
- > Internal medicine
- > Disease management
- > Illness visits
- > Personal health coaching
- > Behavioral care
- > Physicals & wellness assessments
- > Flu shots/immunizations/vaccines
- > Smoking cessation
- > New patients welcome

Meridian MD opens at Walnut Commons

MERIDIAN

PRIMARY MEDICAL CARE. Jennifer Henderson (left) and Adrienne Collins celebrate the opening of MeridianMD at Walnut Commons.

IN SEPTEMBER, JUST ONE YEAR AFTER UNVEILING Walnut Commons, the 44-unit housing complex for the homeless, Meridian Health Services opened MeridianMD, a primary medical care office on-site that also is available to the public.

Walnut Commons is an \$8.3 million collaborative effort spearheaded by Meridian Health Services and Daveri Development to serve people at risk for housing with physical and/or mental disabilities.

"Meridian understands the importance of residential housing in helping people with behavioral health needs as we have been involved with supportive housing for many years," said Hank Milius, President/CEO of Meridian Health Services. "The demand for housing and support services is unbelievable. Supportive housing represents the social health aspect in whole-person health."

Walnut Commons is an example of what Meridian Health Services has always done – provided key services to those in need. Walnut Commons is an extension of the supportive type housing that Meridian has offered since 1987 when it opened two group homes in Muncie and New Castle. Since then, Meridian has 10 housing facilities and adopted its "whole-person" health concept, providing physical, mental and social well-being to patients.

MeridianMD at Walnut Commons is the first primary

NEXT PAGE



Giving people access to on-site medical care helps ensure recovery success and total well-being.

— Meridian Medical Director Dr. Safraz Khan

FROM PAGE 41

care clinic embedded into a supported housing facility in the area, as well as being one of very few in the state. "Giving people access to on-site medical care helps ensure recovery success and total well-being," says Dr. Sarfraz Khan, Medical Director, Meridian Health Services. "Many of the residents have been without proper healthcare. Now having MeridianMD located where they live will provide better access to treatment and the convenience of not having to worry about transportation issues or relying on a caregiver."

Aside from spacious apartments and the primary care clinic with three exam rooms, the complex includes a computer lab offering computer classes, a fitness/workout room, community room, large outdoor patio and garden, and care coordinator offices for therapy and skill building.

People generally assume affordable housing is only a problem in larger cities. In fact, homelessness hits every corner of Indiana, including rural and urban communities. For its work in this area, Meridian and Daveri Development of Walnut Commons received the Indiana Lt. Governor's Excellence in Affordable Housing Award. "Our staff deserves a lot of credit," Milius said. "This kind of honor helps us emphasize the importance of the work they do every day.'

About 40 of the 44 residents have found now a steady



STATE HONORS. Meridian and Daveri Development of Walnut Commons received the Indiana Lt. Governor's Excellence in Affordable Housing

monthly income through work and benefits. The support services at Walnut Commons are helping people gain an independence of their own including traditional employment, volunteerism, job training or moving out on their own. Residents also initiated the planting and maintenance of the garden.

In the past year, Meridian has helped reintegrate about 20 residents back into the community and reunited with their family.

The Quality you demand with the Personal Attention you Deserve.



Jennifer J. Abrell

David J. Karnes | Tara M. Smalstig

Michael G. Foley Samuel J. Beasley

> 324 West Jackson Street | Muncie 765.288.8950 | dwapc.com

Proud Partner with a Purpose

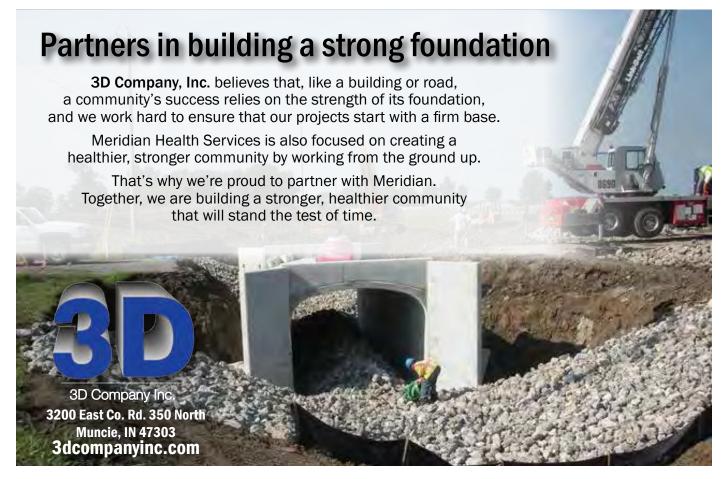






1512 W White River Blvd, Muncie, IN 47303 765.284.6505 | redheadsalonboutique.com





PROUD TO SUPPORT A COMMUNITY THAT SUPPORTS US!

Celebrating 20 years of serving central Indiana with all of your furniture and mattress needs.





SAFE PARTNERS. Meridian's Project SAFE is designed to help children make better choices as they grow older.

Asafe plan FOR THE FUTURE

Indiana is not immune to the drug epidemic sweeping America, but Emily Leas, operations manager at Meridian Health Services in Portland, wasn't going to let the grim statistics make her lose hope.

NEXT PAGE



VISIT MUNCIE'S NEWEST HOTEL.

Check in and experience warm friendly service and a host of thoughtful quest amenities at Muncie's newest hotel, Courtyard Muncie at Horizon Convention Center.

Guest Amenities

150 guest rooms and suites • Luxurious bedding, crisp linens, thicker mattresses, fluffier pillows Telephone with voice mail and data port • Cable TV Complimentary high-speed wired and wireless Internet access • GoBoard™ interactive informational display panel with LED Touch Screen in lobby • Indoor pool • Exercise room with cardio theatre and weight system • Complimentary wireless Internet in public areas • Business & Print Center • Complimentary newspapers in lobby •the market™, 24-hour food and drinks

Restaurants & Lounges

The Bistro - Eat. Drink. Connect™ offering a variety of healthy breakfast and dinner selections and proudly pouring Starbucks® Coffee

Thr3e Wise Men Brewing Company - Locally grown ingredients and highly focused fare: appetizers, salad, pizza, calzones, subs and freshly brewed craft beer on draft and signature cocktails

Meeting Facilities

On-site function rooms accommodating small meetings and connected by covered walkway to Horizon Convention Center offering 47,000 square feet of flexible function space

Official Hotel Partner of Meridian's Rialzo



Courtyard by Marriott® **Muncie at Horizon Convention** Center

601 South High Street Muncie, IN 47305

T 765.7287-8550 courtyardmunciein.com

facts that illustrate the importance of Project SAFE

Substance Awareness & Family Education

- Indiana saw a 59% jump in overall drugoverdose deaths between 2006 and 2014.
- Indiana had the 15th-highest rate of drug overdoses in 2011 through 2013 — 16 deaths per 100,000 residents.
- 156% increase in prescription drug-related arrests from 2012 to 2013 in Jay County.
- **46%** of removals from Jay County Department of Child Services were drug related in 2013.
- Indiana exceeded all but eight states in the number of pain prescriptions written per 100 people in 2012 — more than enough for every Hoosier to have his or her own bottle of pain pills, according to the Centers for Disease Control and Prevention.

In September, Leas brought together staff from both offices in Jay County including MeridianMD and organized Project SAFE (Substance Awareness and Family Education), an event presenting substance-abuse education through family friendly programming. Held at the Jay Community Center, the fourhour festival featured food, carnival games, vendor booths, educational material and interactive demonstrations all focused around awareness, prevention and treatment of substance abuse.



"We heard great feedback from many of our patients who attended as they appreciated Meridian taking a lead to help fight drugs in our community. They enjoyed a day of fun for their family, while also learning about substance abuse and how we can prevent it. That was our goal," said Leas, who works on the behavioral health side, overseeing the day-to-day programs in Jay, Blackford, Grant, Howard and Wells, "We wanted the community to be able to attend a free

event with their family to have fun, but while also learning. Any way we can make education fun is always a great idea."

Many organizations supported Project SAFE, which included Jay County Hospital, Portland Police Department, Jay County Drug Prevention Coalition, Jay County Health Department, A Better Way and Celebrate Recovery. Marsh, Coca-Cola and Pak-A-Sak sponsored a free lunch, and partner sponsors included Jay County Hospital, Diamond Outdoor Solutions, Jay County Drug Prevention Coalition and Bingo Bugle Newspaper of Indiana.

"One of the requirements for vendors was to have an educational activity related to substance abuse at their table.



ABUSE AWARENESS. Project SAFE in Portland combined fun and learning.

When the kids came in, they received a bag full of information related to substance abuse awareness and drug facts. They also received a card that they had to get signed at each of the education stations. When they completed at least five of the stations, they could turn in their card for a chance to win awesome door prizes," Leas said.

Project SAFE will be an annual event, and Meridian plans to continue the spirit of the collaboration by increasing awareness in the community. "Now with the addition of our primary medical care clinic, MeridianMD, we have medical options to help treat addictions for our patients and can provide integrated therapy with behavioral health. We want to be able to provide a place for treatment for those of all ages who are struggling with addiction," Leas said. "Our program manager and clinical supervisor are already thinking of ways we can grow and increase these programs. We also would like to reach more people in the community next year. We have been talking with different

leaders in the community about combining forces to all work together on this project. The Portland Police Department has already stated that we could combine an event they do with our Project SAFE event next year."

The efforts will increase what Meridian is currently doing to fight substance abuse in the region.

"Meridian in Jay County offers a PRIME class, which is an education-based program related to substance abuse. We also offer an aftercare treatment group. We work with the Jay Superior Court so that when they court order someone for substance abuse assessments and treatment, they come to us," Leas said, adding the Meridian staff continues to look for ways to directly address drug issues. "We hope to increase our programming on the treatment side of services so that we can offer a more intensive program. We are also looking at starting an adolescent substance abuse group," she said.

Leas is hopeful that Project SAFE will help children make better choices as they grow older.

"We hope to be bigger and better each year so that we can increase awareness and education in our community to hopefully prevent some substance abuse," she said.

Meridian HEALTHMoment

Healthy holiday eating

OLIDAYS BRING AN ARRAY OF FOOD OPTIONS that might sabotage normally healthy diets. Dr. Joni Miller, an internist and pediatrician at MeridianMD, offers some simple tips to keep your health in check when faced with a wide range of temptations:

When preparing for a big feast, don't skip meals. It's best to eat small meals and snacks throughout the day, especially at breakfast time. Otherwise, we have a tendency to overeat when the main meal is served. Be sure to include lots of fiber in your diet by eating fruits, vegetables and whole-grains.

Try these strategies to avoid overeating:

~ Use a smaller plate, and start by filling your plate with vegetables and salad before going to entrees and desserts.

~ Eat slowly, and when you are finished, wait for 10 minutes before going for seconds to make sure you are really still hungry.

~ Get some physical activity. Go for a walk after dinner and catch up with family members. Get outside and move around.

The family cook can affect our eating habits as well. Here are some of Dr. Miller's suggestions:

~ You can reduce the sugar in recipes by supplementing with citrus, vanilla, cinnamon or nutmeg. Honey and

molasses can be used to add sweetness that is a healthier option than sugar.

- ~ Substitute solid fats like butter and shortening with vegetable oil, coconut oil or canola oil. You can also substitute half of the oil with applesauce, canned pumpkin, or sweet potato puree for a healthy, tasty kick of fiber and
- ~ Cut the sodium: Use fresh herbs and flavored vinegars to add low-sodium flavor. Mustard, pickles and ketchup are all sodium-heavy. Try using fresh tomatoes, salsas or cucumber slices instead.
- Even chocolate lovers have healthier options: Dark chocolate contains antioxidants, and unsweetened cocoa powder is an option for less sugar.



Joni Miller, M.D., is double board certified in Internal Medicine and Pediatrics and practices at MeridianMD in Muncie.



Learn more:

www.meridianhs.org/Physical/MeridianMD

The Ultimate Crowd Pleaser!

Looking for that something extra to make your upcoming wedding, fundraiser, or party a blast for all your guests? Well, you've found it!

















To book us for your upcoming event or to learn more, contact **Anne Hoyt-Wessel**

317.207.0225 | annew@tapsnap.net

www.tapsnap1184.com









Meridian HEALTHMoment

Teaching your child how to be generous

s the holidays approach, parents are faced with many opportunities to teach their children to be generous. Ideally, generosity is a lifestyle, not just something we talk about at certain times of the year. Teaching a child about sharing is not as difficult as it sounds. A few simple things practiced routinely help children learn how to be generous. Dr. Denisse Ambler, a child and adolescent psychiatrist at the Suzanne Gresham Center, offers the following ideas:

Demonstrate generosity. Teaching by example is one of the most effective ways to influence your child's behavior. Most children want to be like their parents, and when they see adults routinely sharing, they will most likely follow suit.

Sharing can be temporary. Your child will feel better about sharing a toy if he or she knows it's not permanent.

Explain that his/her friend is just borrowing the item and he/she will get it back in a while.

Generosity isn't limited to material things. A child can learn to share time, talent AND treasure. Playing with another child on the playground can help a child understand that sharing doesn't always

mean sacrifice.



Let your child learn from peers. One of the best ways to teach a child to share is to let young friends show the way. Try not to get involved in every battle over toys. Kids eventually learn how to compromise when they realize that selfish behavior drives playmates away.

Be patient and consistent. Remember: Learning to be generous is part of development. It won't always happen quickly. When your child is selfish, gently express your disapproval and encourage a different behavior the next time.

Pile on the praise. When your child does share, say how happy it makes you feel. Your child will be happy that you are pleased, and will want to do it more often. It will eventually come more naturally.



Denisse Ambler, M.D., practices Child/Adolescent Psychiatry at the Suzanne Gresham Center in Muncie.



Learn more:

www.meridianhs.org/Mental/ChildrenFamilyPrograms





ELIMINATE FAT WITH COOLSCULPTING®, THE WORLD'S #1 NON-INVASIVE FAT REMOVAL TREATMENT



CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat without surgery or downtime.

Call today to schedule your FREE consultation.



UDC Spa 4611 N. Wheeling Ave. Muncie, IN 47304

765-747-6090

www.udcin.com

Results and patient experience may vary. While CoolSculpting is safe, some rare side effects may occur. As with any medical procedure, only your CoolSculpting provider can help you decide if CoolSculpting is right for you. In the U.S., the CoolSculpting procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank. Outside the U.S., the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZELTIQ, CoolSculpting, the CoolSculpting logo, the Snowflake design, and Fear No Mirror are registered trademarks of ZELTIQ Aesthetics, Inc. © 2016 IC1966-A





Meridian's Northern Region Mishawaka Office

MERIDIAN HEALTH SERVICES

helping our













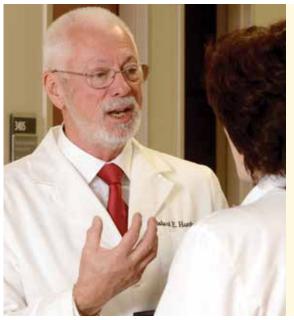
MORE THAN 300 COMMUNITY members attended Meridian's St. Joseph County Fam Fest, which helped link Meridian patients with area organizations.

"Through this event we were able to give many of our families a fun-filled afternoon together and helped introduce them to numerous beneficial organizations in the community," said Luke Morgan, Meridian's Regional Manager for Northern Indiana. "Hosting and coordinating this event also helps Meridian work towards fulfilling its vision of 'whole-person' health, integrating physical, mental, and social well-being."

More than 25 community organizations participated in the Health and Wellness fair, and many of them donated raffle items including the opportunity to throw out the first pitch and signed sports memorabilia from the South Bend Cubs, the Chicago Cubs Single A affiliate.

Health screenings, a dunk tank, face painting, free access to the splash pad, and a vendor fair scavenger hunt provided family fun and reinforced health and wellness in the community.





A History of Trusted Care.



Ball Memorial Hospital

Discover the strength at iuhealth.org/ball-memorial



Follow us on twitter at @IUHealthBall Like us on Facebook.com/IUHealthBall





Kirk's **BIKE SHOP**

124 S. Walnut St. **Downtown Muncie** 765.282.6389 Shop online at bkbikes.com





Lady and Astro were both adopted during Rialzo events.

> Do you have what it takes to be a pet parent? Visit us at our new home.

We'll help you make the choice that's right for your family.





adopt | volunteer | donate

Muncie Animal Shelter 901 W. Riggin Road | Muncie, IN 47302 (765) 747-4851



Solutions for youth-serving nonprofits offered at low or no cost





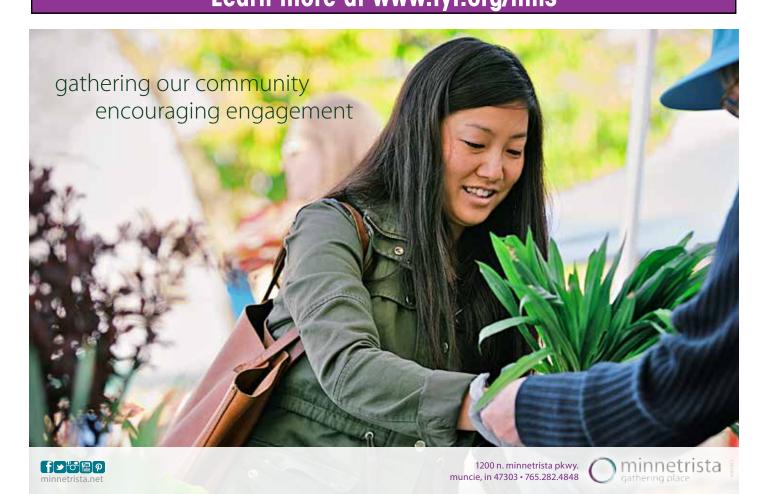
Consulting Individualized and affordable coaching at 75% below the market rate.

Training Local, statewide and virtual professional development opportunities on trending topics.

Data Services Most recent information regarding childhood well-being in Indiana.

Serving Indiana's educators, counselors, mentors, youth ministers, program managers, nonprofit boards, administrators and other youth-serving professionals

Learn more at www.iyi.org/mhs





Keeping Semions healthy and happy!

Meridian Health Services is dedicated to providing integrated "whole-person" health. Meridian Senior Health introduces a new specialty medical program for seniors offering both inpatient and outpatient care for physical, mental and social well-being.

Meridian Senior Health Locations: BEHAVIORAL HOSPITAL

(Located at IU Health Ball Memorial Hospital) 2401 W. University Avenue 765. 747. 3281

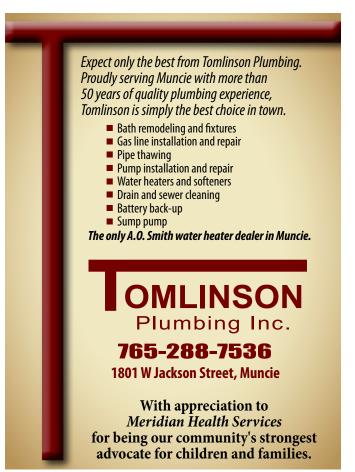
OUTPATIENT ASSESSMENT CENTER

100 N. Tillotson Ave. 765. 587. 0183 www.MeridianHS.org



- > Specialized integrated healthcare for seniors
- > Outpatient clinic for health assessments
- > Inpatient behavioral hospital care
- > Complete medical, psychiatric and social evaluations
- > Alzheimer's and dementia evaluations
- Medication evaluation and adjustment
- > 24-hour admissions and nursing care
- > New patients welcome





Finance the home you love, for as little as 3% down.

Saving money on a mortgage is about more than just securing a great rate. It's about getting the right mortgage – one that fits your budget and helps you steer clear of hidden fees or unexpected charges.

At PrimeTrust, our experienced, local lenders will work alongside you every step of the way to answer your questions and provide you with the financing you need, so you can focus on what's really important: finding a place you'll love to call home.

Visit PrimeTrustMortgage.com or call 765-289-2148 to get pre-qualified today.



Federally insured by NCUA | PTF NMLS# 462171

For an \$80,000 fixed rate First Mortgage with 97% LTV with no cash back for a term of 180 months with an interest rate of 4.00%, the monthly principal and interest payment will be \$591.75 with an APR of 4.457%. Taxes and insurance not included, your actual payment obligation will be higher.

SHOW YOUR COLORS

CHOOSE the best apparel for your CORPORATION. SPORTS TEAM, and more!

Screen printing • Custom embroidery



Family owned and operated since 1996.

317.674.8878 robbinsapparel.com

Thank you to Meridian Health Services for making our communities healthier.





PAINTING THE FUTURE OF A CHILD'S LIFE

At Cornerstone Center for the Arts we know that a healthy child is an artistic child. We know the importance of artistic experiences in a person's life, especially the impact they have on social and emotional development early in a child's life. Our various classes in dance, music, visual arts, theatre, and fitness, encourage self-esteem, self-expression, and problem solving skills. Like Meridian Health Services, Cornerstone believes in whole-person health that is why we place a high importance on inclusion and encourage all students - regardless of race, religion, education level, or socio-economic status - to participate in our arts-based education programs. Cornerstone is proud to be a place where all families and people can belong.



JENNIFER LOMBARD. Manager of the Suzanne Gresham Center for Children and Families.

GROWING GARDEN

500 pounds of food in its first season make communities healthier



This isn't just our garden. It's a community garden.

— Meridian President/CEO Hank Milius

THINGS ARE GROWING AT MERIDIAN'S SUZANNE Gresham Center. Normally, that statement would refer to not only the number of children served every year, now 17,000, but also to any number of programs housed there:

the school based programs that serve 270 schools around the state with behavioral clinicians

the Connxxions program that serves kids with dual diagnosis of developmental delays coupled with mental illness issues

the Child Advocacy Center that interviews an average of 3 victims of sexual abuse per week

But now the growing at Gresham is quite literal and comes in the form of tomatoes, zucchini, squash, corn and peppers of many varieties. The end result has been nearly 500 pounds of food in its first season of harvest, all of it helping Meridian meet its mission of helping make our communities healthier.

The seed of the idea for the garden came from Jennifer Lombard, Manager of the Suzanne Gresham Center for

Children and Families. "I come from a family of farmers and gardeners, so I know that the lessons learned in the process of gardening can be truly eye opening and life-changing," said Lombard.



Because of her dedication to this project, what started as

a small patch of possibility has morphed into a plot of multiple partnerships. "I didn't want it to be just any ol' garden," Lombard said. "I wanted it to be something all of us at Meridian, and the whole community, could be proud of."

Presentations were made to the local Farm Bureau and they responded with cash donations as well as tilling and planting expertise. The local Master Gardeners club donated expertise, resources and volunteers hours as donations of plants came in from Wapahani High School and Charlie Power's Greenhouse.

"This isn't just our garden," said Hank Milius, President and CEO of Meridian Health. "It's a community garden."

The Purdue University extension has even brought students to the garden for observation. "I couldn't be happier with the results," said Lombard.

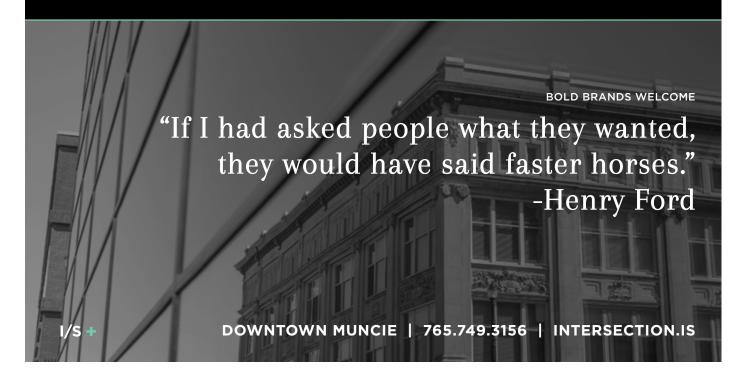
And the results are indeed fruitful, and go well beyond the 500 pounds of produce that have been shared by Connxxions' families, Meridian group home clients, residents of Walnut Commons, a transitional housing facility for the previously homeless, the homeless outreach program at Meridian's Drop In Center, as well as community beneficiaries like Second Harvest Food Bank.

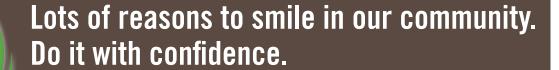
"The 'Garden at Gresham' gives us the opportunity to teach our clients through dedication, hard work, nurturing, love and caring, they too can find healing and growth within themselves," Lombard said.

Not a bad harvest, indeed.

INTERSECTION

an advertising agency





We care for you, not just your teeth.

The vision of Dr. Greg Pyle is to reach out and establish long-term relationships with each of his patients, which in turn meets and exceeds patient expectations.

With a unique one-on-one style, Dr. Pyle allows his family of patients to be an active participant in their health, openly discussing and co-diagnosing their treatment.



800 W. University Avenue | Muncie, Indiana 47303 765-288-6121

> Visit our **SMILE GALLERY** at www.drgregpyle.com











Construction of the Marilyn K. Glick Center for Glass on Ball State University campus



Roundabout at **Morrison Road and Jackson** Street in Muncie

Building a better tomorrow

3D Company, Inc. is a Heavy Highway, Civil Earthwork and General Contractor. We construct and engineer solutions for a variety of problems our customers face on a day-to-day basis. Our experience level and diversity makes us uniquely qualified to make a real difference for our customers, and the community.

Proud to partner with Meridian Health Services and Rialzo! 3200 East Co. Rd. 350 North **Muncie, IN 47303** 3dcompanyinc.com



2016 | 2017 SEASON SPONSOR



full of emotions



Douglas Droste

Artistic Director & Conductor

For Full Schedule: munciesymphony.org facebook.com/MuncieSymphonyOrchestra twitter@MuncieSymphony For Tickets & Information: 765.285.5531













CLASSICAL SERIES

September 10 • 7:30 pm • Sursa Performance Hall ORGAN CELEBRATION

October 15 • 7:30 pm • Pruis Hall REVELRY

April 22 • 7:30 pm • Emens SCHUMANN & FRIENDS

FAMILY SERIES

November 12 • 4:00 pm • Emens Disney in Concert:
A Silly SYMPHONY CELEBRATION

December 3 • 4:00 pm • Emens Fisher | Shafer HOLIDAY POPS

February 11 • 4:00 pm • Emens BEETHOVEN LIVES UPSTAIRS Beethoven Symphony No. 1

MSO Goes to Town...

CHAMBER SERIES

March 18 • Time TBD Charles W. Brown Planetarium | BSU May 21 • Time TBD • Wasson Nursery MORE CONCERTS • TBA

OUTDOOR FREE SERIES

August 25 • 7 pm • Minnetrista PICNIC & POPS "TV Land"

October 6 • 6 pm • Downtown ARTS WALK CONCERT

May 20 • 4 pm • Heekin Park TODDLER POPS

June 10 • 7 pm BSU Arts Terrace FESTIVAL on the GREEN "Let's DANCE!"

EDUCATION FREE SERIES

January 7 • 2-5 pm • Sursa Hall YOUNG ARTIST COMPETITION 2017

January 15 • 4 pm • Southside Middle School MLK Jr. MEMORIAL FAMILY CONCERT

February 10 • 9:30 am • Emens YOUNG PEOPLE'S CONCERT (school groups only)





OUR GRID IS HELD UP BY

500,000+ Poles

THAT CARRY POWER LINES TO THE 164 COMMUNITIES WE LIVE IN AND SERVE.

That's a LOT of climbing!

AEP INDIANA MICHIGAN POWER®

Thank you to MERIDIAN HEALTH Services for making our community stronger in body, mind spirit.

Cleaners
SHIRT LAUNDRY

More than 100 years experience in the laundry and dry cleaning industry!

We also offer alterations, leather/suede cleaning, tuxedo rental, wedding dress preservation

3005 W. Jackson St. Muncie

3308 N. Janney St. Muncie

109 W. Henry St. Farmland

765.288.9933

765.289.2069

765.468.6181

www.baileyscleaners.com

Our priority is your health and wellness.

Natural health care without invasive surgeries or pharmaceutical drugs.



Dr. Donna S. Cray, D.C., D.I.C.C.P.

Chiropractic Pediatric Specialist

4721 N. Wheeling Avenue Muncie, Indiana 47304

(In the Country Village Shopping Center at the corner of Riggin Road and Wheeling Avenue)

www.munciechiropractic.com



FREDERICK Family Chiropractic

765-286-9020

Proud to support Meridian Health Services and



Thanks, Meridian, for making our community healthier!

Since 1981

Six convenient locations!

801 N. Wheeling Avenue | 765-282-5550 Specialty: Craft Beer Collection

2901 S. Madison Street | 765-282-9318

605 W. McGalliard Road | 765-282-4802

1112 W Centennial Avenue | 765-284-2337

3005 N Oakwood Avenue | 765-282-2312

415 S Tillotson Avenue | 765-284-3744

muncieliquors.com





Woof Boom Radio proudly supports great organizations like Meridian Health Services

Over the last year, Woof Boom Radio donated more than \$122,000 of our services to support these amazing organizations...

- -Back to School Teacher's Store
- -The Arc of Indiana
- -Cardinal Greenway
- -Roy C. Buley Community Center
- -Inside Out
- -The Community Foundation

- -Meals on Wheels
- -The Youth Opportunity Center
- -Hillcroft Services
- -Project Leadership
- -Red-Tail Land Conservancy
- -Motivate our Minds

















Proud Partners ERIDIAN **HEALTH** Services



Call now for a tour! 765-284-8605

315 N. Morrison Road, Muncie, Indiana 47304 Email: denise@weewisdomkids.com





FAM FEST, MERIDIAN'S ANNUAL FAMILY FESTIVAL promoting fun, wellness, safety and healthcare resources - combined with the Ducky Derby, which calls attention to child abuse awareness - drew one of its biggest crowds ever in 2016.

More than 200 volunteers and 50 community organizations worked together to host the events this year. Fam Fest draws around 2,000 families to the expansive lawn of the Suzanne Gresham Center, Meridian's specialty center for children and family programs.

Meridian introduced a renewed focus on health and community education through its new HEALTH HUB featuring free health screenings, resources and education. Meridian and community experts presented on the indoor education stage at the Suzanne Gresham Center to discuss everything from women's health issues to pediatrics to healthy living.

Ducky Derby, one of the Fam Fest events, was held across the street along the White River. It raised dollars

and awareness for children of abuse. Meanwhile, the annual Health & Fun Fair showcased the synergy of children's physical, mental and social health.

"Our goals for the Child Abuse Awareness Duck Race and the Health The need for awareness remains strong. Consider the statistics:

- 1 in 10 children will experience sexual abuse by the age of 18.
- 1 in 5 children are solicited sexually while on the internet.
- 20% of children are sexually abused before the age of 8.
- 60% of child sexual abuse victims never tell anyone.

& Fun Fair are much the same," explained Hank Milius, President/CEO for Meridian Health Services. "We want everyone in this community to know the resources they have available to them to keep their families healthy and safe."

Meridian's Child Advocacy Center is a place where victims of child abuse can reveal the harsh details of their tragic experiences to be investigated. It is a child-friendly environment that brings together a multi-disciplinary team including investigators, legal team, child advocates and Meridian mental health professionals to help the child and pursue their offender. But it is Meridian's family-focused events where the ongoing education awareness campaign crosses educational and socio-economic barriers.

For families to come together at a single event that focuses so heavily on healthy living and being safe creates a bonding experience and positive influence for all.

"This community has an incredible amount of healthcare resources available and this is an opportunity to promote our essential partners," Milius said. "We have a lot of fun and at the same time distribute a lot of information."





































Health & Fun Fair at the Suzanne Gresham Center





























J. May . M





Health Hub



















August 27, 2016

At Willowbrook Interiors, we want you to be the NV of your friends and neighbors.

765.747.1118

Thank you, Meridian Health Services

for making our communities healthier!



627 S. Tillotson Avenue • Muncie, Indiana

greatdestinationstravel.com



We are proud to support



Thank you, Meridian, for making our community healthier!



2501 West 26th Street Muncie, Indiana 47302

(765) 288-7447

The rules are simple:

Great food, great service and

great atmosphere.

DINING

CATERING

ENTERTAINMENT

Come experience our simple elegance for yourself.



Vera Mae's Bistro 207-209 South Walnut Street Muncie, Indiana 47305 765.747.4941 www.veramaes.com

Vera Mae's

BISTRO







MutualBank

The Official Checking Partner of Ball State Athletics



Pepsi

The Official Soft Drink of Ball State Athletics



Nike

The Official Apparel Provider of Ball State Athletics



Join TEAM BALL STATE contact Ball State Sports Properties 765.285.1434 csulm@bsu.edu

Thank you, Meridian Health Services

for making our community healthier!



VICTORY

Honda of Muncie

4901 W McGalliard Road, Muncie (765) 282-5955

victorymuncie.com f

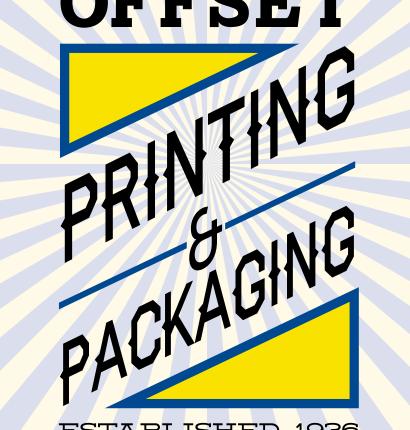




Voted the finest New Car Dealer in 2015!



OFFSET



ESTABLISHED 1936

INDIANA

CALIFORNIA NEW JERSEY 765-286-3000

800-854-9101

PENGADINDY.COM



et it snow.

Letitsnow. Letitsnow.



4x4 & AWD VEHICLES

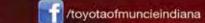


TOYOTA of toyotaofmuncie.com

President's Award 7 Consecutive Years

TOYOTA

Exclusive Transportation Sponsor Rialzo 2016







Proudly Serving Delaware County for Over 120 Years

or more than a century, your neighbors at First Merchants have focused on delivering strength and service to our communities, making them better places to live, work and bank. From managing money day-to-day, saving for the future, borrowing responsibly, to protecting your worth and valuables, our experts can help you build a complete financial picture. Stop in to experience true community banking: local, one-on-one guidance for all your financial decisions.

Mobile and Text Banking

Stay on top of your accounts anytime by texting, using our iPhone app, or signing in to Online Banking using your phone's Web browser.

Lending Options

From vehicle loans to mortgage and home equity options, our loans have competitive rates and terms. Ask us about our auto-pay discount!

Business Banking

The success of your business matters to our community. Look to us for banking solutions like business checking accounts, loans and lines of credit, merchant processing, employee benefits, and more.

Wealth Management

Delivering client-centered solutions.



Local Decisions

Local Service

Local Bank

Delivering expertise in:

Business Lending

Cash Management

Private Wealth Advisory Services

BIZBNK-ADPR-Rialzo-0616

1.800.205.3464 | WWW.FIRSTMERCHANTS.COM

