

MERIDIAN HEALTH SERVICES | *Rialzo* EDITION | SPRING 2015

# CURRENT

## MERIDIAN HEALTH PEDIATRICS

Integrated care  
benefits kids

# Rialzo VI

MERIDIAN'S "PARTY WITH A PURPOSE"

## MERIDIAN Senior Health

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SURSAS  
CHAMPIONS  
FOR MERIDIAN



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create healthier communities.



# CURRENT

RIALZO EDITION | SPRING 2015

## FEATURES

### 9 PRESIDENT'S MESSAGE

Meridian expands its service reach across Indiana.

### 10 COMMUNITY REPORT

Our report to you: Meridian Health Services' latest statistics.

### 14 MARK HARDWICK

Meet one of Meridian's board members who supports whole-person health.

### 15 MERIDIAN LEADERSHIP

Meet some of the people who lead Meridian Health Services.

### 16 MIKE LUNSFORD

A conversation with one of Meridian's board members who lends wisdom from 30-year career.

### 20 MERIDIAN SENIOR HEALTH

Meridian Senior Health – Assessment Center will open this summer.

### 37 PEDIATRICS

Meridian Health Pediatrics impacts Muncie children.

### 51 CHARLIE & CLAUDIA SURSA

Learn why Meridian is a charity of choice for this giving couple.

### 54 DORIS FORD

One of Meridian's champions whose support helps strengthen services.

### 55 DONOR HONOR ROLL

Meridian celebrates hundreds of supporters.

### 65 A GROWING REACH

Meridian expands to Connersville and new growth in Richmond and Muncie.

### 73 THE GONULALANS

MeridianMD's newest internal medicine duo.

### 75 NEW PHYSICIANS

Meet 11 physicians who have joined the Meridian team.

### 76 SPIRIT OF MERIDIAN

Learn about the many interests of 2015 winner Jim Hiatt.

### 80 CELEBRATING RIALZO

A special photo presentation of Meridian's Party with a Purpose.

## ON THE COVER

Soloist Kayla Robertson is surrounded by (from left) Zachariah Jones, Jing Jing Williamson, Hailie Woodring, Clarissa Jones, and Stryker Edwards during a Rialzo VI performance.

COVER PHOTO BY KURT HOSTETLER.

**1 night: Meridian's Party with a Purpose, Rialzo VI.**

**2 bands: Little River Band and Life of the Party.**

**3 hours of live music.**

**All 4 community health.**

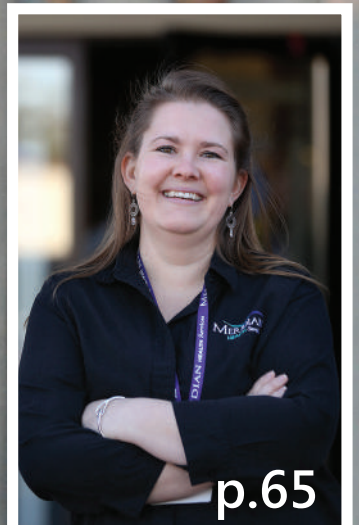
**RIALZO VI PHOTO GALLERY**

**p.80**

p.20



p.51



p.65



# MERIDIAN

## 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

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## CURRENT

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Pengad Printing

1106 East Seymour Street | Muncie, Indiana 47302

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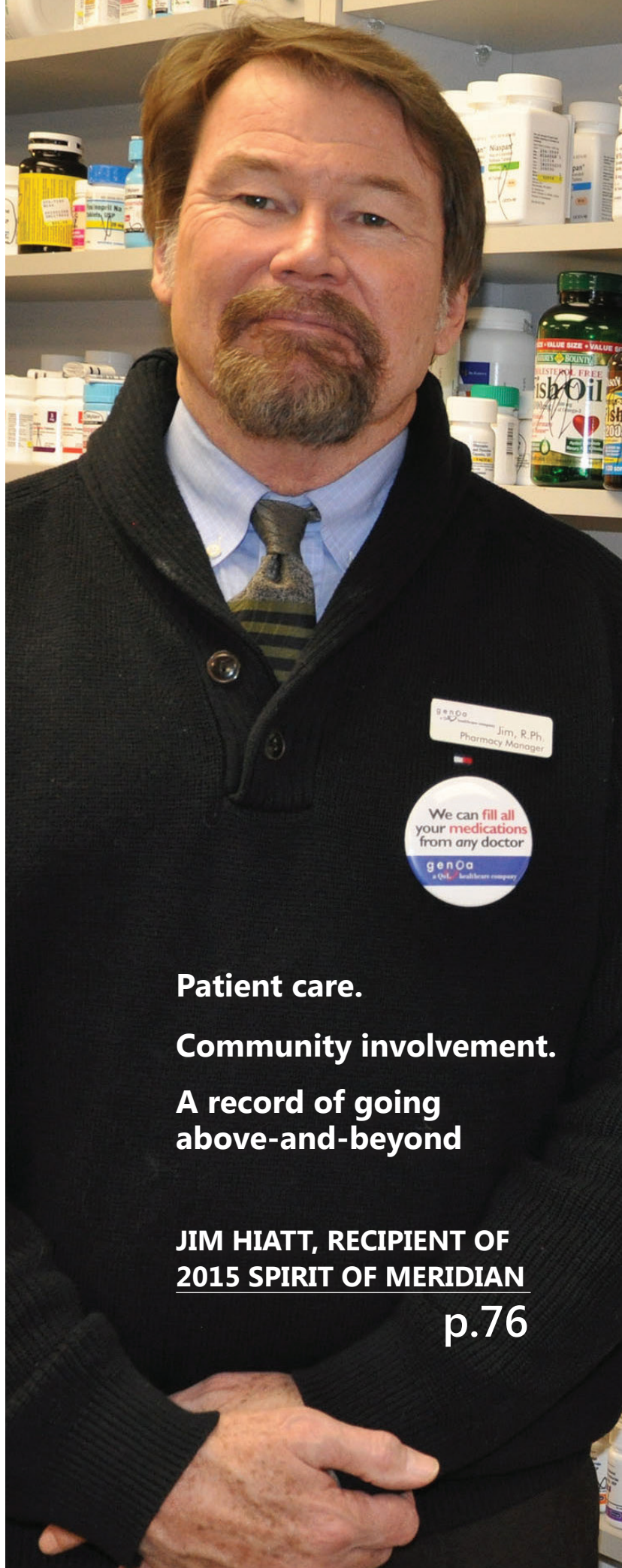
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**Patient care.**

**Community involvement.**

**A record of going  
above-and-beyond**

**JIM HIATT, RECIPIENT OF  
2015 SPIRIT OF MERIDIAN**

**p.76**





# Keeping kids healthy and happy!

A New Name, Partnership and Services...Introducing Meridian Health Pediatrics

Meridian Health Services has partnered with IU Health Ball Memorial Pediatrics to bring children an integrated approach to healthcare. Meridian's philosophy of "whole-person" health is now available on site for physical, mental and social health offering parents convenience and exceptional, quality care in one location.

*Accepting new patients*



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— in collaboration with —  
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at IU Health



## Dear Friends of Meridian,

Another year at Meridian Health Services and we've seen wonderful growth in programming, staffing and charitable work. We've expanded our reach throughout the state to include 33 counties and more than 200 schools.

Today, we are serving close to 20,000 patients across the healthcare spectrum to include areas such as women's health and pediatrics. In addition, we're investing more than ever in our services for an increasingly aging population.

In this edition of **CURRENT**, you can catch up on what we've been doing and the lives we touch. Be sure to read about how we're expanding services in places like Richmond and Connersville. You'll meet new faces including Drs. Arzu Gonulalan and Murat Gonulalan, a husband and wife team who are practicing internal medicine at MeridianMD. You'll also learn more about our Spirit of Meridian Community Award winner, Jim Hiatt, pharmacist at Genoa Pharmacy and the great care he gives to Meridian patients.

At Meridian, we began our "whole-person" healthcare approach in 2010. Today, we have a broad portfolio of services. Our physicians are paired with behavioral specialists throughout the organization. The emphasis is paying off in so many ways.

Recently, Meridian was recognized at a national level for being a leader in healthcare integration and innovation. We were honored to be selected as a participant in one of five Innovation Communities, sponsored by SAMHSA-HRSA Center for Integrated Health Solutions. Organizations are selected based on being ahead of the curve on integration of primary care and behavioral health. Information will be shared to help other organizations nationally create an integrated healthcare delivery model to serve their communities best.

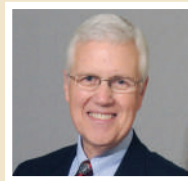
This is a wonderful acknowledgement for us, and affirmation for you. We just concluded Rialzo VI, our annual party with a purpose. You've made Meridian Health Services your charity of choice either by supporting us at Rialzo or by other personal commitments, and for that, we say thank you.



**DR. MICHAEL BURT,**  
Meridian Health Pediatrics



**Hank A. Milius**  
PRESIDENT / CEO



**Al Rent**  
BOARD CHAIRMAN



**Charles Sursa**  
CHAIRMAN,  
DEVELOPMENT COUNCIL

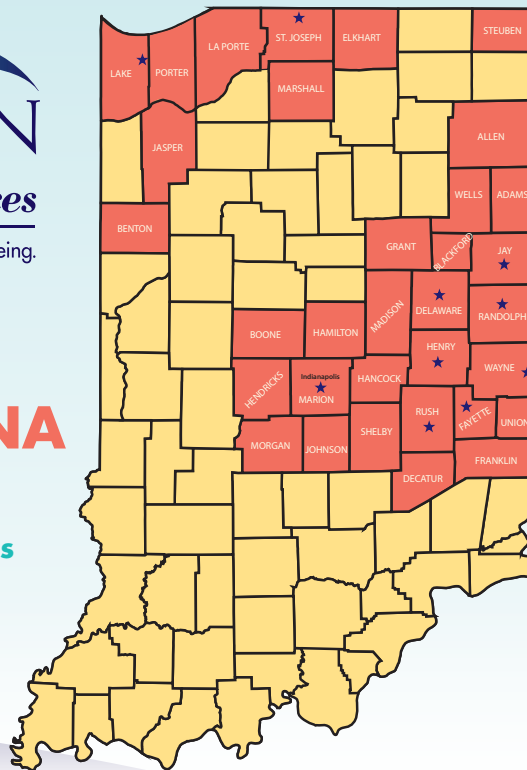




# Community Report



**33** Residents in  
**INDIANA**  
**COUNTIES**  
receive health services  
from Meridian.



## 2014 Community Benefit Summary

Making a Positive Impact on the Communities We Serve

Meridian offers services throughout Indiana with 29 facilities in 10 counties. 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 **16,500** 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 **782** employees in Indiana. Over 150 employees are doctors, nurses and medical assistants on our constantly growing medical staff.

Meridian provided **490,525** outpatient visits in the past year. In a recent survey, Meridian patients reported a **95% satisfaction** rate with Meridian's quality of services.

Revenue generated was over **\$82 MILLION** during fiscal year 2013-14. Over **\$36 million** is dedicated for our employees' salaries and benefits.

More than **200 SCHOOLS** have partnered with Meridian to bring services to students. Over **5,500** children received services from Meridian.

Meridian's community investment in 2013-14 totaled over **\$21.9 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 5,120 individuals who were unable to pay for services which totaled **\$4.7 MILLION** in charity care.



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 raised over \$10,000 in its first year 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 provides **After-Hours Emergency Services** which helped over **3,500 patients** 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 an awareness campaign and free health screenings for American Heart Month.
- **Meridian's Senior Health Behavioral Hospital** helped to substantially reduce Emergency Room readmission.
- 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

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I N T R O D U C I N G

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### **Meridian Senior Health**

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MERIDIAN WOMEN'S HEALTH

# Helping women be healthier



Dr. Denise Reeves  
Dr. Meenu Goel



Meridian's newest medical specialties offer integrated care of physical, mental and social health for all ages.

**MERIDIAN**  
**WOMEN'S HEALTH**  
Obstetrics and Gynecology



## Hardwick serves as deep-rooted community steward

MARK HARDWICK, KNOWN ONCE AS A BASKETBALL STAR is now a shining star in the banking, financial community. Mark grew up in Dunkirk, Indiana and went to Jay County High School. He earned a basketball scholarship and was on the famous 1989-90 Sweet 16 team at Ball State University. He graduated with a bachelor's degree in accounting and then received an MBA a few years later.

He joined First Merchants in 1997 when the bank had \$1 billion in assets. In 2002, he was named Chief Financial Officer, a position which has evolved over time with expanding responsibilities that not only include finance and accounting but also operations, risk management and technology. He personally oversees approximately 250 employees. Nominated for his outstanding performance by First Merchants CEO, Mike Rechin, Mark was awarded "CFO of the Year" by the *Indiana Business Journal* in 2012. Today, First Merchants boasts \$6 billion in assets and employs over 1,400 people.

Meridian invited Mark to be a board member as First Merchants has had a long standing representation on Meridian's Board of Directors for more than 15 years. Mark joined the board at Meridian Health Services in June 2014. He sees Meridian's "whole-person" health philosophy aligning with the bank's mission of financial health for its community.

"If you look at Meridian's mission - to help make our communities healthier by focusing on whole-person health - you see a lot of similarities with First Merchants," he said. "Our mission is very similar. It's to make our community stronger through focusing on sound financial advice and products. Meridian's focus on whole-person health is admirable, and we know that financial health leads to stronger families and

communities as well."

For Mark, the decision to join the board was a natural progression in the long-standing relationship between First Merchants and Meridian. First Merchants has also been the principle sponsor of Meridian's premier charity gala, Rialzo – more affectionately known as the "Party with a Purpose."

Hank Milius, President/CEO of Meridian Health Services said, "Mark is an outstanding person with great financial sense that understands the importance of making our community better and healthier. I am delighted to have him as a community steward for Meridian."

"Meridian Health Services has been a premier customer of First Merchants for a long time," Mark said. "We have shared values and similar missions. We are thrilled to support their charity gala as it truly is a community celebration."

Mark and his wife, Cathy, celebrated their 20th wedding anniversary this year. They have two children in Yorktown schools. Cathy is a fitness instructor at the Yorktown YMCA. They are members of Union Chapel Church. When Mark and Cathy step back and take in what they've achieved, it exceeds every expectation this self-driven college basketball player could have imagined. "There's so much here and we get so much out of it," he said. "We try to be involved as a family and to keep an open heart with open hands."

So why make Meridian such a big part of his life?

"What Meridian does so well and the part I've come to appreciate so much is the way they celebrate the community and work to improve the health and well-being of the people associated with it," Mark said. "The quality of people combined with the quality of community gives us plenty to celebrate."

**HARDWICK PERSPECTIVE: 'Meridian's focus on whole-person health is admirable, and we know that financial health leads to stronger families and communities as well.'**



# MERIDIAN

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



## MERIDIAN 2014-15 BOARD MEMBERS

*Seated in front:* Chair, Hank Milius, President/CEO

*Middle row, seated, from left:*

David Gobble, Wayne Shaffer, Al Rent, Vicki Tague

*Back row, from left:*

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

*Not pictured:* Julie Newhouse



## RIALZO COMMITTEE 2015

*Seated, from left:*

Carly Acree, Marilyn Cleary, Fred Reese, Alena McKenzie, Todd Sandman, Melissa Daniels

*Standing, from left:*

Shar Hyman, Lise Hayes, Scott Smalstig, Tammy Dodson, Karen Evens, Beth Clark, Jeff Robinson, Cory Pollen, Ginger Jennings

*Chair:* Al Rent, not pictured

## MERIDIAN FUND DEVELOPMENT COUNCIL

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Al Rent  
Brent Webster  
Brian Ring  
David Gobble  
Erica Graham

Karen Karmolinski  
Micah Maxwell  
Ron Fauquher  
Vicki Tague  
Wayne Shaffer  
Wil Davis

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Mike Lunsford

Steve Smith  
Terri Matchett  
Wil Davis

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Ontario Systems  
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MERIDIAN  
BOARD  
MEMBER  
Mike Lunsford

# Family & community

ARE AT THE HEART OF HIS BELIEF SYSTEM

## M Lunsford: 'I love to see businesses grow.'

MIKE LUNSFORD HAS SPENT HIS 30-YEAR CAREER engaged in a community where he has chosen to raise his family, practice his faith and grow his business.

It is a mindset that fits well within the mission of Meridian Health Services, an organization that, like Mike's, has grown exponentially because of the connections it has made within the community.

"One of the things I like best about Meridian is that they look for niches where they can serve the community better than anyone else," Mike said. "They're great at leading but they don't insist on being *the* leader. They like being a partner."

For example Mike noted, Meridian's move into primary care came about because it was evident that individuals with behavioral challenges have a 25-year less life expectancy because of the lack of getting routine medical care. By focusing on the critical nature of whole-person health – connecting the dots between good mental health, sound physical health and social well-being – Meridian has filled a niche that will add years onto the lives of thousands of people.

Rejoining in September 2014, this is Mike's third tour of duty on Meridian's Board of Directors. In 2011, he also joined Meridian's Investment Committee. He served two, three-year terms beginning in October 2005 and now this is his third. It is a role he has come to value more each term. "We are very fortunate to have Mike on our board as he has been integral in our strategy and growth throughout these last 10 years," said Hank Milius, President/CEO of Meridian Health Services.

"I've seen this organization grow from \$10 million to a budget of close to \$100 million," Mike said. "They think about their patients and staff first, and they are good stewards of their dollars." Mike, who is a Muncie Central Bearcat and a 1974 graduate of Miami of Ohio, finds himself wanting to support businesses that strive to grow but don't lose sight of their local

focus. Meridian serves thousands of patients in more than 30 counties across Indiana and is a key health provider in each community they serve.

Today, Coldwell Banker Lunsford is the largest real estate broker in East Central Indiana with about 30 agents and more than \$83 million in residential transactions last year. Mike and his company have been responsible for reshaping much of Delaware County with the residential development of Woodland Trails in Yorktown to the commercial renovation of the Meadows Shopping Center into the national headquarters for Ontario Systems Corporation. In addition, the transformation of a 250,000 square foot outlet mall in Daleville into the Heartland Business Center, home to dozens of companies.

"I love to see businesses grow," Mike said, "but what I care about the most is what happens here in Muncie, Indiana and I like that Meridian makes sure it stays engaged here. It's been fun to watch them develop services through outstanding leadership and staff utilizing a complex myriad of revenue sources."

Mike and his wife, Nicci, have between them seven adult children – six boys and a girl. Family and community are at the heart of Mike's belief system. He sees that same passion among the people who serve at Meridian. Mike is very involved with the community and gives his time and talent to other organizations including the Muncie-Delaware County Chamber of Commerce, Fellowship of Companies for Christ International, Cardinal Varsity Club, Muncie Noon Rotary, Community Foundation Board of Directors, chair of the Community Foundation Grants Committee, past chair of the Indiana Real Estate Commission, Director of the Ivy Tech Foundation and member of the IU/Ball Memorial Hospital Foundation Board.

"When I see the heart and spirit that goes into the Meridian organization, I know it's a good fit for me, for my company and for my family," he said.



# COLDWELL BANKER LUNSFORD CEO MOVES HIS COMPANY INTO GROWING FUTURE

**After being in the same location for 28 years, Coldwell Banker Lunsford is moving its offices to downtown Muncie to be more accessible to their client base and to be even more engaged in the business community.**

"The move also signals a change in the realities of today's real estate buyer," said Mike Lunsford, President and CEO of Coldwell Banker Lunsford. Today's buyers come already having done much of the market research themselves. The expectations for the purchasing experience have changed.

The millennial buyer is a cohort who is tech savvy and time starved. They're texting not talking. More than 50 percent of millennials search for homes on their phones and, among those, 26 percent end up buying a home they found that way, according to data from the National Association of Realtors. Like Meridian Health Services, Coldwell Banker Lunsford recognizes the need for change to keep up with the times. Mike says he sees this demographic shift happening here.

"We want a different kind of presence," Mike said. "We want to engage more with the business community, be more visible and we see downtown as a growing market for us."

At Coldwell Banker Lunsford, nearly 30 sales agents are on staff and the company made more than 700 real estate transactions last year that translated into more than \$83 million in sales. Mike has seen shifts before. He has been in the real estate business since he first qualified for his Indiana Real Estate Broker's license in 1977. In August 1980, he was named Sales Manager of Allardt Dailey & McKibben Gallery of Homes. In March 1983, Mike went on to purchase the company. Along with the move, CB Lunsford is considering new slogans. "We've found a new home. Let us find yours."

Coldwell Banker Lunsford can claim nearly a 40 percent market share these days, but Mike believes in order to retain that dominance, a move is essential.

"We simply don't need the space we once did," he said. "We think a step forward is moving to where Muncie is growing and where we can be more accessible."

By mid-summer, they'll be leaving their home on Bethel Avenue for offices on the first floor of the Star Bank Building in downtown Muncie at 400 N. High St. "I am delighted to be able to design an office that will better serve our customers, clients, and agents," Mike says.

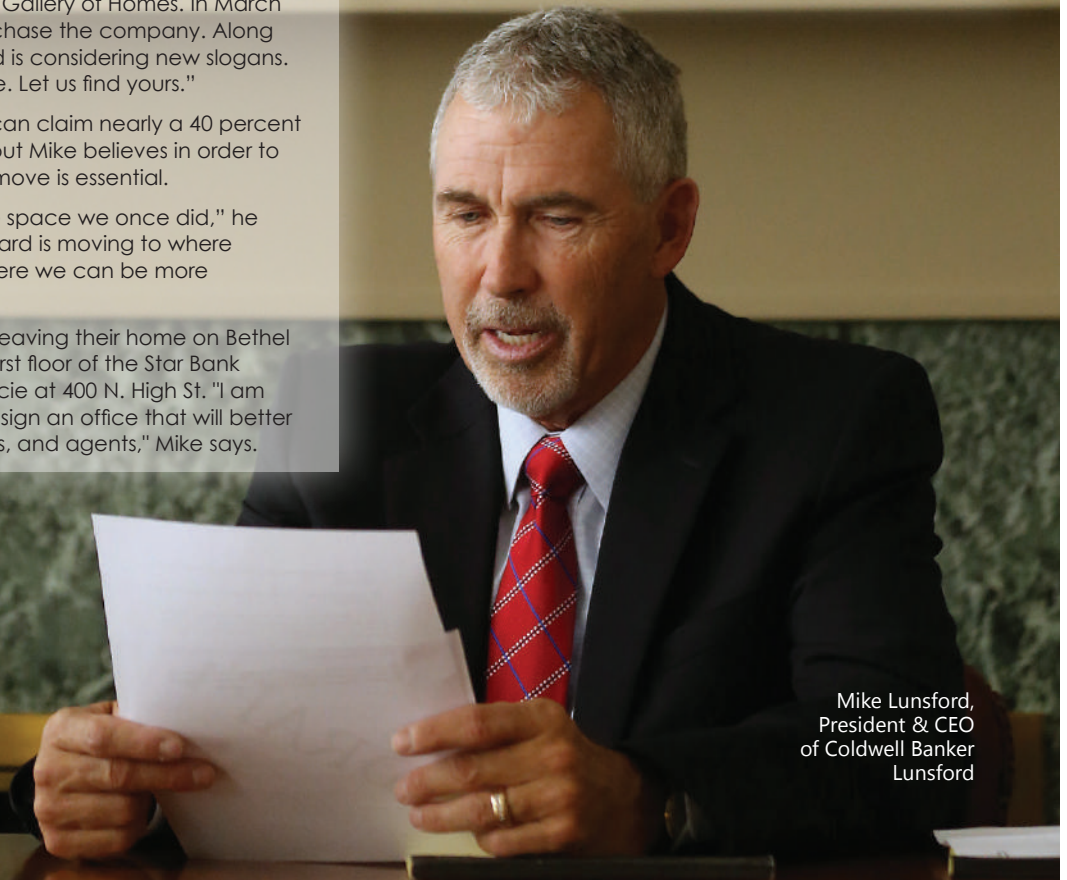
Not only will they be downtown, they'll be closer to Ball State and Minnetrista, locations that are jewels in Muncie's real estate crown. The new layout will be a combination cafe style and private office space. There will be cubicles for agents and a large reception area where clients can relax comfortably. There will be a number of private meeting spaces and conference rooms. It will be upscale and well appointed.

"It's a substantial investment," Mike said. "But we believe it's a key to the next generation of real estate buyer."

A study by Zillow, the online real estate database, shows millennial shoppers, for the first time, will buy more homes this year than the baby boomer generation. Millennials do their homework. They choose neighborhoods and research comparable sales. The agent is needed to interpret the information, not dig it out.

The young buyers also expect rapid customer service and they are looking to their agents for timelines, checklists and charts. Still a lot of boomer dollars are being spent in this market on housing and commercial real estate. Mike wants to continue to service them while being more responsive to the next generation of buyers who want to do business a little differently.

**For more about Coldwell Banker Lunsford go to [www.cblunsford.com](http://www.cblunsford.com)**



Mike Lunsford,  
President & CEO  
of Coldwell Banker  
Lunsford



# *A simple philosophy. A powerful commitment.*



LEFT TO RIGHT: *Stan Griner | Senior Vice President, Investments*  
*Charlie Sursa | Senior Vice President, Investments, CFP®; Dana Sizemore | Registered Sales Associate*

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# The scenario plays out every day in emergency rooms across the country.

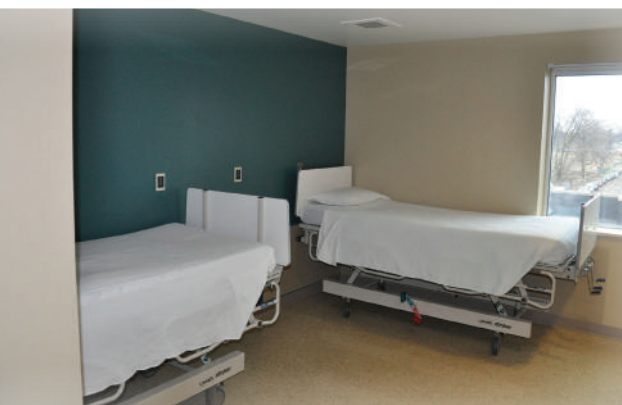
An elderly man is calling his adult children by their wrong names and is unsure of his age.

Fearful their father is suffering from dementia or Alzheimer's, his family elects to take him to the emergency room.

Turns out, the change in his mental state is a side effect of a urinary tract infection.

This is only discovered after an emergency room physician, pressed to meet a long list of waiting patients, orders the elderly man to be admitted to a psychiatric unit.

The patient and his family waste hours of time and even thousands of dollars.



# NEW SENIOR HEALTH CENTER

## combines behavioral care & medical expertise

*Meridian Health Services has recognized this very common scenario and medical issue because of the work they do on a daily basis with emergency rooms and nursing homes to help seniors get the medical and behavioral healthcare attention they need. It has created the idea of an outpatient senior assessment center that will provide a clinical setting that combines both behavioral care and medical expertise.*

### MERIDIAN SENIOR HEALTH

Opening this summer, Meridian is launching the **Meridian Senior Health – Outpatient Assessment Center** at its main Tillotson Avenue campus in Muncie. It is designed to be an outpatient, specialty medical center for seniors providing “whole-person” health with both internal medicine physicians and psychiatrists working together to diagnose, treat and refer on to specialists for intensive care if needed. It will be a valuable resource to seniors and their family, nursing homes, physicians and hospitals.

“I see a lot of people who don’t know their symptoms may not be psychiatric at all, it really is a medical or pharmaceutical issue causing them distress. Some of these people either can’t take their medication or can’t get their medication, or don’t have their medication at all,” said Dr. Sarfraz Khan, Meridian Health Services, Medical Director and physician for inpatient psychiatry. “It’s a recurring problem nationwide.”

### NEW SENIOR HEALTH DIVISION

The outpatient senior assessment center is in coordination with **Meridian Senior Health – Behavioral Hospital**, previously referred to as the Gero-Psychiatric unit, located on the third floor of IU Health Ball Memorial Hospital. “Meridian



Ruby Blackburn

is adding this new senior assessment center which is another way we are discovering ways to help our community and provide integrated health. We are rebranding our Gero-Psychiatric Services into a new Senior Health division,” said Beth Clark, Director of Marketing, Meridian Health Services. “We are evolving services for seniors to meet their needs now both in an inpatient and outpatient setting.”

The outpatient program is integrating primary care with psychiatric services for seniors and is designed for individuals with complex issues that go beyond the scope of their usual physician.

“We want to bring together psychiatry, internal medicine, psychology, and social work all into one place to work together to provide an integrated assessment,” said Meridian Vice President, Brian Donley. “The team of doctors then can come back with an understanding of the whole patient and provide a plan that will address all of the patient’s needs.”

TO PAGE 23

Opening this spring, Meridian is launching Meridian Senior Health – Outpatient Assessment Center.



Brian Donley







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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.

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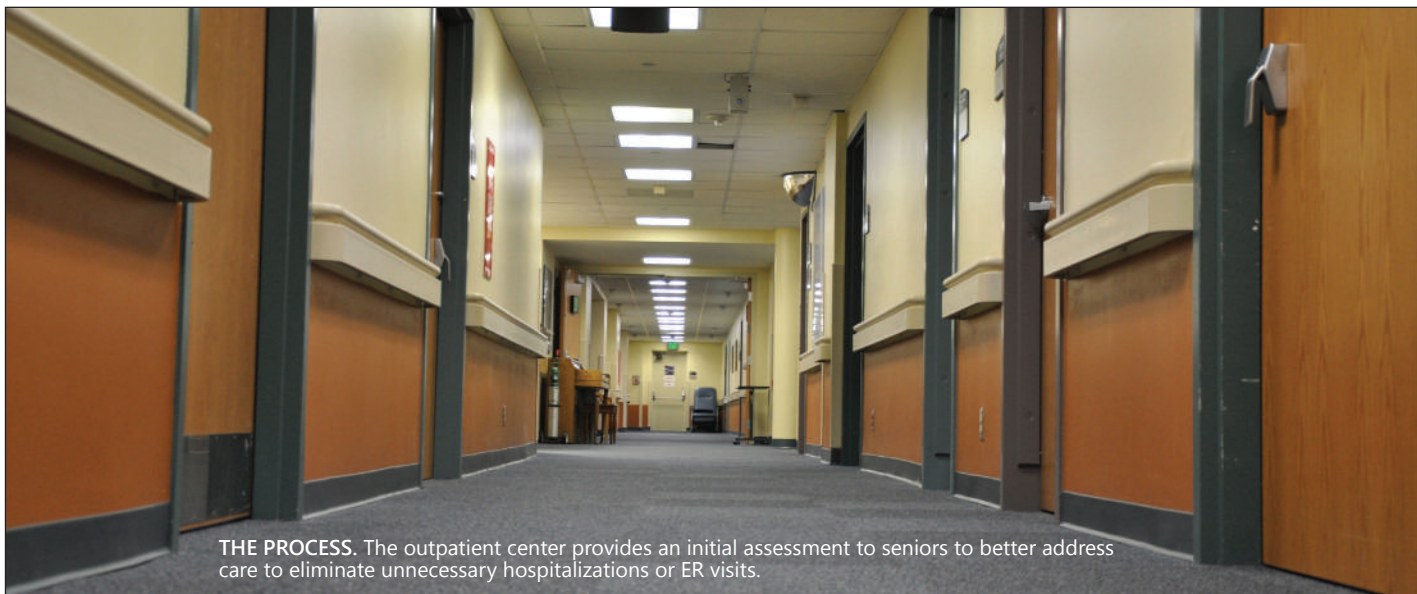


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**THE PROCESS.** The outpatient center provides an initial assessment to seniors to better address care to eliminate unnecessary hospitalizations or ER visits.

FROM PAGE 21

### AN OUTPATIENT CLINICAL SETTING

“The baby boomer generation (approximately 76 million Americans) is aging and our understanding of healthcare is improving, so people are living longer, and as a result, we’re running into more and more medical problems associated with aging that weren’t that obvious before,” said Donley.

Patients with psychiatric illnesses such as dementia, Alzheimer’s, schizophrenia, bipolar disorder and severe depression still will be treated at the behavioral hospital, but the outpatient center will offer an initial assessment before the patient is admitted. This gives patients an outpatient clinical setting to be seen versus an emergency room as their first point of care. It also allows us to detect medical issues that may cause psychiatric issues so patients are not sent unnecessarily to the inpatient unit. “When people come to our inpatient behavioral hospital, we want them to really need the acute care and not be admitted for a medical issue that could have been treated outside of the hospital,” said Ruby Blackburn, Meridian Senior Health Community Liaison.

The 20-bed behavioral hospital is for seniors 55 and older and is staffed with a full-time psychiatrist and two therapists. Patients usually stay one to two weeks, although longer in some instances, and the unit is open 24 hours, seven days a week.

### ONE-STOP MEDICAL SENIOR FACILITY

The behavioral hospital recently underwent a variety of cosmetic improvements with fresh paint on the walls and newly carpeted hallways. “It’s a lot more appealing from a visual aspect. It’s also safer for people with dementia to have carpeted floors,” says Blackburn, noting dementia patients can have motor dysfunction and balance issues causing ambulation difficult at times.

“Meridian Senior Health – Outpatient Assessment Center will improve the care available for senior citizens by providing a one-stop medical facility equipped to address the physical, mental and social health needs for the elderly,” Donley says.

“It should decrease hospital visits,” Blackburn added, “and it’s going to save thousands of thousands of dollars a year in unnecessary emergency room visits.”



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EXERCISE BENEFITS. Zumba teacher Sharon Kuzma works directly with seniors.

Activity engagement part of whole health  
**‘You’ve got to stay active.  
You can’t stop.’**



**ACTIVITY THROUGHOUT LIFE – PARTICULARLY later in life – may be the most important thing you can do to extend good health physically, mentally and socially. It’s a key ingredient of Meridian Health Services “whole-person” health philosophy.**

Meridian supporter and Zumba teacher Sharon Kuzma, works directly with seniors and sees the benefits first-hand.

On this day, nine light-footed senior citizens follow along as Kuzma moves through the opening song at the Yorktown YMCA Zumba Gold class. It's pop singer Pharrell Williams singing "Happy" and the routine is keeping everyone moving. Hips, hands, and feet keep to the beat. It is the height of activity engagement.

Regular, moderate physical activity can help manage stress and improve your mood, says the National Institutes of Health. Being active on a regular basis may also help reduce feelings of depression. Studies suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

The Zumba class lasts 45 minutes and other than an occasional water break, the seniors stay on their feet, burning calories and raising their heart rate.

"Dancing helps them to be physically fit and happy, it's enjoyable and fun," says Kuzma, who along with her husband, Tim are attendees of Meridian's charity gala, Rialzo. "It's mostly Latin music, but I pick out some older songs they can relate to. There's an emotional aspect to remembering the old tunes."

A former RN at IU Health Ball Memorial Hospital, Kuzma is keenly aware of how important it is for seniors to stay active mentally, physically and socially. "The most important thing is to get them aware of the programs that are available," says the 60-year-old, University of Michigan former cheerleader.

Lisa Hutchinson, a Meridian Senior Health – Behavioral Hospital recreational therapist, says seniors benefit exponentially from engaging in any social activity, even ones with minimal physical demands such as playing bingo, bridge or a Wii video game. Study after study backs her up.

The Rush Alzheimer's Disease Center in Chicago reports highly social seniors have a 70 percent lower rate of cognitive decline than their unsocial peers. The American Academy of Family Physicians points to inactivity as one of the reasons seniors fail to thrive mentally and physically. That falls in line with a report by the National Institute on Aging that links forgetfulness to boredom and depression.

The last place 84-year-old Mary Collins intends to spend her golden years is wasting away on a couch being bored. Collins is in her third year in Zumba Gold. She moves a bit slower than some of her classmates, but she is all-smiles as she moves to the beat.

"You've got to stay active. You can't stop," says Collins, who enjoys dining out and movies with friends. "Once you stop, the party's over."



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# Meridian's senior inpatient psychiatric clinic: 'A lot of people don't know about our successes.'

**R**uby Blackburn springs out of her chair. "I will be right back. I have something you have to read."

The Meridian Senior Health community liaison for inpatient psychiatry sprints out of her third-floor office in IU Health Ball Memorial Hospital and returns with an email that captures the essence of what she and her team strive for every day.

"You have to read this," she says, as her eyes widen and she flashes a smile.

The email is from Brenda Waters, whose mother recently spent two weeks at the renamed Meridian Senior Health — Behavioral Hospital, an inpatient senior psychiatric clinic on the third floor



at IU Health BMH.

Waters first explains in painful detail the toll dementia has taken on her mother since being diagnosed nine years ago.

Before she checked into the inpatient clinic, her mother believed her late husband still was alive and was a womanizer. She believed her own mother was alive, too, and she demanded to be taken home each day to help her fix dinner.

Waters wrote of the personal loss she felt as her mother fell deeper into the despair of the disease.

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At a loss of what more to do, Waters sought help and found it at the Meridian Senior Health – Behavioral Hospital. Within hours, she saw a difference in her mother.

“When I left the secure place for the first time, I feared I had left my mother alone in a hospital,” Waters wrote. “Upon returning the next day, to my surprise, I found my mother engaged with new-found friends at the breakfast table, laughing and drinking hot cocoa.”

“As the day proceeded, I checked on her periodically. She was participating in activities, talking with other residents, meeting new friends and enjoying life.”

Waters concluded the email by stating today her mother is thriving in a secure senior community recommended to her by the psychiatrist and social services manager at Meridian Senior Health.

Doctor-patient confidentiality prevents the staff from telling similar stories that occur daily at Meridian Senior Health. However, Waters consented to sharing how her mother

benefited from her stay in the inpatient clinic so others would know of the wonderful experience and help she received for her mother.

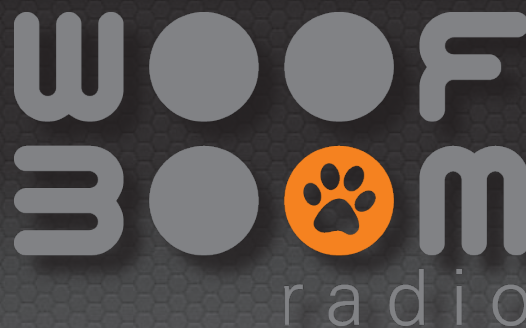
“A lot of people don’t know about our successes,” said Brian Donley, Meridian Senior Health Vice President.

As Blackburn reads through the Waters email – one more time – her smile is unwavering.

“Isn’t it wonderful?” Blackburn says.

“The goal is to get them as well as can be and return them to the community. We do the very best we can every day to make a difference.”

At a loss of how to help her mother,  
Brenda Waters sought help and found it at  
Meridian Senior Health – Behavioral Hospital.



We salute all of the great  
organizations that support this  
wonderful event,  
Rialzo.





# Meridian Senior Health serves people living with dementia

SUZANNE IS FORGETTING WHERE SHE PUT HER KEYS more often than she would like to admit. She often forgets and misses the payment of several bills that she has been paying regularly for years. She starts her car and forgets where she was headed in the first place.

She could be experiencing early signs of dementia.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases, making it the most common type. People with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

Meridian Senior Health works with people who are living with dementia or other psychiatric illnesses.

A qualified multidisciplinary team will serve each senior who participates and includes psychiatrists, nursing staff, recreation therapists, social workers, psychologists and therapists.

Services include complete medical, psychiatric and social evaluations; group, individual and family therapy; medication evaluation and adjustment; medical care and monitoring; skill development, and 24-hour nursing care within a hospital environment, if needed.

**For more information about how Meridian Senior Health can help, call (765) 747-3281.**

## 10 WARNING SIGNS OF DEMENTIA

Whether you believe you might be experiencing possible symptoms or you are concerned for someone you care about, here are some signs to look for:

1.

**5.4  
MILLION**

*Estimated number of Americans living with Alzheimer's in 2012.*

**Memory loss affecting day-to-day abilities.**  
Forgetting things often or struggling to retain new information.

2.

**15  
MILLION**

*Estimated number of Americans projected to be living with Alzheimer's in 2050.*

**Difficulty performing familiar tasks.**  
Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.

3.

**75  
PERCENT**

*of people living in a nursing home by age 80 who may have Alzheimer's.*

**Problems with language.**  
Forgetting words or substituting words that don't fit the context.

4.

**6th  
RANK**

*Alzheimer's is among the leading cause of death in the U.S.*

**Disorientation in time and space.**  
Forgetting things often or struggling to retain new information.

5.

**Impaired judgment.**  
Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.



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6.

**18  
BILLION**

*Number of unpaid hours of care by relatives & friends*

**Problems with abstract thinking.**

Not understanding what numbers signify on a calculator, for example, or how they're used.

7.

**\$220  
BILLION**

*Valuation of hours of care given by relatives to those with Alzheimer's*

**Misplacing things.**

Putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.

8.

**\$10,748  
AVERAGE**

*annual per-person inpatient services payment for Medicare patients with dementia*

**Changes in mood & behavior.**

Exhibiting severe mood swings from being easy-going to quick-tempered.

9.

**\$226  
BILLION**

*Cost of care for dementia patients in 2014.*

**Changes in personality.**

Behaving out of character, such as feeling paranoid or threatend more often.

10.

**Loss of initiative.**

Losing interest in friends, family and favorite activities.

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# Team Meridian

MeridianMD physician's walk/run club hits its stride



**P**HYSICAL ACTIVITY DOESN'T NEED TO BE COMPLICATED. Something as simple as a brisk daily walk can help you live a healthier life. Research suggests walking may be one of the best ways to improve your health.

Meridian physician Dr. Stacy Braff took this to heart when she started the "Team Meridian Walk/Run Club." She began this initiative as a way to encourage both Meridian employees and patients to get moving and to take steps toward a healthier lifestyle.

"Joining a walking/running club is a great way to find friends to exercise with, increase motivation, improve fitness, decrease stress and just have fun," said Dr. Braff.

Dr. Braff works at MeridianMD's Richmond office and started a team there in February.

Word about the club spread quickly and Dr. Braff began



Dr. Braff

receiving inquiries from employees from other Meridian offices who were interested in joining, but lived too far away. The small walk/run club that started in Richmond now has groups in Indianapolis, Portland, Connersville and Muncie.

"Some of our members can barely walk a block while others are marathoners," said Dr. Braff. "Members of the club can earn team T-shirts by working towards individual goals. There is no experience necessary."

Board certified in Internal Medicine and Obesity Medicine and a Diplomate of the American Board of Internal Medicine and the American Board of Obesity Medicine; Dr. Braff herself began running about nine years ago.

"When I started I could barely run a mile. (But) I did my first marathon that year," she said. "Our Meridian employees are very excited about the club. The Richmond chapter already has 35 people participating and many of us will be doing the local Wayne County Challenge 5K races this summer."

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# JAY-CREW LANDSCAPING



**When Jay-Crew Landscaping President Jason Brooks reflects on why his nearly 20-year-old landscaping and lawn care company is so successful, first and foremost he cites sustaining long-term relationships with trustworthy clients.**

Shortly after Brooks founded Jay-Crew in 1996, Meridian Health Services hired the company for its mowing and landscaping services. The 40-year-old Brooks says he values partnering with a community-oriented organization like Meridian.

"They do a lot of cool things. It's exciting to be a part of that," says Brooks, a Yorktown High School and Ball State University graduate. "In the last four or five years, we've tried to strengthen that relationship by giving back some of our time and resources."

The Jay-Crew staff volunteered its services in December for the annual "Holidays at Gresham" drive-thru holiday light display at the Suzanne Gresham Center. Jay-Crew was contracted to put up more than 80,000 outdoor lights at the center and also volunteered with his staff that opening night.

The similarities between Jay-Crew and Meridian extend beyond their community-first approaches. Like Meridian, Jay-Crew is aggressively expanding its reach. Last year, Brooks opened a second location on the west side of Indianapolis, and in January, he announced the creation of Brooklawn Services, which provides personalized turf and tree care services to commercial and residential customers in Central Indiana.

Brooks purchased Showplace Lawncare & Landscaping in Pendleton and merged its business with the lawn care division of Jay-Crew Landscape to form Brooklawn Services. The two business entities still cater to their previous individual clients. The change only affects lawn and tree care services. Brooks says he never envisioned this type of growth when he founded Jay-Crew with a staff of six people. Today, Jay-Crew employs anywhere from 30 to 50 people depending on the season.

"You don't get to this spot without really good people along the way. We've assembled the best team we've ever had," Brooks says. "I'm really grateful for them."





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# CURRENT

## HEALTH MOMENT

### HEART HEALTH TIPS



Here are five tips to keep your heart healthy:

- 1 **Drink up.** Water should be your go-to drink this summer. Look at it this way: the more water you drink, the less room you will have for sugary sodas, right? Try to drink at least 8 glasses a day and make sure you drink water before and after any physical activity.
- 2 **Go green.** Keep your kitchen stocked with heart healthy fruits and vegetables from the local farmer's market or, better yet, your own garden.
- 3 **Stay active.** Regular physical activity is a good energizer that reduces stress, helps keep blood pressure and cholesterol at heart-healthy levels and helps maintain a healthy weight. Think you need complex equipment and loads of time? Think again. Walking for 30 minutes a day at least five days a week is a great way to get started.
- 4 **Keep laughing.** Laughter really is good medicine. Share a few laughs with friends, watch your favorite comedian on Netflix, read a funny book (or even a comic strip). Laughing quickens the pulse rate, stimulates the blood circulation, activates muscles, increases oxygen intake and helps you relax. How's that for heart healthy?
- 5 **Keep all of your medical appointments (Meridian Health Services included, of course).** Whether it's a regular appointment or you're feeling down and out, the providers at Meridian are here to help and help keep you – and your heart – healthy.

# TRANSFORM LIVES

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Dr. Kirk Perry

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Meridian Health Services and the IU Health Ball Memorial Pediatric practices at 205 N. Tillotson Avenue is a collaborative mix of the same pediatric physicians and staffing blended with Meridian’s additional behavioral health and social work specialists. The practice is made up of eight pediatricians, two nurse practitioners and is renamed now to Meridian Health Pediatrics.

“Meridian Health Services is such an important part of our community and they have been a great



Dr. Jeff Bird  
TO PAGE 39





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‘whole-person health is a way of addressing people’s many needs using a team of individuals.’

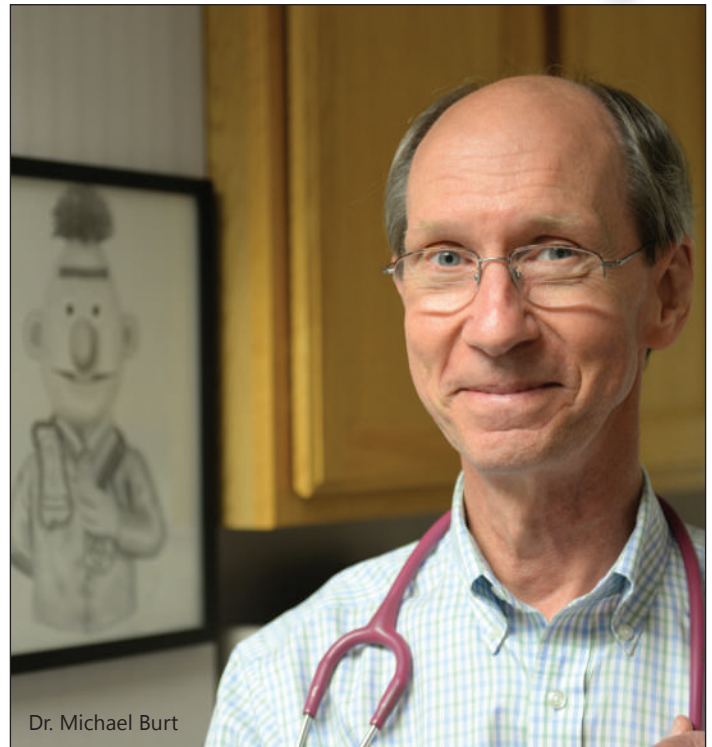
partner in this effort as well,” said Jeff Bird, MD, Chief Operating Officer and Chief Medical Officer at IU Health Ball Memorial Hospital. “As the hours and services begin to expand, I know the patients and families who turn to this practice for care will continue to be in great hands and receive additional care moving forward.”

The “whole-person” health philosophy, integrating physical, mental and social well-being, is a Meridian hallmark and is evident in the pediatric partnership. The partnership between the two organizations has been in the works for the past several months.

“Whole-person health is a way of addressing people’s many needs using a team of individuals,” explained Dr. Michael Burt, Meridian Health Pediatrician. “In the past, it’s meant making a referral, a separate trip for the parent and that’s taxing, if not for some, impossible.”

#### COLLABORATION BENEFITS PATIENTS

Jonathan Keller is a single parent who has seen the collaboration benefit him and his family. “It’s a huge convenience to have my daughter’s doctor, therapist, psychiatrist all in the same building,” Keller said about his daughter’s medical resources. “I don’t have to schedule a bunch of different



Dr. Michael Burt

TO PAGE 40



Reconstruction of intersection at  
Riverside Ave. and McKinley Ave.  
at Ball State University



Construction of the  
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# CURRENT

## HEALTH MOMENT

### DIABETES CONTROL

It's no secret that Type 2 Diabetes is on the rise in the U.S. Here are four tips that can help you manage it or, in some cases, beat it.

- 1 **Watch what you eat.** Make sure your diet is packed with fresh fruits and vegetables, whole grains, beans, lean meats and low-fat dairy. Limit your intake of foods high on the glycemic index (GI), including white breads, white rice, and soda. And steer clear of fast food, which is loaded with refined carbohydrates, trans fats, and sodium.
- 2 **Shed some pounds.** Losing some weight can improve blood sugar levels and help keep type 2 diabetes under control. People who carry most of their fat in their belly are more prone to type 2 diabetes than those with fat mostly in the thighs, hips, and buttocks.
- 3 **Get a move on.** Exercise can help keep type 2 diabetes under control. As you move, your muscles push glucose out of your blood and into your cells. That means better blood sugar levels.
- 4 **Stop the stresses!** Stress can make your blood sugar levels harder to control. Take a deep breath and try some new relaxation techniques such as yoga, meditation or massage. And if your stress levels feel like they are getting out of control, there are licensed and certified mental health professionals to talk with at Meridian Health Services.

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FROM PAGE 39

appointments, all in different places. They all communicate really well. I don't have to work too hard at it. It makes things a whole lot easier for me."

Monica Buche is a certified pediatric nurse practitioner at Meridian Health Pediatrics. She said the new resources are addressing significant problems she sees regularly. "I see a lot of teen-age girls with anxiety, depression, behavioral issues."

The pediatric clinic joins Meridian's growing list of practices. Meridian added, Dr. Denise Reeves, OB/GYN practice, Muncie Women's Center on Jackson Street late in 2013, and also acquired a family health care practice in rural Rushville.

Dr. Kirk Perry, a longtime local pediatrician at the practice, praised the collaboration. "Behavioral specialists are important because a lot of these problems need time," he said. "This new partnership means we'll have new services, which is very helpful as I see so many more children with issues such as ADHD in my practice daily."

Having traditional behavioral health programs, such as treatment for substance abuse or depression, offered alongside care for physical health makes services more readily accessible and effective for patients. This is especially crucial when a behavioral health provider availability is limited. Having such services available through the same office also makes it more likely patients will use them.

Managing a pediatrics facility makes sense for Meridian because of their expertise with common childhood issues such as autism, attention deficit hyperactivity disorder, abuse, eating disorders and behavior problems. These issues are best managed in collaboration among physicians and behavioral clinicians. Meridian also has a specialty children's treatment center, the Suzanne Gresham Center, which offers a vast array of programs to help children and families.



Certified nurse practitioner  
Monica Buche

"We just joined Meridian Health Services a few months ago and we've seen a lot of positive changes already," said Dr. Afshan Jabeen, a pediatrician at Meridian Prime-Time Pediatrics. "We have new providers and

extended our hours, which is very helpful for patients." Dr. Burt also emphasized the change will be undetectable for existing patients until they need additional care, which will be a big benefit.

"I've told my patients that the care they'll receive will be the same with new additional resources," Burt said. "We're still going to have the same staff. By providing all this care within a single place, a single medical home, it brings all the elements together that we need to serve all of the needs of our patients."



Parent  
Jonathan Keller

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# CURRENT

## HEALTH MOMENT

### SKIN PROTECTION TIPS

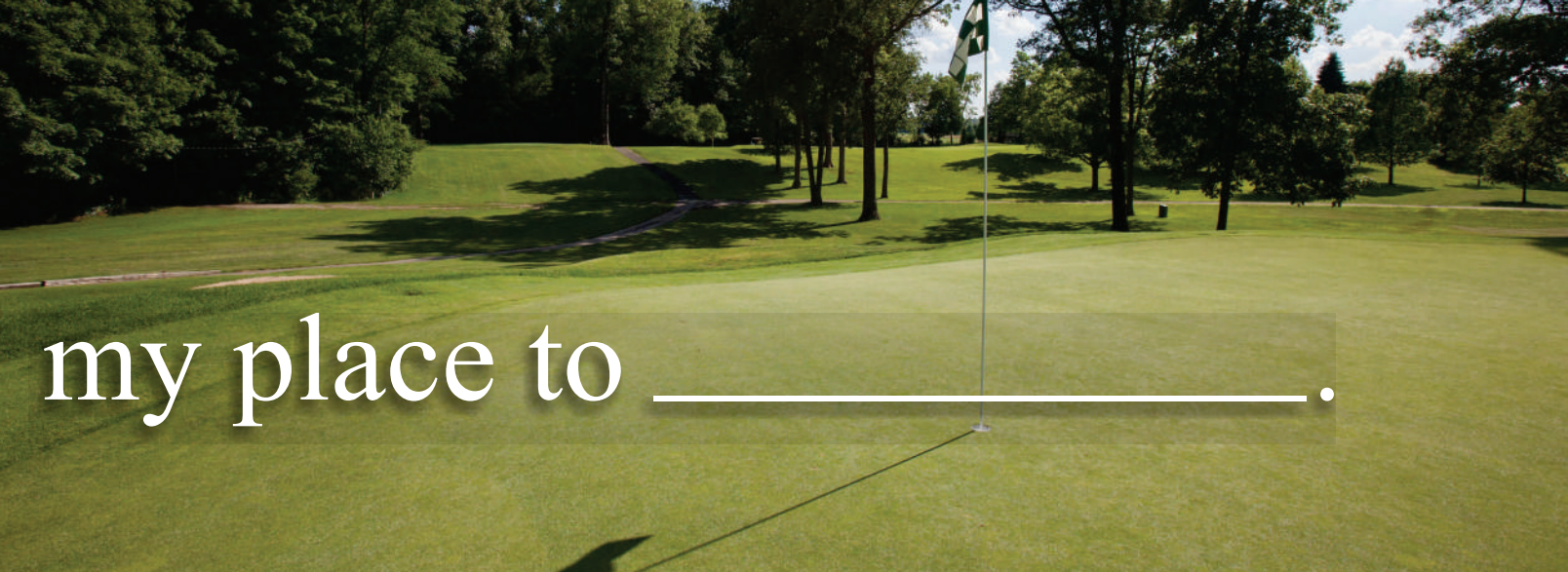


**Here comes the sun.** It's the superstar - literally - of summer. But did you know that the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes? Here are some tips to keep you safe while you are enjoying the sun-soaked days of summer.

- 1 Made in the shade.** If you are going to be outside for an extended amount of time, make sure there is shade nearby - an umbrella, tree, or other shelter.
- 2 Cover story.** When possible, wear loose-fitting long-sleeved shirts and long pants if you're going to be out in the rays for days. At the beach, this could mean a cover-up when you're not in the water. And don't forget a hat! A wide-brimmed one that shades your face, ears and the back of the neck is best.
- 3 The future's so bright.** Sunglasses are undoubtedly the coolest accessories in the summer-time, but they also are a must-have when it comes to protecting your eyes from UV rays. Look for shades that block both UVA and UVB rays for the best protection.
- 4 Screen savers.** Don't leave the house without at least SPF 15 slathered on all exposed skin. And make sure you take it with you - sunscreen should be reapplied every two hours (sooner if you are swimming or sweating). Ladies, several cosmetics now contain some sun protection, from lips to lotions. Make them part of your daily routine.

**Are you concerned about your exposure to the sun?  
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for more information.**





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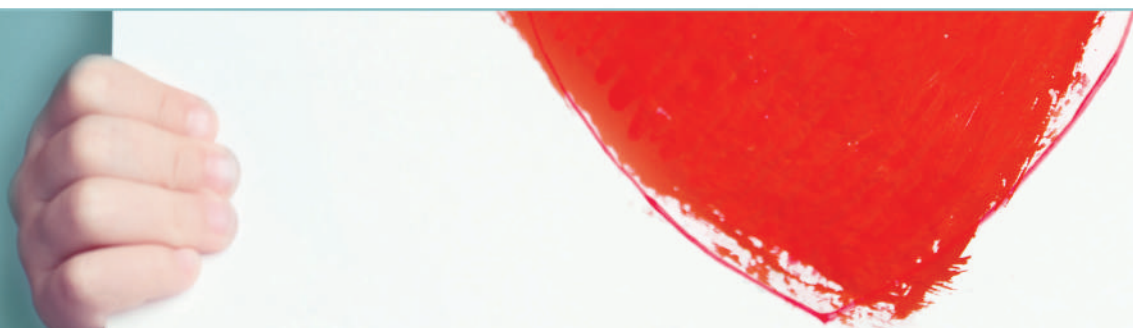
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DAILY OF THEIR COMMITMENT TO MERIDIAN HEALTH  
SERVICES - THROUGH BARKS, LICKS AND BELLY RUBS.  
HER NAME IS BELLA. MORE ABOUT HER LATER.

TO PAGE 52



**FAMILY PORTRAIT.** Long-time Meridian Health Services' supporters Charlie and Claudia Sursa credit Meridian Health Services and its annual Rialzo event for a warm and friendly addition to their home: their black Labrador Retriever, Bella.

‘You want to give to an organization that is a good steward of your money. Meridian is a very good steward.’

FROM PAGE 51

Charlie, Senior Vice President at The Sursa/Griner Group of Raymond James, has been involved with Meridian’s Development Council since its inception in 2010. He also has served as a member of Meridian’s Board of Directors.

Meridian is a “Charity of Choice” for the Sursas.

Charlie praised the organization’s ongoing contributions and the “huge benefit to Delaware and surrounding counties,” citing its focus on “whole-person” health, which is a concentration on physical, mental and social well-being. “It’s all under one roof – primary care and behavioral health services.”

As part of the Development Council, Charlie helps Meridian find ways to raise funds to support the programs. Rialzo, an Italian word meaning “to rise above,” has quickly become a premier event and Meridian’s hallmark annual charity gala. It’s known as a “Party with a Purpose.”

Charlie said events like Rialzo help buy equipment and supplies that “otherwise would not be available.”

“Meridian surveys their employees to help identify program needs and create their wish lists,” he said. “The Development Council uses those lists to help decide where the money raised from Rialzo and other events will go. It’s going to where it’s needed most.”

The philanthropy of Meridian itself is another reason the



**GOOD STEWARDSHIP.** The philanthropy of Meridian itself is one reason the Sursas have made Meridian a charity of choice.

Sursas have made Meridian a charity of choice. They choose Meridian with purpose, knowing it is an organization that upholds their values and their standards.

Claudia, a nurse practitioner at Voss Center for Women, said she is most impressed with Meridian’s commitment to pediatric services, from Meridian Health Pediatrics to the Suzanne Gresham Center.

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"Meridian is also a great community partner," Charlie noted. "They helped fill the gap that was created when we lost some of our big employers in town. They helped improve the unemployment rate because of their substantial growth which increased the number of job positions developed," he added. "Not only in Delaware County, but so many counties around us saw the benefit. They are a major asset to the community and believe in collaboration. Their support of the arts community is a good example."

And then there's Bella. It's because of her that Rialzo will always hold a special place in their hearts.

It was just hours before the first Rialzo event in 2010 and Claudia Sursa was getting ready for the event at home. For some reason, her thoughts turned to their dog. She was getting older - 13 at the time - and wouldn't be with them much longer.

"I remember that I was thinking about getting another dog, how I didn't think we could be in a house without a dog," she said. "I had no idea we would be going home with one that night."

She held Bella - a black Lab - minutes before the live auction began and thought "she was the cutest darn thing." "But I still didn't think I would be getting a dog," she insisted.

Then the bidding began. The first bid was \$100. Claudia thought there was no way that "darling dog" would be sold for only \$100. "Who will give me \$200?" auctioneer Fred Reese asked. Her hand shot into the air.



The bidding went back and forth, unknown to Charlie, who was chatting with friends across the room. By the time he realized what was going on, it was too late, he joked.

"I went from promoting the cause with a few bids, to now I have to get my dog!" Claudia recalled with a laugh.

Bella is, of course, much bigger these days and there are more than a few grey hairs around her muzzle. She has the run of the downtown Raymond James office (there are special snacks for her at the front desk). On a recent afternoon there, she was sporting a pink collar with cupcakes on it. Her birthday collar, Claudia says, noting she would be turning five soon.

Charlie and Claudia were born and raised in Muncie, leaving the area for a few years for college and jobs before moving back in 1983. They have three children, two boys and a girl, and three grandsons (including twin boys).

Both are very active in the community, supporting organizations and the arts. Giving back has always been important to them. The Sursa family has long been a Muncie family known for its generosity. Charlie is the son to David and Mary Jane Sursa, generous contributors to Muncie and Ball State University. Claudia is the daughter of Wally and Louisa Beebe, also longtime community leaders and benefactors.

Giving to Meridian - of their time and money - is a no-brainer. "You want to give to an organization that is a good steward of your money," Charlie said. "Meridian is a very good steward."

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Doris had seen Meridian in action. She had even been the beneficiary of services. So when it came time for her to decide where her money would do the most good, she chose Meridian and her church in that order.

Today, her name is on one of Meridian's seven group homes around east central Indiana. Because of the nature of the work Meridian does there, large signs do not adorn the facilities. And Doris wouldn't have wanted it that way. Rather, she would be proud of the care Meridian professionals provide there, allowing individuals to live independently with dignity.

Doris' legacy lives on in a meaningful manner, all because she



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*Corporate Donors: Page 60*

# CURRENT

## HEALTH MOMENT

### HEAT STRESS



Elderly people (aged 65 years and older) are more prone to heat stress during the summer months, with heat stroke being the most serious. Here are some ways seniors can protect themselves from heat stroke-related triggers:

- 1 Drink plenty of liquids.** Dehydration is the root of many heat related health problems. Make sure to drink plenty of water, even if you're not thirsty.
- 2 Wear appropriate clothes.** When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
- 3 Stay indoors when it's hot.** During periods of extreme heat, the best time to go out and about is before 10 a.m. and after 6 p.m., when the temperatures tend to be cooler.
- 4 Take it easy.** Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
- 5 Watch the heat index.** When the humidity is high, the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature so you know how the weather really feels.
- 6 Seek an air-conditioned environment.** Seniors whose houses are without air conditioning should consider seeking a cooler space during extreme heat – the library, the mall or movie theater.
- 7 Know the warning signs.** Pay attention to dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems. If you have these symptoms, seek medical attention right away.

**Concerned about your risks for heat stress? Consult one of Meridian Health Services' physicians for more information.**

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~Nelson Mandela

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### Quotes and thoughts

### #4

If I had asked people what they wanted,  
they would have said, “faster horses.”

Henry Ford

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# CELEBRATING 50 YEARS



## MUNCIE SANITARY DISTRICT

**THE CITY OF MUNCIE** goes a lot deeper than what we all see on the surface. Above are historic buildings full of hard-working community members. Below is a city-in-miniature constructed of a vast array of pipes and sewers. Though out of thought for many, this underground city is top of mind for Muncie Sanitary District's District Administrator, Nikki Grigsby.

### DEVELOPMENT IN DWNTWN MUNCIE

Grigsby's current project is installing a federally mandated 96" combine sewer overflow pipe, separating stormwater and sanitary waste. The project follows the Best Management Practices for Stormwater Guidelines, ensuring sustainable practices with a green infrastructure.

"Instead of covering the pipe with concrete, we wanted to leave the area better than how we found it. We will be creating a canal, complete with pedestrian walkways, bike paths and a water feature. This will be a destination point for the City of Muncie and will bring economic development to the area," said Grigsby.



### REFLECTING ON PAST PROJECTS

While working at the MSD, Grigsby has been adamant about initiating green practices in Muncie. Her determination led to the creation of the Blue Bag Recycling Program and GreenLine.

"During my time as Recycling Coordinator, I saw a need for a way to reduce waste," said Grigsby. "At that point, there were no options for recycling, so I developed and implemented the Blue Bag Recycling Program. Today, nearly 48% of the total waste stream (135 tons daily, five days a week) in Muncie is recycled. This is the highest percentage in the state. The Blue Bag Program has earned numerous awards such as the National Green City Award and the Governor's Award of Excellence."

"Recently, I have led the development of the first Compressed Natural Gas (CNG) station, GreenLine, in East Central Indiana. The creation of GreenLine and the conversion of our fleet to CNG save the District a significant amount of money annually and reduces the environmental impact of our fleet."

## MSD WORKS TO IMPROVE THE SOCIAL, ENVIRONMENTAL AND ECONOMIC IMPACT OF THE DISTRICT IN AN EFFORT TO IMPROVE MUNCIE.

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SERVING PATIENTS. Barbara and Joseph Rush are patients at Meridian Health Services in Richmond.

# Meridian's expansion & growth

## ACROSS INDIANA

fills vital needs in the Richmond & Connersville communities



EXPANSION. Meridian Health Services – Connersville.

MAKING MORE CONNECTIONS AND HELPING MORE COMMUNITIES are at the heart of Meridian Health Services growth throughout Indiana. Recent expansions include offices in Richmond and Connersville, as well as the Pediatric practice in Muncie.

"Meridian sees a need and fills it," said Gerry Cyranowski, Regional Vice President, Meridian Health Services.

TO PAGE 66

‘We studied the community to see how best to meet their needs, to find out what wasn't being offered.’



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**MERIDIAN IN RICHMOND.** Regional Manager, Sayward Salazar, LCSW.  
FROM PAGE 65

The Connersville location and the soon-to-be opened Richmond building are both filling two very different needs for those communities.

In Connersville, Meridian's expert healthcare clinicians already serve more than 100 patients with mental health needs. Opened in November 2014, it is located in a former physician's office and is staffed with health professionals providing services for children, adults and families.

"We studied the community to see how best to meet their needs, to find out what wasn't being offered in this area," Cyranowski said.

Connersville and the surrounding areas have struggled with substance abuse, specifically heroin, Cyranowski said. Meridian was not afraid to tackle the issue. Meridian Health Services – Connersville, not only offers individual help, but also plans to offer more programs in the coming months.

"We will be offering a support group for those dealing with substance abuse in the near future," Cyranowski noted. "We know that sometimes people feel uncomfortable coming into a healthcare facility, or maybe they don't have transportation. That's OK, we will come to you."

Meridian offers programs in the schools and also provides help for individuals with intellectual disabilities.

Cyranowski said it's important for the clinic to be a community partner, one that has a positive impact now and for years to come. The same is true for the new primary care facility, MeridianMD, which is taking shape in Richmond. Meridian is renovating a building on Chester Boulevard across from Reid Hospital.



MeridianMD, Meridian's primary care clinic will be now available in Richmond. The new location will open this summer offering primary care and medical treatments for adults, according to Hank Milius, President/CEO Meridian Health Services.

"We did not have a primary care doctor connected to Meridian here before, so this is a first for us," said Sayward Salazar, Meridian Richmond regional manager. "This space will provide a much-needed link between behavioral health and physical health."

A licensed clinical social worker will be available in the building to support the primary care physician, Dr. Stacy Braff, with any behavioral issues that come up. "That really makes this building unique here," Salazar said.

For example, if the primary care physician diagnoses a patient with diabetes, there is immediate, onsite help – from diet to exercise. Another patient struggling with smoking will find a smoking cessation program available right down the hall. A patient dealing with physical issues that triggered depression can quickly be paired with a therapist.

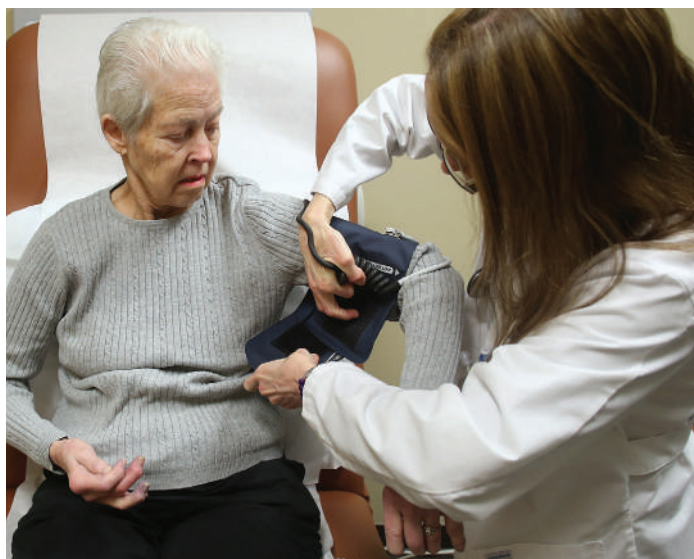
"It's a whole-person approach to healthcare, which is the core of Meridian's mission," Salazar said. "We might be obese because we don't feel good every day because we have depression. The physician could offer advice and a treatment plan for weight loss. A behaviorist can work on the problems that are causing the depression."

Dr. Stacy Braff, MeridianMD's primary care physician, and Children's Services are currently located at the Fifth Street location in Richmond but will move to the new building at 2300 Chester Boulevard. The new building will feature medical staff, dozens of case managers, clinical supervisors, therapists, nurses and more.

Dr. Braff is understandably excited about the impact of Meridian's new medical care services being offered in Richmond.

"I really hope what it does is allow us to integrate physical and behavioral health and start chipping away at some of these chronic diseases," Dr. Braff said.

"The Wayne County area is currently ranked very high in the state when it comes to chronic disease," she said. "This new piece in the healthcare puzzle will, I am confident, start bringing those numbers down."



**RESPONDING TO COMMUNITY NEED.** A new primary care facility in Richmond, MeridianMD, will be located on Chester Boulevard.

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- 2 Loss of interest in daily activities.** If you have lost interest in all of the things that used to bring you joy – hobbies, pastimes, social activities, sex.
- 3 Appetite or weight changes.** If you have had a significant weight loss or weight gain – a change of more than 5 percent of your body weight – in a month.
- 4 Sleep changes.** You are having trouble sleeping at all or sleeping too much.
- 5 Anger or irritability.** You feel agitated, restless, or even violent. Your tolerance level is low, your temper is short, and everything and everyone gets on your nerves.
- 6 Loss of energy.** You are feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- 7 Self-loathing.** You have strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

**Meridian Health Services** often hosts free screenings for depression and its licensed and certified mental health professionals provide therapeutic services for depression and other issues.

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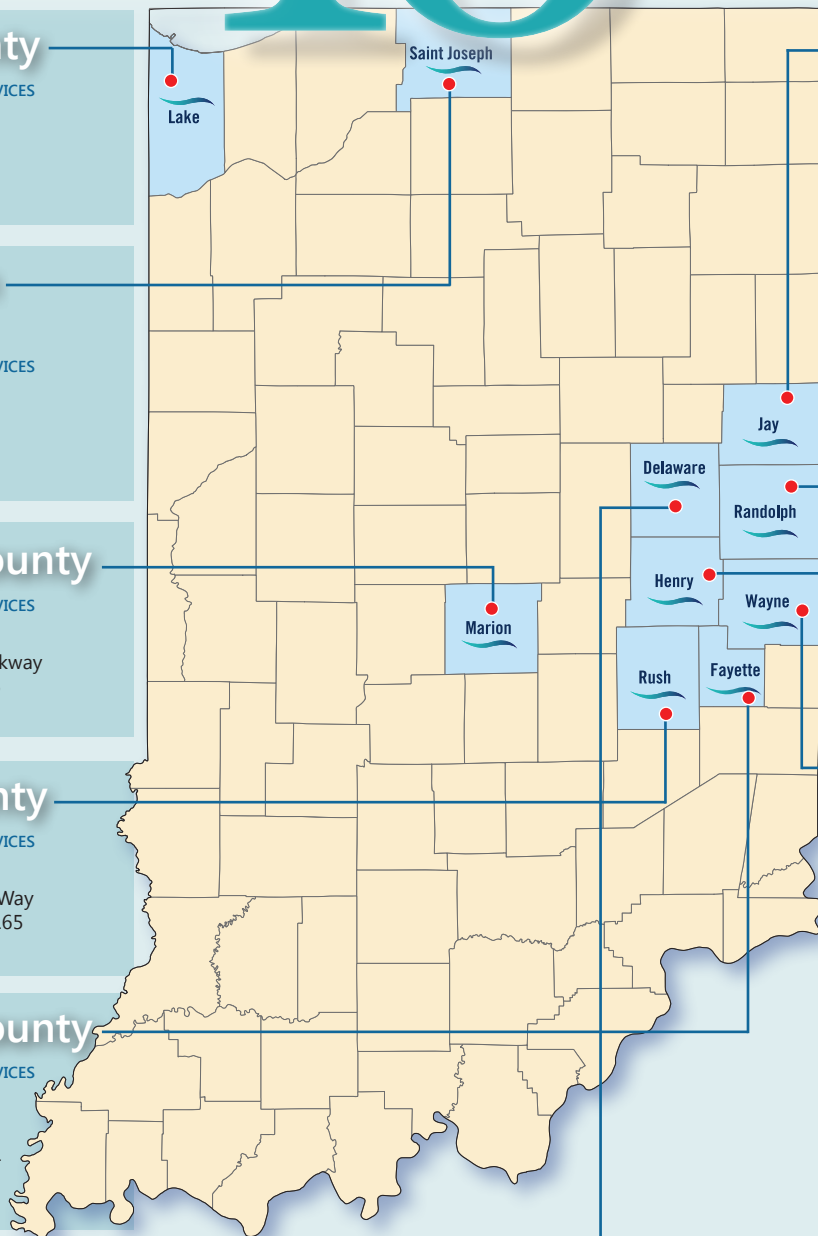
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# Gonulalans find fit in internal medicine MeridianMD

**JOINING THE TEAM.** Internal medicine physician Murat Gonulalan joined Meridian Health Services last year along with his wife, Arzu.

Physicians Murat  
& Arzu Gonulalan  
specialize in treating  
chronic illnesses



**PATIENT CARE.** Murat Gonulalan, who completed an infectious disease fellowship at Henry Ford Medical Center, now treats patients in Muncie at MeridianMD.

AN OFFER TO WORK FOR ONE OF INDIANA'S FASTEST growing healthcare providers was all it took to convince Murat and Arzu Gonulalan – a husband and wife medical duo – that the time was right for a change.

After Murat completed an infectious disease fellowship at Henry Ford Medical Center and Arzu finished her internal medicine residency at Sinai Grace Hospital, the couple sought employment with a medical group practice in a city similar to their previous home of Youngstown, Ohio.

Their search was brief.

In July, the Gonulalans found an ideal location in Muncie after accepting internal medicine positions at Meridian Health Services.

"It was our first interview and we knew it was a perfect fit," the 29-year-old Arzu said. "We knew Meridian was a great organization and wanted to stay in the Midwest because we have many friends around here."

The Gonulalans are internal medicine physicians at MeridianMD, 110 N. Tillotson Ave., Muncie. MeridianMD specializes in primary medical care for families as part of Meridian's focus on "whole-person" health, integrating treatments for physical, mental and social well-being.

TO PAGE 74

‘Meridian’s priority is whole patient care and everyone is working very hard to provide the highest quality of care.’

FROM PAGE 73

The MeridianMD staff provides routine medical care, immunizations and vaccines, physicals, wellness assessments, coordination of behavioral care and specialist referrals.

Arzu said she and her husband primarily treat patients with chronic illnesses such as diabetes and high blood pressure. Their exceptional care for patients makes them valuable members of the Meridian medical staff.

“They’re a perfect part of our team,” said Dr. Sarfraz Khan, Medical Director and Vice President of Medical Affairs. “They understand and embrace the Meridian philosophy of helping patients with all their needs including the physical, mental and social needs. You have to have a “golden heart” to treat patients with the same care with which you would want to be treated yourself, and that’s what they do,” said Dr. Khan.

The move to Muncie and new careers at Meridian marked the latest life-altering events for the couple since meeting each other in December of 2010.

Mutual friends introduced Arzu to Murat in New York. Both are from Turkey, but grew up nearly 1,000 miles apart.

They felt an instant connection because they both left Turkey in their 20s to pursue medical careers in the United States.

When Murat was asked what else attracted him to her, he smiled slyly and in a deadpan voice said, “She is a very lucky person.” Arzu, seated a few feet away in an office they share at MeridianMD, laughed when she overheard his comment. “That’s true,” she said. “He’s not kidding, I am very lucky.”

A short courtship ensued, and they married in February of 2011 at Youngstown Municipal Court in Ohio.

Murat specialized in internal medicine at Northside Medical Center in Youngstown and Arzu came on board for a residency that lasted one year before they departed for Detroit for Murat’s infectious disease fellowship training.

His fellowship at Henry Ford and her residency at Sinai-



**PATIENTS ARE PRIORITY.** Arzu Gonulalan completed a residency at Sinai Grace Hospital before joining Meridian Health Services.

Grace consumed their lives that first year in Detroit, but their priorities shifted in the spring of 2013 after the birth of their daughter, Hulya.

Muncie’s family, friendly environment was further incentive to accept the positions at Meridian, where there was a growing practice and an opportunity to work together.

“Everything is working, so I just do my part,” Murat said. “When you’re in residency, you kind of do everything. It’s nice to be able to focus on my specialty.”

The couple said they preferred a smaller, slower-paced community compared to Detroit, and better yet, they also found an ideal employer.

“I’m so impressed with Meridian because I can see that Meridian’s priority is whole patient care and everyone is working very hard to provide the highest quality of care.” Arzu said. “I’m really happy to be here.”

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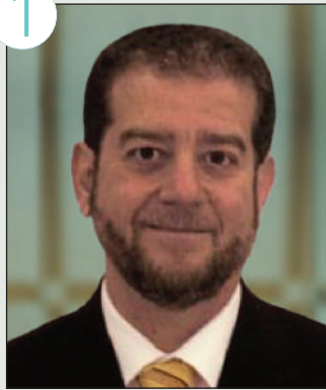
# 11 New PHYSICIANS

JOIN 'TEAM MERIDIAN'



From **internal medicine** to **psychiatry, obstetrics** and **gynecology** to **pediatric health**, meet these 11 new physicians who are deepening Meridian's "whole-person" health services.

1



**HUSAMEDDIN EL-BAKRI, MD**  
*Family Medicine*  
Rushville

2



**ZULFIQAR ALI, MD**  
*Psychiatry*  
Indianapolis

3



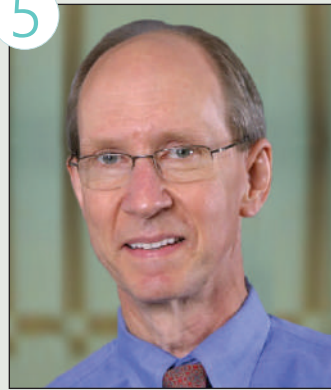
**CAMI BARGER-JONES, MD**  
*Pediatric Medicine*  
Meridian Health Pediatrics

4



**MONICA BUCHE, CPNA**  
*Pediatric Medicine*  
Meridian Health Pediatrics

5



**MICHAEL BURT, MD**  
*Pediatric Medicine*  
Meridian Health Pediatrics

6



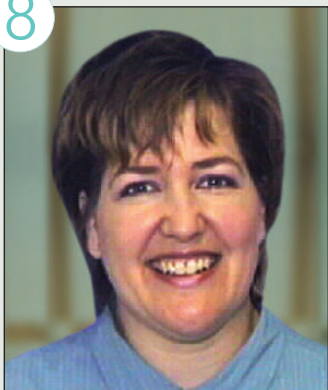
**JEREMIAH BWATWA, MD**  
*Pediatric Medicine*  
Meridian Health Pediatrics

7



**ROBERT BYRN, MD**  
*Pediatric Medicine*  
Meridian Health Pediatrics

8



**JENNIFER FLINTA, CPNA**  
*Pediatric Medicine*  
Meridian Health Pediatrics

9



**AMY ORR, CPNA**  
*Pediatric Medicine*  
Meridian Health Pediatrics

10



**KRISTIN LAWSON, CPNA**  
*Pediatric Medicine*  
Meridian Health Pediatrics

11



**KIRK PERRY, MD**  
*Pediatric Medicine*  
Meridian Health Pediatrics





# Spirit of MERIDIAN

2015 recipient Jim Hiatt  
goes 'above and beyond'

## Genoa pharmacist serves patients for almost 40 years



**PATIENT CARE.** Jim Hiatt is Meridian's 2015 Spirit of Meridian Award winner which is awarded to outstanding people who exemplify the Meridian focus on patient care and "whole-person" health.

**F**OR JIM HIATT, PHARMACIST AT GENOA PHARMACY, there is nothing more important than his relationship with customers. It is this commitment to care that wins Jim the 2015 Spirit of Meridian Community Award.

A pharmacist for nearly 40 years, Jim wears the phrase "above and beyond" like a badge of honor when it comes to serving the people who look to him for expertise.

Genoa Pharmacy is located at the North Tillotson Avenue main campus of Meridian Health Services in Muncie. Genoa provides Meridian patients convenient access to their pharmaceutical needs which is important in following treatment plans and a benefit of Meridian's medical home approach to patient care. Barbara Sells, LCSW and Meridian Program Manager for Access, Emergency and Residential Services, nominated Jim for the award.

"The group homes have almost daily contact with Genoa, so as Manager of Residential Services, I have been made aware of numerous occasions when Jim has gone above and beyond to help us resolve issues and ensure that our client's medication needs are met," she wrote. "Some things he has done for us include personally delivering medications, being available nights and weekends to resolve issues that arise after hours, and going to bat for us with insurance companies to ensure clients



experiencing temporary insurance or financial issues are able to receive their medication.”

The Spirit of Meridian Award goes to outstanding individuals who exemplify the Meridian focus on patient care and “whole-person” health.

Jim attended Ball State University and was on track for Pre-med. However, after much consideration and a little persuasion from mentor, Don Bonnet, owner of Bonnet Drug Store in Yorktown, Jim transferred to Purdue University to complete his degree in pharmacy and graduated in 1975.

For the next 30-plus years – minus a brief stint to pursue a music career – Jim spent most of his time working as a retail pharmacist including with some familiar, but long-gone local names like Osco’s, Hook’s and LoBill’s.

Jim, who found his joy working one-on-one with the public, grew increasingly disappointed by the trend of placing pharmacists “out of reach.”

“In the early years, I knew my patients. I knew their families. They knew me by my name. They felt comfortable calling me at home if there was a problem. If I needed to go open the pharmacy at night and get their kids a prescription, I would do that,” he said.

But demands for efficiencies and corporate direction in retail pharmacy were replacing the hometown touch.

“I actually was a little bit disillusioned with pharmacy because it was not the same as what it was when I first got into it,” Jim said.

In 2007, Jim found what he describes as a “perfect” fit with Meridian Health Services. At Genoa Pharmacy, Jim was back to building one-on-one relationships with clients.

“When I read about the opportunity for Genoa, the clinical aspects, how once again I could get involved with each and every client, I jumped at that opportunity,” Jim said.

Genoa Pharmacy serves hundreds of Meridian patients. More than 80 of his customers live in four residential group homes in Muncie, New Castle and Richmond. It should be no surprise that Jim knows every last one of them on a personal level.

“Not only does Jim know the clients, he goes the extra mile to make sure they get what they need and more,” Sells said. “Jim has been known to make deliveries to group homes if clients are in need. He’s even made out-of-town trips for the patients.”

“It just shows the care and compassion he has for our patients,” said Sells.

Something else that Jim has been helpful with is securing seats at Muncie Civic Theater so group home residents can watch dress rehearsals for some of the productions. Jim, who has appeared in Civic Theatre plays such as *Fiddler on the Roof*, *Scrooge*, *Joseph and the Amazing Technicolor Dream Coat*, and more recently, *Peter Pan*, makes it a point to reserve seats for his clients.

“Opening that up to residents is a joy to me,” he said. “I’m inviting them into a world that they usually don’t see.”

What do his clients say?

“They absolutely love it,” said Sells.

Jim’s concern for the well-being of our patients is evident every day, as is the kind and respectful manner in which he treats both clients and staff,” Sells wrote in her nomination letter.

“While technically not a Meridian employee, we consider him a member of the Meridian team and feel fortunate to have him working with us.”

## Hiatt: ‘I don’t want people to just see me in my role as a pharmacist.’

BY KIM GILLENWATER

JUST AS HE’S TENDED TO HIS PATIENTS, Jim Hiatt, the always caring, ever-present pharmacist at Meridian Health Services’ Genoa Pharmacy, also has nursed a passion for the arts.

If you frequent community-theater in Muncie, Indiana, you’ve seen him on stage. He was a pirate in Muncie Civic Theatre’s *Peter Pan* last winter. It’s a love he shares with those he serves.

“I don’t want people to just see me in my role as a pharmacist,” said Hiatt. “I want to invite my coworkers and patients to be involved in what I’m doing.” His most recent role as one of Captain Hook’s pirates was no exception.

Hiatt was under the direction of longtime family friend, Laura Williamson.

“I met Laura when she and her husband moved to Muncie when her father became pastor at First Baptist Church,” he said. “She is a wonderful woman.”

It was a cold and snowy night in mid-February when Williamson’s cast gathered at Muncie Civic Theatre for their final dress rehearsal of the children’s classic, *Peter Pan*.

As with each show before, vans filled with group home



Jim Hiatt

residents - Jim’s pharmacy patients - filed through the doors. Jim, waiting in full costume, was greeted with gasps and laughter once they realized the longhaired, dirt-covered pirate was their friendly neighborhood pharmacist.

After greeting each person by name, Jim was off to get ready for the show while residents loaded up on popcorn and candy and chose their seats.

Muncie Civic Executive Director, Todd Sandman stood by to answer questions and direct the crew.

“We are so happy to be able to set this up and make a more comfortable setting for the group home residents,” Sandman said.

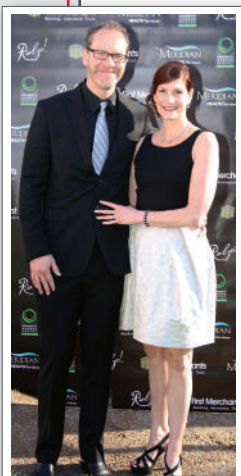
Muncie Civic - one of Meridian’s community arts partners - often works with organizations to set up more suitable viewing options for audiences who need a

less crowded environment and/or sensory-free nights.

“We also want to get these groups involved in the shows as well,” Sandman said. “We are working with young adults with autism on our “Barrier Free” program where they actually write the storyline then learn and perform it. Opening these dress rehearsals up group home residents is only the beginning.”

# Rialzo<sup>IV</sup> Best-Dressed List

People who turned heads...



Karen Moorman  
with  
Jay Moorman



Wynne Ashman  
with  
Michael Ashman



Amanda Kishel



The Davis girls, mom  
Cindy (center) with  
daughters Jennifer  
Stanley and Liz  
Carder.



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with  
Charlie Sursa



Staci Slaven  
and  
Deanna Case

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SHIMMER WAS IN AMPLE SUPPLY AT RIALZO VI,  
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But as we all put our heads together at Redhead Salon Boutique,  
a few stand-outs emerged from the glam and glitter.

Here are our picks for the Best-Dressed of Rialzo VI.



*Kent Shuff &  
Steve Fennimore*



*Sarah Rector  
with  
Adam Rector*



*Jill McCarthy  
with  
Don Parsons*

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# Rialzo VI 2015

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## 1 Night

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## 2 Bands

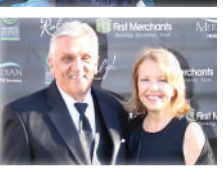
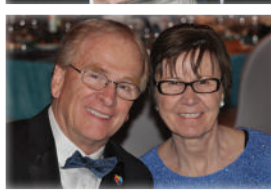
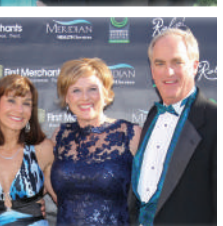
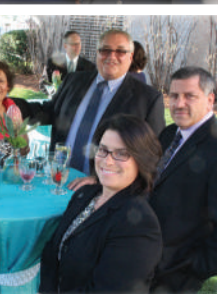
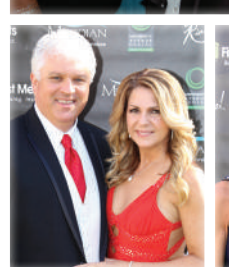
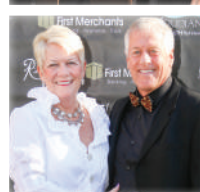
Little River Band took us back in time, and Life of the Party followed up with tunes that kept the dance floor hopping.

## 3 Hours of live music

After just enough of a break between bands for attendees to catch their breath, the action on the floor started up again.

## All 4 community health

Rialzo VI raised more than \$130,000 for the community's children through Meridian's pediatric programs.















## Meridian's Party with a purpose

RAISES MORE THAN \$130,000 FOR ITS PROGRAMS

- 1 ***Because more than 50% of Muncie's children aren't ready for kindergarten ...*** funds raised from Rialzo VI will help buy books to give free to families at each child check-up. Last year, Meridian Health Services committed \$12,500 to the "Reach Out and Read" program and this year we'll do it again.
- 2 ***Because the Child Advocacy Center conducts two child sexual abuse child interviews each week ...*** funds raised from Rialzo VI will help with emergency funds for clothing and housing for disrupted families.
- 3 ***Because the Pediatric Rehabilitation quarters are confined ...*** funds raised from Rialzo VI will be used to help plan and build a therapeutic playground for even better therapies and development. The existing playground at the Suzanne Gresham Center, Morrison Mock Elementary, is over 40 years old. New equipment will enhance our work.



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Kishel  
PHOTOGRAPHY





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CENTER FOR THE ARTS  
*express yourself*



## 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.

MSO 2015 | 2016 SEASON PREVIEW

## CLASSICAL SERIES

September 19

WOW!

October 10

HEAVENLY!

February 6

FROM BACH to ROCK to HIP HOP

MSO GOES TO TOWN

## CHAMBER SERIES

Three intimate concerts in unique and unusual venues!

## FAMILY SERIES

November 14

MAGICAL MUSIC of DISNEY

December 5

Fisher | Shafer HOLIDAY POPS

February 6

FROM BACH to ROCK to HIP HOP

## OUTDOOR FREE SERIES

August 26

PICNIC & POPS

October 1

ARTS WALK CONCERT

May 14

TODDLER POPS

June 11

FESTIVAL on the GREEN

## EDUCATION FREE SERIES

January 9

YOUNG ARTIST COMPETITION

January 17

MLK, Jr. MEMORIAL CONCERT

February 5

YOUNG PEOPLE'S CONCERT

February 20

MUSIC COMES ALIVE at MCM

TBA

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## SPECIAL EVENT!

November 14

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SYMPHONY  
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& Conductor

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and community nonprofit educational institutions.



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“Dancing is my passion. I never imagined it could help children with **autism**, transforming their lives and mine. Working with Ball State students and faculty on the Prism Project, I’ve learned I can make an **impact** that will last a lifetime. I love to dance and was born to **teach**.”

—**Rizzie** Fisher  
special education and  
elementary education, '13

**Passion + Rizzie**



  
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Learn more and watch  
The Rizzie Chronicles  
at [bsu.edu/Rizzie](https://bsu.edu/Rizzie).



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