

# CURRENT

**FAMILY  
HEALTH  
EXPANDS**

## PEDIATRIC champions

New Meridian partnerships  
enhance child healthcare



**HEALTH MOMENT:**  
KEEPING FIT DURING THE HOLIDAYS

**HOLIDAYS AT GRESHAM**  
Drive-thru display grows

**11** NEW  
DOCTORS  
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Pediatric care.

Deeper services.

And a new partnership.

**MERIDIAN'S PEDIATRICS**

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# 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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**New OB / GYN services.**

**Expanding practices.**

**And growing family choices.**

**MERIDIAN WOMEN'S HEALTH**

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# DRIVE-THRU LIGHT EXHIBIT



# Holidays

## at GRESHAM

Three dazzling  
weekends!

**December 5-7,  
12-14 and 19-21**

**6:30 - 9:30 pm**

**3620 W. White River Boulevard**

**The holidays are about the kids!  
And kids love lights!**

It's been said that you cannot light another's path without brightening your own.

That's exactly the philosophy that Meridian Health, with the help of its partners, are taking in producing the Holidays at Gresham. Hundreds of volunteers will guide your vehicle through a magical wonderland of lights.

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

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**GRESHAM**  
*Center*

Division of Meridian Health Services

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## Dear Friends of Meridian,

This has been another remarkable year, thanks largely to your support and a community that has embraced Meridian's whole-person health philosophy.

At Meridian, we continue to develop resources for our patients so they can achieve whole-person health by integrating services for physical, mental and social well-being. Last year alone, we added a new women's health center and pediatric practice to our portfolio of services. Our physicians are experts in their fields and paired with our behavioral specialists, they provide an even wider spectrum of services treating the body and mind together for a holistic approach to better health.

In this issue of *CURRENT*, you'll be introduced to our newest physicians joining our network, including Dr. Denise Reeves, who was the founding physician of Muncie Women's Center. Today, she and Dr. Meenu Goel, our newest OB/GYN, are working together at Meridian Women's Health. We've also brought to the community two new pediatricians, Dr. Naseer Syed and Dr. Bianca Maya, who are serving children at both the Suzanne Gresham Center and Meridian Prime-Time Pediatrics.

In addition, we also are adding even more events for families to enjoy while emphasizing quality health programs. Last year we introduced "Holidays at Gresham," a community drive-thru light exhibit with more than 60,000 lights. Community partners helped sponsor the light displays and more than 10,000 people came through on weekends between Thanksgiving and Christmas. This year, we're expanding Holidays at Gresham to include an Ornament Open House and fundraiser auction.

As we expand our services and events, we're looking beyond today or even tomorrow. Our goal is to provide a medical home for our patients, a place where they find trusted experts in their field, as well as a comfort level for themselves and their entire family. We realize that you have choices when it comes to your medical care. Meridian strives to give you a true medical home, understanding your health history while providing you convenience and services in one system.

These festivities provide both the fun and financial benefits for Meridian's clients and programs. Quite simply, we could not be successful without supporters like you. Thank you.



**Hank A. Milius**  
PRESIDENT / CEO



**Al Rent**  
BOARD CHAIRMAN



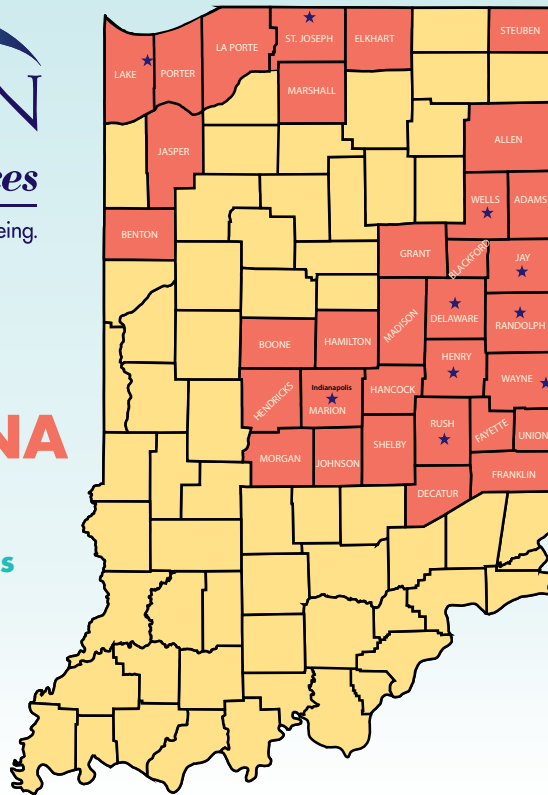
**Charles Sursa**  
CHAIRMAN,  
DEVELOPMENT COUNCIL



# 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, MeridianMD, Women's Health, and Meridian Senior Health Behavioral Hospital.**

(located at IU Health Ball Memorial Hospital)

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 **Eileen Moore Child Abuse Awareness Walk** has raised over \$30,000 to help local children.
- **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 readmission visits to the hospital's Emergency Room.
- 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
- Meridian Senior Health Behavioral Hospital
- 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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# Introducing

## **MERIDIAN PRIME-TIME PEDIATRICS**



Dr. Naseer Syed  
Dr. Bianca Maya  
Dr. Afshan Jabeen



In collaboration with  
Riley Physicians at IU Health

### **WALK-IN DAY AND EVENING PEDIATRIC URGENT CARE**

Meridian's commitment to "whole person" health now offers integrated physical, mental and social health for pediatric patients.

#### **NO APPOINTMENT NECESSARY**

**PRIME-TIME PEDIATRICS** Mon-Fri 12 PM–9:30 PM, Sat–Sun 11 AM–7 PM  
205 N. Tillotson Ave. • Suite 201B • Muncie • 765.281.4599

**SUZANNE GRESHAM CENTER** Tues & Thurs 8 AM–5 PM  
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[www.meridianhs.org](http://www.meridianhs.org)



# **MERIDIAN** *Women's*

## **HEALTH**

**VISIT US TODAY FOR  
A HEALTHIER, HAPPIER  
TOMORROW**



**Dr. Denise Reeves**  
**Dr. Meenu Goel**



Meridian's commitment  
to "whole person" health  
now offers expertise in  
women's health.

**MERIDIAN**  
**WOMEN'S HEALTH**  
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## Little River Band



# ONE night TWO bands A lifetime of memories



[ National band, 'Life of the Party,' will follow Little River Band. ]

RIALZO VI, MERIDIAN HEALTH SERVICES' PREMIER charity black-tie gala in 2015, featuring the legendary folk rock performers – Little River Band – will include more fun, more variety and more entertainment than ever!

Dominated by acoustic guitar and vocals, Little River Band, is best known for hits like “Reminiscing,” “Lady,” “Help is On Its Way” and “Cool Change.” The five-member, all-male group promises to give Rialzo goers yet another memorable evening.

New this year, though, will be an additional two hours of live music and entertainment, following the main attraction, upping Meridian’s “Party with a Purpose,” just one more notch.

“We are thrilled to take the next step in entertaining our Rialzo friends,” said Scott Smalstig, Vice President of Development for Meridian. “This year we’ll have three hours of live music.”

Immediately following Little River Band will be a 13-piece national party band, “Life of the Party.”

“We felt we were ready for more live music,” Smalstig said, adding Meridian is always looking for ways to make the evening even better. “We’re proud of the fact that each year has been better than the last and this year will be no different.”

“Life of the Party,” promises to give Rialzo VI two more hours of dancing and partying at Muncie’s Horizon Convention Center. At Rialzo V, ’80s heartthrob Rick Springfield, the Australian-born actor, singer and songwriter ended the evening with the rest of the post-Rialzo revelers at Vera Mae’s. Surrounded by his band and road crew, Springfield was nestled at a table near the back of the restaurant, where he had steak and wine and left quietly as the after party began to wind down in the early morning hours.

Other past performers have included Three Dog Night, Kool & the Gang, the Pointer Sisters and the Fifth Dimension. Rialzo’s purpose is to draw attention to the work done at Meridian and to celebrate the local community of the arts. Once again, representatives from the Muncie Symphony Orchestra, the Muncie Civic Theatre and Cornerstone Center for the Arts will be featured.

First Merchants, presenting sponsor of Rialzo since its inception, will continue its commitment through 2015, elevating the exposure of Meridian’s widely recognized programs including Women’s Health, MeridianMD, FosterHope, the Child Advocacy Center and its behavioral care specialists. Meridian’s expanding services into women’s health and pediatrics is another reason to support Rialzo VI. Meridian is a progressive healthcare organization that believes in treating the “whole person,” integrating physical, mental and social well being to help people achieve optimum health. This approach connects treatments and physicians working together to heal both the body and mind for total well-being.

### RESERVE YOUR SEAT!

To reserve/purchase Rialzo VI tickets for April 11, 2015, visit [www.meridianhs.org](http://www.meridianhs.org) or call 765-254-5101.

# Rialzo II

# Auction preview



## Autographed Art

Who doesn't **LOVE** Toy Story? Now you can have a piece of animation history with this 16x20 framed animated art signed by cast members including Tom Hanks (Woody), Tim Allen (Buzz Lightyear), Don Rickles (Mr. Potato Head), and John Ratzenberger (Hamm). Perfect for kids of all ages!

## Tour the Samuel Adams Brewery in Boston!

Does it get any better than this? This trip includes airfare for two to beautiful Boston, a 3-night stay at Fairmont Boston, 5-course dinner at McCormick & Schmick's and an exclusive, behind-the-scenes tour and tasting at the famous Samuel Adams® Brewery!



A red, stylized signature of "Jimmy Buffett" on a yellow background.

## Autographed Guitar

Straight out of Margaritaville, this acoustic guitar is signed by the legendary master of island escapism, Jimmy Buffet.



## Do YOU Believe in Miracles?

We all did after witnessing the "Miracle on Ice" when the U.S. men's ice hockey team defeated the Soviets during the 1980 Winter Olympics in Lake Placid, New York! Now you can own a piece of sports history: A framed team photo signed by the amateur and collegiate players that made us all believers.

## Kerrigan Signed Football

Muncie native Ryan Kerrigan, is a Pro-Bowl football linebacker for the NFL's Washington Redskins. He played college football for Purdue University, and was recognized as a unanimous All-American.





Here's just a sampling of some of the exciting items up for your bid at this year's Rialzo auction!

Looking for holiday gift ideas? Check out some of the early auction items!

**Bid online! Go to [meridianhs.org](http://meridianhs.org)**

### **Boxing Glove Signed by Muhammed Ali**

Generally considered among the greatest heavyweights in boxing history, Muhammed Ali is one of the most colorful personalities in the world. Here's your chance to own an Everlast boxing glove autographed by "The Greatest."

Float like a 

**STING** like a 



### **U.S. Open Golf Tournament in Seattle**

For the first time, the U.S. Open will be played in the Pacific Northwest. **And you can be there!**

This package includes airfare for two, a 3-night weekend stay, 2 grounds passes for the Saturday and Sunday (June 20-21, 2015) final rounds of the 2015 U.S. Open and daily access for 2 to the Trophy Club Pavilion!

### **Tom Izzo Basketball: SIX Final Fours**

Since 1995, Tom Izzo has been the head coach for the Michigan State Spartans men's basketball team, presiding over a prolonged period of success, including 6 appearances in the Final Four. His signature is on this commemorative ball with the logos of those six Final Fours.



### **Attention all *Directioners*!**

Here's your chance to be a hero to your tween!

An 11 x 14 photo of One Direction, the explosive

English-Irish pop boy band. And best of all, it's signed by all five members: Niall Horan, Zayn Malik, Liam Payne, Harry Styles and Louis Tomlinson. The fan in your family will love you forever!





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A person in a costume with a large, curly wig and a ruffled skirt is performing on a stage. They are seen from behind, with one arm raised. A bright spotlight illuminates them from below, creating a lens flare. The stage is set within a large, ornate theatre with a curved ceiling and multiple tiers of balconies. Numerous stage lights are visible, some of which are illuminated, creating a warm, golden glow. The text is overlaid on the upper right portion of the image.

LIGHTS WILL INSPIRE YOU  
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COMEDY  
ROMANCE  
AND MORE



Monica Buche, CPNP, with patient Aaron Carter.

# Meridian's whole-person PEDIATRICS

New partnership with IU Health and Riley Children's Hospital



One of the area's best known pediatric practices is joining Meridian Health Services, and introducing a new collaboration with one of the nation's premier children's hospitals. The partnership of IU Health Ball Memorial Pediatrics also will include pediatric urgent care, pediatric rehabilitation, and a child and adolescent psychiatrist. The IU Health Riley Physicians will include five pediatricians and two nurse practitioners early next year.

IU Health Ball Memorial Physicians Pediatrics, located at 205 N. Tillotson Ave. in Muncie, will be renamed Meridian Health Pediatrics. Both organizations are committed to children receiving the most efficient, effective medical care possible. With Meridian Health Services managing pediatric care, children at the practice will now have access to a full complement of behavioral healthcare services. Continued partnership with Riley Hospital for Children at IU Health will remain, bringing patients advanced, specialty care for children. The first of the partnership began in August 2014 with Meridian Prime-Time Pediatrics and the remaining pediatric practices are to be implemented in early 2015.



Dr. Maya

Dr. Bianca Maya, one of Meridian's newest pediatricians at Meridian Prime-Time Pediatrics and the Suzanne Gresham Center, explains it this way: "Meridian Health



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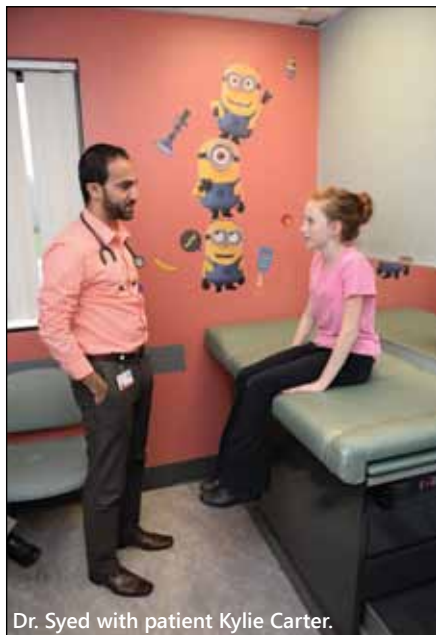
Partnership includes pediatrics, urgent care, pediatric rehabilitation, a behavioral specialist, and a child and adolescent psychiatrist.



PEDIATRIC TEAM. Amy Kinder, CPNP, and Bianca Maya, MD, with a patient.

Photos: ADAM STURM

**FACT: Meridian's services connect medical, behavioral and social health to focus on a child's total well-being.**



Dr. Syed with patient Kylie Carter.



FROM PAGE 21

Services is transforming the culture in healthcare... focusing on whole-person health. Well-care services are a form of preventative health. In order to hit that goal, we have to encompass mental, social and physical aspects ... of good health.”

This approach connects treatments and physicians working together to heal both body and mind for total well being, which is the heart of Meridian’s whole-person healthcare approach.

“Managing a pediatrics facility makes sense for Meridian,” said Dr. Naseer Syed, pediatrician at Prime-Time

and the Suzanne Gresham Center, citing such common childhood issues as attention deficit hyperactivity disorder (ADHD), abuse, eating disorders or behavior problems that could best be managed with collaboration among physicians and behavioral clinicians.

“Integrative care ... definitely comes into play when you look at what kids go through,” said Dr. Syed. “As a pediatrician, we deal with depression and ADHD... It’s sometimes a major



Dr. Syed



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part of being a child. The thing about Meridian is you have the expertise in the same building. Sometimes these kids do require more help than what we can provide, and we can now provide that with Meridian."

For IU Health Ball Memorial Hospital, the experience has been positive.

"This partnership is a strong example of two healthcare providers working together to provide patient-centered care," said Michael Haley, president and CEO, IU Health Ball Memorial Hospital. "With the expertise of Meridian Health Services combined with the strength of IU Health and Riley Hospital for Children at IU Health, all located in the same building the children of this community are in good hands."



Haley

Pediatric medical care also is offered at the Suzanne Gresham Center on site for children so access to primary medical care is readily available for families. Other services offered at the Gresham Center include behavioral and social health programs to help families and children thrive and grow strong. Gresham offers counseling, home and school based services, parenting and homemaking skills, addictions, psychiatry, foster care for special needs children, and therapy and support services for victims of child abuse.

For Dr. Kirk Perry, IU Health Riley Physician pediatrician who has been in the practice for 16 years, it is a welcomed change.

"We've had a need for more psychological referrals," Dr. Perry said. "Behavioral specialists are important because a lot of these problems need time. You need a good relationship with kids to help them figure out how to deal with different situations. That doesn't just happen with a 10-minute visit in the doctor's office. It's going to be easier for them to get those services here."

Dr. Michael Burt, a career-long pediatrician in Muncie and IU Health Riley Physician, said adding a behavioral health consultant is expected to improve the practice's ability to deliver assistance in a wider range of care.

"In the past it has meant making a separate referral, a separate appointment, separate trip for the parent and that's taxing, and for some it is impossible to follow through," Dr. Burt said. "Having a behavioral specialist here on staff is quite an advantage and much more convenient and in the patient's best interest."

"Whole-person health is a way of addressing people's many needs using a team of individuals working together," Dr. Burt said. "We were looking for a medical home model ... a partnership, a team."

For Meridian's part, the move to managing the three-story pediatric clinic is a continuation in its focus in primary care.

The healthcare provider, for the last several years, has broadened its scope of services and locations.

"There's a lot of success with integrated care," said Hank Milius, President/CEO Meridian Health Services. "It is a natural extension for us to treat the whole person, integrating physical, mental and social health, ensuring patients achieve optimum health."



Dr. Burt

# CURRENT

## HEALTH MOMENT

### HOLIDAY FITNESS TIPS



Overeating combined with lack of exercise adds to the stress of the holidays. Activity can keep stress at bay. Here are a few ways to get the family moving:

- 1 **Pick up a ball.** Put down the electronic games and pick up a football, soccer ball or basketball. Go outside with the kids and have some fun with them. Invite other families over with their children. Make it a neighborhood event.
- 2 **Visit the mall.** In the middle of winter in this part of the country, the mall can offer a respite from the bitter temperatures. Walking around the mall will at least keep you moving. Let the kids burn some energy walking the mall with a friend.
- 3 **Involve the whole family.** The holidays are the perfect time to do something as a family. Check out the rock climbing walls, trampoline facilities or a paint ball venue. Don't forget skating. These are fun, active, and easy activities and can involve the whole family in something other than electronic devices.
- 4 **Buy active presents.** Jump ropes and Wii active games come from different generations but accomplish similar goals. Boxing gloves and a punching bag or a stair master works, too. Those event items mentioned above that involve the whole family make for fun event presents, too.
- 5 **Walk the dog.** The days are hectic and demanding around the holidays. Don't forget to walk the dog at least once a day. Give this task to the kids, too. Even better, do it as a family. Rather than take the same route, bundle up and take the long way around the block.



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reveals another beckoning  
in the distance.  
Always, [we are] on  
the threshold.

W. Eugene Smith



# Holidays

at GRESHAM 2013

More than 10,000 people piled into their cars last year to take in Meridian Health Services' first ever "Holidays at Gresham," celebrating yet another free, family friendly event for the community.

The inaugural holiday light display was held at the campus of the Suzanne Gresham Center, and included more than 60,000 lights. In typical Meridian style, organizers are adding more exhibits, music, and 20,000 more lights this year.

The season will kick off with a festive "Ornament Open House" and official "throwing of the switch" for the initial lighting of the exhibits. The open house will feature hand-painted ornaments created by local artists, which will be auctioned during a fundraising event. Proceeds will go toward the Gresham Center's children's climbing wall.







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**MERIDIAN  
SUPPORTERS.**  
George and  
Linda Branam.

# Charity of choice

Muncie residents George and Linda Branam serve as loyal supporters of Meridian Health Services and are drawn to the organization's mission and reputation.

AS A PATHOLOGIST, GEORGE BRANAM IS NO STRANGER TO examining things under a microscope.

"We see through the microscope a lot of cells," he said. "Sometimes we can't tell exactly what they are, so we say 'You know a cell by the company it keeps.' I believe you know people by the company they keep, also." The same holds true for organizations that he and his wife, Linda, support. The Branams have made Meridian Health Services a charity of choice.

"I have followed Meridian's development, watched it very closely over the years ... and I feel like they are a wonderful resource in this community. They have helped so many people," he said, sitting with his wife, Linda, in the formal dining room of their Ball State University area home. "I feel like they are reaching the whole person in a sense that they are dealing with psychiatric issues and medical issues, from children to adults. Hank (Milius) and his group are doing great things. So if he needs support, then we will be there."

Charitable giving is important to the Branams whether giving their money or their time. It has been for years.

"I don't believe in postponing civic responsibility and I don't



believe in waiting until you have a pile of money to donate,” he said. “Need doesn’t start when you are OK to give. Need is always there.” He would confide later that he has even borrowed money to meet “what I thought were my obligations with charity.”

For both, a generous behavior began in church.

“My parents were big tithers in the church,” Linda recalled. “When I got money and got a job, I knew to always put aside 10 percent for God.”

Their children, and now their grandchildren, do that as well. In fact, she bought the grandkids a bank that allows them to divvy up their money – some for a church, some for a bank and some for a store, Branam smiled. “We’re strong Christians,” he said without hesitation. “We don’t flaunt it or make a big deal out of it, but for us, it’s very meaningful.”

Born and raised in Bloomington, Branam was a track star at Indiana University, which he said paid for his medical degree. He spent nearly a decade in the Air Force before taking a job in the pathology department at Ball Memorial Hospital in 1966. A few years later, he became the chief of pathology, a job he still holds today at the hospital (now IU Health Ball Memorial Hospital).

That’s where he met Linda, a Gary native, in 1973. She worked in the lab. He fondly recalls the sound of her heels clicking quickly across the floor outside of his office. He knew in an instant they were both people with a fondness for moving at a fast pace, accomplishing as much as possible in life. They married in 1975.

Which brings us back to the white and pale yellow formal dining room in the house they have lived in since they were married.

It’s where they raised two sons (he has three daughters as well) - Daniel, who is a physician and lives with his wife and four children in Fort Wayne, and Jonathan, who is a missionary with his wife and children in China. It only takes seconds before these proud grandparents have pulled up photos of the grandkids on their smart phones.

It is where you will find countless antiques and stories to go with just about all of them. Branam will happily share them, especially the one about the baby grand piano in the sitting room. It’s where you will find artwork, from oil paintings signed by famous artists to priceless finger-painted abstracts created by the grandchildren on their patio door window over the summer.

“It’s been a great place to live,” said Branam, about his home and his community. That’s why they buy from local businesses. They serve on local boards. They support local organizations, like Meridian Health Services. What makes Meridian stand out?

“When it comes to giving to anyone, their mission is really important, but that’s not enough,” said Branam. “Their reputation is also important. And I’ve got to feel like they are using what we contribute wisely. So I just appreciate what Meridian, for one, is doing with its resources. We all need to support things like that.”

In their spare time, they can be found at Westminster Presbyterian, where they are gearing up for a trip to make church benches in the Yucatan. They have started brushing up on their Spanish, again. “We’ve gone so many times now, you’d think we would be better than we are,” he joked.

Branam acknowledges his career has given him the ability to buy the art, go on church trips and, most important, give back to his community. For that, he said, he is truly thankful. “I am very grateful for the financial success,” he said. “On the other hand, I have worked hard for many years. And along the way, I feel like there were key people in my life who helped at critical times. Now I really enjoy being one of those key people for others.”

# CURRENT

## HEALTH MOMENT

### TEEN VACCINES

- 1 Flu vaccine.** Your kids should get a flu vaccine every year.
- 2 Human papillomavirus (HPV)** vaccines help protect both girls and boys from HPV infection and cancer caused by HPV. Two brands of HPV vaccine (Cervarix and Gardasil) protect girls from the types of HPV that cause most cervical cancer. One brand of HPV vaccine (Gardasil) also helps protect both girls and boys from anal cancer and genital warts. Both vaccines are available for girls. Only Gardasil is available for boys. Girls and boys who are 11 or 12 years old should receive three doses over six months.
- 3 Meningococcal conjugate vaccine (MCV4)** protects against some of the bacteria that can cause meningitis (swelling of the lining around the brain and spinal cord) and sepsis (an infection in the blood). Meningitis can be fatal. Preteens need the MCV4 shot when they are 11 or 12 years old and a booster shot at age 16. Teens who got the MCV4 shot when they were 13, 14, or 15 years old should still get a booster at 16 years. Older teens who haven’t gotten any MCV4 shots should get one.
- 4 Tdap vaccine** protects against three serious diseases: tetanus, diphtheria and pertussis (also called whooping cough). The Tdap vaccine takes the place of what used to be called the tetanus booster. Preteens should get Tdap at age 11 or 12. If your teen didn’t get a Tdap shot as a preteen, ask their doctor or nurse about getting the shot now.  
SOURCE: Centers for Disease Control and Prevention

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Expanding women's practice pairs well with Meridian Health Services' focus on family health.

# Meridian broadens family HEALTH CHOICES



Dr. Denise Reeves, OB/GYN

& adds pediatric practice and OB/GYN to services

THE ENORMOUS INFLUENCE WOMEN HAVE TODAY ON healthcare decisions is affirmed in Meridian Health Services' recent addition in medical resources specifically for women and their families.

This past year, Meridian added a longstanding OB/GYN practice to its portfolio of services and more recently joined in a partnership with IU Health Ball Memorial Physicians Pediatrics that includes pediatric urgent care, pediatric rehabilitation, and a child and

TO PAGE 34

## WOMEN AS HEALTH CONSUMERS

Women, as they age, are an even more influential consumer group, according to Congressional Record and the Midlife Women's Health Research Center. Consider this:

1 The big picture	2 Health spending	3 Delivery ripple	4 High volume	5 Child decisions	6 Aging women
Women make nearly <b>80 percent</b> of healthcare decisions in the U.S.	Women control <b>66 percent</b> of U.S. healthcare spending and <b>87 percent</b> of average health system revenue.	Nationally, every 1,000 deliveries = <b>\$3.9 million</b> in downstream revenue from subsequent inpatient/outpatient visits in the next 2-3 years.	Women account for <b>60 percent</b> of hospital volumes and represent over 1.3 billion cases nationally in inpatient and outpatient care – generating an estimated \$200 billion toward hospital bottom lines.	According to a recent Kaiser Family Foundation report, women also choose their children's doctors (85 percent), take them to appointments (84 percent), and ensure they get recommended care (79 percent).	According to the U.S. Census Bureau, between now and 2015, <b>64 percent</b> of the U.S. female population will be women in non-reproductive years.

# CURRENT

## HEALTH MOMENT

### AVOID HOLIDAY BLUES



- 1 Count your blessings.** It's true that recognizing what you do have rather than what you don't makes you feel better about yourself and your place in life. When you start to feel overwhelmed with the weight of the holidays, take a moment to refocus on what is most important.
- 2 Turn to loved ones.** Remember the people in your life who matter most. It might be your parents, spouse, children, or friend. These are the people who count on you just as you count on them. Reach out to the ones who care about you most.
- 3 Pace yourself.** The holiday period covers several weeks. You cannot be everywhere and do everything. Be selective in your choices about where, how and with whom you celebrate. Don't go to everything. Don't do everything and don't do it all at once.
- 4 Be realistic.** The holidays won't be perfect. No one is perfect. Don't expect it of yourself, either. Be realistic about what you can get done and how quickly it can be done.
- 5 Stick to a budget.** Before you go shopping decide how much you can spend and stick to that plan. Nothing creates more stress than money-related matters and "money can't buy happiness."
- 6 Plan ahead.** Don't be paralyzed by deadlines. Plan your shopping trips. Make a list for what you're buying and how much you're spending. You'll breathe easier and feel good about progress.

'The average life expectancy for women in the U.S. is 80 years.'

- Dr. Meenu Goel

adolescent psychiatrist. The additions are part of Meridian's ongoing effort to expand its reach and combine primary care with behavioral health services.

"Women don't just need a gynecologist for their child bearing years," explained Dr. Meenu Goel, OB/GYN, one of Meridian's newest physicians. "The average life expectancy for women in this country is 80 years. Compared to 10 or 15 years ago, the care is more advanced and there are more treatment options than ever."

"Women who are over age 50, for example, and who do not see an OB/GYN, are deprived of knowing what is available," she explained. "A woman's health condition after menopause changes drastically. They require more frequent cancer screenings or estrogen therapy."

Dr. Goel joined Dr. Denise Reeves at Meridian Women's Health this summer.

"Over the years I have seen more women having issues with stress, depression, anxiety and other behavioral issues," said Dr. Reeves. "Society has changed and today's woman has so many more responsibilities. It is wonderful to have Meridian as a resource to offer my patients integrated care and a medical home."

Reeves has been in Muncie since 1991. She was first affiliated with Associates in Women's Health, then as the founding physician of Muncie Women's Center, and now her practice comes under the Meridian umbrella of services.

Besides the additional OB/GYN physicians, Meridian is forging a new partnership with IU Health Ball Memorial Physicians Pediatrics. The additions are part of Meridian's ongoing effort to expand its reach and combine primary care with behavioral health services. The pediatric partnership means a new collaboration and better accessibility to Meridian's behavioral health specialists.

"With this partnership, we will embed a behavioral health consultant into the practice," said Amelia Clark, VP of Community Health, Meridian Health Services. "The pediatric practice will now have a behavioral consultant available every single day, which makes access to care so convenient for patients."

The clinician fills a growing need for social and behavioral care among children and young adults. Treatment for issues like ADHD, depression, even childhood obesity often calls for a therapeutic resource.

"If a pediatrician is in a room with a child who is exhibiting behavioral issues at school, he can have the consultant in that session with him as added support," Clark said. "There are also families who simply are facing hardships that may come up during a consultation. It is a collaborative approach, which fits perfectly within our whole person health initiatives."





**LATEST TECHNOLOGY.** Meridian's Dr. Denise Reeves and her patient view an image on the new 3D ultrasound machine at Meridian Women's Health. Proceeds from the Rialzo V gala helped offset the six-figure cost of the machine, which will provide expectant mothers with valuable information.

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# Gary Garofolo

## IN HIS OWN WORDS

### What is the most rewarding part of your work?

First of all, it's commitment to the patients. I am committed to the population that we take care of. I started out as a clinician, and I still do some clinical work and after-hours emergency services. I really like that. I take a lot of pride in working with psychiatric emergencies. People in crisis need you the most, and people for the most part are more likely to make necessary changes when they are in a crisis. You can make a difference, and you can save lives.

### What makes Meridian's whole-person health initiative work?

What always makes an integrated effort work is good communication among providers. In addition, that includes a robust electronic health record system. We're striving to create and operate a primary care medical home for our patients. All of this is a work in progress. But we're getting there.

### What do you see as the long-range goal of primary care, as an industry?

In the long run, the only way for the country to save money and reduce costs will be to provide better care more efficiently and more effectively. That's the long-range goal.

### How has the health industry changed since you first started?

The whole concept of quality and performance has evolved over 30 years. We understand more about different illnesses and we understand better about what works and what doesn't. Clinically, we are doing better. It has become a much more complex system. When I first got here, the state government supported community mental health in Indiana and around the country. Through the years, they have contributed less and less money. Programs around the country have turned to federal help. There are more rules and regulations — and more complexity.



## QUALITY MANAGER

Gary Garofolo joined Comprehensive Mental Health Services, now Meridian Health Services, in Muncie in 1978. A licensed clinical social worker, Garofolo, who is semi-retired, serves as a quality manager, overseeing and maintaining accreditation of behavioral health programs. He received a master's degree in social work from the University of Connecticut and formerly worked as an executive director of a county mental health system in New York state.



## What advice would you give to new people entering the health care field?

Get as much broad exposure as you can. If you're going into medicine, an exposure to mental health, understanding addictions, understanding social resources of patients like insurance, access to transportation, child care ... all that makes a difference in one's ability to seek out medical care. Medicine needs to pay attention to what social resources people have.

## What have you done to keep up with the changes over the years?

Keeping up is very difficult but very necessary, not just in the profession but in the way organizations themselves operate. At Meridian, we've changed dramatically in the last 10 to 12 years. Preparing staff for change is a huge cultural shift. The staff here has learned that not only organizational survival but also prosperity depends on the ability to change and change quickly.

## How has Meridian's growth mirrored cultural changes?

As an organization, Meridian has gotten much bigger, and we're now into primary care, not just mental health and substance abuse. It's more of a whole-person health system, not just specialty care. I think that's really cool. It's what people need. We need to look at their total care and total needs — social, physical and mental — and help with all those things. It's been fun watching all that happen. I see how the business is now managed and how sophisticated we have become.

## Why did you form the nonprofit organization Afghan Women and Kids Education and Necessities or AWAKEN with Dr. and Mrs. Saber Bahrami?

I crossed paths with Dr. Saber Bahrami when he was a family practice resident. He was from Afghanistan, and he had only been in this country for a couple of years. Of the residents that came through, he had much more interest in mental health than all the others. He was very memorable. Years later, I went to an interfaith dinner, and he was there with his wife. We all got to talk, and learned his wife had been a refugee in Pakistan. She had a dream of giving something back to the village and district she came from. My wife and I wanted to support them. We decided to help them establish an organization and get it going. We have since built a school and created educational programs for women, teaching them literacy skills, public health and tailoring. We gave them a sewing machine so they can support themselves. We built a health clinic and have been able to fund its operation.

## What is the most difficult part of approaching retirement?

I've enjoyed keeping up with all the changes and the complexities that the job has required. It has been stressful but also has been a real opportunity to keep learning. I like challenges. I've been watching things change for 35 years, not just here but in the whole field. That's part of my reluctance to leave it. I'm going to have to learn to take my eyes off of it.

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# FAM FEST 2014

continues focus on health and safety

## All-new Ducky Derby drives dollars for CAC

THIS YEAR'S FAM FEST, a free community family festival promoting health, wellness, fun, safety and local resources, added a new element, a slightly delayed but no less fun, all-new Ducky Derby to help raise funds for the Child Advocacy Center (CAC) housed at Meridian's Suzanne Gresham Center for Children and Families.

"This community has an incredible amount of health care resources available and Fam Fest is where we get to promote those essential partners," said Hank Milius, President and CEO of Meridian Health Services. "We have a lot of fun and at the same time get out a lot of information to people who need it." Over 40 health vendors followed Meridian's leadership.

More than 160 volunteers worked to put the events together this year. "It's a testimony to what Meridian is all about. Without them, we couldn't do this," Milius said.

Fam Fest drew more than 2,000 people to the expansive lawn of the Suzanne Gresham Center, Muncie's former Morrison-Mock School.

The Ducky Derby, held in and along the White River just down the road from the Gresham Center, raised more than \$15,000 and a priceless amount of awareness for children of abuse. High water along the White River delayed the race a couple of weeks but a crowd returned for the inaugural event.

"Our goals for Ducky Derby and the Health & Fun Fair were pretty much the same, so we combined them into one big event and named the day Fam Fest," explained Patty Covington, Director of the Child Advocacy Center. "We shined a light on the work that is going on at the CAC every day, on behalf of children and their families."

The need for that awareness remains strong. Consider the statistics:

- 1 in 4 girls will experience sexual abuse by the age of 18.
- For boys, it's 1 in 6.
- In an average Delaware County classroom of 30 children, six have been sexually abused.

Meridian's Child Advocacy Center is a place where victims of child abuse can reveal the harsh details of their tragic experiences under the watchful eye of trained staff and officials. Now, thanks to the funds raised from Ducky Derby, an upgraded video transmission and recording system will be installed to help children testify against their abuser.

Meridian's family-focused events provide an ongoing education awareness campaign crossing educational and socio-economic barriers. "I'm always amazed at how many don't know about us or about child advocacy centers," Covington said. "At this event there is something for everyone to learn and something for everyone to enjoy."

Over the years, these events have brought untold attention to the shameful realities of child abuse. Beyond the statistics are faces of children and their families looking for guidance and support. They're also looking for community resources and that's one of the biggest benefits of having these two events.

"It's a continuous education effort all year," Covington explained. "Our biggest challenge is funding. I want to see more prevention programs and outreach to the community. Our goal is to meet families where they are, not only for the prosecution of the alleged perpetrator but also to obtain for them the mental health care they need. Ultimately, we want to break the cycle of child abuse. That's why we do all these things."









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GROUNDBREAKING. Community leaders join Meridian Health Services in the groundbreaking of Walnut Commons.

# Walnut COMMONS

\$8.3 million complex  
will serve veterans



“Supported Housing” is an innovative and collaborative partnership among government, a Chicago developer and Meridian Health Services dedicated to serve veterans with physical and mental disabilities.



# WALNUT COMMONS GROUNDBREAKING



Mayor Dennis Tyler



Susan Buckingham



Cullen Davis and Hank Milius

Located across the street from American Legion Post 19 at Walnut and Wysor streets in Muncie, Walnut Commons will have 44 apartments and is expected to be serving veterans by 2015. Called “permanent supportive housing,” the concept helps people who are homeless or at risk of homelessness.

“This is a dream come true,” said Susan Buckingham, supervisor of Meridian’s homeless and vocational services. “We’re providing a desperately needed service in this community. It has been a true collaborative effort with all those involved.”

The development will have a mix of studio and one-bedroom apartments in a three-story building, with an elevator for accessibility for disabled populations. It will include office and clinic space for on-site supportive services staff and on-site property management staff, a common laundry room, a large community room, bike storage, as well as a secured outdoor patio and green spaces. Eventually, the facility will offer a primary care clinic with limited hours.

The building will have a secured entrance, tenants will enter with a keycard security system and visitors will need to be buzzed in by front desk staff or residents. The entire building will be monitored by a camera surveillance system and all apartments will have intercom access to the front doors for guests.

Jose Gaiten, commander of the legion post located across the street, attended the ground breaking in February 2014. He said the service couldn’t come at a better time. “Some veterans have no place to go and have little help when they need it. This will be a great addition to our community.”

It’s a gap Meridian Health Services identified locally years ago.

“We’ve seen for some time the need that exists in our community and this is just one more way for Meridian to provide solutions,” said Hank Milius, President and CEO of Meridian Health Services. “These kinds of projects take a lot of input from all corners of our community. It’s a shining example of what can



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Gerry Cyranowski



Jorge H. Ortiz, representative for Senator Joe Donnelly



Jose Gaiten

happen when a community works together toward a common goal.”

Mayor Dennis Tyler was on hand for the ground breaking earlier this year. He recalled his own brother who survived Vietnam but struggled on re-entry at home. Meridian will provide support services, such as behavioral health, independent living skills, medical care, care management and social health services, for veterans who live in the facility.

Tyler promoted the project and continued to work through hurdles like getting federal tax credits with the development group to ensure construction. The state also found a critical need for housing to serve homeless veterans and others.

Meridian Health Services partnered with Daveri Development of Chicago to build and manage Walnut Commons.

Gerry Cyranowski, Vice President of Clinical Services for Meridian, said it took more than two years to secure financing and management for the project. “I can’t say enough about how all


this came together because of a common focus and determined advocates.”

Daveri is part of Up Development in which Chicago real estate mogul Cullen Davis started to rehab old, Chicago Housing Authority properties.


He also has built new construction with more than 1,000 multi-family units and more than 4,000 single units managed by his property firms.

Last year, part of the proceeds from Rialzo went to specialized “Welcome Home Packs” which were designed to help people in the program transition into their apartments and encourage more independent living. The packs contained items like shower curtains, towels, silverware, dishes and toiletries.

“Not only do these people need a place to call home,” said Buckingham, “but they, like all of us, need some of the right tools to get started so they can have success.”




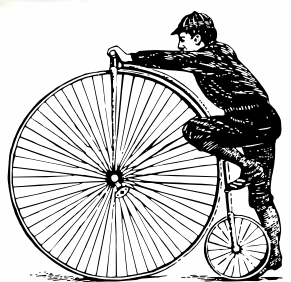
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# Rialzo V

2014

*An Affair of the Heart*

"Each year gets better than the last," Hank Milius, CEO of Meridian Health, said of April's Rialzo V.

Not only was more than \$100,000 raised for Meridian's Women's Health and medical programs, but nearly 1,000 guests reveled in the activities and events that have made Rialzo a one-of-a-kind gala.

"We can't do this alone," said Milius. "The hundreds of volunteers and community partners are the ones who really make this a special evening."

"Rialzo," an Italian word for "to elevate or rise above," symbolizes Meridian's collaborative spirit when it comes to providing top-notch care across the entire health spectrum.

The "party with a purpose" elevates the community-wide discussion of whole-person health and shines a light on programming and the people they touch.

"Our more than 780 employees across the state, which include more than 150 physicians, nurses and medical assistants, understand the serious business of healthcare. In the last year, we've expanded into women's health and pediatric care," said Milius. "But once a year, we invite the community to join us in celebrating what we stand for as an organization and as a community partner. Rialzo is always a near perfect night."

The 2014 event sold out two months before the event. Among the other benefactors were community arts partners, Muncie Civic Theater, Muncie Symphony Orchestra and Cornerstone Center for the Arts, which have received over \$50,000 from Meridian.

Meridian's community investment last year was more than \$21.9 million. Meridian provides charity and uncompensated care, community education and activities that benefit communities around the state.

And, as always, the puppies got their fair share of attention.

New to Rialzo V were the "diamond dig" and "bourbon bar." Party goers enjoyed a beautiful April evening on the lawn of Muncie's Horizon Convention Center before '80s heartthrob Rick Springfield took the stage in the expansive and packed Delaware Room.







Rialzo II  
2014  
*An Affair of the Heart*



# Rialzo II

2014

*An Affair of the Heart*







# Meridian's Party with a purpose

RAISES MORE THAN \$100,000 FOR ITS PROGRAMS

- 1 The proceeds from the Rialzo V gala helped offset the six figure cost of a 3D ultra sound machine needed at Meridian Women's Health to provide expectant mothers with valuable information on the newest member of the family.
- 2 Meridian also purchased a Fetal Stress Test Monitor and Doppler Late Fetal Heart Monitor to enhance our abilities to serve expectant mothers in potential crisis.
- 3 Additional funds purchased an EKG machine, 2 cholesterol analyzers, and 2 drug screen analyzers to help protect children in utero.
- 4 In a new initiative to help the community with its focus on Birth to Five education, Meridian has set aside funds for a 5-year commitment to "Reach Out and Read," which provides age-appropriate books for children during each well-baby visit to our pediatric primary care offices.



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Meridian Women's Health



**ARZU GONULALAN, MD**  
*Internal Medicine*  
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**MURAT GONULALAN, MD**  
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**AFSHAN JABEEN, MD**  
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**CHRISTOPHER KIMMEY, MD**  
*Family Medicine*  
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**CAT A. MARSTELLER, MD**  
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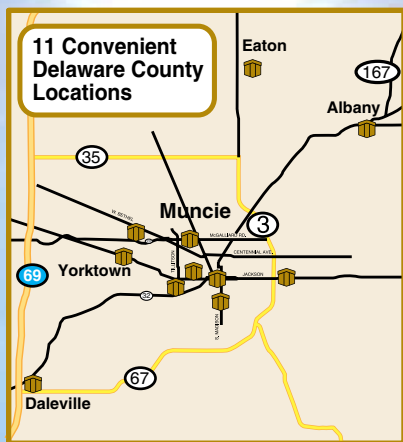
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