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- Just for the Health of It – Needs Your Help
- Golf Scramble Highlights
- Spring Mixer Highlights
- Submit a Resolution for Improvement
Congratulations!

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THE FIRST-EVER LS 500. LIVE IN THE NEW.

The 2018 LS 500 is the pinnacle of craftsmanship. With available Art Wood Organic trim, formed with the same process used to decorate the highest-quality musical instruments. This attention to the finest details carries over to the LS 500’s thrilling performance. A Lexus-developed twin-turbo engine delivers 416 horsepower1 and goes 0–60 in just 4.6 seconds.1,2 While the Lexus Multistage Hybrid system in the LS 500h delivers seamless acceleration and torque, without requiring a charge. This level of craft and innovation is, quite simply, immeasurable.

LS 500h shown with options. 1 Ratings achieved using the required premium unleaded gasoline with an octane rating of 91 or higher. If premium fuel is not used, performance will decrease. 2 Performance figures are for comparison only and were obtained with prototype vehicles by professional drivers using special safety equipment and procedures. Do not attempt. ©2018 Lexus.
This is your Captain speaking…

As I started to write my article, thoughts of being on a thrilling adventure like Anthony Bourdain or an Andrew Zimmerman come to mind. I was able to travel to Japan a couple of weeks ago. Interestingly, I have family in Tokyo that we’ve never met, and so what better time to see some of the country and meet family. Who would have thought that there are a few Indians in Japan?! The wildest experience, in my opinion, was seeing my uncle and aunt masterfully speaking Japanese! It is such a beautiful country with its beautiful people and a culture rich in tradition, the arts, and innovation. I highly recommend a visit for anyone interested in trying exotic foods, experiencing contrasts of the centuries-old buildings mixed with ultra-modern technology, and meeting others that radiate humble, and sincere hospitality. One example of this deep respect for the other is that it is impolite to serve oneself a drink. The practice is to serve others and fill their glass, and then hopefully someone will then pour your drink.

On my way back on the flight, I reflected on my trip and all that I witnessed. Early in any flight, flight attendants review safety instructions. Airlines have different ways of delivery from simply talking about them, to directing passengers to the safety card in front of them, and even videos showing the information. You may have seen a few videos that have become viral hits; in case you haven’t, check out the Southwest attendant video from four years ago, to Air New Zealand’s Lord of the Rings tribute, and the most recent one of famous British actors for British Airlines. You won’t be disappointed!

Scores of passengers have heard the instructions by now, and it is interesting to me how many people tune out the flight attendants as they demonstrate the safety tips. However, there’s one of the things that still gives me pause whenever I hear it. It’s regarding the action if there is a sudden drop in cabin pressure, oxygen masks we will drop down from the ceiling. For the frequent flyers reading, you know that next we are instructed to put your mask on first before attending to the mask of children or anyone else around you. I can imagine that may run counter to how many of us may act. Parents instinctively throw out their arm in front of their child if the car stops suddenly. Children are reflexively swooped up as they are falling, even as the adult may then take a fall or a hit. I find it interesting that in these moments, the passenger must take care of themselves before tending to others. This would seem to be a cultural faux pas if you are from Japan.

If you understand the reasoning behind putting on one’s mask and establishing your safety with the oxygen flow secured, we then are capable of remaining clear-headed, tending to others around us who are in need of help and physically cannot help themselves.

This would seem similar to a practice that we as physicians should take. Often we are looking towards the needs of our patients or our families before tending to ourselves. This is often a direct route to exhaustion and burnout. It was a pleasure having Dr. Drummond visit with us earlier this year and provide some strategies for handling stressors in our work life. Seminars like this are a great start in addressing some of the chaos we call the practice of medicine. There are services offered through the VCMS Wellness 360° program that is available for us, such as counseling and personal fitness and wellness coaching, in addition to anyone who would like to work with Dr. Drummond on an individual basis. Please reach out any of the board members or our staff if you have any questions. I’m sure your patients and family members would love to see you happy and healthy.
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*All loans subject to credit and underwriting approval. Refinancing do not qualify. Not valid in combination with any other offer. Valid as of April 2018. Offer subject to change at any time.
Tri-State Medical Alliance

is closing the door on it’s 4th year as an organization...and what a year it has been! In April, we held our annual Community Outreach Luncheon where we awarded over $25,000 in community grants to area health related non-profits. This brings our total community funding to over $70,000 in the last 4 years! The annual style show is our sole fundraiser to support these community outreach grants.

On April 28th, we hosted a Mother’s Day Brunch for the clients of Little Lambs. Over 20 moms and 25 children were treated to homemade food items prepared by our volunteers. This year we had a healthy cooking demonstration by Robin Mallery of Urban Seed. Attendees learned tips and ideas for preparing healthy meals and meal planning. Volunteers from the Center for Dance Education help to lead activities for the children.

My year as your TSMA President came to an end with the installation of our 2018-2019 officers at our May meeting. It was an incredible year...one I feel honored and privileged to have had the opportunity to share!

Reaching Out ... to the community!

Anita Watkins
TRI-STATE MEDICAL ALLIANCE, PRESIDENT

2018-2019 TSMA Executive Committee

President...Ann Almquist
President-Elect...Jayne Susec
VP Finance/Treasurer...Jody Risner
VP Membership Recruitment & Activities...Patty Lackey
VP Community Outreach...Dianna Beck
VP Corporate Records...Catie Tucker
VP Marketing/Public Relations...Kathy Talley
VP At-Large (Indiana)...Susan Volz
VP At-Large (Kentucky)...Carla Stearns
Immediate Past President...Anita Watkins

For more information about meetings or membership:
email us @TRISTATEMEDICALALLIANCE1@GMAIL.COM or visit our website at www.tristatemedicalalliance.org
Do you have a rock in your shoe?

Have you ever heard someone say “don’t come to me complaining without at least one solution?” I remember the first time I heard that, and I felt a little frustrated and thought the person I was complaining to should have the answers but as it seems life just doesn’t work that way. Once I mulled this over and realized that I could make a positive change, it made sense. If I am unhappy with my current situation whether it be at home, work or school I become empowered to fix it by finding my own solution. It truly is a win-win. I get what I want!

My 11-year-old son recently came to me upset by the announcement at school that next year music and art will be cut and they will no longer have these subjects daily. As a parent, this news is concerning to me, and I am equally upset. The reason for the cut is that we are now funding a special education teacher as well as a counselor. These are both resources we didn’t have before. While these positions are beneficial and necessary, we do not want to cut our music and art programs. I explained to my son that we need to be part of the solution and figure out how we can raise funds so we can do both. While some might pack up and look for another school, I think we can be part of the solution.

Some might cringe at the thought of leading a charge due to the fear of potential failure. However, others like myself view this as a challenge. A shortfall is always an opportunity to pave the way for improvement for everyone. I am curious if you, the members of the VCMS realize that you have the potential to improve how doctors practice medicine while also improving the care that your patients deserve.

This month’s cover of The Monitor shows a doctor that has risen above the maze and is forging a clear path out of the chaos looming below. I chose this for the cover because I do believe that you have the same ability to improve the path of bureaucracy by sharing your ideas at a state level.

This September members of this very community, as well as the entire state of Indiana, will travel to Indianapolis to bring forward resolutions that could quite possibly change how you practice. Have you ever had an idea but administration shot it down or thought maybe it was good but it died on the operating floor because there was no one to support or implement your cause? You have a chance to make a difference and quite possibly change the way you work.

With all the talk of Physician Burnout and the programs that we are putting into place, wouldn’t it be nice to eliminate some of what is causing your stress in the first place? A very wise doctor once told me that if you have a rock in your shoe, it hurts and you become very uncomfortable. You can try and do things to make yourself feel better, but until you remove the rock, there will be pain and discomfort. While our Wellness 360 program is a beneficial tool to combat stress and burnout, through prevention and treatment, we would also like to assist you with getting the rock out of your shoe.

The first step you can take is to attend the June 21st Annual Meeting at the Bauerhaus where you will have the opportunity to exercise your right to vote and share your ideas of overall improvement.

If you have an idea that would like to bring forward, please contact me by July 23rd. We have a team that can assist in getting your resolutions in writing and moved to the state level. Please note these are legislative resolutions and they are due to the ISMA by July 30th.

See you at the meeting!
Whether you are buying or selling a home, Team McClintock guarantees the best real estate experience in the area.
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Annual Meeting & Dinner

Exercise your right to vote, and let your voice be heard!

★★★★★

THURSDAY, JUNE 21, 2018

THE BAUERHAUS
(13605 Darmstadt Rd, Evansville, IN 47725)

6:00PM - Cocktails
6:30 PM - Dinner
7:00 PM - Meeting

Featured Speaker: Lieutenant Governor, Suzanne Crouch

VCMS members and students: complimentary
Spouse or guest: $35.00

RSVP to the VCMS office by Friday, June 15
(E) Cpatterson@vcmsdocs.org (P) 812-475-9001
Make checks payable to: First District Medical Society
You are invited!

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EMAIL: CPATTERSON@VCMSDOCS.ORG OR CALL (812) 475-9001
In honor of Memorial Day, and in honor of the Greatest Generation, most of whom are no longer with us, I need to tell you two short stories that my dad told me late in his life. As my brothers and I were growing up, Dad spoke very little about World War II. He might occasionally tell a funny story, like the time he and his men found a wine cellar in France, or, if we asked him if he wanted to go camping with us, he would always say, “No, thanks. One year of camping on the ground in the cold rain was enough for me.” He never said how he won his Bronze Star or his Purple Heart, and we soon stopped asking. And he never did explain the picture of himself riding a big BMW motorcycle. But I think that as he knew his time was running short, he felt that there were some things that he needed to tell, and as I was now fifty-eight years old, that it would be appropriate to tell them to me.

“They ought to shoot those s.o.b.’s,” he said one day. We were fishing, and we usually did not spend a lot of time talking when we fished.

“What s.o.b.’s?” I asked, taken aback a bit. The emotion in his voice was unusual for him.

“Those s.o.b.’s who are trying to debunk the Holocaust. I was there when we liberated those camps. It was the worst thing I have ever seen. (He was a General Medical Officer in the infantry, and had been on the front lines in France, Holland, Belgium and Germany, so I know he had seen many terrible things.) I never could have conceived that human beings could have treated other human beings that way. It made me sick. I haven’t gotten over it in sixty years.”

On another day, in the same boat, and again to my surprise, he said:

“I never cared too much for old Harry Truman, but I guess I do owe him a debt of gratitude.”

I did know what Dad thought about Harry Truman, and it wasn’t good, so I asked, “What could that possibly be?”

“He saved me and a million other American and allied troops from having to invade the Japanese mainland,” he said, looking at me like I certainly should have known. “We were on a troopship in the Pacific, heading to Okinawa to prepare for the invasion. If we would have had to win that war by conventional means, it would have cost at least a million American lives. And God knows how many Japanese would have been killed. They wouldn’t surrender, you know. He had the courage to win the war and he saved a million or more of our troops and maybe three or four million Japanese. Think about that. You and I might very well not have been here.”

A witness to unimaginable horrors, and saved from even more, Dad had in very few words provided me with all the background I needed in contemplating that awful war. For those who would attempt to rewrite history, to try to minimize its tragedy, or to vilify our country for winning it the best way it could be won, I would ask, “Have you talked to someone who was actually there? Hurry there aren’t many left. I have the real story, first hand.”

“We have gone forth from our shores repeatedly over the last hundred years....and put wonderful young men and women at risk, many of whom have lost their lives, and we have asked for nothing except enough ground to bury them in.” General Colin Powell
THANKS FOR HAVING US AT THE SPRING MIXER. WE HAD A GREAT TIME.
We had a beautiful evening at the Pagoda Visitors Center at the April 20th spring mixer! The weather was in our favor as guests enjoyed the riverfront view and breathtaking sunset.

Thank you Donaldson Capital Management for hosting us, providing insight on the current economy, and for sponsoring the event!

Thank you Acropolis Restaurant and Doros' team for catering a delicious spread of heavy hors d'oeuvres and beverages.

Stay tuned for future mixers!
WE NEED YOUR HELP! GIVE BACK TO YOUR COMMUNITY!

Just for the health of it!

An Interactive Children’s Health Event

SATURDAY, JULY 14
CHILDREN’S MUSEUM OF EVANSVILLE
10:00 AM - 3:00 PM
OVER 400 EXPECTED IN ATTENDANCE!

HOST A TABLE
CONTRIBUTE AN INTERACTIVE ACTIVITY OR LIVE DEMONSTRATION!

Be a role model and share your passion!
Help us educate the families in our community.
Provide children an opportunity to interact with physicians and other healthcare providers to promote healthy living, mitigate some of the fears associated with a visit to the doctor, and emphasize the importance of the medical profession.
Support this fun, educational family day!

Thank you to our event partner!

Please contact the VCMS office to participate or if you have any questions.
(812) 475-9001 ~ Cpatterson@vcmsdocs.org ~ vcmsdocs.org/events
A new program was introduced on March 9th, 2018.

The program is called Pre to 3 and focuses on at-risk pregnant women who have no significant support or are concerned about a lack of parenting skills. There are no financial or insurance restrictions to the program.

Pre to 3 was developed to decrease infant mortality and to reduce risks associated with infant mortality by providing long-term, consistent, hands-on support for expecting mothers, infants, and families.

The implementation of Pre to 3 was made possible by a multi-million dollar grant awarded by the Indiana State Department of Health to some hospitals and health agencies. Vanderburgh County is the only health department in the state to be awarded the grant.

Pre to 3 establishes a community health worker (CHW) for each parent or guardian who visits the home weekly and shares the evidence-based curriculum called Growing Great Kids™. CHWs bring in other professionals as needed, including a registered nurse (RN), social worker, lactation consultant, and more. Also, the program has partnered with Healthy Families Indiana, Head Start, 4Cs, and the Evansville Christian Life Center to extend services to a maximum number of babies and families within our community.

Data is being collected on outcomes and will be made available as soon as the time frame allows for significant data to be generated.

The parent(s) or guardian(s) should be enrolled before the child is three months old. These enrollees will then be followed weekly from the prenatal period, when possible until the child is three years old.

It is hoped that through the Pre to 3 program, the number of ACEs will be reduced, families will be strengthened, and children will have a better chance of long-term success.

Please forward any questions to the Health Department.
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Tri-State Cancer Survivor’s Day is on Sunday June 3rd from 4:00-7:30pm at Eykamp Scout Center and you don’t want to miss it!

It will be a day filled with games, prizes, and surprises as we celebrate cancer survivors of one day to 40+ years AND their family and friends.

Gilda's Club sees the impact cancer brings to our community as it disrupts life in so many ways. We also know the importance of creating opportunities for people to put cancer on a shelf for a while, join with others that ‘get it’ and create wonderful memories of fun and laughter.

That’s what June 3rd is all about - a party planned for those that have fought or are fighting this horrid disease and to let them know they are not alone.

June 3rd is the day, Hope Flies High is the theme and with Gilda’s, it’s always something - so expect a surprise or two.

Register today:


We look forward to seeing you there!

Melanie Atwood
Executive Director
Gilda’s Club Evansville
812-402-8667
melanie@gcevv.org
Wellness 360°
Vanderburgh County Medical Society
Better Health Through Balanced Living

"Testimonial"
“I first noticed the article in the Monitor about the coaching this Fall and was interested, so I contacted Talya, and we got together where she explained the program and answered all my questions. I gave it a try. I was able to identify my goals for the future, which included weight loss, regular exercise routine, and some lifestyle decisions. She arranged a month’s free trial at Tri-State Athletic Club with eight private training sessions. I worked with Robin who does an outstanding job leading you through a series of weight training exercise in 30 minutes with clear explanations of how to get the most benefit. Talya met with me for an hour every two weeks, and we discussed my progress making suggestions and keeping me focused. This was a very beneficial part of the program. I highly recommend giving it a try.”

A testimonial from a Wellness 360 participant

The Program
The Wellness 360° program offers physicians a support system that provides whole-person care and helps to mitigate any stage of physician burnout.

Huge stress levels, long working hours, and poor work-life balance are contributors to physician burnout—a phenomenon that has reached epidemic proportions. More severe cases can lead to a blurred sense of purpose and goals and—in extreme cases—may even lead to suicide.

Physicians ignore the symptoms and those that do validate them do not seek assistance—often because they do not feel comfortable to do so. This is detrimental to them, to their families and to their patients. The Wellness 360° program provides a safe, supportive environment where physicians can receive the care they need and deserve.

Every member of the Vanderburgh County Medical Society will receive complimentary counseling services from a Psychologist and Health & Wellness Coach. Members will also have access to a certified physician burnout coach at a discounted rate. All services are 100% confidential tailored to physician’s needs. It is quickly accessible at the convenience of the physician, free, and private with no disclosure of information to others, including insurance companies, or medical licensing boards.

Health Coaching
The Integrative Health & Wellness Coach will work together with the physicians to implement basic, gradual modifications based on the physician’s unique needs towards a sustainable health and wellness transformation. These modifications will improve the physician’s diet and include positive lifestyle changes towards a more fulfilling career, supportive relationships, daily enjoyable exercise, and a nourishing self-practice. The goal is to prevent physician burnout by incorporating realistic, small changes that will lead to lifelong healthy habits and improve work-life balance.

What Physicians Will Receive
• Two 60-minute sessions per month for six months
• Flexible session setting in person, on phone, or via face-time
• Email support between sessions
• Simple, healthy recipes, food samples, and self-care products
• Handouts and articles specific to your needs and goals
• Accountability
Confidential Counseling
The Psychologists will provide confidential counseling services to address the physicians’ specific needs.

What Physicians Will Receive:
- Complimentary counseling in a private, comfortable, serene, setting that is 100% confidential
- 6-8 sessions offered per year
- Appointment confirmation within 24 hours; including after office hours
- Security that no insurance is billed, no electronic records are created, and no information is disclosed to others without physician’s written consent

Tri-State Athletic Club Partnership
Tri-State Athletic Club’s role in the Wellness 360° program will be to lead the exercise and accountability component. Each participant will be given a 30-day trial membership with full club privileges. The Wellness Staff will create an individualized exercise regimen based on each participant’s needs.

What Physicians Will Receive
- Access to Tri-State Athletic Club’s fitness center, yoga studio, tennis courts, racquetball court, indoor salt water pool, outdoor pool, group exercise classes, and hot tub and sauna.
- Complimentary one on one training with a personal trainer twice a week for 30 days.
- Assessment session complete with goal setting with health and wellness staff.
- Support to achieve participant goals to improve overall health.

Additional Services Available to VCMS Members at a 15% Discounted Rate

Physician Burnout Coaching
The physician burnout coach is both a physician (not local) and an experienced executive coach. The coach will be your success partner who keeps you focused on your vision, support you, and create a plan of action together with you to reduce burnout. This service will be provided to VCMS members at a discount.

What Physicians Will Receive
- 1-hour calls with the Physician Burnout Coach via phone or skype
- A step-by-step action plan to lower your stress and create a more balanced life
- Detailed information on physician burnout including the causes, effects, pathophysiology, and consequences
- Support to achieve your goals and improve your personal and professional development
- 24-hour emergency phone line

For more information please visit: https://www.thehappymd.com/physician-burnout-coach-team

Benefits of Wellness 360°
- Improved overall health
- Stress reduction and life balance
- Improved relationships professionally and personally
- Improved patient satisfaction
- Motivation to be well
- Physicians will be equipped to deal with the pitfalls of their profession
- Gained support system

Schedule Your Appointment
To schedule an appointment, please call our Private Wellness 360° Line at (812) 475-9001.

The VCMS Wellness 360° program will not turn any physicians away. If you are a non-member seeking help, there is a fee schedule. Please contact the private Wellness 360° phone line for more information.

For more information please visit: http://vcmsdocs.org/wellness-360-2/
As a physician, you spend the majority of your professional career taking care of people in need, physically and mentally. You deal with sickness on all levels from a child with a cold to an adult in their last days. Add to that the bureaucratic pressures and loss of autonomy, it’s no wonder that studies show that Physician Burnout is on the rise. Burnout leads to stress, which leads to sickness. After a full day of work, you come home to a family that needs your attention too. When do you take time for YOU? If we don’t take care of our own needs, then how are we to be of any use to anyone else?

When did you last have someone take care of you? When is the last time you got a massage? Maybe you think massage is just foo-foo. Maybe you wonder, when do I have time to do that?

Dedicating an hour to your own well-being could be the best investment you could ever make to your medical practice and your life. Massage can be your one hour of it being all about YOU. One hour to switch it all off and leave it to your therapist to bring the Zen back into your life. An hour of inner reflection while your body is receiving the much-needed relief it so craves. Receiving massage on a regular basis can improve your life dramatically. Just looking at your calendar and seeing you have an upcoming massage can brighten your day.

Maybe you’ve heard of how the Cleveland Clinic in Ohio is trying to combat physician burnout with a program they call ‘Code Lavender.’ The Code Lavender program, which has been in place since 2008, aims to support nurses and physicians during emotionally troubling or exhausting times, often after experiencing the death of one or several patients. Within 30 minutes of a call, the Clinic’s team of holistic nurses arrives at the unit to provide Reiki and massage, healthy snacks and water, and lavender arm bands to remind the nurse or physician to take it easy for the rest of the day. How amazing is that?

At Zen, we’d like to offer you this retreat outside of your place of work. After an introductory, complimentary 30-minute massage, we’d like to encourage you to get on a regular schedule by offering you services at a discounted rate with a promise to yourself that you will return at least once a month.

Give it a try and see the difference it makes in your life. We believe you will see improvements in your mental and physical health. Regular massage improves emotional well-being by making the person feel nurtured. This lowers stress levels and feelings of anxiety. Massage improves quality of sleep and improves concentration. What’s not to like about that?

Give yourself the gift of massage. Your body, your family, your co-workers, and your patients will thank you. I look forward to seeing you at Zen.
Hello, summer! After a winter that lasted for what felt like years, we are eagerly welcoming summer here at TSAC! With that, our summer programming is coming up FAST!

No time for a vacation this summer? No problem – sign up for a Family Gold Summer Membership at Tri-State Athletic Club for a flat rate fee. It’s like a family season pass to fitness! With our summer membership, you get full club access plus all member benefits. This means your family can take advantage of our numerous, member only, summer offerings.

As a club, we participate in the local country club swim league with our very own TSAC Stingrays, coached by Rickey Perkins, head swimming and diving coach at the University of Evansville! You heard that right: our youth swimmers get the knowledge and experience of a decorated university coach right here at TSAC. While the kiddos practice you can lounge by the pool, take a yoga class, or even get in a session with one of our top quality personal trainers.

Our youth tennis program is in full swing during the summer months as well, offering camps for children ages 3 through high school! Students get to work with our tennis professionals to work from basic skills to complex drills. With a variety of options at every level – we’re sure to have a program that is a match for your player.

Last, but certainly not least, we are launching our brand new summer day camp! This eight-week long sport focused camp is available to children from 6-12. At camp, children will participate in our tennis, swim, and generation fit programming as well as be instructed in soccer, basketball, and volleyball. Before and after childcare is also available, making this camp a great alternative to summer daycare.

Don’t find yourself in a pickle this summer with wild kiddos and no activities. Come into TSAC today to see what the dill is all about! #whatsthefdillTSAC
“Relationships are more important than life, but it is important for those relationships to have life in them,”

Swami Vivekananda

Positive relationships, especially with your family, play a large role in helping to lead a happy, healthy life. Family is precious, and time spent with them is valuable. Everyone knows this, but sometimes it’s easy to become absorbed by your job and daily activities; and those closest to you can fall by the wayside. It’s not that you don’t love them or care for them, but rather that your focus is elsewhere. Even though it is unintentional, you may not realize the impact this has on your home environment and family dynamics.

You may come home from work drained from the long, strenuous day and feel that you don’t have anything left to give to others. It can be tempting to just lie down on the couch rather than play with your children or talk to your spouse. While you absolutely deserve a nap and should take one, make sure it doesn’t interfere with your family time. It is a balancing act that involves allotting quality time to your family AND designating specific time to you each day.

Connect with your children on a daily basis: enjoy a meal together, participate in an interactive activity, or support them from the sidelines at their school game. Even spending 20 minutes together is better than no time at all. Devote time to your spouse each day: exercise together in the morning, go for a walk in the evening, play a game, or snuggle in front of the television when the kids are asleep. Yes, life gets busy and schedules are hectic. But every bit of time you can spend with each other will help to fuel the relationship.

Once you have allotted designated time with your family members, it is important to actually be fully present with them. We have all been guilty of texting or emailing while our family members are trying to communicate with us. When this happens, we’re not fully listening to what they are saying. Look at your family members when they speak, listen to what they say, and minimize distractions. You will be amazed by the deeper connections you will build.

Scheduling time for you each day is just as important as allocating time to your family. You need to make sure that you are nourished physically, emotionally, and spiritually in order to be your best for others. Think about what fulfills and rejuvenates you. Perhaps it is a visit to the gym, a run outside, or a yoga class before you head home. Maybe it is reading a good book, listening to music, playing an instrument, browsing your photograph collection, working on your latest art project, or just sitting peacefully with a cup of tea. Think about what you enjoy most, make a date with yourself, and take that time for you every single day.
Below are tips to improve your work-life balance and your family relationships with an aim towards creating a happier home environment.

Steps You Can Take as a Family

- **Set aside the time to connect every day** – Designate family dinners, activities, and date nights with your spouse.
- **Do activities you all enjoy** – Find commonalities, and do things together that you all love.
- **Put away the electronics** – When you sit down to a meal, try to make it an electronic-free zone so that you and your family can connect. If you are on-call, keep your phone on ring, but leave it on the counter rather than next to you at the dinner table.
- **Communicate openly and share your feelings** – Be open and honest with your spouse. You will reduce your stress and feel a sense of relief when the issue has been aired.
- **Forgive and move forward** – Yes, tiffs are normal. Rather than hold a grudge, forgive each other. Try to find a happy medium instead of focusing on the need to be right.

Steps You Can Take to Improve Your Home-Life and Add More You-Time

- **Use your car ride as a time to relax and decompress for the day** – Take advantage of the time you have in the car. Listen to your favorite music, book, or non-work related podcast. Take deep breaths and perhaps listen to a short meditation when you park in the driveway before you enter the house.
- **Separate work and home-life** – When you come home, hang up your “work hat” and acknowledge that you are stepping into a new space with people who love you.
- **Eliminate all of the negative and focus on positive topics** – Sometimes we get so wrapped up in work that we tend to focus on it too much at home. If you spend an entire evening at home complaining about events at work, it can be stressful to you and to your family. I recommend that you and your spouse dedicate 10 minutes to talk about the negative things that happened during the day and then move on to a positive topic.
- **Use Your Planner** – Schedule your you-time in your planner. Write down what you will do, when you will do it, and how long the activity will last. Plan time with yourself.
- **Be flexible** – A busy day does not mean that you should neglect yourself. Carve out some time for yourself, even if it’s just 10 minutes. Any length of time is better than none at all.

As is true with the formation of any new habit, you should take it one step at a time. Start small. Try to gradually incorporate one or two of the suggested strategies. See what helps you and your family to create the life you desire. As Michael J. Fox said, “Family is not an important thing, it’s EVERYTHING.” And when you take care of yourself, you will give your family your “best self” and work towards creating cherished moments spent together.
Think all the way back to your grade school years. Did you know that your personality traits were starting to be honed for the work you do today? Let me give you some examples of myself and see if you can relate.

I remember the praise and exhilaration of being the only kid in the class to get a 100% on an extremely difficult 2nd-grade spelling test. My teacher told me about how proud of me she was and put the biggest sticker she could find on my paper. This was no fault of her own, but I internalized those emotions and that experience to “If I do perfect work, my teacher will be proud of me. So, the opposite, if I don’t do 100% perfect work, she will no longer be proud of me.” I already had perfectionist tendencies but these early academic years most certainly fed into them.

Other areas where conditioning has taken place are in our medical education training. During medical school, as a student, you were being shaped into your professional identity like it or not. While on rotations, you started to observe “good doctoring” vs. “bad doctoring,” what Anthony Montgomery Ph.D. terms the “hidden curriculum.” Formal learning objectives focused more on technical skills and factual learning rather than interpersonal interactions, coping skills and communication (perhaps everything we all are now trying to learn to combat burnout). Organizations talked about professionalism but think about what you saw modeled on your rotations.

I saw:

- The patient (or the work) comes first (even in front of your needs, health or illness)
- Don’t show emotions because that’s weakness
- Being the best lands you the best chance for further advancement (like residency)
- All patients lie so find the truth on your own
- You’re going to be the doctor soon, so you better start learning/making the absolute right decision (even though there are no absolutes in medicine)
- You are the clinical leader (where was my leadership training?)
- The older the practitioner, the more they know so be quiet and listen even if you know new guidelines
- Publish, or you are irrelevant

This hidden curriculum is ingrained into our tradition of medical training, and I could go on and on about underlying messaging student perceived and receive during MS3/MS4. What about residency and/or fellowship training? More deeply installed and reinforced, I believe. But enough about my experience, I want you to think of your own. Think in depth about situations or cases that still leave a lasting impression on you.
Take some time and write out about your medical training experience.
Where did you experience some of the hidden curriculum of medicine?
Where in your life and your practice have you realized that some of the medical programming was just wrong for you?

One physician shared this with me about the above question when I posed it to them while coaching them: “I felt I was taught not to cry over bad outcomes. Now I realize that it is essential that I have those emotions and experience feelings. If I need to cry, then I need to find a safe place and cry instead of suppressing it. I’m healthier this way. I feel like a person again. I mean, I don’t have to break in front of the patient, but I need to be vulnerable at some point.”

For anyone participating in medical education, I would ask you additional questions:
Where have you trained a student, resident or fellow in some hidden curriculum because it was how you were taught? Was this helpful? Why or why not?

The above is an excerpt out of Dr. Weisman’s most recent project “Doctor Me First” that will be released later this summer. It is a self-paced workbook designed for physicians to walk through and out of burnout by giving practical exercises combining her passion for physician wellness with the already flourishing methods of self-improvement through life coaching. Participates also gain access to a private online community of colleagues to encourage and help each other in this current healthcare environment. Dr. Weisman hopes to make this type of study an exciting application for physicians who want better wellness in their lives and practices. To find out more, visit her website at www.truthrxs.com or find her on Facebook or LinkedIn.
THANK YOU FOR ATTENDING AND SUPPORTING

VCMS & FIRST DISTRICT
ANNUAL GOLF SCRAMBLE FUNDRAISER

With your support and participation, we raised over $18,000 for the IU School of Medicine-Evansville scholarships!

Thank you Victoria National Golf Club for hosting us and we hope everyone enjoyed the beautiful day on the course!

Thank you to the ladies of the Vanderburgh Medical Alliance for assisting at registration and throughout the scramble.

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Alaska & the Yukon
featuring the Yukon, Fairbanks and Denali
August 5 - 17, 2018

HIGHLIGHTS: Anchorage, Tok, Whitehorse, Skagway, Dawson City, Fairbanks, Sternwheeler Cruise, Denali National Park, Tundra Wilderness Tour, Talkeetna

Surround yourself in unspoiled landscapes, ancient glaciers and an array of wildlife on your Alaskan and Yukon adventure. Take a trip through breathtaking Prince of William Sound to view its glaciers. Visit the small town of Tok, the original trade center for travelers coming from and returning to Canada. Set out for the “Gateway of the Klondike” – Skagway. Board a scenic sternwheeler for a cruise on the peaceful Chena River. Enjoy breakfast and savor first-class Goldstar service on the Alaska Railroad on an adventure into Denali National Park and travel deep into the park on a backcountry adventure Tundra Wilderness tour. Enjoy some leisure time in the quaint town of Talkeetna. Along the way come to know all of the treasures of “the last frontier.”

Charming French Canada

featuring Montréal, Quebec City, Charlevoix and Montebello
August 31 - September 7, 2018

HIGHLIGHTS: Montréal, Fairmont Le Chateau Frontenac, Quebec City, Charlevoix, Whale Watching, Montmorency Falls

Discover the many charms of the Canadian province of Quebec. This tour introduces you to natural and historic wonders while staying in some of its most luxurious hotels. You’ll spend two nights each in European style grandeur at the Fairmont Chateau Frontenac and at the regal Fairmont Le Manoir Richelieu in the Charlevoix region. Decide how you want to tour Montreal: by foot or by coach. Discover the tradition of maple syrup making at a local sugar shack. Tour Quebec City’s old and new treasures. Embark on a whale-watching expedition with a naturalist guide. Ferry to a 19th century mill that lies on an island in the St. Lawrence River. Visit the magnificent Shrine of St. Anne de Beaupré and behold the spectacular Montmorency Falls. Your French Canadian adventure awaits.

Spectacular South Africa

Culture and Nature in Harmony
October 11 - 23, 2018

HIGHLIGHTS: Johannesburg, Soweto, Kruger National Park, Safari Game Drive, Garden Route, Knysna, Featherbed Nature Reserve, Cape Town, Table Mountain

South Africa’s cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this fascinating tour. Ponder history during a visit to the Apartheid Museum. Search out the “Big Five” during an open-air safari game drive. Visit the Featherbed Nature Reserve. Travel the lush Garden Route between the mountains and the balmy Indian Ocean. Visit a working ostrich farm. Indulge in a wine tasting and lunch at a local vineyard in the winelands region. Relax during a leisurely stay in Cape Town, one of the most beautiful cities in the world.

Fall Motorcoach Tour

Chihuly at The Biltmore
• Lodging for two nights at the Inn on Biltmore Estate
• Self-Guided tour - Biltmore House
• Chihuly Nights Exhibit
• Lunch at Deerpark Restaurant
• Visit Southern Highland Craft Guild’s
  • Folk Art Center
  • Chihuly Nights Dinner

Five Meals Included • September 5 – 7, 2018
Memorable Destinations
& Doctors Outbound

If you would like your recent family vacation photo (non-scenic) in future Monitor Publications, please email cpatterson@vcmsdocs.org.

Dr. Chris Chacko • Asakusa Sensoji Temple

Dr. Peri Percinel & Family • Skiing in Snowmass for Spring Break

Dr. John & Geeta Rodrigues
Enjoying Hamilton in Chicago, IL

Right: Dr. Brett Weinzapfel & Family • Disney World
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The Vanderburgh Medical Alliance is happy to introduce the 2018-2019 Board of Directors.


Not pictured – Membership Secretary – Jennifer Braden  

Join us!

The VMA hosted another successful Style Show Fundraiser, Floriade, April 6th at the Pavilion at the Tropicana. Attendees rate it as one of our “most entertaining.” Crowd pleasers included floral headpieces worn in the opening scene and designed by JD Opel of Shannan Aleksandr’s. This show was the largest crowd ever hosted.

Don’t miss our fall fundraiser, “Eat. Shop. Laugh!,” Thursday, September 6th, at the Tropicana Executive Conference Center. Comedienne Leanne Morgan is booked and ready to entertain the crowd. Tickets are $60, include dinner, and may be purchased from our website, www.vanderburghmedicalalliance.org/events, or from a VMA member. Join us for a memorable evening!

VMA grant funding is currently open. Grants may be applied for online at www.vanderburghmedicalalliance.org/grants. Applications considered must be used for health-related projects, and the applying organization must be a 501(c)3.

Now is the time to pay your 2018-2019 dues. Pay on our website, contact a current VMA Member or email vanderburghmedicalalliance@gmail.com.

See you soon!

Heidi Lance, President 2018-2019
Vanderburgh Medical Alliance
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### Calendar of Events

#### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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| JUNE  | June 21<sup>st</sup> | First District & VCMS Annual Meeting & Dinner  
Bauerhaus • 6:00 pm |
| JULY  | July 10<sup>th</sup>  | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm |
| JULY  | July 14<sup>th</sup>  | Just For The Health Of It - An Interactive Children’s Health Event  
CMOE (Children’s Museum of Evansville)  
10:00 am – 3:00 pm |
| JULY  | July 20<sup>th</sup>  | Sparkle, Shine & Fabulous Wine  
Comfort by Cross Eyed Cricket • 6:00 – 8:00 pm |
| SEPTEMBER | September 8<sup>th</sup> | Seton Harvest Party  
“An Evening Under the Stars” |
| SEPTEMBER | September 11<sup>th</sup> | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm |
| SEPTEMBER | September 29<sup>th</sup> - 30<sup>th</sup> | ISMA Annual Convention |

**More exciting events to come!**

Stay updated on future events and visit the VCMS website at [http://vcmsdocs.org/events/](http://vcmsdocs.org/events/)

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**Vanderburgh County Medical Society**

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Call 812-475-9001 for assistance today!
### Happy Birthday!

#### May Birthdays

<table>
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<tr>
<th>Name</th>
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<tr>
<td>David L. Whitney, MD</td>
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<tr>
<td>Cindy M. Basinski, MD</td>
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<td>Daniel W. Whitehead, MD</td>
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<td>Guido P. Gutter, MD</td>
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<td>David L. Cottom, MD</td>
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<td>Wayland G. Blikken, MD</td>
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<td>Jacklyn M. Oakley, MD</td>
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<td>Helen E. Sponseller, MD</td>
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<td>Douglas J. Doty, DO</td>
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<td>Craig K. Erickson, MD</td>
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<td>Dawn L. Kirkwood, MD</td>
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<td>Joseph Baylor, MD</td>
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<td>Clovis E. Manley, MD, JD, MBA</td>
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#### June Birthdays

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<td>Andrew W. Tharp, MD</td>
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<td>Stacie Wenk, DO</td>
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<td>Jeffrey B. Hemmerlein, MD</td>
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<td>O Monty Lackey, MD</td>
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<td>Milan D. Gerlanc, MD</td>
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<td>C Kenneth Fischer, MD</td>
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<td>Bruce D. Fowler, MD</td>
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<td>Louis B. Cady, MD</td>
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<td>Eduardo De La Flor, MD</td>
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<tr>
<td>James F. Rold, MD</td>
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SAVE THE DATE
Indiana University School of Medicine—Evansville

Ruby Ball

THE EVENING OF
Saturday, November 17, 2018
Old National Events Plaza
Black Tie - Crimson and Ivory preferred
aembrey@iu.edu | 812-465-1194
Formal invitations to follow

evansville.medicine.iu.edu