Happy Doctor’s Day!
March 30th

Inside...
• Spring Mixer
• Annual Golf Scramble Date Set

• 2018 Annual Meeting
• OPIOID Overdose Stats
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*Advertising or publishment in the VCMS Monitor does not imply approval or endorsement by the Vanderburgh County Medical Society.

New Members

Welcome New Members!

Carla Brandt, MD
Alifia Khan, MD
Kristin LaFortune, MD
Natalie Matics, MD

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

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Olympic-sized Inspiration

In preparing for this article, I started writing things down glued to my TV. For the last 2-1/2 weeks, I have been captivated by the Winter Olympics. I am an Olympics junkie – every four years, growing up our household we were regular participants in the couch surfing event of the Olympic coverage. If only there were such an event, I’d be bringing home the gold several years in a row. Then in 1994 when they split up the Olympic games to alternate the even years for the summer and winter games, it kept me looking forward to the events with even more anticipation, never letting me get too far away or the games out of mind. This year was no exception with exciting moments- from Mikaela Shiffrin claiming gold in giant slalom skiing, to Chloe Kim showing snowboarding excellence at the tender age of 17, to the US men’s first Curling gold medal, to the US Women’s Ice Hockey gold medal performance against our arch rivals to the North and it ending in a sudden death shootout that was one for the ages. I have to confess that I stayed up until 1:30 that night watching our women and their game-winning performance and playing their hearts out. It made me proud to be an American!

Now that the games are over, there is a bit of withdrawal and sadness in the air for me. I really enjoyed going home and having a chance to cheer for our countrymen. It was such a welcomed break from evenings that are usually spent charting. As you can imagine, I’m eagerly awaiting the 2020 Games in Japan.

I find it very inspiring and beautiful the idea of the Olympic spirit and the hopes of the athletes. At least for a few moments, we as a global community come together and celebrate their victories and to carry their sorrows and defeats as well. How wonderful it would be to be a representative of a group, to champion and be an example of their hopes and dreams. I found the unified Korean team to be encouraging as the athletes showed the world how we could come together, even with political and ideological differences. That served as a lesson for all of us, especially for our leaders, and hoping that the Games would open up more dialogues for peace and reconciliation.

The dedication and work ethic of these athletes is incredible. I particularly enjoy hearing about the stories of the hard work and sacrifices of the athlete’s and their families. One that moved me this year was of Nick Goepper, now a two-time medalist in Slopestyle from Lawrenceburg, Indiana who hit rock bottom. After earning a bronze medal in Sochi 4 years ago, he battled depression and alcohol and led him to thoughts of suicide. He was able to get into rehab in 2015 and find himself and his skiing again. This year he was able to claim the silver medal, inspiring not just skiers, but many more individuals in showing that people even at the top of their game can struggle with mental illness.

For us in medicine, it can be inspiring to hear the stories of our colleagues. All of us have sacrificed something to get into medical school and then to complete training in our different fields. Even after residency, there are struggles that we face in our profession. We are called upon to care for our fellow humans, putting in countless hours, working through sleep deprivation, and facing challenges that can be physical, mental, and spiritual. It is inspiring to think about all we regularly do and the sacrifices we make for our families and our patients. If you ever need a dose of motivation and inspiration, spend a few minutes listening to some of the stories of our colleagues in the doctor’s lounge. So many good physicians are here in our community that gives of themselves and helps to make our medical community better. Here’s to you and celebrating your achievements, hard work, and dedication. Thank you for making our medical society and this community stronger by being here.
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The VMA is off to an exciting 2018. The Alliance has many activities planned this spring and we hope to see you at some of them. VCMS members and those eligible for VCMS membership are always welcome to attend all Alliance social events.

The Alliance offers a big “Thank You!” to Chris and Jennifer Braden for opening their lovely Newburgh home to the VMA for the Annual Valentine Party, February 8th. The party was well-attended by VMA and Medical Society members and their guests who enjoyed wonderful food, drinks and conversation.

Planning is underway for the 31st Annual Style Show, “Floriade… A Runway Show,” which will be held Friday, April 6th at the newly available Pavilion space at Tropicana. This year’s show will have many physicians and their spouses sharing the runway for this annual fundraiser. This exciting show is a must-see event that has city-wide sponsorship and allows us to fund our scholarships and grants to health-related projects in our community. Tickets may be purchased through our website and inquiries about sponsorships many be directed to vanderburghmedicalalliance@gmail.com. We hope that you will consider sponsorships and a purchase of a few seats. You will not be disappointed!

Our second spring fundraiser is our Annual Flower Sale. Colonial Classics has generously offered to return a portion of sales to us the weekend of May 4-6. Please mention “VMA” at check-out on your purchase of flowers and hanging baskets. Mother’s Day is the following weekend, so keep our sale in mind for your all the “Mom’s” in your life.

The VMA has year-round membership and is open to physicians and their spouses or partners. Please contact us if you are interested in joining the Alliance. Support the Medical Society with your membership, too! They are your advocate.

Fran Vix and Francie Renschler
Co-Presidents 2017-2018
Vanderburgh Medical Alliance
Contact us at: vanderburghmedicalalliance.org
Education, Mixers, and Golf Oh My!

Did you make it our Burnout Proof Workshop? If you didn’t, you should consider talking to someone who did. We learned the causes of burnout, mindfulness meditation, solutions to cut through bureaucracy in the workplace, how to build a successful burnout prevention strategy and so much more! There was also an excellent break out session for the spouses who enjoyed sharing their experiences in regards to how their life relates to being married to a physician. This breakout session proved to be enriching with compassionate support which could be continued through the VCMS if anyone would feel led to do so. We would love to be a hub of support here for you.

This workshop would not have been possible without the financial support of both Deaconess and St. Vincent Hospitals. A big special thank you to them along with the rest of our awesome sponsors that made this day possible. (Indiana University School of Medicine - Evansville, Optimum Wellness RX, Donaldson Capital Management, Pro Assurance, Tri-State Athletic Club, and Tropicana Conference Center)

If you are looking for the next exciting event, you won’t have to wait too long as it is just around the corner! April 20th we will be having a social mixer hosted by Donaldson Capital Management. The mixer will be on the riverfront at The Pagoda with food, fun, and drinks! Donaldson Capital will provide a very brief and informative presentation that will surely enhance the evening’s events. We are looking forward to a relaxing evening on the riverfront with all of you. Invitations with details will be mailed to your home as well as an email blast.

May will bring our annual Golf Scramble at Victoria National Golf Club. We are excited to announce that the scramble will be taking place on May 7th. The course will be in immaculate condition following the Web.com tour, and we have put an order in to have the weather that we had last year! It should be an awesome day to raise funds for the Indiana University School of Medicine - Evansville Scholarship Endowment. Please mark your calendars for this enjoyable day of golf, prizes, and refreshments. If you are unable to play, please consider sponsoring a medical student in your place.

Mark June 21st on your calendars for the VCMS and First District’s Annual Meeting. Bauerhaus will be the exciting new locale of this informative and fun meeting. More details to come on who our esteemed speaker will be this year!

Lastly, I would like to wish all of you a very Happy Doctors Day on March 30th. We appreciate all that you do for this community!
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As February plods lugubriously and uncertainty towards March and the hope of spring, I find myself wondering, as I am sure you do, “What is the Indiana State Medical Association doing for me and my practice during the current legislative session?” Thank you for asking.

This year our state legislature is considering approximately forty-two bills (it is a short session, after all,) which will affect how we practice, how we get paid, who can practice, and what is best for the health of Hoosiers. These bills deal with everything from expanding the scope of practice for chiropractors, nurse practitioners and dental hygienists, to prohibiting non-compete contracts, to increasing cigarette taxes and purchasing age, to establishing perinatal level of care designations for hospitals and birthing centers, to dealing with the opioid crisis, to regulating the pre-authorization processes of health insurance companies. These are only some of the issues being addressed. Fortunately for all of us doctors and our patients, all of these bills are also being addressed by the Commission on Legislation of the ISMA. This is a standing committee of the Association which meets many times during the legislative session in order get the good bills passed and the bad bills stopped or at least amended into something tolerable. It consists not only of practicing physicians but also of ISMA lawyers and lobbyists. The COL carefully considers every bill that affects the practice of medicine in Indiana and lobbies our legislators to do the right thing. They make sure that practicing physicians, who have no agenda other than what is best for their patients, are seen and heard in the State House. Serving on the COL is a huge commitment for these doctors, but one which they take on willingly and most seem to enjoy. It’s a job that most of us wouldn’t want and most of those who might want it just don’t have the time.

Well, I’m here to tell you that it’s a good thing that someone does have the time. In spite of the general cynicism of all legislators today, I honestly believe that most of them want to do the right thing for their constituents and the people of Indiana. But with only a few notable exceptions, their lack of knowledge regarding medicine and medical practice is profound. (How knowledgeable are you about, say, farming or maybe highway construction? They are being lobbied by every faction that has an interest in any of these bills, and it is critical that they hear not only from the chiropractors, the pharmacists, the nurses, the naturopaths, the lay midwives, the drug companies, the insurance companies, the trial lawyers, and yes, the hospitals, but also from the physicians, the only people who have an in-depth knowledge of medicine and what it takes to be in the trenches, on the front line of medical care.

If reading this missile has made you a little bit nervous, relax. It’s all being taken care of for you. You have the good fortune of belonging to the best state medical society in the country. Your dues provide the fuel necessary to keep this critical engine of legislative oversight and influence running. God bless you for your perspicacity and your commitment.

What? You aren’t a member of the ISMA?!!! Email me immediately at mhoovvandy@gmail.com.
SEE YOU AT THE VCMS SPRING MIXER ON APRIL 20TH

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Thank You for Attending the February 24
VCMS Burnout Proof Workshop!

Over 60 guests joined us at the Burnout Proof Workshop at the Tropicana Conference Center! We were thrilled to hear the overwhelming amount of positive feedback regarding Dr. Dike Drummond's sessions. He provided methods to prevent, recognize, and treat burnout, discussed ways to improve work-life balance and relationships, taught mindfulness meditation techniques to reduce stress, provided solutions to cut through bureaucracy in the workplace, and so much more! The spouses also enjoyed their break-out session where they bonded over related experiences and provided feedback to help maintain a healthy, balanced life.

This workshop would not have been possible without our sponsors:

- Deaconess and St. Vincent Hospital
- Tropicana Conference Center
- Indiana University School of Medicine - Evansville
- Optimum Wellness RX
- Donaldson Capital Management
- Pro Assurance
- Tri-State Athletic Club
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JUNE 21, 2018 6PM

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I’ve been thinking about how I’m being trained to think in medical school. I enrolled 31 months ago with a bachelor’s degree in Medical Humanities. In undergrad, most of my assignments were analytical essays requiring a stepwise logical progression of thought and the articulation of arguments on subjects that could be rather abstract. How involved can patients truly be in the process of complex medical decision-making? If a patient is addicted to a mind-altering substance, do they have the capacity to choose? Is being very short a disease that deserves medical treatment with growth hormones?

I realized, not quickly enough, that the method of careful reasoning that I had developed didn’t help very much when it came to standardized multiple-choice testing in medical school. For too long, I tried to approach the exams thoughtfully, as if each question were the story of a patient presenting to me in the ED. I would jot down differential diagnoses as the question stem progressed, carefully interpret each lab value and make sure I wasn’t missing anything. When I got to the actual question being asked at the end of the stem, however, I often felt tricked. This question had nothing to do with the paragraph I just read!

My test scores suffered from my approach. It took too long and didn’t help me get the right answer. When I would describe my reasoning process out loud to professors, they complimented and encouraged how I thought. But it didn’t count towards grades. Clicking the right multiple-choice bubble counted.

I asked my classmates with good test scores how they studied, convinced I must be missing something. While I knew that I was easily outgunned in the IQ department by many of them, I’d learned in High School and college that sweat equity could close the gap between natural astronauts and the rest of us. However, I was troubled by what they said.

Me: “Hey, how is it that disease X causes this physiologic state?”

High-Scoring Classmate: “I have no idea. I just read through the professors slides over and over. I recognized that word from the slide and figured it must be right.”

Woah. This guy isn’t learning! He’s regurgitating slide material verbatim. Surely this method won’t work for the long haul when we get to the wards in our third and fourth year? Or even beyond, when we have real patients without multiple-choice options tattooed on their distended abdomens? I figured at some point my method of careful reasoning would start to pay off again and the oversimplified word-recognition approach would be revealed to be the nearsighted short-term shortcut I felt it must be.

That didn’t happen. The only way I’ve been able to get my course grades to improve at all has been to join in on this style of study. I take a copious amount of test questions in preparation for exams and learn to recognize the three key clues the test writers must put in every question. I skip to the end of the question first, then read the answers. From this information alone I can often get the right answer. I then read the question stem through from the beginning and revise my presumptive answer as needed. If three bits of information fit together for a common diagnosis in a way I recognize, BAM; that’s the answer. Other details included in the question stem must be ignored, they don’t matter in the face of the clear pattern shown. Extraneous information is in fact included on purpose as “distractor” sentences to lead test-takers astray.

I’m getting better at these tests, but I fear it’s making me a worse doctor. I couldn’t quite articulate my argument why exactly for a while and was concerned that I was just making excuses for my underperformance. Medical school separates the boys from the men, right?

Reading the books Thinking Fast and Slow by Daniel Kahneman and Every Patient Tells a Story by Lisa Sanders has given me the language to better articulate my concerns. Kahneman breaks cognition into two basic modes: System 1 and System 2. System 1 is on by default, guided by instincts and intuition, allows wicked fast processing of information and does most of our day-to-day thinking. It’s also undefended from subconscious

George Kane
3rd Year Medical Student
biases that can manipulate our behaviors in foolish ways. It’s what allows us to read a newspaper headline on a complex economic issue and immediately generate a strong (barely researched) opinion. System 1 excels at pattern recognition but is very gullible. It’s an easy way to think and subjectively feels logical.

System 2 is why we need to go to school. It’s the careful, stepwise, slow-thinking system we use to write essays and construct building plans. It requires the gathering and application of information, and practice to use well. It evaluates new information for veracity before accepting it. It’s also hard work. It’s the reason why many people hate writing and say, “I know what I think about such-and-such a topic, I just can’t write it down.” System 1 can let an experienced doctor make the correct diagnosis, but he needs System 2 working well to explain his thought process to a student.

Lisa Sanders applies this distinction to a clinical scenario: a 27-year-old male presented to the ED with squeezing substernal chest pain that worsened with exertion, along with tingling in his fingers. Any medical person reading this story has an instant answer supplied by System 1 recognizing the words “squeezing” and “substernal” when used along with “chest pain;” it’s a heart attack! The ED doctors thought the same thing the first time the patient presented, but the EKG and troponins said no. The docs were mystified and sent the patient home. The second and third time the patient presented with the same (worsening) symptoms, he got the exact same workup, even though it was clear from previous test results that his heart was not the problem. The doctors couldn’t break out of System 1 thinking. They ignored the tingling fingertip symptoms like I have been trained to ignore “distractor” information in test questions. Later on, a clever resident decided to focus on System 2 thinking and was able to diagnose his true condition (pernicious anemia).

I want to be a System 2 kind of physician. I want to avoid jumping to conclusions about my patients. I know that, with time and experience, I will come to recognize patterns via my System 1 cognition. I’m less convinced that, without focused training, my System 2 cognition will be adequately developed. It would be excellent to develop a testing system that rewarded System 2 thinking…

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Average drug poisoning deaths over the last 5 years in Vanderburgh County²

Average overdose deaths involving Opioid Pain Relievers²

Average overdose deaths involving Heroin²

Overdose involving **opiod use** remains a consistent problem in Vanderburgh County

Overdose involving **heroin use** has increased significantly, showing a large spike in 2016

In 2016, opioid overdose accounted for **42,249** deaths in the United States³

Indiana is ranked **16**th for highest percentage of opioid overdose deaths amongst all 50 states³

Lake County in northwest Indiana has the highest drug poisoning death rate at an average of **55 per 100,000**²

In Vanderburgh County, accidental opioid overdoses are **6 times** more likely to occur than suicidal opioid overdoses³

1. Data Collected by the Vanderburgh County Health Department.
2. Indiana State Department of Health 2015 Fatal Drug Overdose Demographics
3. CDC Drug Overdose Data 2017
Wellness 360°
Vanderburgh County Medical Society
Better Health Through Balanced Living

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

“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
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.
I’m dying.

There, I said it. It may come as a shock to many of you. It really isn’t as bad as it seems though. I’m dying. I have been for many years, and I will be for years to come. I’m dying, and so are you. When we are born, we begin a journey, one in which we grow, mature, blossom into all we were created to be. Some of our journeys end very quickly, while others are blessed with years – sometimes seemingly endless years.

Regardless of the timeframe, we only have one life. One body. One chance. Nevertheless, people continue to end their journey via a preventable disease. This blows my mind. Numerous people are dying from PREVENTABLE diseases every single day.

Just let that sink in: every day, thousands of people die from diseases that they had the ability to prevent or manage. This doesn’t have the sting it needs to foster change. Unfortunately, being brutally honest seems to be the only way to make it clear. So here it is in plain language: by neglecting to care for your body, you’re killing yourself. Ouch — why does that hurt so much?

We care about loved ones lost. When we think Uncle Ted passed away from longtime complications with high blood pressure and heart disease, we can blame the disease. It wasn’t Uncle Ted’s fault; it was the disease, the medicine, anyone but precious Uncle Ted. So when you hear someone imply that Uncle Ted’s actions led to his own demise, it packs a punch. In truth, it’s placing blame where blame needs to be placed.

We are in charge of our health. So many people wait until their health is compromised to begin to take ACTION. There are so many warning signs that we often ignore. Look at family history, slightly climbing lab results, declining fitness, and increasing lethargy. The list goes on. Is it this simple? No — there are definitely uncontrollable factors that alter an individual’s predisposition to certain types of illnesses. However, those factors still do not trump personal responsibility. It is YOUR job to take care of YOUR body. Why only do this when you’re at risk for premature death? Start now. Take action.

Small changes make a great impact. You have to start somewhere; the right time isn’t 20 years from now when you’re pushing 60 with high blood pressure, high cholesterol, and pre-diabetic blood work because every football game requires nachos and a six-pack. At that point, you’re managing disease rather than preventing. Why just manage something when you can prevent it?

Make an effort today to begin one small change —just one. Join Wellness 360. Come in and walk for 20 minutes, use a complimentary personal training session, swim with your kiddos, play a pick-up game of tennis with your best friend, try out some hot yoga. Don’t let it stop there, take action outside of the gym too: order a small combo instead of a large, drink one less sugary beverage, eat one more vegetable, go to bed 15 minutes earlier, drink one more bottle of water. Make one better decision today and watch the benefits compound exponentially.

Instead of winding up as the winded 40-something breaking a sweat while chasing your toddler around the park, needing another Mountain Dew to get through the day, focus on being the awesome 60-year old who hikes mountains with the grandkids.

I’ll see you at the summit.
March is here! How are you doing with your health and wellness goals? Have you been allocating time to reach these goals? Do you make commitments, but “more important” things pop up that get in the way? You may say, “I’m going to the gym this week” or “I will bring a healthy lunch to work every day,” but it’s already Thursday, and you haven’t managed to complete either. It’s wonderful that you have the desire to lead a healthier lifestyle! Learn to plan ahead for a more successful tomorrow! Create concrete action steps and develop the necessary tools to help reach your goals.

Choose a day on the weekend to create 2-3 realistic short-term goals. Specify how and when you plan to accomplish them. With a set plan of action, you can track your progress and are more likely to stay on course. Also, it is crucial that you are prepped with the necessary tools to reach your goals. For example, to pack a healthy lunch, first, make sure your refrigerator and pantry are stocked properly. Once you set your weekly goals, it is very helpful to let your significant other, relative, close friend or coach know your plan of action, so you have accountability.

Below is a list of action steps and associated tools to successfully plan ahead to achieve short-term goals towards a happier, healthier life!

Use your calendar – Make your calendar your best friend! Schedule appointments with yourself. Use the calendar for daily reminders and accountability. Include tasks such as your weekly grocery store trip, cooking, daily workouts, meditation sessions or journaling, self-care practices, and that one thing you will do for fun and fulfillment each day! Schedule time for you!

Purchase storage containers – Stock up on a variety of large glass containers to store your weekly chopped produce, prepped meals, and leftovers.

Keep a well-stocked pantry of healthy cooking essentials – Make sure your pantry is always filled with key ingredients such as a variety of seasonings, nuts, seeds, legumes, whole grains, healthy oils, (olive, avocado, and coconut) vinegar, Bragg’s Liquid Aminos (soy sauce alternative), mustards, and tahini.

Create a Shopping list and plan weekly recipes – Choose a few recipes to make in the upcoming week and find recipes that contain overlapping ingredients. Always include extra greens, veggies, and fruits to add to any meal or snack.

Go grocery shopping on the weekend – Take your list of ingredients to the store (and don’t go when you are hungry J), so you know exactly what to buy and are less likely to spend money on impulse purchases and unhealthy temptations.

Pre-chop vegetables and prep the base of your meals – I don’t believe in making all of your meals for the week on Sunday because honestly who wants to spend an entire day in the
kitchen?? Rather than cooking everything on Sunday, use this day to cook a couple of meals, prep grains, and legumes, and chop vegetables to store for later in the week. You will be able to do other things on the weekend and will save time when cooking on a weeknight.

**Cook in bulk** – Cook in large quantities, so you can mix and match foods later in the week to add more variety and use leftovers. Also, you can freeze mostly anything to enjoy in the future.

**Make lunch and prep snacks while cooking dinner** – Your morning is precious and time management is key. Rather than throw something random in a lunch bag, or even worse not take anything at all, make lunch the night prior. Now I know what you’re thinking, “I have no desire to return to the kitchen after cooking a whole meal and washing dishes.” And I totally agree! A great solution is to prep your lunch WHILE you cook your dinner, so you reduce the clean-up and are out of the kitchen earlier.

**Purchase proper exercise clothing and gear** – Buy something new and fun! Make sure you have appropriate exercise clothing and gear such as a quality pair of sneakers, gym bag, yoga mat (if doing Yoga, Pilates, or stretches), and a large water bottle.

**Set a specific plan of action for your workouts** – Rather than just say you will work out three days next week, write down the specific days and times you will exercise, where you will do the exercise, and what workouts you will complete. Choose which friend will join you!

**Prep your gym clothes the night prior and pack a bag** – If you plan to go to the gym in the morning, lay out your exercise clothes the night before, so you don’t even have to think twice about what to wear. If you need to take it one step further and sleep in your gym clothes, then do it - whatever will work for you! Make sure your water bottle is filled, and the gym bag is packed. If you plan to go to the gym towards the end of the day, keep the gym bag with your clothes in the car, so you don’t have to go home first and be tempted to sit on your couch.

**Set Alarms and Reminders** – Use alarms for anything that will help you. Set reminders to drink water, take breaks to breathe and get up to move throughout the day. It is very easy to lose track of time, so an alarm will help you stay focused on your intended action steps. Don’t think about hitting the snooze button!

Now that you have tools to create a plan of action for meeting your goals, it’s also important to remember that things don’t always go 100% according to plan. Be kind to yourself and leave room for some flexibility. If you initially intended to go to a 6 pm yoga class and your best friend decided to plan a last minute birthday celebration, don’t get discouraged and neglect exercise all together that day. Think of a Plan B. Is there another class you can go to that will fit into your schedule? Can you do an alternative physical activity? Even if you can no longer do an hour workout, how about a 30-minute workout? Can you do a video at home? The important thing is that you are still doing something!

*Take action! Plan today to excel tomorrow! Create a concrete list of small, realistic steps you will take each week to gradually work towards your health and wellness transformation.*
Certitude healthcare professional liability coverage delivers:

- **Risk resources** to help you manage your practice, enhance patient safety, and save money
- **Flexible premium payment options** to fit your needs
- **Certitude peer input** for difficult claims and underwriting issues
- **Unified claims approach** that helps you protect your important identity
- **Enhanced coverage** for today’s ever-changing medical environment

Underwritten by ProAssurance Indemnity, Inc.

For more information on Certitude, call ProAssurance at 800.282.6242 or visit [CertitudebyAscension.org](http://CertitudebyAscension.org).

Join over 4,000 ASCENSION PHYSICIANS and healthcare providers now practicing with Certitude.
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 on the importance of the medical profession. Provide children an opportunity to interact with physicians and other healthcare providers to mitigate some of the fears associated with a visit to the doctor.
Support this fun, educational family day!

Please contact the VCMS office to participate or if you have any questions.
(812) 475-9001 ~ Cpatterson@vcmsdocs.org ~ vcmsdocs.org/events
VANDERBURGH COUNTY MEDICAL SOCIETY & FIRST DISTRICT
ANNUAL GOLF SCRAMBLE
Supporting medical student scholarships
at Indiana University School of Medicine-Evansville

Monday, May 7, 2018
Victoria National Golf Club
VANDERBURGH COUNTY MEDICAL SOCIETY & FIRST DISTRICT
ANNUAL GOLF SCRAMBLE

Schedule of Events
11:00am - Registration
Noon - Shotgun start
5:30pm - Awards Reception

Cost per foursome: $850
Includes: green fees, golf cart, boxed lunch, player gift
beverages, hors d’oeuvres, reception, & prizes

Registration
Register online at vcmsdocs.org/event/vcms-first-district-golf-scramble/
Want to support the Scramble, but unable to participate? Sponsor a medical student!

Rules and Attire
Cutoffs, denim shorts, halter tops, and tank tops are not permitted
Shorts must be mid-thigh or Bermuda length
Gentlemen are asked to always wear collared golf shirts
Metal spiked golf shoes are prohibited

About the Vanderburgh County Medical Society
For over 170 years, the Vanderburgh County Medical Society has been a friend and a voice
for Vanderburgh County physicians. The VCMS is an active community of
Tri-State-Area physicians that connect and build relationships with their colleagues to
enhance the health of the community.

Indiana University School of Medicine - Evansville Scholarship
The Vanderburgh County Medical Society values its close working relationship with the
Indiana University School of Medicine - Evansville Campus. It is important to the VCMS to
support the IUSM-E medical students to advance their education. The proceeds of this golf
scramble will provide scholarships to help relieve the students’ substantial financial burden
of obtaining a medical degree. When you sponsor or participate in this event, your support
will assist a student that otherwise might not have funds to further their education.

Player Registration and Sponsorship Information
Visit the VCMS Website: http://vcmsdocs.org/event/vcms-first-district-golf-scramble/
Call 812-475-9001 or email Chris Patterson at Cpatterson@vcmsdocs.org
“Just stay calm,” Richard, my African guide, whispered as a lioness stealthily made her way to my side of an open safari vehicle designed to take adventurous travelers through the savanna and woodlands of Hwange National Park, Zimbabwe’s largest game reserve.

Even from my elevated seat, I could have reached down to touch her – not that I would have. She turned her head my way, bewitching me with a pair of golden eyes that shone brightly in the last pink rays of a spectacular June sunset. Even in the fading light, she was so close I could count the hairs in her luxuriously thick coat – the exact shade of yellow-brown as the tall savanna grass.

I froze with my camera halfway to my eye.

“Keep taking your pictures, but don’t stand up,” Richard said.

According to experts, lions don’t feel threatened by a motor vehicle as long as the people inside are seated. Passengers are simply perceived as part of an object that is much too large to attack as prey.

I didn’t realize I was holding my breath until the lioness silently moved away and stretched out in front of the vehicle, resting her head on a pair of paws equipped with claws sharp enough to tear open a wildebeest. She was blocking the road (more like a path of Kalahari sand that cuts through the wilderness), and we wondered how long she would nap.

Not long. Her companion alerted her to a herd of impala huddled under a tree. The hungry carnivorous pair would coordinate a hunting strategy, spending the rest of the night stalking these agile antelope that have the ability to leap over anything blocking their path, soaring up to 10 feet in the air.

Suddenly, a sharp “bark” rang throughout the grassland, an impala sounding the alarm. The lions had been spotted. The game was on.

To read the full article visit www.haynietravel.com.

A pair of lionesses in Hwange National Park, Zimbabwe’s largest game reserve.

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

Dr. Michael and Nancy Drake
Jerusalem, Israel

Dr. Chris Sartore
Woodruff Park, Atlanta, Georgia

Dr. Mary Tisserand
Grand Palace, Bangkok

Dr. Heather Schroeder
Nepal
Tri-State Medical Alliance would like to thank Bert & Tyna Wheat for a fabulous Valentine’s Day party at Diamond Galleria. It was the perfect setting to celebrate with our “sweethearts”!

Planning has begun for the 2018 Annual Style Show…mark your calendars for September 27th at the Evansville Country Club! This year’s show will have some new twists and a few surprises, so you won’t want to miss it!

National Doctor’s Day is March 30th. Please join us in celebrating ALL the doctors in your life and thanking them for everything they do!

We will award our Community Outreach Grant recipients at a luncheon on April 17th. Profits from our successful 2017 style show will be awarded to local health related non-profits. Please plan to attend and celebrate the good things these groups are doing in our communities!

The TSMA is committed to making a difference in the health of our communities. We are always looking for new opportunities to partner with other like-minded organizations and individuals to reach that goal. We also welcome any community business partners who share in our vision as sponsors for activities, events, and educational seminars.

National Doctor’s Day
March 30th

For more information about meetings or membership:
email us @TRISTATEMEDICALALLIANCE1@GMAIL.COM or visit our website at www.tristatemedicalalliance.org

Reaching Out ... to the community!
Anita Watkins
TRI-STATE MEDICAL ALLIANCE, PRESIDENT

Mark your calendar...
Tuesday, March 20 – General Membership Meeting
Painting @ Whims & Wishes (Henderson)
Tuesday, April 17 – General Membership Meeting
and Community Outreach Luncheon @ ECC
Your prescription for all of your business and personal banking needs!

Practice Buy-in Loans
Business Lines of Credit
Commercial Property and Equipment Loans

Home Mortgage Loans
Home Equity Lines of Credit
Personal Loans

Business and Personal Deposit Products

Make your appointment today with a member of our Business Banking group!

Ryan Black (812) 492-8179
Kelly Dearmond (812) 492-8240
Doug Diekmann (812) 492-8184
Travis Genet (812) 492-8214
Chris Melton (812) 492-8265
Physicians bring economic health to our communities.

The 2018 AMA Economic Impact Study demonstrates how physicians contribute mightily to the health of Indiana’s economy.

Physicians’ impact is felt far beyond the exam room, reaching through local communities, producing a network of jobs and spurring local investment.

Learn more at PhysiciansEconomicImpact.org

157,522 JOBS

$26.4 billion IN ECONOMIC ACTIVITY

$895.8 million IN STATE & LOCAL TAX REVENUES

$12.8 billion IN WAGES & BENEFITS
Beyond their role in safeguarding the health of our communities, physicians in Indiana are a major driver of the state economy, spurring economic growth and creating jobs across all industries.

Indiana physicians hire locally, buy locally and support the local economy. Through the creation of jobs with strong wages and benefits paid to workers across the state, physicians empower a high-quality, sustainable workforce that generates state and local tax revenue for community investments. Physicians’ economic output—the value of the goods and services provided—helps other businesses grow through their own purchasing and through the purchasing of their employees. Each dollar in direct output applied to physician services supports 1.91 in economic activity in Indiana, and physician-driven economic activity is greater than legal services, home health care, higher education, and nursing home and residential care.

View the [2018 American Medical Association Economic Impact Study](PhysiciansEconomicImpact.org) to learn more about the contributions physicians make to the health of Indiana’s economy.

### VITAL SIGNS: THE ECONOMIC IMPACT OF PHYSICIANS IN INDIANA

<table>
<thead>
<tr>
<th>Jobs</th>
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<td>Direct jobs</td>
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<tr>
<td>Indirect jobs</td>
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<td>Average jobs supported by each physician</td>
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<table>
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<tr>
<th>Economic activity</th>
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<tr>
<td>Direct economic output</td>
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<tr>
<td>Indirect economic output</td>
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<tr>
<td>Percent of total GSP/GDP²</td>
<td>7.9%</td>
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<tr>
<td>Average economic output generated by each physician</td>
<td>$2.0 million</td>
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<tr>
<th>Wages and benefits</th>
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<tr>
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<td>Indirect wages and benefits</td>
<td>$3.9 billion</td>
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<tr>
<td>Average wages and benefits supported by each physician</td>
<td>$964,708</td>
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<table>
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<tr>
<th>State and local tax revenue</th>
<th>$895.8 million</th>
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<tbody>
<tr>
<td>Average state and local tax revenue generated by each physician</td>
<td>$67,321</td>
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</tbody>
</table>

1. The economic impact of physicians in Indiana (QuintilesIMS, January 2018).
Chris Patterson, VCMS Executive Director, Dr. Lee Kosstrin, Third Year Family Medicine Resident, and Talya Kosstrin, Integrative Health Coach, spoke to the first and second year medical students about the Wellness 360 program and provided tips to reduce stress and maintain a healthy, balanced life during medical school.
## Calendar of Events

### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| MARCH | March 20th | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm |
| APRIL | April 20th | VCMS/ Donaldson Capital Management Spring Mixer  
The Pagoda • 6:00 pm |
| MAY   | May 7th  | First District/VCMS Golf Scramble  
Victoria National Golf Course • 11:00 am |
| MAY   | May 8th  | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm |
| JUNE  | June 21st | First District & VCMS Annual Meeting  
Bauerhaus • 6:00 pm |
| July  | July 14th | Just For The Health Of It - Community Health Fair  
CMOE (Children’s Museum of Evansville)  
10:00 am – 3:00 pm |

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**

**ADVOCACY**  
**COMMUNITY**  
**EDUCATION**

What can we help you with?  
Call 812-475-9001 for assistance today!
# Happy Birthday!

## March Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>James W. Hansen, MD, PhD</td>
<td>3/1</td>
</tr>
<tr>
<td>Chong S. Kim, MD</td>
<td>3/1</td>
</tr>
<tr>
<td>Robert H. Oswald, MD</td>
<td>3/1</td>
</tr>
<tr>
<td>Richard P. Sloan, MD</td>
<td>3/5</td>
</tr>
<tr>
<td>Keith A. Phillips, MD</td>
<td>3/6</td>
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<tr>
<td>Dan Vardi, MD</td>
<td>3/6</td>
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<tr>
<td>Roderick L. Warren, MD</td>
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<tr>
<td>Donald M. Bailey, MD</td>
<td>3/7</td>
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<tr>
<td>Harry L. Hunter, MD</td>
<td>3/7</td>
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<tr>
<td>Robert J. McElroy, MD</td>
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<tr>
<td>Jane Dy Lim, MD</td>
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<tr>
<td>Alan T. Marty, MD</td>
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<tr>
<td>Kenneth L. Nachtnebel, MD</td>
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<tr>
<td>Donald E. Patterson, MD</td>
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<tr>
<td>Philip B. Leeds, MD</td>
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<td>Stanley P. Taraska, MD</td>
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<tr>
<td>Maria G. Del Rio Hoover, MD</td>
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<tr>
<td>Terry B. Thacker, MD</td>
<td>3/12</td>
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<tr>
<td>Charles L. Wakefield, DO</td>
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<tr>
<td>Floyd M. Cornell, MD</td>
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<td>William F. Johnson, MD</td>
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<td>Anthony L. Schapker, MD</td>
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<tr>
<td>Kathryn T. Lannert, MD</td>
<td>3/15</td>
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<td>David J. Carlson, MD, FACS</td>
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<tr>
<td>Henry W. Bockelman, MD</td>
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<td>Charlotte E. Orr, MD</td>
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<td>Caitlin Schultheis, MD</td>
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<tr>
<td>Amanda E. Bohleber, MD</td>
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<td>Brenda A. Troyer, MD</td>
<td>3/21</td>
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<tr>
<td>J. Frederick Doepker, Jr., MD</td>
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<tr>
<td>Emil L. Weber, MD</td>
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<tr>
<td>Anvita Sinha, MD</td>
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<td>David M. Hayes, MD</td>
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<tr>
<td>Curtis C. Stautz, MD</td>
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<tr>
<td>Chandrasekhar Cherukupalli, MD</td>
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<td>Pedro R. Dominguez, Jr., MD</td>
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<td>Steven A. Rupert, DO</td>
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<td>Sang-Tai Ha, MD</td>
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<tr>
<td>Richard W. Kincaid, MD</td>
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<td>Jack O. Williams, MD</td>
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<td>Gregory G. Ennis, MD</td>
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<td>Zachary C. Hamby, MD</td>
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<tr>
<td>Sanford E. Schen, MD</td>
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<td>William M. Vickers, MD</td>
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## April Birthdays

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<td>Ronald M. Kimberlin, MD</td>
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<tr>
<td>D. Bruce Shelton, MD</td>
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<tr>
<td>Kenneth D. Davis, MD</td>
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<tr>
<td>Robert M. Franklin, MD</td>
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<tr>
<td>Theodore J. Pavlick, MD</td>
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<tr>
<td>Jeffrey W. Selby, MD</td>
<td>4/6</td>
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<tr>
<td>Michael K. McFadden, MD</td>
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<tr>
<td>David P. Ten Barge, MD</td>
<td>4/7</td>
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<tr>
<td>William A. Tortoriello, MD</td>
<td>4/9</td>
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<tr>
<td>Randall L. Oliver, MD</td>
<td>4/10</td>
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<tr>
<td>Karl W. Sash, MD</td>
<td>4/13</td>
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<tr>
<td>Steven K. Elliott, MD</td>
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<td>Jay H. Woodland, MD</td>
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<tr>
<td>William C. Fisher, MD</td>
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<tr>
<td>Matthew R. Lee, MD</td>
<td>4/16</td>
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<tr>
<td>Meredith I. Gamblin, MD</td>
<td>4/17</td>
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<tr>
<td>Kim A. Volz, MD</td>
<td>4/17</td>
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<tr>
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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

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