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Reflections and Gratitude

As the year winds down and we get ready to start 2019, it’s a time for reflection and also for thanks for all that we have and have done this year.

As with most years now, the days fly by, and we already find ourselves at the end of 2018, when it just seemed like it started. It seemed like when we were younger, time moved sooooo slowly, and we couldn’t wait to grow up and be a year older and one more grade higher, or get out high school and then college. We wanted to be like the big kids, wanting the privileges that came with having another year added. Then we got into med school and couldn’t wait to make it and be doctors finally. Well, we are here on the other side of all our training and sacrifices, and sometimes we can forget how precious time is. In the book of Psalms, it puts it that “man is like a breath; his days are like a passing shadow” (144:4 ESV). We really must make the moments count.

This time of year we pause and celebrate family, faith, and traditions. For some, this time of year can be difficult as we miss folks or their presence around the table. I hope that no matter what you or your family may have gone through this past year, that there is still joy and small moments/reminders of the blessings that can be found around us. For all the running around that we do and the busyness we have in this thing called life, that there is still a joy and hope that keeps us going. This attitude is what leads us to one of gratitude…. an attitude of gratitude.

I want to share a story of a patient’s family recently. When I was on call a weekend in December, I had just finished seeing a consult in the ICU. There was a patient’s mother who came up to me and asked me if I was Dr. Chacko. After I confirmed I was, she just wanted to say thank you. It was three years ago when I operated on her daughter, taking out tonsils in what was a routine case. She had a good outcome in that her breathing during her sleep was remarkably better. As for why the mom was there at the ICU, she was there with her extended family as the small crowd was talking and consoling each other. You see, her husband had a sudden event leading to anoxic brain injury. It is unclear how things will be for him, but in the midst of her suffering and uncertainty, she stopped to thank me for her daughter’s surgery years ago as she remembered the care my nurse and I gave. I am embarrassed to say that I did not recall the patient or the mom until she told me, but I am deeply moved that she would stop and say something to me even in the midst of all that she has going on. There are moments like this for which I am humbled and grateful.

My story is not unique, and I believe that each of us can recall touching moments that make being a doctor worth it. I am grateful to have the opportunity to practice medicine and grateful to be in our medical community. There are excellent physicians here who are skilled and brilliant. I am grateful to our Executive Director Chris Patterson and for her passion and excellence in serving the medical society. I am thankful for our Board of Directors and for their insight and efforts in being the engine for the VCMS. I am grateful for you, the reader and our physician members, for your service to this community and our patients. Let’s make 2019 just as rewarding.
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Happy New Year! The members of the Vanderburgh Medical Alliance wish you a joyous and prosperous 2019. May you have many new friendships and celebrations! Please find us at www.vanderburghmedicalalliance.org.

**Holiday Party**
Dr. Randy & Heidi Lance hosted the Annual Holiday Party in their Newburgh home. It was a great opportunity for VMA members who can’t make daytime meetings to enjoy some comradery and festivities.

**Foodie Group**
The Foodie Group enjoyed a wonderful lunch at Bru Burger in downtown Evansville at the old Greyhound bus station.

**Book Club**
The Christmas Book Club Book Exchange was a hit at the home of Sherie Hambidge. We have a very active book club that meets monthly.

**Big Hair, Don't Care!**
Please enjoy a little sneak peak of our 32nd Annual Style Show! It is scheduled for Friday, April 6, 2019, at the Pavilion at Tropicana. Tickets are $50 and may be purchased on our website.

Heidi Lance, President
2018-2019
As we say goodbye to 2018 I would like to reflect on the past year at the VCMS. In February we brought you the first ever Physician Burnout Workshop with Dr. Dike Drummond. He taught us many things and left us with an arsenal of tools to use in our daily lives to combat burnout.

In April we had a beautiful evening along the riverfront at the Pagoda celebrating Spring. Donaldson Capital Management graciously hosted our event with delicious food and spirits from the Acropolis Restaurant.

May brought us the annual Golf Scramble at Victoria National Golf Club with record-breaking attendance! Special shout out to First Federal Savings for being our premier sponsor for this worthy event!

In June we held our annual meeting along with First District at the beautiful Bauerhaus. We were honored to have Lt. Governor Suzanne Crouch as our speaker.

July ushered in Just For the Health of it with over 500 in attendance. This health event brought doctors and the community together to learn how to live healthier and mitigate any fears children might have with doctor’s visits. During July we also had the opportunity to learn how to care for our fine jewelry and even had a lucky winner take home a beautiful ring during a lovely dinner at the Comfort By Cross-Eyed Cricket. This was sponsored by Lifetime Financial Growth and Brent Beaman.

In September we attended the annual Convention with the Indiana State Medical Association in Indianapolis. This was an exciting place to be as doctors passionately brought forth resolutions for change within our legislature for the betterment of practicing medicine! We are excited to welcome our very own Dr. Stacie Wenk as the new ISMA President for 2019.

As the year winded down in November, Lifetime Financial Growth sponsored, An Evening Under the Stars at Seton Harvest Farms. We had a wonderful farm to table dinner as we listened to our fellow physician’s journeys regarding the ins and outs of being a physician. We also made the exciting announcement that other medical professionals now have the opportunity to join and utilize the Wellness 360 program.

Last but certainly not least we had record attendance at our Holiday Party courtesy of First Federal Savings Bank. WHEW!

To say we had a busy year was an understatement! As we prepare for a new year please keep the VCMS in your thoughts and prayers as we move forward bringing new programs and services that will benefit you as our members. I am truly blessed to be the Executive Director of the VCMS and look forward to a new year with all of you very soon!
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2018

HOLIDAY PARTY
As I write, Thanksgiving is rapidly approaching. You remember Thanksgiving, don’t you? It’s that holiday that comes right in the middle of the Holiday Season about halfway between Halloween and Christmas. It seems to get a little lost these days. Actually, over the years Thanksgiving has become my favorite holiday; minimal hype, no overpriced worthless presents to buy, no greed, just a day to give thanks for all the blessings we already enjoy, and of course, a day to be with family and friends and to surfeit ourselves on the foods that everybody loves, but we only prepare once a year. So, since you won’t be reading this article until after Thanksgiving, I hope you had a very happy one.

You did get a present, though. So did I, and it’s far from worthless. If you remember the last time I wrote to you, (and I am sure every word is transfixed in your memory, or at least available in your files,) I told you that the Centers for Medicare and Medicaid Services (CMS) was (or is it were?) planning to collapse the E&M codes from eight to two, which would result in an average pay cut for American physicians of ten thousand dollars per year. This unwelcome pronouncement came in a package of more beneficial proposals, such as allowing practitioners to review and verify specific information entered onto the record by staff, rather than having to re-enter it and to focus documentation on what has changed since the last visit, rather than documenting what is unchanged. They also proposed new CPT codes for telemedicine and other electronic communication, as well as updated supply and equipment pricing.

Well, I’m happy to tell you that you are going to get all of the good stuff and none of the bad. There will be no collapsing of CPT codes, at least for the next two years, and all of the measures which will simplify your computer work and update your practice will still go into effect. And to whom do we owe this great beneficence? We can start with Seema Verma, the administrator of CMS, who is willing to listen to the concerns of physicians of and other caregivers, (I told you two years ago that she was going to be a good one.) We can thank our legislators, many of whom are physicians and understand our concerns. And we can thank our state and local medical societies, our specialty societies, and of course, the American Medical Association. Without the continued vigilance of Organized Medicine, changes such as the reduction of E&M codes would have gone through unnoticed and unchallenged.

So even though Thanksgiving is over, it is not too late to be thankful. Be thankful that there are people dedicated to watching out for you and your patients. Show your appreciation by joining and supporting your specialty society, The Vanderburgh County Medical Society, the Indiana State Medical Association, and the American Medical Association. Believe me; you’ll be glad you did. So will I.

Merry Christmas and Happy New Year.
Financial Workshop Highlights

We are extremely pleased to announce a valuable new alliance with Lifetime Financial Growth, a member of the Guardian Network, for VCMS members. The alliance has been established specifically to meet an array of needs within the medical community.

We welcome your input on workshop topics you would like to see in the future and to schedule an individual appointment to learn more about how LFG’s products and services can truly help you get your financial life in balance.

Julie Weyer
Financial Representative
(812) 550.8702
Julie_Weyer@lifetimefinancialgrowth.com
www.lfgco.com

PANGEA KITCHEN
111 S Green River Road, Evansville, IN 47715
Thursday, November 8th. Arrivals start at 5:30 pm, the speaker starts at 6 pm.

UPCOMING EVENT:
Retirement Planning & Protection
Asset Allocation & Management

To register visit our website www.vcmsdocs.org/events

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This has been quite a year for the Health Department;

Some of the highlights:

Accreditation is still on the forefront for the health department. The Public Health Accreditation Board has reviewed all documents submitted and completed a site visit in March. Recommendations for improvements were made, and an action plan was developed. Supporting documentation will be submitted in 2019.

The Pre to 3 program addressing infant mortality was developed and implemented with 3.6 million dollars in funding from the Safety PIN grant in March of this year. The program receives referrals from community partners for at-risk families and relies on home visitation by community health workers and registered nurses. They serve as mentors and educators and utilize the evidence-based Growing Great Kids curriculum to build on family strengths. The program has served over 95 prenatal mothers and infants less than 90 days old and will support these families until the children are age three. Current outcomes include 27 infants born to mothers enrolled prenatally. All of these infants were born full-term with 96% weighing greater than 5.5 pounds.

Baby Me Tobacco Free, an incentive-based program, to impact maternal and partner smoking rates, continues to surpass all expectations. To date, 405 women have been enrolled with a current low birth rate of 7.7%, which exceeds the March of Dimes goal. Five sets of twins are included in that rate with only one newborn at low birth weight.

We are continuing to alleviate the lead exposure in at-risk children. The VCHD along with community partnerships was awarded a Lead Hazard Reduction Grant from Indiana Housing Community Development Authority for $674,000 to assist families buying or renting older homes to remediate lead hazards such as lead paint and dust. The environmental division provides case management and remediation plans for elevated lead cases in Vanderburgh County.

The communicable disease division has seen a record number of clients this year. In response to the Hepatitis A outbreak in Indiana, the division provided immunizations in homeless shelters, our STD clinic, and the Vanderburgh County jail, providing close to 600 immunizations to at-risk individuals. The STD clinic and the interventional disease specialist have provided services to a record number of clients due to an 800% rise in syphilis in our region. Tuberculosis investigations directly observed treatment for active cases and treatment of latent tuberculosis infections is the highest in years.

Our two-member data team continues to do exceptional work with programmatic and population data analyses for the department and our community. Recent projects include opioid data interpretation for the Mayor’s Task Force, OB mapping and pursuit of IRB approval of Pre to 3 research.

Other accomplishments include 17 individuals that attended the Indiana State Department of Health’s Labor of Love conference including two medical student interns. This group had seven posters and one oral presentation. Mary Ellen Stonestreet, director of WIC, was awarded USI mentor of the Year. The Environmental Health Association awarded Volunteer of the Year to Chris Borowiecki, director of the Environmental Division.
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 Vanderburgh County Medical Society physicians and medical professionals a confidential support system that provides whole-person care and helps to mitigate any stage of burnout. The Wellness 360° program provides a safe, supportive environment where physicians and medical professionals can receive the care they need and deserve.

Health Coaching
The Health & Wellness Coach will work together with participants to implement basic, gradual modifications based on the person’s unique needs towards a sustainable health and wellness transformation.

Confidential Counseling
The Psychologist and Social Worker will provide confidential counseling services to address the participants specific needs.

Colleague to Colleague
Local physicians who have experienced burnout, who are available for guidance and coaching or just there to listen.

Bob’s Gym Partnership
Bob’s Gym’s role in the Wellness 360° program will be to lead the exercise and accountability component. Each participant will be given a three week (6 appointments) with a personal trainer and full club privileges at any location. The personal trainers will create an individualized exercise regimen based on each participant’s needs.
**Financial Wellness**
Lifetime Financial Growth will offer a variety of strategies and products along with educational workshops to help you maximize your financial potential.

**PRN: Physician Renewal Network**
A support group for physicians.
This is a physician-led, confidential gathering for physicians who are looking for support, information, resources or those who may want to commiserate. See website for details on when meetings take place.

**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.

For more information please visit: [https://www.thehappymd.com/physician-burnout-coach-team](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 and medical professionals will be equipped to deal with the pitfalls of their profession
- Gained support system
- Financial Wellness

**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 or visit vcmsdocs.org/wellness-360-2/ for more information.

If you are experiencing suicidal thoughts, please contact the National Suicide Prevention Lifeline at 1-800-273-8255.
During a recent meeting with one of my bridal clients, I noticed that she was clearly stressed. When asked what was going on, she said that she was anxious about balancing wedding planning with other daily tasks. First, I told her to take a few moments to just breathe. She inhaled slowly and exhaled deeply. Then, we acknowledged her feelings and brainstormed. As we were talking, she had an “aha” moment about overly long to-do lists and the perceived need to be constantly on-the-go. She needed to slow it down and reevaluate her plate.

Our conversation reminded me of a recent experience in the shower where my actions were so quick and robotic, I didn’t even remember if I shampooed. I stopped for a moment and asked myself, “Talya, why are you rushing in the shower?” The shower should be a time to relax. It should be a place of peace and solitude to soak in the hot water – even for just a few minutes. I had my own “aha” moment and realized that I was considering a shower as part of my to-do list rather than a treat.

So often in life we just go through the motions. We run from place to place, try to cram too many things on our to-do list, and even worse, we beat ourselves up when we don’t complete the lists. We absolutely deserve to take 5-10 minutes to enjoy a shower! I guess my clients sometimes help with my accountability…who says a coach doesn’t need a reminder every once in a while? :-)

My client and I came up with a few ways to reevaluate the level of importance of the individual items on her daily schedule. We also discussed the need to allow herself to slow down and get more enjoyment from a simple activity such as her shower. The “allowing” part is the key. Many of us tend to think that if we’re not constantly doing or going, we are not good enough. In actuality, in order for us to be our best, we need to give our body and mind a chance to rest.

Below are ideas to help you slow down this holiday season and gradually create new habits to be your best self in 2019!

**Give Yourself More Time to Get Ready in the Morning** – Set your alarm clock 15 minutes earlier. This extra time will provide a cushion so you can more calmly get ready for your day. I know it can be tempting to snooze and stay under the covers, but your future self will thank you.

**Start the Day with Gratitude** – Before you get out of bed write down what you are grateful for in a journal, count your blessings to yourself, or say them out loud to your significant other. It is such a peaceful, positive way to begin the day!
Make Sure to Carve Out Time For You – I know I sound like a broken record with this, but it is so important to schedule time for you. Make sure that you block out some time each day to do something you love!

Shorten Your To-do Lists – Reevaluate your daily tasks. What are the top 3-4 items that are most important to you? Are there items on your list that can be done the following day or assigned to someone else? Don’t worry, everything will eventually get done, so give yourself permission to spread the tasks out over time.

Give Yourself More Time to Get to Your Destination – Allow just 10 more minutes! Who needs the added stress of cursing at traffic or red lights? Enjoy this time to listen to music or a good podcast. It’s an added bonus to arrive early and to calmly begin your next activity.

Take Breaks – Create reminders on your phone to take a few 10-minute breaks throughout the day. Use this time to breathe, stretch, meditate, walk around, listen to your favorite music, or do whatever relaxes you. The goal here is to get away from screen time; so rather than scroll through social media, enjoy these moments to rest your eyes and mind.

Incorporate Stretching and Low-Impact Exercises – Rather than solely focusing on high-intensity exercise, modify your workout routine to include low-impact movement such as Yoga, Pilates, or Tai-Chi. These exercises incorporate mind-body connection, will ground you, and connect you to your breath to promote relaxation and reduce your stress.

Create a Work Cut-off Time – Work-life balance is key, especially with the constant accessibility via phone and email. Choose a time to turn off the laptop, finish your emails, and shut down until the next day.

Prepare the Evening Prior – Make lunches, lay out your clothes, and prepare your gym bag at night, so you have less to do and think about in the morning.

Go to Bed Earlier – Try going to bed 15 minutes earlier and gradually build from there. Try watching one episode rather than binge-watching your favorite TV show at night.

Unwind Before Bed – Dim the lights and create a positive setting for a peaceful night sleep. Turn off the electronics, take a bath, read a good book, and perhaps listen to a relaxing meditation.

Nap on the Weekends – Naps are something I am gradually incorporating, but my husband is a pro in this area. :) Allow yourself to take a short nap on the weekend. Even if you just close your eyes on the couch for 10 minutes, give yourself permission to take some downtime.

Rather than criticize yourself for what you didn’t achieve, congratulate yourself for everything you complete each day! Listen to your body, slow down, and allow yourself to rest. The next time you take your shower, cherish the moment -- stand under the water and let it run!
THE POWER OF PARTNERSHIP

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UPCOMING EVENT:

Jumpstart Your Finances for 2019
January 24th
First Federal Operations Center
6:00 pm

We welcome your input on workshop topics you would like to see in the future and to schedule an individual appointment to learn more about how LFG’s products and services can truly help you get your financial life in balance.

Get in touch with Julie Weyer

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First Things First

Do you have any exciting plans for the new year? Certainly! Maybe you even have too many things you want to tackle. Then, the question becomes, “where to start?” In any endeavor, it’s essential to put first things first. Personal finances are no different.

In the case of financial planning, that first critical thing may not be what first comes to mind. Likely you think it’s to eliminate debt. Hang on a moment.

Let’s try a quick thought experiment: You have your dream job, you’ve paid down your credit cards, your personal loans and maybe even put a big dent in your mortgage. That’s truly a feat to be proud of! But then, you become disabled, or worse. What happens now? The short answer is that your cash flow suddenly stops. You, or your loved ones, burn through your savings and retirement, turn to your credit cards and even start to get behind on your mortgage. So, given this scenario, what would be the first step to true, deep, long-lasting financial and emotional confidence?

PRIORITIZING PROTECTION – Protecting your assets, including you, is the single most important step in increasing your financial and emotional confidence. Here are three “protections” every working American should consider:

Health insurance: Even if you’re young and healthy, a serious illness or injury could put your financial future at risk. Navigating the health insurance maze isn’t easy, but try to find coverage that will protect you from medical debt, which is the primary cause of personal bankruptcy.¹

Life insurance: If you died tomorrow, would your loved ones be able to pay essential bills, keep their home and maintain their lifestyle? Life insurance provides a financial parachute for loved ones, and with some whole life plans, you may even be able to build cash value to fund things like education.

Disability insurance: If injury or illness interrupted your income stream for an extended period, would your savings hold you over? Could be tough. The average individual disability claim lasts 31.6 months – nearly three years.² Disability insurance can help by replacing a portion of your lost income during this period.

BECOMING A WORLD-CLASS SAVER – The average American only saves about five percent of their income.³ Set up a personal savings account, if you don’t already have one, and set a goal to save 15 to 20 percent of your income by committing to a budgeted lifestyle. Quick tip: Use direct deposit through your employer—it’s painless. If you get a tax refund, have it deposited directly into savings.

BUILDING A CUSHION – If you’re like most Americans, you have less than $1,000 in savings for an emergency.⁴ Some experts say to build the equivalent of three months in spending. That may not be enough. The ideal is the equivalent of a year’s income. That’s a tall order and something that will take time, but if you ever need it, you’ll be glad you have it. Quick tip: Keep the fund separate from your other savings accounts.

TACKLE DEBT – Not all debt is bad, but if you’re carrying a heavy load in high-interest loans and credit card debt, you’re throwing money out the window. The average household with revolving credit card debt pays $904 in interest annually.⁵ Once you put the protection steps in place, look to paying down your credit cards and living within your means. Quick tip: Resolve to pay cash for both small and major purchases. Here are more ideas on how to make smart debt decisions.

If you do nothing else this year from a financial perspective, take action in these four areas, one by one – protect with the right solutions, become a world-class saver, build an emergency cushion and reduce your debt. These steps will help you move from concerned to confident, financially and emotionally, to make the most of the new year ahead.

Brought to you by The Guardian Network © 2017. The Guardian Life Insurance Company of America® (Guardian), New York, NY. 2018-52156 Exp. 01/20

SOURCES:
“Hey, Tony! What’s the most important? Strength training, cardio, flexibility or nutrition?”

My answer? Yes. Those are the most important.

Think of your health like a car. Four wheels. If you only have 2 or 3 wheels, yes, the car may still move, but it is going to be a slow, rough ride. Put all four wheels on the car, and you have a much better chance of reaching your destination.

First things first. You need to know where you are going. What is your goal? I’m sure that you have heard the saying, “If you don’t know where you are going, any path will do.” If you don’t have a specific fitness goal and you just want to be healthier, then it doesn’t matter what you do. Do something active, on purpose at least four days a week. Do something more days than you don’t do something.

The trick comes when you have a more specific goal. Then you need a more specific plan. People have different goals and therefore need a little bit different plans, but let me share some basic things that I think can apply to everyone.

**NUTRITION**

Here’s the deal. We tend to make nutrition a lot more complicated than it has to be. I don’t give out meal plans; I teach principles and habits. There are two basic principles that I teach. 1) How much food you eat matters. 2) The kind of food you eat matters. How do you know what works best for you? The first and most important habit I teach is journaling. By keeping track of what you eat and evaluating to see if you are moving closer to or further away from your goal, you can make small adjustments until you determine what your body responds the best to, what fits your lifestyle, and ultimately what will help you reach your goal.

**STRENGTH TRAINING**

Pretty much everything in life is a little better if you are a little bit stronger. Carrying in groceries (or shopping bags) from the car is easier if you are stronger, and clothes generally fit better when you are a little stronger, energy levels throughout the day are usually higher if you are stronger. Most people will do fine with at least two days per week of strength training. Make sure you include some sort of squatting movement (bodyweight, kettlebell, barbell, lunge, leg press), hinging movement (deadlift variations, kettlebell swing, back extensions), pushing movement (pushups, bench press, overhead press), pulling movement (rows, chin-ups, lat pulldowns) and carry things around.

**FLEXIBILITY AND MOBILITY**

A great place to start is by stretching after each set when you strength train. Think about which muscle you just worked and then do a stretch or two for that muscle or muscle group. The next step is to do some type of yoga or pilates class. Having someone else tell you what to do and make sure you are doing it right helps a lot. There is also a lot of power in being part of a community focused on getting healthier together. Another thing that helps a lot with mobility is making sure that you are using good range of motion while you strength train.

**CARDIO**

What is the best thing for you to do for cardio? Run? Elliptical? Bike? The answer is simple. Whatever you hate the least. Whatever you will do consistently to elevate your heart rate and work up a sweat is best.

To sum it all up, they all matter. My recommendations: strength train at least twice per week. Do something to get your heart rate elevated and break a sweat at least four times per week. Make stretching a part of every workout. Pay attention to what you eat all the time. Not every day will be perfect, but pay attention to it. If you need help with specifics for your goals or have any questions, feel free to contact me at tonymaslan@bobsrgym.com.
New Wellness 360 Program

PRN: PHYSICIAN RENEWAL NETWORK

A support group for physicians

We have all heard the term “burnout” for doctors. Most studies suggest 50% or more of physicians are “distressed physicians.” This appears to be true whether you are at the beginning or end of your career, male or female. Are you frequently angry and frustrated because the system in which we work seems adversarial? Are you tired of spending your evenings catching up on EMR duties instead of spending time with your family? Have you forgotten why you chose this noble profession, especially when it seems that each patient you see is delaying the end of your workday? Are you depressed? If you think you are burned out or are concerned you may be headed that way; there is help available.

The VCMS is starting a support group for doctors who are previously, currently, and potentially burned out. This support group can be used “as needed” – PRN: Physician Renewal Network. This will be a physician-led informal, judgment-free, confidential gathering for anyone who has questions about burnout, those who are looking for support, information, resources, or those who may just want to come to complain and commiserate. All are welcome. We will meet on the first Wednesday of every month at the VCMS office (3116 E Morgan Ave # F) from 6 pm to 7 pm. Please join us.
Reaching Out!
Members enjoy our volunteerism & sincere friendships. Physician spouses are welcome and encouraged to join us. TSMA has fabulous plans for 2019! We are honored to “Reach Out” and have a positive impact on the quality of healthcare and physician family life in the “Tri-state” community!
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ISMA Update

Indiana Department of Insurance
December 17, 2018
Bulletin 247

PATIENT'S COMPENSATION FUND

This bulletin is directed to all health care providers elected to be qualified under Indiana's Medical Malpractice Act (IC 34-31-1-1 et seq.) and to insurers that provide coverage to those health care providers.

Surcharge Rates for Physicians and Physicians

Pursuant to IC 34-31-5-2, the Commissioner of the Department of Insurance in his capacity as administrator of the IC 34-31-5-2, hereby notifies physicians and hospitals of the following surcharge for qualification under the Act. The rates are effective for coverage beginning July 1, 2019.

PHYSICIANS

The overall effective surcharge for physicians will be by 14.4% from the current rates. A complete list of physician specialty class codes is published at the end of this bulletin

<table>
<thead>
<tr>
<th>CLASS</th>
<th>ANNUAL RATE</th>
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<tr>
<td>0</td>
<td>$2,079.06</td>
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<tr>
<td>1</td>
<td>$2,576.06</td>
</tr>
<tr>
<td>2</td>
<td>$3,861.06</td>
</tr>
<tr>
<td>3</td>
<td>$5,030.06</td>
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<tr>
<td>4</td>
<td>$5,961.50</td>
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<tr>
<td>5</td>
<td>$8,108.16</td>
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<tr>
<td>6</td>
<td>$12,625.36</td>
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<td>$17,987.80</td>
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<td>$22,277.90</td>
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<tr>
<td>9</td>
<td>$37,482.01</td>
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</table>

HOSPITALS

The surcharge for hospitals is shown below and represents an overall 12.3% decrease from the current effective rates. The surcharge calculation must be completed with the online filing worksheet, which can be accessed at http://www.in.gov/insurance/2007.htm.

<table>
<thead>
<tr>
<th>Line Item</th>
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<tbody>
<tr>
<td>Free Care Hospital (Acute Care and Intensive Care)</td>
<td>$1,077.00</td>
</tr>
<tr>
<td>Mental Health/Rehabilitation</td>
<td>$790.00</td>
</tr>
<tr>
<td>Extended Care/Intermediate Care/Residential</td>
<td>$557.70</td>
</tr>
<tr>
<td>Nursing Home/Clinical Extended Care</td>
<td>$557.70</td>
</tr>
<tr>
<td>Health Institution/Assisted Living</td>
<td>$213.70</td>
</tr>
<tr>
<td>Business</td>
<td>$1,077.70</td>
</tr>
<tr>
<td>Emergency Room (per 100 visits)</td>
<td>$107.70</td>
</tr>
<tr>
<td>Clinic-Other (per 100 visits)</td>
<td>$53.85</td>
</tr>
<tr>
<td>Mental Health/Rehabilitation (per 100 visits)</td>
<td>$213.70</td>
</tr>
<tr>
<td>Health Inspection (per 100 visits)</td>
<td>$213.70</td>
</tr>
<tr>
<td>Home Health Care (per 100 visits)</td>
<td>$53.85</td>
</tr>
<tr>
<td>Birth (per 100)</td>
<td>$4,304.00</td>
</tr>
<tr>
<td>Outpatient Surgery (per 100)</td>
<td>$107.70</td>
</tr>
<tr>
<td>Inpatient Services (per 100)</td>
<td>$213.70</td>
</tr>
</tbody>
</table>

Physicians employed by hospitals continue to pay 100% of the appropriate surcharge for the physician's specialty class. Hospitals lacking a risk management program continue to receive a 10% penalty of the subtotal of surcharge due. Hospitals with more than 500 beds should continue to add a 5% multiplier to the subtotal of surcharge due.

Indiana Department of Insurance

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Insurance Commissioner
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## Calendar of Events

### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| JANUARY| January 8<sup>th</sup> | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm                                                |
| JANUARY| January 24<sup>th</sup> | Jumpstart Your Finances for 2019 Workshop  
First Federal Operations Center • 6:00 pm                              |
| FEBRUARY| February 24<sup>th</sup> | Estate Planning Workshop  
Location and Time TBD                                                      |
| MARCH  | March 12<sup>th</sup>    | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm                                                   |
| APRIL  | April 25<sup>th</sup>    | Financial Wellness – Your Road to Financial Independence  
Location and Time TBD                                                     |
| MAY    | May 6<sup>th</sup>       | First District/VCMS Golf Scramble  
Time TBD • Victoria National Golf Course                                  |
| MAY    | May 14<sup>th</sup>      | VCMS Executive Board Meeting  
VCMS Offices • 6:00 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/)

---

### Vanderburgh County Medical Society

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### January Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Daniel B. Daniels, MD</td>
<td>01/01</td>
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<tr>
<td>Theodore J. Stransky, MD</td>
<td>01/01</td>
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<tr>
<td>Mell B. Welborn, Jr., MD</td>
<td>01/01</td>
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<tr>
<td>William A. Blume, MD</td>
<td>01/06</td>
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<tr>
<td>Aung Choon, MD</td>
<td>01/06</td>
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<tr>
<td>Gilbert A. Sartore, MD</td>
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<tr>
<td>Santi Vibul, MD</td>
<td>01/06</td>
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<tr>
<td>Eric S. Brackett, MD</td>
<td>01/08</td>
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<tr>
<td>James A. Rice, DO</td>
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<tr>
<td>Peter A. Knoll, MD</td>
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<tr>
<td>Mohammed S. Adeel, MD</td>
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<tr>
<td>Kevin W. McConnell, MD</td>
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<td>Shari L. Barrett, MD</td>
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<td>David D. Christeson, MD</td>
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<tr>
<td>Darla R. Grossman, MD</td>
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<td>Thomas S. Hastetter, MD</td>
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<tr>
<td>Michael S. Irish, MD</td>
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<td>Jeana J. Lee, MD</td>
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<tr>
<td>Joseph C. McConaughy, MD</td>
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<td>Michael R. Hodges, MD</td>
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<td>John M. Myers, MD</td>
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<td>William C. Houser, MD</td>
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<td>John F. Lawler, MD</td>
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<tr>
<td>Barney R. Maynard, MD</td>
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<tr>
<td>Terry A. South, MD</td>
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<tr>
<td>Craig A. Triola, MD</td>
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<tr>
<td>Linda M. Ramsey, MD</td>
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<td>Waller W. Cooper, MD</td>
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<td>David S. Risner, MD</td>
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<td>Richard L. Gries, MD</td>
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<td>Larry W. Lutz, MD</td>
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<td>Michael S. Patterson, MD</td>
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<td>James M. Heinrich, MD</td>
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<td>Gary R. Moore, MD</td>
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<td>Philip Jackson Kline, MD</td>
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<td>Susan Elizabeth Nesbitt, MD</td>
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<td>R Kenneth Spear, Jr., MD</td>
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<td>Randall R. Stoltz, MD</td>
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<td>Robert R. Penkava, MD</td>
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### February Birthdays

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<tbody>
<tr>
<td>Arthur Bentsen, MD</td>
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<tr>
<td>Zhenglong Wang, MD</td>
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<tr>
<td>Gregory K. Hindahl, MD</td>
<td>02/02</td>
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<tr>
<td>Richard A. Riedford, MD</td>
<td>02/03</td>
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<tr>
<td>David A. Koehler, Jr., MD</td>
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<tr>
<td>Richard M. Sandefur, Jr., MD</td>
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<tr>
<td>Mahendra R. Sanapati, MD</td>
<td>02/07</td>
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<tr>
<td>Lisle Wayne II, MD</td>
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<tr>
<td>Ross Whitacre, MD</td>
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<tr>
<td>Elizabeth M. Mann, DO</td>
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<tr>
<td>Thomas A. Brummer, MD</td>
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<tr>
<td>Jason T. Samuel, MD</td>
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<tr>
<td>Joshua M. Aaron, MD</td>
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<tr>
<td>Bruce A. Adye, MD</td>
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<tr>
<td>Michael B. Boyd, DO</td>
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<tr>
<td>Alejandro G. Pontaoe, MD</td>
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<tr>
<td>Marshall G. Howell, III, MD</td>
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<td>Kelly L. Kling-Tipton, MD</td>
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<tr>
<td>Andrea L. Jester, MD</td>
<td>02/23</td>
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<tr>
<td>Randy A. Lance, MD</td>
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<tr>
<td>Heather L. Schroeder, MD</td>
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<td>Heidi M. Dunniiway, MD</td>
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<tr>
<td>Larry W. Sims, MD</td>
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<tr>
<td>Geoffrey M. Geoghegan, MD</td>
<td>02/28</td>
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<tr>
<td>Lawrence A. Judy, MD</td>
<td>02/28</td>
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</tbody>
</table>
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TRANSFORMING HEALTH

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Ruby Ball

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