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A time to plant, a time to reap

The lyrics of the famous 1965 The Byrds song came to mind recently... A time to plant, a time to reap... and you know the chorus

To everything (turn, turn, turn), There is a season (turn, turn, turn),
And a time to every purpose, under heaven...

Driving to our satellite office, it was an incredible sight to see all along I-69. Southwest Indiana is known for its farmland. In a matter of a week, it was easy to tell that many of our neighbors had been busy! You see, many of the acres of fields of tall, drying corn swaying in the breeze were now replaced by barren rows of flattened land with combines the distance churning away and collecting their crops. It is harvest time, and many of our patients in our neighboring communities are busy at work. Did you know that 5.3 million acres of corn were planted in our state last year? This yielded more than 934 million bushels of corn, bringing in 3.2 billion dollars to the state economy 1. Our communities have been really busy doing some good work!

For those in agriculture, all of the hard work and struggle put in months ago now comes to fruition. They are reaping the fruits of their labor. For some of our colleagues as well, they know this life all too well, as they tend to their own fields and gardens. And while many can relax a bit after the harvest, there is a good deal of preparation that is done to be ready for the next planting season.

There’s a lot of preparation as we see the seasons change. We all were excited about the recent West Side Nut Club Fall Festival and Oktoberfests, Halloween costumes and candy, have now come and gone and don’t forget about all things pumpkin spice.

The hard work you put in today will be rewarded with the harvest in the future. Whether it is managing diabetes in a less than compliant patient or being a source of comfort in someone’s loss, or even in helping a child with their homework, there is a purpose for what we do.

At the end of September, some of our colleagues from this region went up to Indianapolis for the ISMA convention. It is the same hope that our efforts there will direct the work of the ISMA as we help to shape our medical community for the benefit of patients and providers. Our very own Dr. Stacie Wenk was inaugurated as the new ISMA president. Her hard work and effort will direct our state body for the next year and as others before her, laying down seeds of leadership that we’ll see the effects of for years to come.

As the year will very quickly come to an end, please mark your calendars for November 29th for our annual Holiday Party.

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Tri-State Medical Alliance

All the pageantry that is royal was celebrated on September 27th at Evansville Country Club, as the Tri-State Medical Alliance hosted their style show and luncheon, “Put Some Bling on It – Royally!”. Funds raised during this year’s sold-out event support our mission to improve the quality of healthcare in our tri-state community. More than forty organizations have received grants and volunteer services from members of the TSMA. “It is an honor to partner with other organizations who share our spirit of kindness, generosity and teamwork” states TSMA President, Ann Almquist.

We are eager to see our medical community support the Indiana University School of Medicine during the Ruby Ball, on November 17th! We will honor our call to serve medical families and our community in 2019. Our future promises engaging opportunities to commit to service and generosity. The Tri-State Medical Alliance members are your colleagues and friends who continue to “Reach Out”. Please join us!

www.TriStateMedicalAlliance.org
Busy Times!

Happy Fall ya’ll! (even though it only lasted a few minutes!). In September we went to Indianapolis to propose legislative changes for a multitude of physician-related topics. Dr. Stacie Wenk was sworn in as President of the ISMA and will bravely lead us all in 2019. October was spent preparing for our annual event at Seton Harvest Farms, An Evening Under the Stars. This event in partnership with Lifetime Financial Growth was a fundraiser and platform to announce the many exciting changes coming within the Wellness 360 program.

One of our new partnerships within Wellness 360 is with Lifetime Financial Growth. LFG has come on board to provide support in many areas for our members. LFG will be hosting quarterly workshops providing us with guidance on anything from Financial Education Workshops Asset Allocation to Management Retirement Planning & Protection Individual Disability Income Protection with Student Loan Protection Business Planning Strategies Life Insurance Estate Planning. Please submit any suggestions you may have for future workshop ideas as we want this to be something useful for all of our members.

We are very excited to announce that Bob’s Gym has teamed up with us to bring you personal training at its best! As a member, you will enjoy a FREE 3-week session that allows you six visits (2 per week) with a personal trainer plus gym time using all amenities (including classes) that they offer. This package is good at any Bob’s Gym location. 2019 is looking like it’s going to be a healthy year!

Wellness 360 is now open for membership to those who are not members of the VCMS. This also includes those who work in the medical field but are not MD’s or DO’s. Please visit our website to see a complete list of services available for those who are interested.

PRN – We now have a support group that meets the first Wednesday of every month at the VCMS offices located at 3116 E Morgan Ave Suite F. This confidential, physician-led group is informal offering a judgment-free zone to gather and share. Come as you are!

Colleague to Colleague – A new service that physicians may use if wanting to be coached or just heard from local physicians that have experienced burnout themselves and looking to assist others in this journey.

While you can see we have been very busy working out the details of all the new programs and services, we still feel as though we need to hear from YOU. What do YOU as a member want to see in YOUR medical society? Please be on the lookout for a survey that will be emailed and mailed to you very soon. This survey is integral in finding the missing pieces of our puzzle at the VCMS. We want to continue to provide services to you an for you but need your input to be successful.

You can make a difference!
Fall Can Be a Great Time to Sell!

Often sellers think they need to list their home in the spring or summer to maximize on the real estate market. Savvy sellers can capitalize on the low inventory and interest rates this fall for a positive net result.

We just wanted to share some easy, relatively affordable tips for selling quickly in a fall market:

**Replace summer flowers** with colorful fall mums. Replace the mulch to really brighten the first impression. Mulch should be 2 to 3 inches thick. Nice large pots on either side of the door make a great impression. Look for an up-to-date front door hanger; most young buyers are attracted to the new styles available at many retailers.

**Install additional lighting** outdoors. As days become shorter it is important to have light for showings. Replace old light fixtures on the front of the house with updated versions. Up lighting also can add a new dimension to the front of your home — some simple and affordable installations can be found for the do-it-yourselfer.

**Take advantage of fall lawn growth** by seeding bare areas in the lawn. Keep grass mowed and trimmed along the walks and curbs. Make sure the curb and street in front of your home is free of litter and clippings.

**Clean gutters** and check downspouts. This often is overlooked by sellers and can make a huge difference. Buyers will judge how a seller maintains their home by many factors. One of the easiest ways is simply checking gutters and downspouts.

**Wash your windows** inside and outside. This brightens your home and makes it look shiny. You also will want to remove screens from windows because screens will make the interior of your home darker.

**Seal your driveway and walks.** This is an easy week-end job that will pay dividends. New sealant for the exterior areas including patios helps set your home apart.

**Remove porch furniture** or cover for winter. Make sure porch and patio areas are clean and clear of leaves and other debris.

**Put away hoses** and store. It always is a good idea to winterize your exterior spigots. Clean wells around crawl space vents or basement windows.

**Inspect your roof** for any damage. Stained roofs can be unsightly — if your roof has stains, have it professionally cleaned. This makes all the difference in the world.

**Check your crawl space.** Many home sales are torpedoed by a wet crawl space. Buyers are wary of the problems moisture can cause in a home. It is best to have this checked in advance and have any issues addressed including the installation of a new vapor barrier and/or sump pump.

**Have your fireplace cleaned** and ready for fall and winter fires.

Inside your home, remember the basic tips including cleaning, eliminating clutter, minimizing decorating, and the use of white linens and towels for a fresh new look. We recommend looking at the latest catalogs and magazines to see what buyers might expect and there’s nothing wrong with watching a little HGTV!
An Evening Under the Stars

Thanks to those who attended An Evening Under the Stars. Special thanks to Lifetime Financial Growth for sponsoring this lovely event that brought us a farm to table dinner, cocktails, and a music-filled evening. We would also like to thank Working Distributor, Cork 'n Cleaver, Marti Vibul, and Margaret Miller for their generous donations to make this evening possible. We appreciated hearing from our speakers Dr. Roger Shinnerl and Dr. Chris Babcock who rounded out our evening by sharing their life’s journeys with us.
Okay, it’s time to get serious. You may already know this, but it won’t hurt to reprise the facts of the case. This summer the Centers for Medicare & Medicaid Services (CMS) proposed its 2019 Physician Fee Schedule (PFS, of course,) with the intent of simplifying documentation for Evaluation and Management (E&M) visits. Many of these proposals are excellent, as they include, among others:

- Allowing practitioners to document office visits by medical decision making, time, or the current E&M guidelines.
- Allowing practitioners to review and verify certain information entered into the record by staff, rather than having to re-enter it.
- Allowing practitioners to focus documentation on what has changed since the last visit, rather than having to re-document information.
- Implementing new CPT codes for payment for remote monitoring and interprofessional consultations.
- Updated supplies and equipment pricing.

Sounds pretty good, right? Unfortunately, when it comes to proposals from CMS, there is, not unexpectedly, always dross within the gold, tares amongst the wheat, slugs in the roll of quarters… well, you get the idea. One provision would reduce the number of office visit codes from eight to two. This would drastically cut compensation for numerous specialties, including primary care, and thus have the unintended consequence of reducing patients’ access to care. Another provision would reduce payments for multiple office services provided on a single day. In other words, the new Medicare fee schedule is designed to assure that you receive a cut in pay. I ‘m sure you are very surprised by this. It should go over well with all of you who think Medicare payment is overly generous or you who may think that your salary is secure and that this won’t affect you.

If, on the other hand, if it is your opinion that Medicare reimbursement is already low, and the system is supported only by the altruism of physicians, or you recognize that your employer will find in the coming year that your receipts are down, even in the face of the same, or an increased, workload, and thus your compensation may have to be adjusted, you may be asking yourself, “What can be done about this? Who is on the side of, who is speaking for, physicians?”

Well, it’s not your health system employer, and it’s not your patients. The only organizations speaking for you and looking out for your interests are your specialty societies, your local and state medical societies (VCMS and ISMA), and above all, the American Medical Association, the largest and most influential organization of doctors in the country. The AMA, along with other medical professional associations have officially asked Medicare officials not to implement the two detrimental parts of the CMS proposal, but to proceed with implementing the beneficial ones. The AMA has urged CMS to join an AMA workgroup of physicians and other health professionals in order to find alternative solutions in time for 2020. Will they be successful? There is a good chance they will, especially if they have the documented support of most of America’s doctors. Support them. Join the AMA today. Right now!
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Still Seeking Accreditation

The Health Department has been on a mission to become accredited by PHAB (Public Health Accrediting Body) just as the hospitals, universities, other schools, and many service organizations all seek to perform at the highest level and demonstrate this ability by undergoing outside measurement and review.

This has been a very expensive and time-consuming effort, and we are on the last lap as we recently submitted an Action Plan, explaining the remedies for deficiencies identified. This document was accepted. Now we need to compile the necessary documentation and submit these for the final grade.

We are all hopeful that they will put us over the finish line and we can then continue our routine activities with much more clarity and precision due to ongoing measurement and quality feedback.

Nearly 80 percent of health departments that have had their PHAB site visit strongly agree – and almost all the remaining health departments agree – that “Going through the accreditation process has improved the performance of our health department.”

According to health departments that have had their site visit, accreditation:

- Identifies strengths and areas for improvement
- Strengthens internal and external partnerships
- Encourages health departments to prioritize and address long-standing concerns
- Acts as a “stimulus...for continuous quality improvement and performance management in our daily practice.”

*From PHAB evaluation of 219 health departments.

Among health departments that have been accredited for one year, more than 95 percent report that accreditation has:

- Increased quality and performance improvement opportunities
- Enabled the health department to better identify strengths and weaknesses
- Stimulated greater accountability and transparency within the health department

Health departments also reported the following benefits of accreditation:

- Accountability to external stakeholders,
- Improved management processes,
- Competitiveness for funding opportunities, and Communication with the governing entity.

*From NORC at the University of Chicago evaluation survey of 118 health departments that have been accredited for one year

Our fingers are crossed!
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

**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.
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.
8 Tips for Making Whole Foods a Priority in Your Busy Life – Part 1

My health journey started about 12 years ago when I was a practicing attorney and went through 4 miscarriages. Through a lot of research, I came to realize a big part of the problem was that I wasn’t giving my own body the nourishment I needed to be healthy, much less grow and sustain another healthy little life. So we began moving from a Standard American Diet high in processed foods to a whole food eating plan and haven’t ever looked back. I learned the hard way that every bite we eat is either promoting our health or harming it. Thankfully, I’m healthier than I have ever been and have far more energy now at 43 than I did in college.

It isn’t always easy to prioritize eating real food. None of us, including me, have time to spend all day in the kitchen. So today I’m going to share some of my favorite tips for fitting a healthful, whole food eating plan into our busy lives.

Tip #1 is simply to decide to make eating whole food a priority.

Make the decision, right here and now, to make your own and your family’s health a priority and invest your time in eating real, whole foods.

Once you decide to skip the drive-thru, take out and processed, packaged foods at the grocery store and eat mostly real, whole foods, there may be a transition time when it seems overwhelming and really hard. But stick with it a few weeks, and I promise you’ll soon get into a new groove where planning for healthy meals and snacks will just be a normal part of life. You might even find you love it! And feeling great, having more energy and better health—both now and in the future—will be an amazing reward and the best gift you could give to yourself and your family.

Tip #2 — Set yourself up for success with a well-stocked pantry and freezer.

The most important thing you can do to set yourself up for success is planning and preparation. I’m going to devote part 2 of this series to how I go about planning our weekly meals, grocery shopping & meal prep. So stay tuned for that. But even more important than a weekly plan is your overall preparation with a well-stocked pantry and freezer. This makes last-minute meals and snacks when you haven’t had time to plan much easier and makes it less likely you will resort to the drive-thru, carry out or processed foods.

The things I buy in bulk and always have in my pantry include:

- Oatmeal
- Rice (white and brown)
- Quinoa
- Gluten-free flours (buckwheat, almond, and coconut are my favorites)
- Lentils
- Black beans (dried and canned)
- Chickpeas (dried and canned)
- Canned tuna
- Canned tomatoes
- Canned olives
- Gluten free pasta (our favorite brand is Jovial)
- Jarred pasta sauce
- Dates
- Raisins
- Nuts (almonds, walnuts & cashews)
- Nut butter
- Local raw honey
- Coconut palm sugar
- Real maple syrup
- Applesauce
- Popcorn
- Coconut oil
- Extra virgin olive oil
- Unprocessed Sea Salt
- Enjoy Life (allergen-free) chocolate chips and chunks
- Organic spices and herbs
We buy meat from hormone and antibiotic free, pastured, or grass-fed animals in bulk from a local farm, so our freezer is always stocked. In my freezer, you will also always find wild caught Alaskan Salmon, plenty of frozen fruit for smoothies (my daughters also like frozen fruit straight out of the freezer as a snack), extra loaves of gluten-free bread and homemade stock for soup or other dishes. This means even if I don’t have time to go to the grocery store all week I can always pull together a healthy snack or meal in relatively short order.

Tip #3 — Please don’t think real food has to be time-consuming to prepare or fancy!

No guilt here … there are plenty of times I don’t have time to cook a fancy meal. My go-to quick-and-easy (but still real food) meals when I have zero time to plan or prep a meal are:

• Leftovers! This is one huge advantage of cooking regularly.
• Our favorite Buckwheat Pancakes or Double Chocolate Buckwheat Waffles (you can find both of these recipes on my blog)
• Eggs—scrambled, fried, hard-boiled or an omelet or frittata
• Gluten-free pasta with jarred pasta sauce or a quick pan sauce
• Oatmeal
• A nut butter sandwich on sprouted wheat or gluten-free bread
• A big lettuce salad with canned tuna, chickpeas, leftover chicken, avocado, nuts and/or berries.

Tip #4 — Make fruits and vegetables the center of every snack and meal.

Fruits and veggies are the best, most nutrient dense thing you can eat. Low in calories and high in health-promoting micronutrients—vitamins, antioxidants and live digestive enzymes.

Did you know one apple contains over 10,000 different phytonutrients? And these are just the ones scientists have identified! All of these phytonutrients work together synergistically in ways we don’t even fully understand, to keep our bodies strong and healthy. And every single fruit and vegetable has a similarly long list of different but equally important phytonutrients. There’s a reason we’re told to eat 9-13 servings of fruits and veggies every day.

Most fruits and vegetables retain more health benefits when you eat them raw.

What could be quicker or easier than that? No cooking required.

I make a big green smoothie for breakfast almost every morning. My kids have a serving of fruit with breakfast every day. They usually take a piece of fruit to school for their morning snack. They have at least one fruit and one vegetable in their lunch boxes. They each eat an apple every single day after school. We have a green salad every night with dinner and usually one other vegetable as well. I often have a big green salad for my lunch and again for dinner. I always have hummus and guacamole in my refrigerator for snacking on with raw veggies.

Tip #5 — Take an extra 5 minutes in the morning to pack a healthful lunch and snacks.

If your pantry and fridge are well stocked, it shouldn’t take more than five extra minutes to pack a healthful whole food lunch and snacks for work. I usually pack lunches the night before and then put them in a cooler bag with ice packs before we head out the door. My favorite on the go lunchbox options is a big leafy green salad with avocado or hard boiled egg, nuts, tomato or berries (in my favorite Sistema salad container, with olive oil and balsamic vinegar); fruit; nuts and seeds and hummus with veggies.

Make the commitment. It may take some time and effort to make the transition and figure out how to make a real food eating plan work for you. But once you do, it really won’t take much more time, only a bit more planning. And it will be so worth it for your short and long-term health.
THE POWER OF PARTNERSHIP

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.

LIFETIME FINANCIAL GROWTH WILL OFFER A VARIETY OF STRATEGIES & PRODUCTS ALONG WITH EDUCATIONAL WORKSHOPS TO HELP YOU MAXIMIZE YOUR FINANCIAL POTENTIAL.

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UPCOMING EVENT:
FINANCIAL WELLNESS: YOUR ROAD TO FINANCIAL INDEPENDENCE
Thursday, November 8th. Arrivals start at 5:30 pm, the speaker starts at 6 pm.
Location PANGEA KITCHEN 111 S Green River Road, Evansville, IN 47715
To register visit our website www.vcmsdocs.org/events

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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Financial Representative
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“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@bobs gym.com.
Well, fall has finally arrived! The leaves have turned and are starting to disappear. But with this we get holiday parties, friendship and celebrations!

I wanted to take a minute to highlight the special gatherings and friendships the VMA shares with its members. We are very proud to be able to offer our members many different get together opportunities!

If you are interested in an active organization that supports your community while creating great friendships, check us out – vanderburghmedicalalliance.org!

Heidi Lance, President
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From left to right:
US Ambassador to China Terry Branstad, Dr. Barney Maynard, Chris Branstad, Kelda Maynard, and Chief of Staff Steven Churchill in front to the American Embassy in Beijing, China

Dr. Chris and Rose Sartore
Fairbanks, Alaska

Dr. Darla and Harold Grossman
on a Caribbean Cruise
Fall is For Planting!

Fall is an excellent time for planning. Contrary to popular belief, fall runs a very close second to spring planting and many an experienced gardener actually prefer to plant in the fall. As temperatures start to fall and daylight begins to wane, mother nature gets ready to re-seed and so should you.

Warm soils coupled with cooler daytime temperatures create an ideal time to plant trees, shrubs, and perennials and grass seed. Most plants prefer the moderate fall temperatures to the blistering hot temperatures of our most recent summers. Add to that, the ample moisture that comes with fall really does lend itself to planting a wide variety of plants.

Another few things to consider are fewer insects and disease issues and less stress for the uptake of moisture by newly planted trees and shrubs.

Ideally, gardeners should try to get their fall planting done about four weeks before the ground freezing. That typically would have been by mid to late November. However, in the past few years, that time frame could extend well into December.

The roots of newly planted trees and shrubs will continue to develop until soil temperatures drop below 45 degrees for a consistent period. As all of our experienced staff at Colonial Classics would recommend, a uniform application of hardwood bard mulch 2 to 4 inches thick placed over the planting area will help hold the soil moisture and, very importantly, insulate the soil to hold warmer temperatures. The best of both worlds!

Lastly, an application of slow-release fertilizer like our proprietary, Master Gardener Bumper Crop Organic Fertilizer, will ensure that your newly planted trees and shrubs get a great start. And always remember that at Colonial Landscape and Nursery you will receive a one year guarantee on hardy trees and shrubs if you plant and a two-year guarantee if we plant it for you. Happy fall planting for the staff at Colonial!
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# Calendar of Events

## Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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| NOVEMBER | November 8th | Financial Wellness – Your Road to Financial Independence  
Pangea Kitchen • 111 S. Green River Rd.  
5:30 pm |
| NOVEMBER | November 29th | Holiday Party  
First Federal Operations Center • 6:30 - 9:30 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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Rugs that define Your Style.  
[Rug Merchant](http://therugmerchantevansville.com)
# Happy Birthday!

## October Birthdays
- John F. Ansbro, MD 10/01
- Gardar Gilason, MD 10/01
- Steve T. Arthur, MD 10/03
- Reinaldo F. Pastora, MD 10/03
- Daniel R. Shirey, MD 10/04
- Roberto C. Iglesias, MD 10/05
- Ahmet K. Percinel, MD 10/05
- Hongyu Yang, MD 10/05
- Jacob M. O’Neill, MD 10/07
- Jeffrey L. Bohling, MD 10/08
- Marshall S. Miller, MD 10/08
- John C. Huus, MD 10/10
- Kristin Wickham, MD 10/10
- Elizabeth L. Sowa, MD 10/11
- Mallory S. Bray, MD 10/12
- Robert F. Green, MD 10/13
- Donald C. Mardis, MD 10/13
- Ronald W. Sowa, MD 10/14
- Phillip L. Stiver, MD 10/14
- Daniel Holland, DO 10/15
- Mariellen Dentino, MD 10/15
- Deborah K. Goldman, MD 10/16
- William G. Wooten, MD 10/16
- Ralph A. Sellers, II, MD 10/17
- Robert W. Ransdell, MD 10/18
- James A. Robertson, MD 10/18
- Joseph F. Waling, MD 10/18
- Herman F. Rusche, MD 10/20
- Alfred P. Lessure, MD 10/21
- William G. Wooten, MD 10/22
- Kimberly F. Foster, MD 10/22
- Carla M. Brandt, MD 10/23
- Scott W. Hardigree, MD 10/23
- Emma Martz, DO 10/23
- David J. Marinenau, MD 10/25
- John B. Oak, MD 10/25
- William Ante, MD 10/26
- Frank J. McDonnell, MD 10/27
- John W. Nay, MD 10/28
- Jennifer Turpen, DO 10/28
- Robert F. Walter, MD 10/28
- Mary S. Claydon, MD 10/31
- Andrew Collins, DO 10/31
- R Chad Perkins, MD 10/31

## November Birthdays
- Charles R. Vincent, MD 11/01
- Charles D. Franks, MD 11/03
- Anne P. McLaughlin, MD 11/05
- Martin J. Bender, MD 11/06
- Samuel Borcherd, MD 11/09
- Jon S. Uloth, MD 11/09
- David B. Curtis, MD 11/10
- Aaron T. Gries, MD 11/10
- Michael A. Herrell, MD 11/10
- Michael J. Dukes, MD 11/11
- Thomas R. White, MD 11/11
- Frank L. Hilton, MD 11/12
- Deane L. Smith, II, MD 11/12
- Patrick C. Flamion, MD 11/13
- Raymond L. Lamey, MD 11/14
- Marc C. Johnson, MD 11/15
- Joseph E. Franklin, MD 11/17
- Mona F. Wooten, MD 11/18
- Michael B. Rusche, MD 11/18
- John M. Burnley, MD 11/20
- Melanie J. Helms, MD 11/20
- Kyle O. Rapp, MD 11/21
- Mark F. Morrison, MD 11/22
- David W. Johnson, MD 11/23
- Tommy Symreng, MD 11/24
- Reynaldo N. Gonzales, MD 11/25
- John D. Pulcini, MD 11/25
- Peter L. Stevenson, MD 11/25
- Laura B. Finch, MD 11/26
- Vernon H. Humbert, Jr., MD 11/26
- Christie M. Reagan, MD 11/27
- Glenn T. Johnson, MD 11/28
- Marco A. Zolezzi, MD 11/29
- Ahmed S. Khan, MD 11/30
- Justin Yeh, MD 11/30

## December Birthdays
- Susan M. Martin, MD 12/01
- Thomas J. Rusche, MD 12/01
- David E. Schultz, II, MD 12/01
- Brian W. Schymik, MD 12/01
- Gary L. Beck, MD 12/02
- Thomas B. Anderson, MD 12/03
- Todd S. Burry, MD 12/04
- John D. Guletz, MD 12/04
- Jerry D. Becker, MD 12/06
- Jon D. Frazier, MD 12/06
- William J. Milikian, Jr., MD 12/06
- Andrew T. Saltzman, MD 12/07
- Cary L. Hanni, MD 12/08
- Mark E. Meyers, MD 12/09
- Sally G. Primus, MD 12/09
- William L. Walling, MD 12/09
- R. Buckland Thomas, MD 12/11
- Brent Thomason, MD 12/11
- Steven C. Basinski, MD 12/12
- Joseph G. Dalton, MD 12/12
- Carl H. Linge, MD 12/15
- Richard A. Tibbals, MD 12/17
- Bruce W. Romick, MD 12/18
- Thomas M. Harmon, MD 12/20
- Peter A. Rosario, MD 12/20
- Steven G. Becker, MD 12/21
- Robert L. Rusche, MD 12/22
- Chad W. Weare, MD 12/22
- Mollie Laramore, MD 12/24
- Jared Vibbert, MD 12/24
- Gene R. Flick, MD 12/25
- V Paul Banning, MD 12/26
- Jean S. Haseman, MD 12/27
- Edward L. Brundick, MD 12/28
- James R. Porter, MD 12/28
- Craig T. Carter, MD 12/29
- Juan C. Cabrera, Jr., MD 12/30
- William M. Vassy, MD 12/31
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