Now Here to Support YOU!

Wellness 360
Vanderburgh County Medical Society
Better Health Through Balanced Living

Inside...
• Wellness 360° Roll-out August 1st
• Code Blue Cocktail Party
• Just For the Health of It Interactive Event
• Golf Scramble Highlights
We have been working with HSC and have found their service delivery to be very timely, proactive and accurate. The fact that they are a larger local accounting firm that provides specialized accounting services together with the depth in their staff allows them to deliver timely monthly financial statements year round – even during the busy tax season!

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**New Members**

**Welcome New Members!**

Zhenglong Wang, MD

The Vanderburgh County Medical Society is an Alliance of Physicians dedicated to the promotion of the Art and Science of medicine, to the continual Improvement of Community Health, and to the Advocacy and Protection of the Patient Physician Relationship. The purpose of this organization shall be to unite and strengthen the local medical community, to inform the public on matters of health and medical care, and to promote the best in medical care in our community.
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President’s Message

We Are Here For You

During my 2nd year of medical school, I had a conversation with one of my colleagues that I still think about today. In fact, he was my roommate for a couple of years. It was one night late in our Spring semester, as we were preparing for a set of exams that I walked into his room and asked him a question about some of the material. From there the conversation waded into other topics, especially with how hard things had been with studying and managing all the things around school, our professors, and our families back home.

“You are involved in that program that helps look after other students, right?” He asked.

I affirmed that I was. “Have you had to talk with anyone before?”

I had not, and I was not sure where the question came from or where the conversation was headed. The student affairs office had a peer-to-peer program that had student volunteers signed up to look after one another and their wellness. We were a peer resource for our classmates to turn to in case they were struggling and could plug them into staff to get them the support they may have needed.

From there we talked about other things in preparation for the exam. Little did I know until months later that my roommate was struggling with balancing all that we were dealt. Between family responsibilities and the pressures and the gravity of our exams, he was not feeling well or doing well with where he was in school, in life, and feeling that he was not good enough. As I remember that evening, I missed an opportunity to find out where he was. I was blind to see that someone close to me was not doing that well, in fact even someone who lived in the next room. I was ignorant of what was going on around me and do not want to find myself making that mistake again.

Fortunately, my classmate did well- he finished up school, matched in residency, and is blessed with a wife and children. My roommate was not considering taking his life or taking drastic measures, but as we look back on that time, it was a valley, a low point in his life and I was not keen to pick up on his struggles. As physicians, we all find ourselves being in that place at some point in our lives. We are goal-oriented and driven individuals, who carry significant responsibilities and cares on our shoulders. From our patients and their outcomes to our office staff to our families and the needs at home, it is easy to lose track of the important things in life and to feel like we are drifting at sea without any sight of the shore. Physician burn out is something that is not discussed much and is a hard pill to swallow for those who strive to excel at everything they have tried to do. We all struggle and it is hard to admit that we need help. Sometimes harder to get that help, whenever we are supposed to have the answers, and our world is spinning widely out of control.

At the VCMS, physician well-being and community is our priority. This month we are rolling out our Wellness 360° initiative and want to help support you and all of your efforts. We need to take the time to care for ourselves. Moreover, when any of us are not well and are struggling, we are a haven that you can turn to for guidance and support. This is an exciting time for the VCMS as we grow and introduce programs that enable us to look after our own. Keep on reading to see what we have in store for you. If you need someone to talk to, to walk beside you, please don’t hesitate to reach out to your friends at the VCMS. We are here for you.
Website Changes

Changes Ahead!
NEW INTERACTIVE VCMS WEBSITE COMING SOON!
Vanderburgh County Medical Society and Vanderburgh Medical Alliance invites you to

**CODE BLUE**

**COCKTAIL RECEPTION**

**FRIDAY JULY 21, 2017**
**6:30PM–9:30PM**

**THE EVANSVILLE MUSEUM**
**411 SE RIVERSIDE DRIVE**
**EVANSVILLE, INDIANA 47713**

Enjoy an evening of hors d’oeuvres, cocktails & live entertainment

$50.00 per person

Dress — cocktail attire, medical garb, or white coat

RSVP to the VCMS by Friday, July 14

Please make checks payable to the Vanderburgh County Medical Society

Questions? Call 812-475-9001 or email cpatterson@vcmsoecs.org
Families, join us for a special Super Saturday, Just for the Health of It! July 22nd from 11:00 a.m.-3:00 p.m. In the spirit of Doctor’s Day, a popular family day for many years, this fun, interactive event will assist children to mitigate some of the fear associated with a visit to the doctor.

Just for the Health of It! will offer children an opportunity to interact with physicians and other healthcare providers in a casual, relaxed setting. The event will include hands-on activities and live demonstrations from all aspects of the medical field - radiology, surgery, pediatrics, EMT's as well as firemen, police officers, and so much more! Your favorite food trucks will be on premise to purchase a delicious lunch in between activities. We look forward to seeing you there for this fun-filled day!

SATURDAY, JULY 22
EVANSVILLE MUSEUM

For more information on activities and vendors, please visit: evansvillemuseum.org/health-of-it
We hope you are enjoying a wonderful summer spending time with your family and friends. The VMA is planning a few service projects and social gatherings. Mark your calendars for July 21st and July 22nd for two jointly-planned VMA-VCMS events. Friday, July 21st is an adult cocktail reception at the Evansville Museum called “Code Blue.” This is a kick-off event for the next day’s kid and family friendly interactive health fair, “Just for the Health of It,” also at the Museum. Plan to come to one or both events. Neither is limited to medical families, so bring your neighbors and non-medical friends. There is a fee to attend the Friday night cocktail reception--contact Chris at the VCMS office for more information and look for an invitation in the mail.

Our members are looking forward to a wine pairing party on August 11th sponsored by Nicholson, McNamara and Associates at Just Renni’s downtown. This evening event is on a first-come first-serve basis and limited to twenty people. Please RSVP to Francie Renschler at francierenschler@icloud.com if you are interested in attending. This is a free event.

Our Fourth Annual “Eat, Shop, Laugh!” event at the Tropicana Conference Center is September 21st. This year’s entertainment is the dueling piano comedy team of “Michael and Amy.” Plan to come to enjoy the evening, a nice meal and plenty of laughs! Invite your friends to join you for this special evening. Besides local boutique shopping before the show, there will be a bourbon room designed particularly for our male guests. Mark your calendars and look for an invitation later this summer.

June is the start of the new fiscal year and the beginning of our dues collection process. We truly hope you will join our organization. We offer fellowship and friendship to medical families with the added objective to support and promote quality healthcare and medical education in our community! Contact us if you are interested in joining the VMA-Vanderburgh Medical Alliance. We would love to add you to our membership and see you at some meetings and events!

Have a wonderful and safe summer!

Fran and Francie
Fran Vix and Francie Renschler
Co-Presidents 2017-2018

Vanderburgh Medical Alliance
vanderburghmedicalalliance.org
SAVE THE DATE!

An Evening Under the Stars

A fundraiser to benefit Vanderburgh County Medical Society programs

Saturday, September 9, 2017
7:00PM-10:00PM

Seton Harvest
9400 New Harmony Rd, Evansville, IN 47720

Enjoy a formal dinner, cocktails, and music!

Formal invitation to follow
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- & Gynecology
- Wound Care

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Anticipation – Worth The Wait!

Have you ever worked on something for so long that sometimes you just feel that you will never see it to its fruition? Of course, you have! I am sure Medical School probably felt much like that with Residency to boot. While I have not experienced Medical school, I can tell you that I have been working on the Wellness 360° program since last fall and at times I felt as though it would never be ready to roll out. I can finally say it is ready. The long awaited Wellness 360° program is here and available for you as of August 1st, 2017.

The Wellness 360° Program is a whole person care system that is tailored specifically for you and how you deal with the issues of Physician Burnout. Physician Burnout is real and has been quite the buzzword lately but did you know that it takes over 400 physicians lives each year? Many physicians who experience feelings of exhaustion and cynicism will often begin to question if what they are doing truly makes a difference. Unfortunately, many physicians believe this is just a hazard of their profession and what’s worse is that they are trained early in their career that those thoughts or feelings should not be shared with anyone. This school of thought fosters an environment that prevents many from ever seeking help.

Wellness 360° will offer two (2) trained clinicians (see their bio’s in the Wellness 360° section) that will be on call 24-7. Appointments will be confirmed within 24 hours on a private line into the VCMS, with emergency services as well. An integrative health coach will also be at your disposal for a six-month program to bring wellness and balance to your life. Wellness 360° has partnered with Tri-State Athletic Club for a referral program where you can receive a 30-day free trial membership that includes meeting with a personal trainer twice a week! All services above are offered free with a VCMS membership. Rates are available for non-members as well. A physician burnout coach is also available at a discounted rate (for VCMS members).

The VCMS believes this comprehensive program for our physician members is a much-needed support system that can bring restoration and peace to a high-pressure profession. It is the vision of the VCMS that Wellness 360° become a refuge for our Tri-State Physicians providing a safe harbor for anything that may be causing your life to be out of balance. I strongly encourage you to stay plugged into the VCMS for updates and events that are on the horizon that will be fun and encouraging for your not only your mind but also your spirit!

Hardships often prepare ordinary people for extraordinary destiny. – C.S. Lewis
What are the key steps sellers need to take to make sure their home sells quickly and for the most amount of money?

First, preparing the home to sell is critically important. I often remind sellers that the home they live in isn’t the one they sell. I take a step-by-step approach to home staging and preparation with every seller, ensuring that when a home goes on the market our sellers put their best foot forward.

Second, for each listing we prepare a Comparative Market Analysis. This tool allows us to closely examine other homes that have sold recently that are similar in location, size and amenities to the seller’s home. Based on this in-depth study of the market, we work with our sellers to make sure a home is priced right from the beginning – not too high and not too low!

How is the real estate market in our area?

We continue to see a shortage of homes for sale throughout Southwestern Indiana. Average days on market in our area is down to 66 – the lowest our market has experienced in some time. Homes that are priced right and in great condition are selling quickly. We are also seeing home values steadily increase – great news for homeowners!

Why is using a REALTOR so important?

The average homeowner buys or sells a home 3 to 4 times in their lifetime. When clients work with me and members of my team, they get the benefit of experience, both in terms of understanding homes and the complex real estate agreements necessary in each transaction. Serving as your REALTOR means we put your interests first in every situation.

Guiding families through the home selling process is something Team McClintock puts a great deal of effort into. We consider it an honor to help both buyers and sellers with each real estate transaction!
Golf Scramble Highlights

The VCMS and First District are excited to announce we raised over $17,000 at the May 8th, 2017 Annual Golf Scramble at Victoria National Golf Club to benefit a scholarship for the Indiana University School of Medicine - Evansville. Thank you to all of the players and sponsors for your support!

A HUGE THANK YOU TO OUR SPONSORS!

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Thank you Marty Vihul, President, Indiana State Medical Alliance for sponsoring 4 medical students to play!

CONGRATULATIONS TO THE WINNING TEAMS AND RAFFLE WINNERS!

Physician Division:
1st Place: Kelly Dearmond, Mark Shockley, MD, Bo Hargett, MD, and Bo Brien
2nd Place: Dharmesh Patel, MD, Roger Shinnerl, MD, Anthony Kaiser, MD, and Jay Woodland, MD

Non-Physician Division:
1st Place: Jim Godsey, Jim McDaniel, John Gannon, and Brent Sternberg
2nd Place: Jim Bowling, Mike Kerns, Chris Hart, Scott Ingram

CONTESTS:
Closest to The Pin: Bo Brien, SS&C GlobeOp
Longest Drive: Jim Godsey, German American

Raffle winners:
Victoria National Foursome: Kenneth C McNamara, Nicholson McNamara & Associates, Merrill Lynch
Victoria National Cottage Stay: Craig Morrison, Toyota
Golf Scramble Highlights continued

We look forward to seeing you next year!
I do not know about you, but I seem to have been spending a lot more time in doctors’ offices lately. And by that, I do not mean my own offices, in which I have never minded spending many hours a week. No, I mean other doctors’ offices where I am the patient. I guess it is natural since I am over thirty now (well, just a little,) and it is probably a good thing. I have not found it to be an unpleasant experience, and have always felt I was treated well. Also, I now get follow up emails asking me about my satisfaction with the care I received. These, I must admit do not sit well with me.

To give you an example, a recent email from the “doctor,” opened with the sentence, “Thank you for your recent visit to Mega Medical Group.” I had to slog through the “check the box” part of the survey before I finally got to the “comments” section, where I wrote, like the old curmudgeon I am, “Thank you, but I did not visit Mega Medical Group. I visited Dr. Iknow, my doctor and my friend of many years, and if Dr. Iknow left Mega, and went over to Evenbigga Medical Group, he would still be my doctor, and I would follow him to his new place of business. I dislike and do not agree with your effort to depersonalize my medical care by making me a patient of a big, amorphous blob of a group, and I think it demeans your physicians as well.”

Needless to say, that little rant made me feel a lot better, for about five minutes. Then I realized that I am so out of touch that I do not realize how things really are. The sad fact is that I am the patient of Mega Medical Group. They are the ones who own my medical record, and if Dr. Iknow left them, he could not take my record with him. He might not even be allowed to practice in this community, depending on the language of his contract. At the recent meeting of the House of Delegates of the AMA, we were regaled with the story of Dr. X, who upon leaving a large medical group to go back into private practice, got his patients’ phone numbers from their medical records, and called them to tell them he was making this move and encouraging them to remain his patients. He is in jail now and also had to pay a heavy settlement. Nothing like making an example out of those bad doctors.

A lot of the discussions at the AMA meeting were about questions like these. Whose patients are they? Who owns the medical record? What rights do doctors retain today? And you know what? The answer was always the same. It depends on what the employment contract says. It is that simple. When I came to town and joined Evansville Surgical Associates a few years back, I never even looked at the contract I signed. In fact, I am not sure I ever looked at it in thirty-seven years. Heck, what did I know about contracts, anyway. Unfortunately, that option of ignorance is untenable for physicians today. Not only is it necessary to have a knowledgeable review of the first contract, but it is also critical to know what the next contract and the one after that will say. Otherwise, after three or five years of happy practice, the doctor may find he or she has no choice but to pull up stakes and leave the community. Considering this reality, I am astounded at how little attention many of my colleagues pay to their employment agreements.

(Here comes the sales pitch.) Fortunately, the AMA has extensive literature on what physicians should look for, expect and demand in contracting. Typical pitfalls and serious mistakes are discussed, and can thus be avoided. You may still need a lawyer of your own (very expensive,) but the information the AMA provides (very cheap) will make you a much more skilled and knowledgeable negotiator, and for better or worse, in medicine today, “You do not get what you deserve. You get what you negotiate.”
A wonderful evening was had by all at the VCMS Spring Friends of the Medical Society Mixer! Thank you Gilda's Club for hosting us. The Evansville community is lucky to have you! &

Thank you to our sponsor!
What is the County Health Ranking and why should we care? County Health Rankings measure vital health factors providing a snapshot of how health is influenced by where we live, learn, work and play. These rankings provide a starting point for change in communities.

If we look at State Health Rankings, Indiana falls 39th out of the 50 states. The issues influencing the ranking remain smoking, obesity, premature deaths due to cancer, heart disease, and infant deaths, along with self-reported frequent days of mental and physical distress. Indiana also ranks 49th out of 50 for Public Health funding. Although as a country we spend more per capita than any other country on health care, the funding for Public Health has not followed suit.

The County Health Rankings is the portion that tends to generate a large amount of local attention as Vanderburgh County is ranked 80th out of 92 counties as of 2017. Pediatric factors contributing to this ranking include Fetal and Infant Mortality rates, children living in single-parent homes, and children in poverty. Air pollution, disparaging housing problems, the adult smoking rate, and obesity and physical inactivity contribute to disease and premature deaths. Self-reported poor mental health and physical health days which exceeded the average for Indiana and are significantly higher than the top performers also seem to be an area for improvement contributing to the rank.

While speaking to individuals from the Robert Wood Johnson Foundation (provide County Health Rankings) someone reminded me that even though we are in the lower quartile, some bright spots should be noted. These areas include excellent access to clinical care and exercise opportunities.

While this type of report could lead one to pull up the covers and stay in bed, I actually see a brighter future. A newly built environment is revitalizing the inner city, bike paths are being formulated, a redesigned METS transportation plan is making buses far more convenient, there is a rebirth in the Historic Haynie’s Corner Arts District, rentable bicycles are now available at seven locations across the city, and the Fetal and Infant Mortality rate of 11/1000 in 2014 dropped to 5/1000 in 2017. Immunization completion rates for 36-month-old children increased from 52% three years ago to 74%.

The Evansville School Corporation is piloting a new Acute Childhood Experiences (ACEs) awareness and treatment program. A large number of groups, including several task forces, are putting energy and dollars into identifying and overcoming these issues. The Mayor’s Energize Evansville initiative has formed a partnership with Deaconess Health System's Healthier U Walks to provide fitness opportunities and health information at free monthly events in city parks. Moreover, the recent designation as a federal Promise Zone will result in a 10-year effort to increase affordable, quality housing, improve access to health care and reduce crime in areas of the city with the highest rates of poverty. The Mayor’s Substance Abuse Task Force is refocusing its efforts on reducing drug abuse and addictions, and the newly launched Suicide Safer Community is providing resources, training, and knowledge to help prevent a suicide attempt.

We still have some large areas to address such as drugs, overdoses, suicides, and children in poverty but a renewed enthusiasm for solving these problems makes me excited to be part of this work.
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The Indiana State Medical Association is the state’s largest physician organization, and every member has the opportunity to shape policy and help determine priorities of the association. The ISMA Annual Convention takes place this year on September 16-17 at the Sheraton Indianapolis Hotel at Keystone Crossing. At that meeting, debate will focus on proposals for new or changed policies, our legislative agenda for the year will be set, and new officers will be elected. Every ISMA member can bring forth their ideas in the form of resolutions. This year’s resolution deadline is July 17, by which date they must be received by the ISMA’s Legislative Coordinator, Rhonda Bennett.

Past resolutions have dealt with issues as diverse as tobacco cessation, medical liability, and scope of practice. Some resolutions have had far-reaching effects, such as banning smoking on airlines. After the stand had been made by the ISMA, the issue was taken to the AMA by the Indiana delegation, leading to a national campaign and the subsequent smoking ban on all domestic flights in the late 1980’s. Existing ISMA policy can be accessed via the website at www.ismanet.org, and tips for resolution writing can be found at www.ismanet.org/convention/resolutions 2016.aspx. Fellow ISMA and VCMS members are also great resources to bounce ideas off of and to give input. Drs. Mike Hoover, Maria Del Rio Hoover, Stacie Wenk and I have all been very involved in the ISMA for several years and are happy to lend a hand if you have a great idea but are not sure how to put it into a resolution. You may submit your resolutions to Rhonda directly via email at rbennett@ismanet.org.

All ISMA members are also encouraged to attend Convention. It is not only a great opportunity to participate in the debate, but also a perfect opportunity to network with colleagues from around the state!
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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 Health & Wellness Coach will work together with the physicians to implement basic, gradual modifications based on the physician’s unique needs towards a sustainable health and wellness transformation. These modifications will improve the physician’s diet and include positive lifestyle changes towards a more fulfilling career, supportive relationships, daily enjoyable exercise, and a nourishing self-practice. The goal is to prevent physician burnout by incorporating realistic, small changes that will lead to lifelong healthy habits and improve work-life balance.

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

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

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

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.

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.
Recently someone said to me, “Talya, my wife and I know what to do to lead a healthy lifestyle. We know that we should eat more fruits and vegetables, cook healthy meals at home, and add more exercise to our life, but what advice do you have to help us get there?” My answer is accountability.

As is true for that individual, most of you know what needs to be done, and yet many of you struggle to achieve interim goals that lead to sustainable habits. Identifying these goals is a step in the right direction—it is, in fact, the first step towards achieving health and wellness transformation. Adding accountability to the mix is often the key to bridging the gap between commitment and results.

Having someone in your life to hold you accountable adds the motivation to stay on track and to achieve your goals. I look forward to providing that accountability for the physicians of the Vanderburgh County Medical Society who participate in the Wellness 360 Program. We will work together to implement simple, gradual modifications based on your unique needs. These modifications will improve your 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 life-long healthy habits and improve work-life balance.

Working with a coach who will hold you accountable derives several benefits:

**Commitment - having a committed partner increases the probability of following through with stated goals**

When a client commits to working with me, they have my commitment to be with them every step of the way to create positive, progressive lifestyle changes.

**Motivation - reporting to a coach provides the motivation to continue to work towards established goals**

I love it when clients leave each session excited and confident to tackle their next goals. It is inspiring to see the smiles on their faces when we meet again, and they share their success stories.

**Positive reinforcement - a coach helps steer you through the off day or week**

A coach will help you to identify what may be standing in the way of reaching your goals and help you to adjust accordingly. I always remind my clients to keep a positive mindset and move forward no matter what happened on the prior day. The important thing is to progress towards a better tomorrow.
Support - a coach supports you and cheers you on along your journey so that you do not have to go it alone

I check in with my clients several times a week to follow up on their progress and provide support between sessions. We celebrate daily achievements and successes together, no matter how big or small.

Focus - a coach, will help you to identify why you want to achieve your specific goals and help you to stay on track during the process

I work together with my clients to focus on the items that are the most important to their physical and emotional needs.

Time-Management Improvement - a coach, will help you to create specific, concrete, measurable action steps to best fit your schedule and needs

For example, rather than a plan to exercise 4 days next week, my clients and I review their planners. We select specific dates and times for their workouts, list the type of exercise they will complete and include the length of time for each activity.

As Bob Proctor, Coach and Mentor said, “Accountability is the glue that ties commitment to result.” I look forward to the opportunity to support you and provide you with accountability during your progressive health and wellness transformation.
Hi! I am Greg Eberhart, Assistant General Manager at Tri-State Athletic Club. I have over 20 years experience in the health and wellness field as a personal trainer and nutritionist along with multiple fitness-related certifications. I earned a B.S. in Exercise Science from the University of Southern Indiana.

Words cannot describe how excited Tri-State Athletic Club is to be partnering with the VCMS and their initiative to help physicians become healthier. Tri-State Athletic Club feels that health and wellness are vital to lead a balanced and happy life!

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 including access to our fitness center, yoga studio, tennis courts, racquetball court, indoor salt water pool, outdoor pool, group exercise classes, and hot tub and sauna. Also, included, is complimentary personal one on one training with our health and wellness staff. Which, by the way, have over a combined 150 years of experience in the health and wellness field! We will create an individualized exercise regimen based on each participant’s needs and help cater around a busy life and work schedule. You will be scheduled to meet with a personal trainer twice a week for four weeks. Having a set appointment with a personal trainer will hold each participant accountable to their exercise routine which ultimately means results will happen! Just ask Chris and Talya! They were our first guinea pigs in the program. They both made all of their scheduled sessions and saw great results such as lost inches and body fat, increased muscle tone and definition, lowered stress level, and a greater sense of well-being.

I would be remiss if I did not offer up some great, inspirational, motivational, and powerful “fitness” tip, right? I, mean, that is what fitness guys and gals do...we give great advice! Well, my advice is always the same for someone just starting their journey to a healthier lifestyle. Take ACTION! Yep, that is it. Take ACTION! To reach your goals whatever they are you must first START! Want to lose 20 pounds, well, guess what, you have got to lose 1 pound first. However, you cannot lose 1 pound if you do not start making healthy changes today. If you have been considering a lifestyle change odds are you have considered it for years! Don’t worry; you are not alone. Change it now! Let Chris and Talya help you take ACTION and get started on a healthier lifestyle today!

Oh yeah, I almost forgot my inspirational quote, “The journey of a thousand miles begins with one step.”
Meet Our Team

Dr. David Cerling
David received his Ph.D. in clinical psychology from Fuller Graduate School of Psychology in 1980, in Pasadena, CA. He has been a licensed clinical psychologist in Indiana since 1981. He was a staff psychologist at Southwestern Behavioral Health from 1980 until 1993. Since 1993 he has maintained a private practice in clinical psychology, providing assessments and psychotherapy for child, family, and adult clients. He retired from full-time practice in 2014. Since then he has continued to provide part time consultation for several community agencies, including forensic assessments for local courts, and the supervision of other mental health clinicians.

Lisa Provost
Lisa is a Mental Health Counselor who has been working within the field of Mental Health since 1991. She has Masters Degree (MS) in Counseling, am a Nationally Certified Counselor (NCC), and a Licensed Mental Health Counselor (LMHC). In addition, she is a Registered Play Therapist and Supervisor (RPT-S). Early in her professional life, she worked at Family and Children’s Center (now Lampion Center) in Evansville before entering private practice, where she has been actively engaged in working with children, teens, adults, and families for 23 years. Lisa maintains professional memberships in the American Counseling Association (ACA) and abides by the Code of Ethics of both ACA and the National Board of Certified Counselors (NBCC).

Lisa’s primary areas of focus include issues of adjustment in life transitions (such as divorce, bereavement, job loss or changes, etc.), health-related issues, trauma, anxiety and mood disorders, and behavioral and attachment issues in children and teens. She is trained in the use of mindfulness-based strategies for managing the high levels of stress that have become part of everyday life. Lisa is also trained in the use of cognitive behavioral strategies, as well as expressive therapies.

Talya Kosstrin
Talya Kosstrin, Integrative Health and Wellness Coach, and owner of Progressive Transform4mation graduated from the Institute for Integrative Nutrition where she learned innovative health coaching methods, practical lifestyle management techniques, and over 100 dietary theories from some of the world’s top health and wellness experts.

Talya moved to Evansville when her husband Dr. Lee Kosstrin joined the Family Medicine Residency program at Deaconess Hospital. Talya witnessed first-hand the lack of nutritional education in Medical School and is passionate about providing physicians with the tools to take better care of themselves.

Talya’s education has equipped her with extensive, cutting-edge knowledge in holistic nutrition, health coaching, and prevention. Drawing on her expertise, she works with her clients to help make gradual lifestyle changes and choose health-promoting ways that produce real and lasting results. Talya enjoys guiding her clients on a journey towards a healthier, more balanced life. She can help you to learn to listen to your body and what it craves: physically, mentally and emotionally. You will take small steps towards your intended goals towards a progressive transformation.

Dike Drummond, MD
Dike graduated from the Mayo Medical School in Rochester, Minnesota in 1984 and completed his Family Practice Residency at the Shasta Cascade Program in Redding, California in 1987. He served as an Emergency Room Physician at Redbud Community Hospital in Clearlake, California for a full year after residency. Dr. Drummond practiced full spectrum Family Medicine for 11 years as a member of the Skagit Valley Medical Center in Mount Vernon, Washington. He was also the Chairman of the Executive Committee and Managed Care Medical Director for that organization.

Dr. Drummond suffered from a career ending burnout and left his medical career in 1999 to become an Entrepreneur beginning with his Interactive Guided Imagery Practice. He served as COO of Superteams, LLC providing Leadership and Facilitation training to Lean Six Sigma Black Belts in all branches of the US Military. He is certified as a Life and Business coach with extensive experience in personal and business development and both off and online marketing working with startup entrepreneurs and physicians. (Services available for VCMS Members at a discounted rate.)
Tri-State Medical Alliance had its new officer installation and a celebration of Founder's Day on May 16. Although the TSMA has 13 original lifetime members, there are two ladies who put their heart and soul into the formation of the Tri-State Medical Alliance. Karan Pastora and Shirley Becker were the backbone and brains behind making TSMA a reality. We recognized them for their continued dedication during the Founder's Day celebration.

To continue to carry the torch, we installed some seasoned members and added some new faces as officers for 2017-2018:

President: Anita Watkins
President-Elect: Ann Almquist
Vice President Communications: Jayne Susec
Vice President Community Outreach: Dianna Beck
Vice President Membership: Jeanne Marie Gadient
Vice President Marketing & Public Relations: Catie Tucker
Vice President At Large: Mary Gail Wilder

This was a great day of celebrating our roots and looking forward to our future!

Let me introduce myself…my name is Anita Watkins and I am the 2017-2018 TSMA President. I am fairly new to the Tri-State Medical Alliance, but not to the tri-state community of medicine. My husband is a physician in Henderson, KY and I have been active in the Kentucky Medical Association Alliance for many years. I am a past KMAA State President and served on the national level with the AMAA.

I am honored and feel very privileged to lead such an outstanding organization as Tri-State Medical Alliance. I am passionate about our mission and feel we are making a great impact in our communities through our programs, but we still have a lot of work to do!

With some new energy from younger members and steady guidance from our founding members, I hope to keep the light of the Tri-State Medical Alliance shining bright and moving forward. I hope to keep serving our communities and making a powerful impact. I hope to unite our families as a medical community to continue to support our common goals and interests. I’m ready to roll up my sleeves and get to work…won’t you join me!

Be a part of something BIG…join us for a meeting!

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Anita Watkins
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New Laws Include Mandates For Physicians

Several laws passed in the 2017 legislative session will create new requirements for physicians when they take effect July 1.

The ISMA Government Relations team worked hard during the session to ensure that physicians are still the primary medical decision-makers. The new laws outlined below create a couple of new mandates, but ISMA worked to make sure exceptions remained for physicians’ use of professional judgment. As these laws are implemented, ISMA will continue to monitor any unintended consequences. If you have any questions on these new laws, please contact Mike Brady or Scott Gartenman for further explanation.

Here is what physicians should know about laws taking effect July 1.

Opioid Prescribing
Senate Enrolled Act (SEA) 226, which establishes seven-day opioid prescribing limitations for a first patient-physician encounter, is the most significant change for medical practitioners. This law, as well as statutory exceptions and new exceptions being considered by the Medical Licensing Board of Indiana, are detailed in a separate article in the ISMA Updates publication.

Surprise Billing
House Enrolled Act (HEA) 1273 imposes a new notice requirement on physicians referring patients for services. Referring physicians must now notify their patients when they are discharged that their insurance may not cover the services for which they are being referred and that patients should check whether a provider to which they are being referred is in their network. Primary-care providers will be most affected, since they most often refer patients for services.

Immunizations
HEA 1069 requires all college students to be immunized against meningitis before they can attend any Indiana college or university.

Stroke Treatment Protocols
HEA 1145 requires emergency services personnel to be instructed about appropriate facilities for the treatment of possible stroke victims, to ensure patients are transported to the facility best-equipped to care for them. This law resulted directly from a 2016 ISMA resolution and will help save lives.

Cannibidiol
HEA 1148 creates a registry for epilepsy patients who can legally be treated using cannibidiol, a marijuana-based extract. The bill originally included protections for physicians who treat patients on the registry, but those provisions were removed. ISMA is studying the impact of these last-minute changes and recommends physicians not provide cannibidiol treatment at this time.
Telemedicine
HEA 1337 expands a physician’s ability to use telemedicine services. The law allows a physician to prescribe any drug except an opioid once a patient-physician relationship has been properly established. The law also requires Indiana’s Medicaid programs to cover telemedicine without distance restrictions.

Syringe Exchanges
HEA 1438 shifts the decision-making on whether to establish a syringe exchange from the state to municipal or county health offices. This will allow a more nimble reaction to area-specific health crises and put the treatment of individuals in the hands of county and municipal health officers and leadership.

Prior Authorization
SEA 73 mandates the future availability of electronic prior authorization capabilities for prescriptions. The systems utilized will be available to physicians for their prescriptions without additional cost to the physician. This should help streamline the process. ISMA will share additional information and training from the vendor involved when it becomes available.

Health Care Consent
SEA 175 grants health care consent to new parties. An adult grandchild may now provide consent for an incapacitated adult grandparent if no one else is available to do so. A grandparent will now have the same right, where no other legally responsible party is available for consent in cases of incapacitated or minor grandchildren.

HIV Prophylaxis
SEA 279 authorizes reimbursement for HIV-prevention drugs in rape cases, removing a possible impediment to treatment.

Direct Primary Care
SEA 303 establishes guidelines for direct primary care agreements between physicians and patients. In short, it requires such agreements to outline the expected care and states physicians may never bill a patient’s insurance for care included in the agreement. The law also states that direct primary care agreements are not insurance and that no physician insurance certification is needed in such an arrangement.

To read a description of how new bills become laws, go to www.ismanet.org/legislation/bills.html
A law passed during the 2017 legislative session imposes new restrictions on opioid prescribing for Indiana physicians starting July 1. Primarily because of ISMA's efforts, the law contains exceptions, and the Medical Licensing Board of Indiana (MLB) is considering several more.

Gov. Eric Holcomb sought the law, known as Senate Enrolled Act (SEA) 226, as part of his plan to address what many consider to be an opioid epidemic in Indiana. The measure applies to all physicians and other practitioners, such as dentists, nurse practitioners, physician assistants and podiatrists, who have a state and federal (DEA) controlled substance registration.

Under SEA 226, a physician writing an initial opioid prescription for a patient may not prescribe more than a seven-day supply, unless an exception applies. For an adult patient age 18 or older, there are no quantity limits on subsequent opioid prescriptions written by that physician. For patients younger than 18, unless an exception applies, all opioid prescriptions are limited to a seven-day supply.

When the bill was introduced, ISMA immediately began to work with the governor’s office and other stakeholders to include important amendments. As a result, the law contains the following exceptions to the seven-day limit:

- The physician is treating the patient for cancer.
- The physician is providing medication-assisted treatment for a substance-abuse disorder.
- The physician is providing palliative care for the patient.
- In the physician’s professional judgment, the patient requires more than the seven-day supply of opioids.

The Medical Licensing Board of Indiana (MLB) may create additional exceptions by Dec. 1, 2017, in consultation with the Indiana State Department of Health, the Indiana Family and Social Services Administration and other stakeholder representatives.

The first three provisions are fairly standard for such legislation, but the professional-judgment and MLB-created exceptions secured by ISMA’s advocacy are unusual, said ISMA Director of Advocacy Mike Brady. The MLB has discussed several additional exceptions to the prescribing limits, including for postoperative and trauma-related care, and plans to review a draft rule at its June 22 meeting. ISMA will continue to provide input and monitor the MLB’s progress.

Under the palliative care exception or the professional judgment exception, if a physician issues a first-time opioid prescription for more than seven days to an adult or any opioid prescription to a minor, the physician must document in the patient’s medical record that
a non-opiate was not appropriate. The physician must also document that the patient is receiving palliative care or that the physician is using his or her professional judgment to prescribe for longer than the seven-day limit.

Another provision of SEA 226 requires a physician to comply if a patient or the patient’s legally authorized representative requests a smaller amount of an opioid than the physician initially planned to prescribe. In that instance, a physician must document the request, as well as who made it, in the patient’s medical record.

Finally, SEA 226 allows Indiana pharmacies to partially fill a prescription at the request of a patient or a patient’s legally authorized representative. Under a recent change to 21 U.S.C. 829, the unfilled portion of an original Schedule II prescription may be filled up to 30 days after the date of the original prescription.

A copy of SEA 226 can be found at www.ismanet.org/pdf/news/SEA226.pdf.

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ISMA Backs U.S. Surgeon General Nomination of Longtime Member

ISMA enthusiastically supports the nomination of Jerome Adams, MD, MPH, Indiana’s health commissioner and a longtime ISMA member, to be surgeon general of the United States.

"Jerome Adams is uniquely qualified to be the nation’s top public health officer," said Thomas Whiteman, MD, president of ISMA. “Dr. Adams has firsthand experience of public health issues affecting communities, as well as action plans to bring about positive change for citizens with health problems."

After President Donald Trump submitted the nomination on June 29, Dr. Adams told the ISMA: “I’m honored to be nominated and look forward to improving the health of the nation.”

Sen. Todd Young, R-Ind., posted a photo of himself and Dr. Adams on Twitter with the message, “I commend the President on his nomination of Dr. Jerome Adams to serve as our nation’s Surgeon General. The President would be hard-pressed to find a more exceptional person for this position. As our Indiana State Health Commissioner and a highly regarded anesthesiologist, he has devoted his professional life to serving our state and caring for Hoosiers… I look forward to voting to confirm him.”

And, Sen. Joe Donnelly, D-Ind., wrote, “I have worked closely with Dr. Adams for several years on efforts to respond to the opioid abuse and heroin use epidemics across Indiana. He has been a willing partner, and I look forward to talking with him about his priorities for the surgeon general position.”

Besides leading ISDH, Dr. Adams, 42, is an anesthesiologist with Eskenazi Health and an assistant professor with the Indiana University School of Medicine. He will remain director of the Indiana State Department of Health (ISDH) during the confirmation process, and, if confirmed, he will succeed Vivek Murthy, MD, who resigned in April.

Shortly after then-Gov. Mike Pence appointed him to lead the ISDH in 2014, Dr. Adams tackled the threat from West Africa’s Ebola epidemic. He quickly met with community members and health officials in all 10 hospital districts, developing a nationally unique monitoring program for travelers returning to Indiana.

Dr. Adams is perhaps best-known for his handling of an unprecedented HIV and hepatitis C outbreak linked to injected opioids in Scott County in 2014. That required building an infrastructure from scratch to integrate testing, treatment, counseling, health insurance and a needle exchange. In the 2017 legislative session, Dr. Adams backed a new law, which took effect last month, making it easier for local health authorities to initiate such exchanges.

He has also been influential in efforts to reduce infant mortality, by shining a light on racial disparity rates and directing the Health Department to address them, and is active in the Indiana Perinatal Quality Improvement Collaborative.

At ISMA, Dr. Adams served as president of the Young Physicians Society and as its representative on the ISMA Board of Trustees. He was elected ISMA assistant treasurer but stepped down when he became Indiana’s health commissioner. Dr. Adams served on the ISMA Reference Committee in 2011, as well as on the Medical Student Leadership Forum Proposal Task Force, Pain Management and Prescribing Ad Hoc Task Force, Task Force of Resolution 15-40 (Public Health Committee) and the ISMA Task Force to Study Bundled Payments and ACOs.
VCMS & First District Annual Meeting
Thursday, June 1, 2017
## Calendar of Events

### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>JULY</td>
<td>July 11th</td>
<td>VCMS Executive Board Meeting VCMS Offices 6:00 pm</td>
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<tr>
<td>JULY</td>
<td>July 21st</td>
<td>Code Blue Cocktail Party The Evansville Museum 6:30 – 9:30 pm</td>
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<tr>
<td>JULY</td>
<td>July 22nd</td>
<td>VCMS, VMA &amp; The Evansville Museum present Just For The Health Of It 11:00 am – 3:00 pm The Evansville Museum</td>
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<tr>
<td>SEPTEMBER</td>
<td>September 9th</td>
<td>An Evening Under the Starts Cocktail Party at Seton Harvest Farms 7:00 – 10:00 pm</td>
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<tr>
<td>SEPTEMBER</td>
<td>September 12th</td>
<td>VCMS Executive Board Meeting VCMS Offices 6:00 pm</td>
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<tr>
<td>SEPTEMBER</td>
<td>September 15th – 17th</td>
<td>ISMA Annual Meeting</td>
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<tr>
<td>OCTOBER</td>
<td>TBD</td>
<td>Fall Family Event</td>
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<tr>
<td>NOVEMBER</td>
<td>November 14th</td>
<td>VCMS Executive Board Meeting VCMS Offices 6:00 pm</td>
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<tr>
<td>DECEMBER</td>
<td>December 1st</td>
<td>VCMS Christmas Party First Federal Operations Center</td>
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</table>

More to come!
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- Chris Chacko, MD upside down ziplining in Costa Rica
- Getting ready to zipline Chris, Sue & Andrew
- Apoyo Lake, Nicaragua Chris, Tharayil, Sue & Andrew

Frazier Family – Jon Frazier, MD, Julie & daughters

- Moray – Incan Agricultural Laboratory, Peru
- Urubamba River, Peru

Blanton Family

- Lexington, KY Mack Blanton, MD and wife, Jennifer

Schroeder Family

- Chamonix France – June 18, 2017 of the first day of our Tour du Mont Blanc hike in the Alps Heather Schroeder, MD and husband Chip

Lance Family

- Mesker Park Zoo, Evansville, IN Caitlin and Haley, daughters of Randy Lance, MD

If you would like your recent family vacation photo (non-scenic) in future Monitor Publications, please email cpatterson@vcmssdocs.org.
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Australia & New Zealand!
February 25 — March 17, 2018 • 21 Days • 29 Meals

Machu Picchu & the Galapagos Islands
Two adventures in one tour!
April 17 — May 01, 2018 • 15 Days • 28 Meals
Highlights: Lima, Sacred Valley of the Incas, Pablo Seminario Ceramic Studio, Pachamanca Dinner, Machu Picchu, Cuzco, Quito, Middle of the World, 5-Day Galapagos Cruise, Charles Darwin Research Center, Colonial Quito
The past comes alive as you travel from the Land of the Incas to the Galapagos archipelago. This small group tour offers a look into mankind’s collective history. Overnight at the base of mysterious Machu Picchu and take advantage of the chance to explore this “Lost City”. Explore the UNESCO Spanish colonial cities of Lima, Quito and Cuzco. Set foot in two hemispheres at the Equatorial Line Monument. After delving into ancient cultures, you’ll connect with one-of-a-kind wildlife as you cruise the pristine Galapagos Islands, made famous by Charles Darwin. Throughout your journey in Peru and Ecuador, you’ll look toward the future and reflect on enchanting days gone by.

Motorcoach Tours from Evansville

Christmas at the Biltmore
Gatlinburg and Winston-Salem, too

• A day and night in Gatlinburg
• “Country Tonite” Show
• Two nights in Winston-Salem
• The Hawthorne Inn
• Old Salem
• Footsteps through History tour
• Two nights in Asheville
• Inn on Biltmore Estate
• Tour The Biltmore
• Candlelight Christmas tour
• Audio tour of home
• Winery guided tour

12-Meals and Lodging for 5-nights
November 9 – 14, 2017 (Thurs–Tues)

Naval Station Norfolk, Colonial Williamsburg and two Presidential Homes

• Colonial Williamsburg
• Grand Illumination
• Tour Colonial Area
• Two Presidential Homes
• James Monroe’s Highland
• James Madison’s Montpelier
• Tour Naval Station Norfolk with Military Escort

13-Meals and lodging for 5 nights
December 1 – 6 (Fri-Wed)

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13-Meals and lodging for 5 nights
December 1 – 6 (Fri-Wed)
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<th><strong>July Birthdays</strong></th>
<th><strong>August Birthdays</strong></th>
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<td>Dwight A. Silvera, MD</td>
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<td>John P. Morgan, MD</td>
<td>Mary E. Tisserand, MD</td>
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<td>James E. Gamble, MD</td>
<td>Edward P. Daetwyler, MD</td>
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<td>Lawrence C. Kilinski, Jr., MD, Pharm.D.</td>
<td>Drew N. Sommerville, MD</td>
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<td>Frank J. Amodio, MD</td>
<td>Craig E. Haseman, MD</td>
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<td>Jugesh I. Cheema, MD</td>
<td>Stephen E. Braun, MD</td>
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<td>Maureen P. Kuhrt, MD</td>
<td>Jeffery R. Chandler, MD</td>
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<td>Alvin Korba, MD</td>
<td>Edward DeVerre Gourieux, MD</td>
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<td>Kenneth G. Combs, MD, FACP</td>
<td>Young S. Lim, MD</td>
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<td>Steve Makhecha, DO</td>
<td>W. Michael Crecelius, MD</td>
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<td>Herbert D. Adams, MD, FACS, MBA</td>
<td>Duane H. Kuhlenschmidt, MD</td>
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<td>J Christopher Sartore, MD</td>
<td>Paul E. Perry, MD</td>
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<td>Norman D. Radtke, MD</td>
<td>Ashley E. Cobb, DO</td>
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<td>Michael K. Drake, MD</td>
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<td>Santiago Arruffat, MD</td>
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<td>Rick E. Crawford, MD</td>
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<td>Ravi K. Alapati, MD</td>
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<td>James D. Spiller, MD</td>
<td>Marcia L. Cave, MD</td>
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<td>James R. Krueger, MD</td>
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<td>William J. Blanke, MD</td>
<td>Janine E. Morris, MD</td>
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<td>Tony E. Hood, MD</td>
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<td>Raymond L. Brown, MD</td>
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<td>Thomas W. Clark, MD</td>
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<td>Scott M. Cordts, MD</td>
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<td>John J. Thole, MD</td>
<td>William R. Penland, MD</td>
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<td>Roger S. Shinnerl, MD</td>
<td>John P. Sutkowski, MD</td>
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<td>John A. Bizal, MD</td>
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<td>Roy A. DeFries, MD</td>
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<td>Steven M. Herf, MD</td>
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<td>Jason Lowrey, MD</td>
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<td>Paul W. Morrison, MD</td>
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<td>Thomas E. Schultheis, MD</td>
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<td>Stephen K. Young, MD</td>
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Happy Birthday!
Congratulations

2017 Recipient
Trustee Teaching Award
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Assistant Professor of Cellular and Integrative Physiology

2017 Recipient
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