

*Around
the Network*
A newsletter for the Community family

Community helps United Way of Central Indiana shatter its fund-raising goal

Congratulations and thank yous are in order for Community Health Network employees. The United Way recently recognized Community as the organization with the largest increase in participation during the annual campaign. Community employees donated a total of \$272,339 to the United Way of Central Indiana this year. Thanks to employees' generous giving, Community donated an additional \$70,000+ in 2007 than the organization did in 2006. Community was one of three companies to donate more than \$70,000 more this year than

in the previous year.

"This accomplishment speaks volumes about the people who work at Community," says Bill Corley, president and CEO of Community Health Network. "Giving back to people in need is a top priority of our employees and as always, I'm very impressed by the caring and compassion our employees show to others."

The United Way of Central Indiana, which runs 104 human service agencies in Marion, Hamilton, Hendricks, Hancock, Boone and Morgan counties,



United Way of Central Indiana

exceeded its campaign goal by \$57,000 and raised \$39 million in pledged donations.

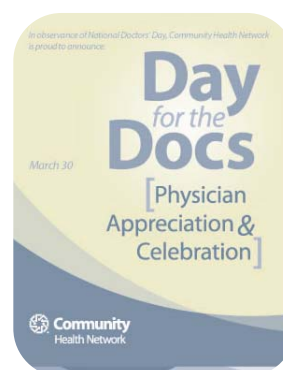
"Thanks for showing central Indiana what a difference Community Health Network can make," says Carrie Wilson, project coordinator for human resources.

Doctor's Day breakfasts planned at each hospital

In honor of Doctor's Day 2008 Community Health Network would like to say "thank you" to the physicians who serve the network with tireless dedication.

Doctor's Day breakfasts
Friday, March 28
6 to 9 a.m.

- ◆ **Community Hospital Anderson**
Physician's Lounge
- ◆ **Community Hospital East**
Physician's Lounge & Medical Staff
Conference Room



- ◆ **Community Hospital North**
Physician's Lounge
- ◆ **Community Hospital South**
Physician's Lounge
- ◆ **The Indiana Heart Hospital**
Physician's Lounge

IBJ "Health Care Heroes" program honors Community

Congratulations to Community Hospital North and its president, Barb Summers, honored among the finalists in the *Indianapolis Business Journal's* Health Care Heroes Awards. Finalists were honored at an awards breakfast March 7, and featured in a special "Health Care Heroes" section in the IBJ.

The hospital was one of three finalists in the Community Achievement in Health Care category. Community was nominated by Binford Redevelopment and Growth (BRAG)—a neighborhood development organization with a territory that includes Community North. "Community takes its role in the community very seriously," says Jane Lommel, president of BRAG.

Lommel says she wanted to recognize Summers, the hospital and Community Health Network in general for supporting BRAG and for taking health care and wellness services out into the community in and around the BRAG neighborhoods. Among other things, Community has sponsored the BRAG Farmers Market, adopted a portion of Binford Boulevard for beautification efforts, participated in a BRAG initiative to build walking paths to encourage fitness activity and connect BRAG neigh-

borhoods, and provided meeting support for the organization.

It's not just money, Lommel notes, but the time Summers and other Community team members have given to such efforts as the farmers market.

"It's easy enough for an organization to give money," Lommel says, "but Community was there week after week." Community staffed a booth at the market every weekend for more than four months last summer, sharing health information, demonstrating automated external defibrillators and offering flu shots to residents visiting the market to buy healthy produce. The network also staffed a similar booth every weekend at the Fishers Farmers Market.

In its nomination, BRAG also praised Community's involvement in delivering health care to the area's most at-risk populations, through such programs as school-based clinics. Community's story in the IBJ's

COMMUNITY ACHIEVEMENT IN HEALTH CARE 9

Finalist COMMUNITY ACHIEVEMENT IN HEALTH CARE
Community Hospital North

A hospital lives up to its name by reaching out

Barbara Summers believes that the best medicine a hospital can perform sometimes happens outside its walls.

That might seem like an odd notion coming from someone very concerned about what happens inside a hospital. But Summers, who is president of Community Hospital North, knows the hospital can't fulfill one of its primary missions—improving community health—if its staff isn't involved with the community.

"We really want to be where people already are because we're finding that people are very receptive to information and screening if they're already out someplace having fun."

What kind of places? Well, farmers markets in Fishers and the area around Binford Boulevard and 71st Street are two examples. Lawrence Township Schools is another.

Through school-based clinics that have been in place for years, Community North's medical staff delivers health care to the area's most at-risk popula-

tions. Those services are free to students and their families not covered by insurance. The hospital's clinics serve about 2,700 people a year.

"Children come to school ready to learn if they are not feeling bad," Summers said.

"Volunteering in the community helps our staff intervene at a stage where good outcomes are more likely," Summers said.

"The staff loves the fact that they are helping to keep people well."

The staff's dedication helped Community Hospital North become a Health Care Heroes finalist in the Community Achievement category.

"Community takes its role in the community very seriously," said Jane Lommel, president of Binford Redevelopment and Growth, a neighborhood development organization that nominated the hospital for the award. "There are many ways the hospital and its parent organization, Community Health Network, identify health needs and find ways to fulfill them."

In addition to sponsoring and staffing

community events and working with Lawrence schools, Community supports a BRAG initiative to build walking trails and sidewalks to improve community safety and encourage fitness activities.

Community's physicians and other health care professionals have also visited neighborhood daycare centers to share information about childhood illnesses, dietary need and infection control.

And Community's "Kids Up and Running" program in Lawrence Schools identifies at-risk children who need more physical activity to improve their health and prevent obesity.

In addition to these outreach programs, Summers said the hospital tries to serve as a gathering place for certain community events and a communications center.

"We are a place where people go and we have a high traffic volume, so it makes sense that we can serve a communications role in the community," Summers said.

But the most important reason for all the hospital's community work, "is so that we can stay close to the people that we serve and are advocates for," Summers said.

By Stuart Hirsch

Community Hospital North and Barb Summers were honored as finalists in the *Indianapolis Business Journal's* 2008 Health Care Heroes Awards.

special "Health Care Heroes" section includes a photo taken at the clinic at Lawrence Township's Brook Park Elementary. The nomination also mentioned the network's efforts to bring physicians to early childhood development centers to share health care information, and its Kids Up and Running program, which identifies at-risk schoolchildren who need more physical activity to improve their health and prevent obesity.

Summers says Community's people eagerly participate in bringing health care services out of the hospitals and to the people who need them. "My job is to support a team that already is committed to the community."

Community Health Pavilion Greenfield opens



The ribbon-cutting ceremony at Community Health Pavilion Greenfield was on February 27.

Community Health Network opened a new Community Health Pavilion in Greenfield, located at 740 West Green Meadows Drive. A ribbon-cutting ceremony was held at the site on February 27.

Community Health Pavilion at Greenfield houses primary care physicians, as well as diagnostic and outpatient services. Services and specialties include primary care physicians, Varsha Nagarsenker, M.D., Bernard Richard, M.D., Ronald K. Andrews, M.D., Robert E. Clements, M.D.; Community Imaging Center; Mid-America Clinical Lab; Community Rehab & Sports Medicine Center.

"The new Community Health Pavilion will provide nearly all of area residents' health care needs," said Jon Fohrer, vice president of ambulatory development at Community Health Network. "The facility offers high quality health care and convenience to the growing Hancock County population, the majority of whom lead busy lives. They can receive health care in their neighborhood, without having to travel far."

Community Health Network leadership, members of the Greenfield Chamber of Commerce and residents of the Greenfield Community were in attendance.

Produce at its Prime

Are you interested in buying local and seasonal foods? Have you ever wondered what the words "organic" and "natural" actually mean? Do you want to grow your own vegetables and herbs?



Todd Jameson

Todd Jameson, owner of Balanced Harvest Farm in Carmel, will be speaking about all of these things and more during Produce at its Prime. Todd has a long relationship with the family farm. He grew up on a vegetable farm in New Jersey, the Garden State. Todd was also a founding member of the very popular Green Markets in New York City. Today, at Balanced Harvest Farm, he "grows a seasonal array of herbs and vegetables from arugula to zucchini and most items in between." He is very passionate about bringing locally grown produce to everyday people. Get a jump start on the growing season by joining Todd as he discusses ways to bring the family farm to the family table.

This free event will be held in the BodyZone multipurpose room at 6991 Hillsdale Court, on Thursday, March 20, 2008, at 5:30 p.m. Register today by calling 317-621-4304.

Get on your mark, get set, Race!

Registration for Community's Race for the Cure Team is under way

It's that time of year when we recruit employees, volunteers, physicians, family and neighbors to join Community Health Network's Race for the Cure team. Mark this date, **April 19, 2008**, on your calendar as we join The Susan G. Komen Breast Cancer Foundation-Indianapolis in the fight against breast cancer. And be sure to join one of the network's teams as we "race for the cure."

Registration for Community's teams is now under way and will last until **March 21**.

To register:

- ◆ Decide where you'll want to pick up your race packet the week of April 14.
- ◆ Log on to the Susan G. Komen Web site, www.komenindy.org.

Click on the "join an existing team" link on the right to join Community's team. It may ask you to log in if you've registered online in the past.

By using the Web site, employees can still form sub-teams to honor family members, co-workers or friends.

(Participants can no longer form sub-teams unless they use the online process.)

- ◆ Join Community's team.

If you want to join Community's team, click on the button marked "Join a team" and then hit the "team

list" button.

You will see Community Health Network East, Community Health Network North, Community Health Network South, Community Health Network TIHH, and Visionary Enterprises, Inc.

Choose the location that corresponds with your desired packet pick up location.

Click on the name of the team, and then click on the "join the team" area.

- ◆ Complete the information and provide payment information.

Participants will need to pay with a credit card, but the Komen Web site is secure, and your credit card information will be kept confidential.

Individuals not wanting to use credit cards can contact the Susan G. Komen Breast Cancer Foundation to use the paper registration form, but will not be able to be recognized as a Community team member, and will have to pick up their race packet downtown prior to the event.

- ◆ If you'd like, create a sub-team.

Sub-teams must have 10 members. If you do not have 10 members for your sub-team, please join one of the other teams based on the location you will pick up your packet.

You and your teammates may still all

register and walk together, but you'll need to be a part of the larger team.

Log on to www.komenindy.org, and click on the "register" button, and then click on "form a team."

At the bottom of this screen, you may name your team. **YOU MUST BEGIN YOUR TEAM NAME WITH THE LOCATION THAT CORRESPONDS TO YOUR DESIRED PACKET PICK UP LOCATION.**

If you don't enter the name this way, Komen won't know to provide us your team packets, and you will have to work directly with Komen to pick up your team's packets downtown the week prior to the race.

Each facility has a race team captain. If you would like assistance with the registration process or have a question, please see the race captain nearest you:

- ◆ Community Anderson: Cheryl Arnold 765-298-5139
- ◆ Community East: Carol Slone, 317-355-5870
- ◆ Community North: Jennifer Stigler, 317-621-4356
- ◆ Community South: Marcia Anness, 317-887-7578
- ◆ The Indiana Heart Hospital: Leah Campbell, 317-621-8038
- ◆ VEI: Lori Stonecipher, 317-621-2455

Community East makes MRI more comfortable for patients

What is the latest multi-media entertainment system doing inside a state-of-the-art magnetic resonance imaging (MRI) scanner, a high-tech medical device that helps radiologists obtain a precise and often early diagnosis of disease?

At Community Hospital East, movies, music and children's cartoons will help patients who might otherwise be afraid of the often intimidating exams to take advantage of one of today's most valuable diagnostic tools.

"An estimated 20 percent of patients react with fear or claustrophobia to confining, dark and often noisy MRI procedures and cannot be imaged as a result," says Alan Moorman, chief MRI technologist. "With the addition of the new CinemaVision virtual reality system, Community East will bring a relaxing multi-media experience and entertainment inside the MRI while patients are being imaged, helping them to tolerate the exams better."

Moorman notes that the difference can be dramatic and that patients who refused MRI scans in the past now have no problem having the procedure. Committed to delivering the best in diagnostic care, Community East is one of the first

**CinemaVision is now available at
Community East.**



medical facilities in the area to take advantage of the innovative CinemaVision system.

Many people, particularly children, are afraid of MRI exams, which are performed inside long, tubular magnets. Patients must hold still in this isolated space for up to an hour, while loud knocking sounds emanate from the machine. Roughly one in five patients requires sedation to reduce anxiety associated with MRI claustrophobia, or they will not be able to take the test at all.

Community East currently utilizes the open-sided MRI for those patients who are claustrophobic. The new CinemaVision will provide an additional option for those fearing the MRI procedure. Both options provide a more relaxing experience for the patient.

CinemaVision overcomes a range of significant technological challenges to perform within the MRI environment. Conventional audiovisual systems cannot function within the MRI's high magnetic fields, and at the same time their metal components interfere with MRI images.

However, CinemaVision's innovative design is able to deliver entertainment from CDs and videos to patients during the scan through a sleek, comfortable, lightweight headset. It shows the equivalent of a 62-inch video display viewed from 5.5 feet, enveloping the patient in a complete virtual reality.

Kathy Steffen, medical imaging director, points out that the imaging technique is widely used to diagnose sports-related injuries, especially those to the joints and skeletal structure. Because it does not involve x-ray exposure, MRI is often the preferred diagnostic method for examination of the male and female reproductive systems.

"This technology helps us deliver the best quality of care we can to patients," says Steffen. "Even for those who are not fearful of the MRI, it often helps streamline the process and make it more pleasant, while we deliver a high quality diagnosis."

February Hot Shot awarded to Joni Brattain

To earn the February Hot Shot award for Community Health Network, Joni Brattain went above and beyond her duties as a concierge consultant at Community Hospital North.

When a patient was in need of emergency surgery just days after his father passed away, he considered opting out of the surgery to be with family for funeral services three hours away from Indianapolis. *(To read the whole story see the latest issue of Perspectives or visit the What's the Big Deal? page on InComm.)*

When Brattain heard about the dilemma, she began to investigate how she could best accommodate the patient and his wife—she wanted to find a way for him to have the surgery without missing his father's service.

After making some phone calls and putting her creativity to work, Brattain—a self-proclaimed “Internet nerd” who communicates with family and friends abroad via Web cam—found the perfect solution: cyberspace. A local computer company in Rensselaer agreed to set up a Web cam for the family so the patient could be present, at least virtually.

Brattain says that finding ways to create exceptional patient experiences is an important part of her job.

Her main focus is on patient concierge services, so she has the responsibility of welcoming patients and families to Community North and informing them about the hospital's services, which include anything from celebrations to salon services. Brattain says that her job is to try to meet any need a patient has—whether it's throwing a party for someone or throwing a load of laundry in the wash.

“Everybody who comes in is not just another John Doe patient,” she says. “They're another family member. I do everything I can to make their experience as pleasurable as it can be. We also make sure it's not just the patient who's having the exceptional experience—it's the family too.”

Brattain explained that her own family was instrumental in allowing her to work extra hours and help her patient participate in an important day with his family. She adds that the clinical staff at Community North is also integral to how she does her job. “I don't know every detail of what's going on,” she says. “They help me do my job more effectively.”

A resident of Madison County, Brattain has worked at Community North since 2005, when she started



Joni Brattain

as a housekeeper. When she's not finding ways to meet patient needs at the hospital, she enjoys spending time with her son and her family, especially at her family's lake property during the summer. “That's my sanctuary, my calm spot,” she says.

Other Hot Shot nominees were:

Andrea Aaron, Melissa Abel, Mary Aherst, Starlet Alberston, Shannon Bethel- Brown, Theresa Cabrera, Martha Commodore, Jennifer Davis, Kim Clayton, Angie Dalzell, Robin Ferguson, Barbara Funk, Sharlet Gandy, Fred Hooker III, Scott Isenburg, James Kuhlmeier, Lury Kutruff, Kristie Marin, Angel Mills, Cheryl Mumjani, Herbert Mussewhite, Melissa Reece, Cindy Schafer, Angele Simmons, Beth Smith, Myra Strawther, Linda Thurbur, Gina Webb, Brandi White, Tammy Wilmont and Andrea Yanez.

Save the date to nominate



It's time to start thinking about which Community Health Network nurse or nurses you will nominate for the 2008 Nursing Excellence Awards. The nomination period is July 1 to July 31.

Nomination information

Nominations will only be accepted online. However, patients or family members who request a paper form from the Community concierge during their hospital stay will be accommodated.

One Nursing Excellence Award will be given in each of the following five categories of Community Nursing Excellence:

- ◆ Patient-Focused Care
- ◆ Therapeutic Relationships
- ◆ Art and Science of Nursing
- ◆ Evidence-Based Practice
- ◆ Facilitative Leadership

Nominations will be anonymously reviewed and recipients will be selected by the Nursing Excellence Awards committee. Winners and nomi-

nees will be announced in the fall. The awards will be presented at a banquet to be held on Friday, November 7, 2008, at the Indianapolis Marriott North.

Eligibility

- ◆ A nurse may be nominated by anyone—patient, physician, family member, co-worker or self.
- ◆ A nurse may be nominated in multiple categories, but each nomination must focus on only one category.
- ◆ A nominee must have worked as an R.N. or L.P.N. for Community Health Network for at least five years and must be in good standing without disciplinary issues.

Stay tuned for more information about the 2008 Nursing Excellence Awards. Additional details will be featured in *Around the Network*, e-mails and voicemails in the coming months.

Cardiovascular symposium: “Bridges to the Future” wrap up

On Saturday, February 23, The Indiana Heart Hospital presented “Bridges to the Future” at the Forum Conference Center. More than 135 doctors, nurses and other health care professionals from around Indiana attended this session. This was the 17th year for this cardiovascular symposium.

Cardiologists and surgeons from The Indiana Heart Hospital presented. Karamchand Paul, M.D., F.A.C.C., presented on the “Marfan Syndrome” and Christopher Hansen, M.D., spoke about the “Current Treatment of Lower Extremity Arterial Disease.” An additional area of focus was the correlation between dental health and cardiovascular disease. Preetham Jetty, M.D., F.R.C.P., presented the importance of “Dental Health and the Heart.”

Community Health Network and The Indiana Heart Hospital extend a special thanks to the vendors that support this symposium: Medtronic, Boston Scientific, Genentech, AstraZeneca, Sanofi Aventis, Pfizer, Abbott, and Bristol-Myers. The Community Health Network Foundation also supports this event. Scott Sharp, M.D., F.A.C.C., and Shelley Strong, MA, CNOR, chaired the symposium.

The 2009 “Bridges to the Future” symposium will be promoted in the fall of 2008 on InComm, direct mail and electronic mailing. Please contact Elaine Pfenning at 317-621-8060 if you would like to be added to the mailing list.

Seasons to offer behavioral care services to seniors

Community Health Network's inpatient psychiatric services will be expanded to include a unit at Community Hospital East later this year. Seasons, a 20-bed inpatient behavioral care unit for geriatric patients, is scheduled to open in June. This facility will be a satellite of the 123-bed psychiatric pavilion at Community Hospital North.

Community is central Indiana's largest provider of mental health services, with more than 4,700 inpatient stays and 19,000 outpatient visits a year. Inpatient services are available to all ages, with the units separated accordingly. "Placing patients with their peers contributes to the healing environment," says Kris Hare, C.T.R.S., physician liaison for behavioral care. "They can often relate to the experiences of the other patients on their unit."

The new Seasons facility is designed around this philosophy, catering to patients age 65 and older. Patients may be admitted following a significant

Behavioral care for older adults **Seasons** *at Community Hospital East*

behavioral change resulting from certain medications, infections, life events, or new or progressing psychiatric conditions. Geriatric care professionals will work together on a treatment plan to stabilize the patient and return them to their regular environment as quickly as possible. "We are trying to treat the behavior that comes with a condition," says Gigi Acevedo, R.N., M.S.N., executive director of inpatient psychiatry. "This unit will target all types of emotional illness for the older adult."

Stabilizing the behavior of the patient involves more than regulating medications. "The patient benefits from the treatment milieu—the environment and associated therapies," notes Acevedo. Treatment options at Seasons will include individual and

group psychotherapy; medication management; family counseling and education; and physical and recreational therapy, among others.

Additionally, the environment at Seasons is designed to be safe and secure for patients at all acuity levels.

The treatment program, customized to meet each patient's needs, will encourage reactivation, socialization, reality orientation, independence and self-esteem. Whenever possible, family will be involved in the treatment plan.

Seasons is just one piece of the continuum of care offered through Community's behavioral care services. To learn more about outpatient and inpatient programs, visit eCommunity.com/behavioralcare.

Health care news delivered daily to your e-mail inbox

Did you know you can receive a daily digest of the latest industry updates? Health Care Headlines brings the top local and national health care news stories right to your e-

mail inbox. If you'd like to start receiving a subscription, please e-mail Amberly Peterson at apeterson@eCommunity.com with your name and e-mail address.

Lutherwood Academy's art showcase

Community's often overlooked at-risk youth get an opportunity to shine

Community Hospital East will host an art exhibit that will showcase the art renderings of Lutheran Child and Family Services' Lutherwood Academy students. The event will take place March 17 to 20, in the Community East atrium.



A reception will be held on March 17, from 5:30 to 7 p.m. to mark the opening of the exhibit. Lutherwood Education Academy is an Indianapolis Public Schools (IPS) satellite program that offers students in grades 1 through 12 an opportunity to continue their education in an atmosphere of therapeutic care and small classes. Lutherwood is a residential treatment facility licensed to care for youth ages 6 to 19 who

exhibit chronic behavior and/or emotional problems due to abuse and/or neglect, internal neurological, biological or psychiatric disorders.

Lutherwood

Academy's enrollment is comprised of its current residents and day students who are bused onto the campus.

Lutherwood's arts program offers the students an avenue to learn the dynamics of art as well as means of expressing themselves through their creative pieces.

Approximately 50 pieces will be on display at the art show. Sara O'Brien, the event organizer, is a Lutherwood teacher who instructs the middle school and high school

students. Wendell Lowe is an IPS satellite school artist who teaches students grades 1 through 6 weekly.

"We are extremely proud of our Lutherwood students and we celebrate not only their artistic ability but their academic accomplishments as well," says Michael Johnson, executive director.

"The artwork created by our Lutherwood students is outstanding," says IPS Superintendent Eugene G. White. "Their ability to weave current events, messages of hope and stories of triumph together through their art is incredible. I encourage the community to make plans to view this impressive collection."

Ultimately, the art will be displayed in LCFS's new residential facility in permanently affixed frames and will be on display this spring for the open house of that building.

Educational scholarships are now being accepted

Thanks to the support of the Community Health Network Foundation, the network is able to again provide educational assistance through the 2008 Scholarship Program.

Applications are now being accepted for the 2008 program.

Applications are available in the Employee Service Centers or on the Human Resources section of InComm.

Applications must be completed and returned by 5 p.m., Friday, May 2. For questions or concerns, please contact Carrie Wilson at 317-621-7036 or [cewilson@eCommunity.com](mailto:cwilson@eCommunity.com)

Nilima Mondal named November 2007 Hot Shot

The ability to prepare great food, generate smiles and create memories earned the November 2007 Hot Shot award for Nilima Mondal, a cook in the cafeteria at Community Hospital East.

Mondal does far more than cook food, however—she works hard to give cafeteria patrons the most personalized customer experience possible.

She believes this is why she was nominated for the Hot Shot award. “When they come to me, I greet them and then start to make what they like,” she explained. “I remember what people like and start to make it before they even ask. I think they’re very appreciative.”

Melanie Toy, network general manager for food service and nutrition, nominated Mondal for the award because of her hard work, her caring spirit and her passion for service. “She’s passionate about giving good service to and caring for every single person. She creates memories every day for people,” says Toy. “People line up just to say hello to her, because she gives them love.”

While she currently works in the deli, prepping food and serving cus-

tomers, Mondal also has worked for the hospital’s catering business, at Java City, a coffee shop in the lobby of the building, and as a cashier in the cafeteria. According to Toy, Mondal is a dedicated employee. “She really owns her station—she slices her own meat, preps all her own food, makes her own sandwiches,” said Toy. “She’s extremely consistent, and she never gets rattled.”

Wherever she works, however, Mondal also enjoys her interaction with customers. “I love to help people. Talking with customers is my favorite part of working here,” she said.

A native of Bangladesh who moved to Indianapolis in 1996 so her husband, Rowland, could study here, Mondal also appreciates the educational benefits of talking with customers. As she works to improve her English-speaking skills, listening and talking with guests is an excellent resource.

“If I get the chance, I’d like to go to school to study nursing or something related to it,” she said. “but I need to learn better English first.” Her desire to study nursing



Nilima Mondal

is one of the reasons she enjoys working at Community East, and communicating with guests is both enjoyable and useful for Mondal.

When she’s not serving up sandwiches and friendly experiences at the hospital, Mondal enjoys reading, sewing and staying healthy through exercise. She also enjoys spending time with Rowland and their two children, Alex, 20, and Barnard, 16.

Are you a myCommunity member yet?

The new, free myCommunity cards are on their way to members of myCommunity, the online program designed to simplify the health matters in your life. Save a space in your wallet—your budget will thank you.

That's because the myCommunity card is, among other things, a valuable discount card. You'll be amazed at all of the places that offer discounts to myCommunity cardholders, from local health clubs and yoga studios and flower shops to national retailers, hotel chains and car-rental agencies. Your card is also good for special savings and services—including free UPS prescription delivery at the Wellspring Pharmacy locations at Community North, Community East and, later this year, Community South.

If you have been using the Community Perks! employee discount program, you'll love the myCommunity discounts. Members currently have access to discounts at more than 150 local and national merchants, and new offers are being added weekly. The myCommunity membership program goes beyond the Perks! offerings, and will replace the Perks!

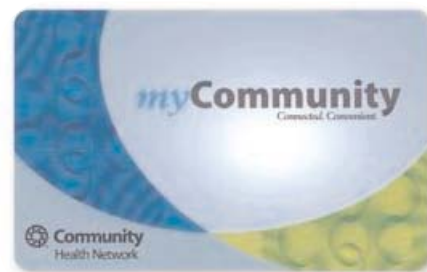
program in March.

Many employees created a myCommunity account during open enrollment last year in order to complete their Personal Wellness Profile. If so, you'll receive a myCommunity card in the mail.

If you're not a member yet, join myCommunity today by visiting eCommunity.com/myCommunity.

The card is just the beginning. Other myCommunity membership benefits include:

- ◆ **SharingSite**—This is an easy-to-use way for patients to communicate online with family members and friends, letting them know how you're doing, how things went at your last doctor visit, how your pregnancy is going or how you're adjusting to your new life with a baby—you can even post an album of baby pictures. SharingSite lets you easily create your own secure, personal Web page that's open 24/7 to you and anyone you invite to visit the site.
- ◆ **Personal health record**—Create your own secure, easy to access health history, with information including physician appointments, hospital visits, allergies you have, medications



you take, details of your insurance and records from doctors you have seen and procedures you have experienced.

- ◆ **Online appointment requests**—Schedule an appointment with your physician, anytime from anywhere.
- ◆ **Chat with a nurse**—Communicate online with a registered nurse.
- ◆ **Online health risk assessment and calculators**—Learn more about your health risks; compute your body mass index, target heart rate and ideal body weight; calculate your pregnancy due date and predict your child's height.
- ◆ **Self-selected text messages**—Choose the health topics that you're interested in and receive text messages on your mobile phone.
- ◆ **Track your fitness**—Log your exercise progress.

What's the Big Deal about working for Community?

One of the best ways to create exceptional patient and family experiences is to be sure that employees and physicians are enjoying exceptional experiences themselves when they come to work. Doing so is a top priority at Community Health Network—and thanks to the efforts of the network and the success that employees have had in creating a warm, relationship-oriented atmosphere, it truly is a big deal to work here.

Without getting up from your

computer, you can learn more about the benefits of working at Community, the promises that the network makes to its employees, and Community's many successes. Just click on the "What's the Big Deal?" box on the front page of the InComm employee intranet. In this section, you'll find:

- ◆ Pieces of the network's employee ambassador toolkit, which will help you learn more about Community and how it creates

exceptional employee experiences.

- ◆ Information about the annual Best in Class showcase, which spotlights the great work being done across the network.
- ◆ An online version of *Wow!*, a compilation featuring many of Community's impressive honors and recognitions from 2007.
- ◆ Informational network communications, such as the *Leadership Report* and *Perspectives*.

Health Promotion Services' CHIP programs starting up again

CHIP (Coronary Health Improvement Project) is an intensive eight-week program that focuses on understanding the relationship between lifestyle choices and health. CHIP provides participants with the tools needed to take an active role in preserving and restoring their health.

Learn how to drop blood cholesterol 15-20 percent, reduce coronary risk factors with just your fork and knife, control Type II diabetes through lifestyle, and reverse hypertension and heart disease.

Participants will receive two heart screens, two lifestyle evaluations, personalized counseling, food demonstrations and samples, 16 lifestyle lectures, dynamic living text and workbook, a

natural food cookbook and a grocery shopping tour.

Network employees who carry the Health Mark insurance and who have a BMI greater than 27.1 from the Medical Benefits health screening or who were identified as having two or more risk factors at their screening can participate. The cost of the program is \$250, however, if you meet the attendance requirement, the program is FREE of charge to eligible participants.

Three CHIP classes start soon.

- ◆ Body Zone on the northside starting April 7 from 6:30 to 8 a.m., meeting twice a week for eight weeks
- ◆ Community South starting April 8 from noon to 1 p.m., meeting

three times a week for eight weeks

- ◆ Community East starting May 2 from 5:30 to 7:30 p.m., meeting twice a week for eight weeks
Please join us for a one hour information session to learn more.
- ◆ March 26, 7 to 8 a.m., BodyZone Multi-Purpose Room 6991 Hillside Court (North Side)
- ◆ March 26, Noon to 1 p.m., Community Hospital South Admin Conference Room
- ◆ April 15, 5:30 to 6:30 p.m., Community Hospital East Multi-Service Room 1 & 2
Please call health promotion services at 317-621-4304 to sign up for an information session or for more information.

Community North plans employee celebration

Community Hospital North employees are invited to a celebration commemorating the leaps and bounds Community North has made in the process of becoming its own entity.

Friday, March 14

6:30 to 8:30 a.m.

and 2 to 5 p.m.

Community North gallery

As a thank you gift to all who were employed at Community North on the hospital's "birthday," December 18, 2007, "Gemini," by Indianapolis artist Walter Knabe, will be dedicated and hung in the Community Hospital North gallery. A photo booth, food and other fun activities will also be available during the celebration.

During the night shift, employees will receive a special treat and a photographer will capture photos to commemorate the celebration.

"Thanks to each and every one of you for your hard work and long hours," says Barb Summers, Community North president. "Together, we've succeeded in making Community North an independent hospital, fully accredited by the Joint Commission."



How should we "Get to Know Community"?

Because Community Health Network is such a large organization, it's nice to take a moment and get to know other members of the Community family with whom you may not interact on a regular basis.

"Get to Know Community" is a new feature that will be included periodically in *Around the Network*. What we need from you is a question. Just come up with a question you'd like your Community co-workers and leaders to answer, and send it to Amberly Peterson at apeterson@eCommunity.com. The communications team will select five of the best, most intriguing questions, then interview someone in the network to get the answers to those five questions.

Stay tuned so that you can "Get to Know Community."

March is National Professional Social Work Month

Each year social workers across the country celebrate the profession during March, which is National Professional Social Work Month.

Community Health Network's social workers fill a variety of roles in the organization. They work on medical units, in discharge planning and they network with community organizations to find resources that accommodate patients' and families' needs. "Social workers are trained to be experts at group and family thera-

py and much of the individual therapy is done by social workers," says Linda McClain, education specialist in mental health administration.

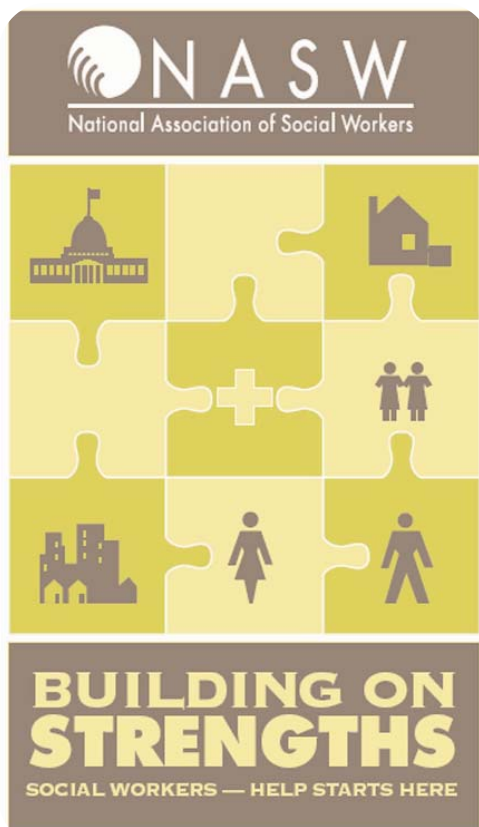
Social work services are provided to patients and their families to ensure that a patient's illness, recovery, and safe transition from one care setting to another are considered within the context of his or her biopsychosocial needs and the specific demands and opportunities of his or her environment. They focus on psychosocial factors including family relationships, living arrangements; patients' developmental history and economic, cultural, religious, educational, and vocational background as they impinge on the understanding, treatment, and relapse prevention of the psychiatric disorder.

"As members of interdisciplinary teams, social workers contribute to program development and treatment planning and review for all patients; provide individual, conjoint and group sessions for patients and their families; and collaborate in the development and maintenance of the therapeutic milieu," says Judy

Mpistolarides, licensed clinical social worker and social work supervisor in behavioral care services at Community Hospital North.

Community Health Network social workers

- ◆ 5 based at Community Hospital Anderson
- ◆ 24 based at Community Hospital East
- ◆ 87 based at Community Hospital North
- ◆ 4 based at Community Hospital South
- ◆ 3 based in long term care





Have a story?
We're listening.

Contact Amberly Peterson at
apeterson@eCommunity.com
to submit stories or announcements
for *Around the Network*.