



FORT WAYNE

# MEDICINE

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# QUARTERLY

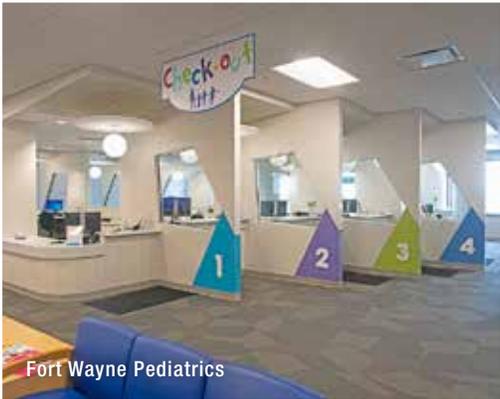


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Scott Myers, MD



*The Fort Wayne Medical Society offers our condolences to the families of the following physicians whose lives were dedicated to our medical community.*

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**Dr Michael Mastrangelo, MD**

**Dr Andrew McCanna, MD**

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The views expressed in *Fort Wayne Medicine Quarterly* articles are those of the authors and do not necessarily represent those of the Fort Wayne Medical Society.

Editorials are welcome and members are encouraged to respond to an opinion that might be different from their own.

References from articles will be included, if space allows. When not included, references can be obtained through the editor.



With this edition of the *Quarterly*, I will have completed five years of assisting with this magazine. I felt it was time for me to move away from the responsibilities related to its publication and distribution.

I have had many wonderful opportunities: to meet new

people, learn much about many new subjects, and the ins and outs of putting together a magazine. I have also improved my writing, organizing, and graphic design skills in the process. So, it was a win-win experience.

I hope that you have found the *Quarterly* to be a valuable and informative magazine over the years. I leave its future in very capable hands: Joel and Lindsey will be organizing it, Sue Shilts will continued to put it into the high-quality format that you have become use to, and Julie Roach with Harmony Marketing Group will make sure that you receive your copy in the mail.

Our daughter received her Master's degree from Columbia University several years ago. Since she has been working remotely for the past year and a half, we get the Columbia magazine at our house. In their Fall 2021 edition, there was an interesting article on the mental effects of COVID-19. I requested permission to reprint that article. I hope that you agree it is worthwhile reading.

Every morning I receive an email from *Visual Capitalist*. They cover a wide variety of topics and I find their health-related graphics very informative. Although the Omicron variant appears to be a variant of concern

now, I wanted to share the comparison of COVID-19 and COVID-19 Delta. (See pages 18-19)

When Joel announced a few months back that he would like to get a physician-based book club started, I thought it was a great idea. I have been collecting recommended book suggestions for physicians from a variety of magazines for several years now. I hope you find a few books in my compilation that will interest you and/or your family. I am sorry I didn't get this out prior to the holidays but January and February are great months to relax with a special book.

As the Fort Wayne Medical Society expresses their annual condolences to the families of members that passed, I would also like to say that the Alliance has lost quite a few members in the last few years. Many of the ladies were long time supporters of the Alliance and past Presidents:

Sharon Harris  
Suzanne Jontz  
Margaret Nolan  
Karen Schleinkofer  
Jane Thompson.

Most of them I identified as friends, ladies I knew 30+years through our book club, and women I could count on to assist me with any Alliance-related issue.

I hope that in 2022 we finally get a handle on COVID-19 pandemic and that it is a better year for healthcare workers in general.

Wishing all the FWMS members a healthy and happy 2022!

## About the Cover

I love winter scenes! Whether it is in a painting, a photograph, or me walking my dogs in nature, my senses are aroused by the images I experience. This photograph was taken in early November during our first snow fall. The trees were late in shedding their leaves this year. It was nice to capture and image of fall clashing with winter.



As I approach the halfway point in my term, I am pleased to say that our membership numbers are robust, and our finances/investments are on solid ground.

Joel is working with One Lucky Guitar, our marketing partner, to continue developing a total portfolio of ways to communicate with our members and community partners about the medical society.

Please feel free to contact Joel or me, if there is something that you want the medical society to address or provide.



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## Addressing the Shortage of Healthcare Workers

The acute shortage of healthcare workers and the difficulty recruiting qualified personnel has impacted the medical profession and hospital systems across the United States.

Many organizations having laid off workers at the outset of the pandemic were unable to hire back enough to meet demand.

So where did all the workers go?

### Prior to Covid 19

There was already an acute shortage of medical personnel. In fact, the American Hospital Association (AHA) estimated the need for hiring 200,000 nurses a year and greater than 120,000 physicians over the next 10 years.

### Factors contributing to the shortfall:

- Aging baby boomers with greater need for care.
- Aging healthcare workers.  
In 2017 half RNs were older than 50 years, and 30% older than 60 years.
- More chronic diseases and increased complex treatment modalities.
- Limited capacity of educational programs.  
Medicare-funded caps on residency slots and shortage of nursing educational faculty. It is estimated that 80,000 nursing school applicants were turned away last year.

### Impact of COVID-19:

An estimated 18% of healthcare workers quit their jobs over the last 18 months.

- Burnout: 30-50% of physicians and nurses reported emotional exhaustion, depersonalization (cynicism) and low sense of accomplishment.
- Accelerated retirement.
- Vaccine mandate resistance.
- Shift to contract labor, walk-in clinics, and outpatient facilities.

### Strategies to address the shortfall:

- AHA recommends that Congress allocate funding for loan programs for nursing faculty and allied health students.
- Prioritize healthcare education in community colleges.
- Expansion of online options for healthcare degrees and certification.
- Lifting Medicare-funded caps on residency slots.

# Fort Wayne Medical Society Foundation - Building Momentum 2021 Update | Joel Harmeyer, Executive Director

As the year draws to a close, the Fort Wayne Medical Society Foundation completes its second year of charitable donations. We are thrilled to award gifts to seven organizations, all of which conduct inspiring work in our community.

**Our Foundation's total giving for 2021 was \$31,000.**

**Organizations that received funding include:**

- Carriage House \$5000
- St. Joseph's Mission \$5000
- Positive Resource Connection \$5000
- Turnstone \$5000
- Kerith Brook \$5000
- Mission: Motherhood \$3000
- Journey Beside Mothers \$3000

In addition to conducting site visits and determining award amounts, the FWMS Foundation also implemented a specific giving process to follow throughout the year.

This model, created by Foundation board member, Linda Buskirk, has specific duties to accomplish across the five meetings held each year.



Another highlight for us in 2021 was the addition of Michelle Harris to our Board of Directors. Michelle brings a specific health care-related view to the group as she is director of operations at Fort Wayne Medical Education Program. She joins Roger Reece and Linda Buskirk as our three non-physician directors.

Want to help us make an even greater community impact? Our Foundation's charitable giving fund is available and open to receive contributions from our members. If you want to include this option in your estate planning or yearly philanthropy, your gift to us is tax deductible. Most importantly, we fund local organizations that our members select and value. We are like-minded physicians, linked by FWMS membership, giving back to organizations that support local health care initiatives.



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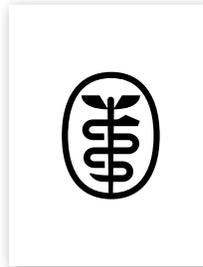


# Fort Wayne Medical Society | New Members

**TIMOTHY ASHWORTH, MD**

Specialty: Trauma Surgery  
Group: Fort Wayne Orthopedics  
7601 W Jefferson Blvd  
Fort Wayne, IN 46804

Medical  
School: Case Western Reserve, 2015  
Residency: University of North Carolina

**KATHERINE DEANGELI, MD**

Specialty: Breast Surgery  
Group: Lutheran Health Physicians  
7910 W Jefferson Blvd, Ste 109B  
Fort Wayne, IN 46804

Medical  
School: Medical College of Wisconsin, 2015  
Residency: Mt Sinai St Luke's Roosevelt Hospital

**MICHAEL BAKER, MD**

Specialty: Anesthesiology, Pediatric Anesthesiology  
Group: Parkview Physicians Group  
3810 New Vision Dr  
Fort Wayne, IN 46845

Medical  
School: Emory University, 2008  
Residency: Mayo Clinic

**DAVID FEAKER, DO**

Specialty: General Surgery  
Group: Fort Wayne Orthopedics  
7601 W Jefferson Blvd  
Fort Wayne, IN 46804

Medical  
School: Lincoln Memorial University, 2012

**RYAN BIRDSALL, MD**

Specialty: Anesthesiology, Pediatric Anesthesiology  
Group: Parkview Physicians Group  
3810 New Vision Dr  
Fort Wayne, IN 46845

Medical  
School: Ross University, 2016  
Residency: University of Toledo

**RAMAKRISHNA GORANTLA, MD**

Specialty: Cardiology  
Group: Lutheran Health Physicians  
7916 W Jefferson Blvd  
Fort Wayne, IN 46804

Medical  
School: Andhra Medical College, 2008  
Residency: Bassett Medical Center

**JUSTIN BRYANT, DO**

Specialty: Plastic & Reconstructive Surgery  
Group: Parkview Physicians Group  
11141 Parkview Plaza Dr, Ste 300  
Fort Wayne, IN 46845

Medical  
School: Oklahoma University, 2010  
Residency: Oklahoma State University

**FATIMA HINA, MD**

Specialty: Obstetrics & Gynecology  
Group: Parkview Physicians Group  
11123 Parkview Plaza Dr, Ste 101  
Fort Wayne, IN 46845

Medical  
School: Ross University, 2005  
Residency: SUNY University

**ANDREW CERANSKE, MD**

Specialty: Diagnostic & Interventional Radiology  
Group: Summit Radiology  
7221 Engle Rd, Ste 220  
Fort Wayne, IN 46804

Medical  
School: Medical College of Wisconsin, 2015  
Residency: University of Texas

**BRANDON HUGGINS, MD**

Specialty: Orthopedic Surgery of the Spine  
Group: Fort Wayne Orthopedics  
7601 W Jefferson Blvd  
Fort Wayne, IN 46804

Medical  
School: Indiana University, 2015

**RICHARD DAIGLE, DO**

Specialty: Anesthesiology  
Group: Parkview Physicians Group  
3810 New Vision Dr  
Fort Wayne, IN 46845

Medical  
School: University of New England, 2000  
Residency: Fletcher Allen Healthcare

**COREY JOHNSON, DO**

Specialty: Physical Medicine & Rehabilitation  
Group: Parkview Physicians Group  
2200 Randallia Dr  
Fort Wayne, IN 46805

Medical  
School: Ohio University Heritage College, 2017

# Fort Wayne Medical Society | New Members



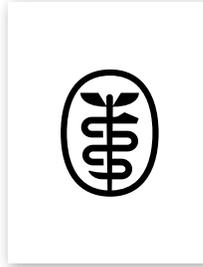
**KAUR TAJINDER, MD**  
 Specialty: Internal Medicine  
 Group: Parkview Physicians Group  
 11109 Parkview Plaza Dr  
 Fort Wayne, IN 46845  
 Medical  
 School: Government Medical College, 2015  
 Residency: Mt Sinai Hospital



**W. AARON KUNKLE, DO**  
 Specialty: Orthopedic Spinal Surgery & Trauma Surgery  
 Group: Fort Wayne Orthopedics  
 7601 W Jefferson Blvd  
 Fort Wayne, IN 46804  
 Medical  
 School: Midwestern University, 2012



**KEITH JAMES, MD**  
 Specialty: Anesthesiology  
 Group: Parkview Physicians Group  
 3810 New Vision Dr  
 Fort Wayne, IN 46845  
 Medical  
 School: Ross University, 2016  
 Residency: University of Texas



**JACEY LEPAGE, MD**  
 Specialty: General & Trauma Surgery  
 Group: Lutheran Health Physicians  
 7900 W Jefferson Blvd, Ste 306  
 Fort Wayne, IN 46804  
 Medical  
 School: University of Colorado, 2015  
 Residency: St John Hospital & Medical Center



**THEPPANYA KEOLASY, MD**  
 Specialty: Family Medicine  
 Group: Parkview Physicians Group  
 577 Geiger Dr  
 Roanoke, IN 46783  
 Medical  
 School: Indiana University, 2001  
 Residency: St Joseph Regional Medical Center



**AIWEN LIU, MD**  
 Specialty: Family Medicine  
 Group: Fort Wayne Medical Education Program  
 750 Broadway, Ste 350  
 Fort Wayne, IN 46802  
 Medical  
 School: Virginia Tech Carilion, 2017  
 Residency: Virginia Tech Carilion



**DEEPAK KHEMKA, MD**  
 Specialty: Psychiatry  
 Group: Parkview Behavioral Health  
 1720 Beacon St  
 Fort Wayne, IN 46805  
 Medical  
 School: Government Medical College, 2004  
 Residency: University of Mississippi



**KRISTIN MIZERIK, MD**  
 Specialty: Orthopedic Surgery  
 Group: Fort Wayne Orthopedics  
 7601 W Jefferson Blvd  
 Fort Wayne, IN 46804  
 Medical  
 School: Wayne State University, 2012



**MANPREET KHEMKA, MD**  
 Specialty: General Psychiatry & Child Psychiatry  
 Group: Parkview Behavioral Health  
 1720 Beacon St  
 Fort Wayne, IN 46805  
 Medical  
 School: Government Medical College, 2004  
 Residency: University of Mississippi



**ALEXANDER ONDARI, MD**  
 Specialty: Family Medicine  
 Group: Parkview Physicians Group  
 1818 Carew St, Ste 120  
 Fort Wayne, IN 46805  
 Medical  
 School: Indiana University, 2012  
 Residency: University of Texas



**ROBERT KOEHLER, MD**  
 Specialty: Anesthesiology  
 Group: Parkview Physicians Group  
 3810 New Vision Dr  
 Fort Wayne, IN 46845  
 Medical  
 School: St George's University, 2016  
 Residency: University of Texas



**RAHUL SHETTY, MD**  
 Specialty: Internal Medicine  
 Group: Parkview Physicians Group  
 11109 Parkview Plaza Dr  
 Fort Wayne, IN 46845  
 Medical  
 School: KS Hegde Medical Academy, 2012  
 Residency: Beaumont Hospital



**JAMILAH SHUBEILAT, MD, MPH**

Specialty: Infectious Disease  
Group: Parkview Infectious Diseases  
2231 Carew St  
Fort Wayne, IN 46805

Medical  
School: University of Jordan, 2006  
Residency: University of Arizona



**ANKUR SINHA, MD**

Specialty: Critical Care Medicine & Pulmonology  
Group: Parkview Physicians Group  
11104 Parkview Cir, Ste 410  
Fort Wayne, IN 46845

Medical  
School: Armed Forces Medical College, 2012  
Residency: Maimonides Medical Center



**ALLISON TURNER, DO**

Specialty: Palliative Medicine  
Group: Parkview Physicians Group  
11104 Parkview Circle Dr, Ste 020  
Fort Wayne, IN 46845

Medical  
School: Michigan State University, 2008  
Residency: Metro Health Hospital

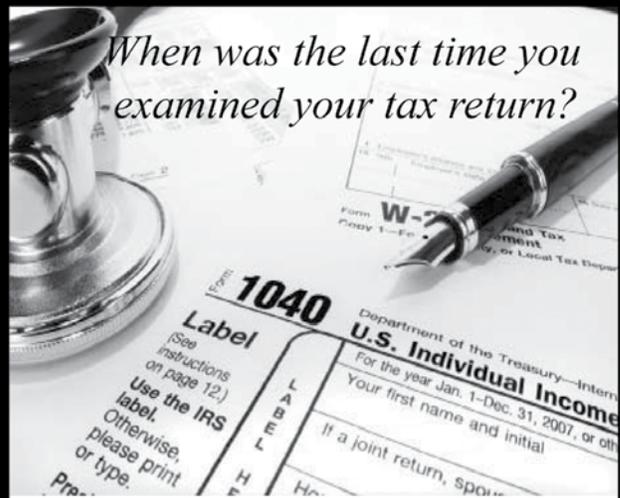
## Fort Wayne Medical Society Mission Statement

**The Fort Wayne Medical Society** is committed to the goals of the American Medical Association, the purpose of which is the preservation of the art and science of medicine, the personal development of member physicians and the protection and betterment of the public health.

**The Fort Wayne Medical Society** is committed to the principles of physician autonomy and self-determination in the practice of medicine.

**The Fort Wayne Medical Society** is committed to fulfilling the role of an active cohesive leader of the healthcare resources of our community by maintaining and assuring the quality, availability and the responsible economic utilization of our healthcare resources.

**The Fort Wayne Medical Society** is committed to active involvement in the decision-making process regarding medical, social, political and economic issues affecting patients and physicians within hospital and all various inpatient and outpatient settings.



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### *How do you describe Super Shot to someone unfamiliar with the organization?*

Since 1993, Super Shot has been ensuring the health of the most vulnerable children in our community by providing life-saving immunizations. We break down the barriers of vaccination - access and cost - and increase awareness of the importance of vaccination through our four immunization clinics, school and partner located clinics, and community education.

### *What is the history of Super Shot?*

Super Shot was founded by the compassion of two determined community leaders who cared deeply about the health of local children. Dr. Jane Imscher, Health Commissioner of the Allen County Health Department, and Sister Mary Conrad Kirchhoff, a Poor Handmaid of Jesus Christ, brought key community leaders and hundreds of volunteers together to address our community's low immunization rate. There is still a great need 28 years later. Nationally, Indiana ranks 49th worst in public health spending. Super Shot helps address this gap and with the support of our community partners, we are ensuring the health of our community.

Vaccines are one of the greatest medical advancements and are the best way to prevent infectious disease. While getting vaccinated seems like the obvious choice, barriers, and awareness, remain obstacles. Continuing to break down barriers as we strive to increase vaccination rates is critical to the health of our community.

### *What is a typical workday like for you?*

We are a small organization, so I wear a lot of hats. As the Executive Director, I'm responsible for the "big picture," which includes our strategic direction, finances, and budgeting. I also do our fundraising and marketing. But since the start of the pandemic, there has been no typical day at Super Shot. We have been continually adjusting our procedures to safely serve our patients,

collaborating to meet the needs of the community, and working to ensure marginalized communities and children have access to the COVID-19 vaccine, all while maintaining routine immunization services. So, for me, no two days are the same, and that is what I love about my role.

### *How do you strike a work/life balance?*

When our oldest son, Jack, was five years old, we found out he had a life-threatening brain tumor. This instantly put life into perspective. Jack is now 21 and cancer free but I learned a lot about what is important through the process. Life and family are precious – don't miss the baseball game!

### *What is the biggest challenge your organization faces?*

The World Health Organization (WHO) named vaccine hesitancy as one of its top 10 threats to global health for 2019. We aren't trending the right direction as we approach 2022. Vaccine hesitancy, misinformation, and the politicization of immunizations is greater than ever, causing more individuals to delay or refuse vaccines. The vaccine development process is regulated by a robust and rigorous scientific system and the safest way to protect individuals and our entire community against potentially deadly disease. This "noise" is leading to lower than needed levels of acceptance of the COVID-19 vaccine and could potentially reverse progress made in controlling vaccine preventable disease for years to come.



1515 Hobson Rd., Fort Wayne, IN 46805  
260-424-SHOT



### *How can our members help?*

Use your voice and influence to be an advocate for COVID, flu and all routine immunizations. Healthcare professionals are the most trusted source of information when it comes to vaccines. The CDC provides vaccine communication tips ([Talking with Parents about Vaccines for Infants | CDC](#)) on how you can give patients your strong recommendation to vaccinate by explaining the importance of vaccines and sharing your personal experiences with vaccination. YOU are a powerful ally in the effort to sustain high immunization rates in our community.

### *What is one thing you'd like our physician members to consider when dealing with issues your organization faces?*

I invite everyone reading this article to reach out and learn more about our organization – join me for a clinic tour or head to our website [www.supershot.org](http://www.supershot.org) for more information.

We are a community resource that provides access to immunizations regardless of a patient's ability to pay that you can provide to your patients while making a strong recommendation.

You can also lend your support by donating to Super Shot. As a local non-profit, we depend on the generosity of the community to fulfill our mission. Donations provide life-saving vaccinations for thousands of children in NE Indiana, regardless of ability to pay.

We also advocate and provide education on the importance of immunizations. All donations received by December 31 were doubled and matched dollar for dollar up to \$30,000 thanks to an anonymous donor.



With great gratitude,

*Connie Heflin*

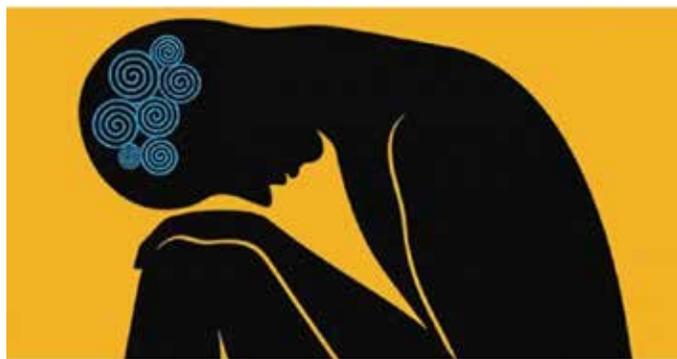
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Super Shot Inc.

[Connie.heflin@supershot.org](mailto:Connie.heflin@supershot.org)

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When COVID-19 raged across the globe in early 2020, people were terrified of the novel pathogen. Health-care professionals were taxed to their limits as hospitals filled with patients struggling to breathe. Virologists and epidemiologists worked frantically to understand the virus, while national governments disagreed over policies to contain and control it. Meanwhile, Columbia's psychologists and psychiatrists began to prepare for a second pandemic: one of widespread mental health challenges.

**"There's a link between events where people have traumatic experiences and then some sort of psychological sequelae,"**

explains Jeffrey Lieberman, chair of the Department of Psychiatry at the Vagelos College of Physicians and Surgeons. But predicting the exact psychological sequelae, or mental-health effects of the COVID-19 pandemic presented a challenge.

Researchers look to historical precedent to deduce what will happen in response to a traumatic event. Data suggests that natural disasters like hurricanes and tornadoes and geopolitical tragedies like terrorist attacks and war can all take a tremendous toll on the psyche. But, as Lieberman explains, nothing as pervasive and prolonged as the COVID-19 pandemic has happened in the US in recent history. The Spanish flu, the Great Depression, and World War II occurred before disaster psychiatry and disaster epidemiology were fully developed. Data from more recent, more limited, or more local disasters suggests that the demand for psychological support, whose use soared during the worst of the pandemic, will continue for months, if not years. After Hurricane Katrina, rates of post-traumatic stress disorder in people whose homes were destroyed or damaged remained high even five years later. And after the Chernobyl nuclear disaster, first responders still had elevated rates of depression and PTSD two decades after the explosion.

**"What the data shows very consistently is that the psychological footprint tends to exceed the medical footprint in size and duration.**

**Some people:**

- can become depressed or develop panic attacks or have exacerbations of substance abuse during the acute phase of a disaster
- can start experiencing psychological challenges in the immediate aftermath, when things start to normalize
- might feel the effects even later."

explains Lou Baptista, associate professor of psychiatry at Columbia University Irving Medical Center and vice chair for clinical services in the Dept. of Psychiatry.

One of the most widespread mental health challenges will be coping with the anguish of loss. "There will continue to be delayed traumatic responses, in health-care workers and in people who haven't had the opportunity to deal with grief," says Kathleen Sikkema, chair of the Department of Sociomedical Sciences at the Mailman School of Public Health. "Grief was so disjointed. People who lost loved ones were not able to participate in routine but important bereavement rituals." And there were other losses. Sikkema says people will need to grieve for job losses and failed businesses, loss of financial security and restricted freedom of travel, loss of a social life, and postponed weddings and graduations.

While all of us have been affected by COVID-19, some are more vulnerable to long-term mental health effects. "For some individuals who have a predisposition or constitutional susceptibility to a particular disorder, the pandemic will be the precipitant that causes them to manifest symptoms of that disorder," says Lieberman. So while the pandemic won't affect the number of people suffering from neurological or mental-health disorders like autism, schizophrenia, or Alzheimer's disease, it will increase the number suffering from depression, anxiety, obsessive-compulsive disorder, PTSD, and phobic disorders. These conditions could persist for quite a while. "During a crisis, people tend to rise to the occasion and meet the challenge. Adrenaline is flowing," says Lieberman. "But the aftermath is when these conditions will occur and will continue to occur, over a period of several years." The pandemic may also exacerbate complications of these conditions, "including self-medicating with alcohol or recreational intoxicants, substance abuse, suicide, and violent behavior. We've seen some degree of that already," he says. In July the US gov-

ernment reported that overdose deaths rose 29 percent in 2020, to a total of 93,000 lives lost. This disturbing uptick is expected to continue. “We’ll see more over time,” says Lieberman.

As many physicians across the US turn their attention to understanding the prolonged physical effects of viral infection (so-called long COVID), mental health professionals at Columbia and other leading medical centers are gearing up to provide care and resources for those who are experiencing lingering psychological challenges.

**“We have to try to look ahead and anticipate the infrastructure and the capacity needed to support our community,” says Baptista. “Yes, recovery is still the norm, but we do expect an increase in mental-health needs in the months and years to come.”**

One way to think of the pandemic, says Sikkema, is as a year and a half of collective trauma. “When you have these kinds of traumatic experiences, regardless of how severe, they don’t just disappear. Our lives were disrupted for a year and a half in ways that no one could imagine. Some people will be resilient and go back to the way they had been before. But most people will be changed in some way.”

### **Bringing Mental-Health Resources to Communities That Need Them Most**

At the beginning of the pandemic, the message was one of unity: we’re all in this together. But it didn’t take long for the flaws in that rallying cry to become evident. People of color and the socioeconomically disadvantaged were disproportionately affected by the coronavirus and therefore most in need of mental-health resources. These overlapping demographics have traditionally been underserved.

“We talk about ‘food deserts’ — areas that don’t have access to healthy food and fresh produce. Well, those same areas can be mental health deserts,” says Sikkema. Mental health is influenced by food security, access to education, and other social, political, and economic factors that often weigh heavily on people of color. The racial unrest mobilized by the murder of George Floyd in the midst of the pandemic added to an already high level of stress. “Rates of anxiety and depression spiked in the Black community after George Floyd’s murder,” says Sikkema.

**“So much of our mental-health treatment is not as culturally tailored as it should be.”** Sikkema

Clinicians can be racist and can be perceived as racist by patients,” says Sidney H. Hankerson, assistant professor of clinical psychiatry at Columbia. “It’s important to acknowledge that.”

Hankerson adds that structural racism also inevitably affects patients’ lives. “For example,” he says, “Black adults with depression have more severe symptoms and a longer course of illness compared to white adults, yet Black adults have lower treatment rates.”

One important step in reducing disparities across communities is encouraging more underrepresented minorities to enter mental health professions. “We need to find more funding to get more people into the field, so we have a more diverse mental health workforce,” says Sikkema.

While academic centers are actively working on achieving that longer-term goal, Columbia University is helping to deliver mental health information and treatment to vulnerable members of its surrounding communities. “Programs to identify mental health care needs in the community and facilitate access to treatment existed pre-pandemic, but now there’s a push to expand them,” says Jean-Marie E. Alves-Bradford, Director of Columbia Psychiatry’s Office of Equity, Diversity, and Inclusion.

**One effective way to reach people in underserved areas is by providing community-based support and training religious leaders, teachers, and even hairdressers and barbers to recognize signs of mental distress.**

“We’re getting people trained and getting mental health integrated into places where there is key trust in others,” says Sikkema.

Hankerson is involved in a project that trains church members in Harlem to screen people for depression and provide counseling. The project aims to overcome the cultural mistrust and stigma that can prevent some in the African American community from seeking mental health services. Recently Hankerson and his colleague Milton Wainberg, a professor of clinical psychiatry, received a \$750,000 federal grant that will help them expand their work to Washington Heights and the West Bronx. Eventually they hope to expand the project to other parts of the state and even beyond.

Another innovative new outreach initiative is the psychiatry department’s Post-COVID Community Mental Health Project, funded by the Leon Levy Foundation. Working with the National Black Leadership Commission on Health and the New York Public Library, the project sets out to increase public access to mental health information. “We want to engage communities in a dialogue about their needs, and we’ve already completed community roundtables with residents in northern Manhattan and the Bronx,” explains Linda Rosenberg, executive director of external

continued on page 16

relations for the psychiatry department. Ten mental health topics — targeted to the general population, seniors, young adults, and teens — have been chosen based on these roundtables, and Columbia Psychiatry will produce a series of educational videos on these topics. Local libraries will purchase books, distribute and promote materials, and host a series of virtual community-education forums.

“The pandemic has exacerbated longstanding disparities in mental-health treatment,” says Lieberman. “But this can be a time of opportunity. Our goal is to deliver accessible and accurate information that reduces distress and trauma, builds resilience, and, when needed, helps people find treatment.”



### Supporting Kids and Teens

Parents were relieved to find out that the novel coronavirus appears to have less dire physical effects on young children and adolescents, at least on average. But kids and teens are certainly vulnerable to the psychological toll of the pandemic. Visits to pediatric emergency rooms for mental health symptoms are up across the country, and there’s a severe shortage of child psychiatrists and residential facilities for treatment. The need existed before COVID-19, but it has been sharply accentuated by the pandemic.

**The million-dollar question is whether the mental-health issues created or exacerbated by the pandemic will be short-term or longer-lasting in children and teenagers,”**

says Anne Marie Albano, a clinical psychologist in the Department of Psychiatry and the founder of the Columbia University Clinic for Anxiety and Related Disorders.

For the majority of kids — kids who had solid connections with their family and friends, were developing in the typical way, and were doing OK in school — the pandemic will eventually be an experience that’s in the rearview mirror,” says Albano, who specializes in treating children, adolescents, and young adults. “These kids may have experienced anxiety adjusting to teleschooling and other disruptions, but they’ll be OK.” However, she adds, kids who had preexisting anxiety or depression, kids with adaptive or maturity issues, LGBTQ kids, and kids from communities lacking resources to provide extra help may be at greater risk.

As children across the country are returning to full-time, in-person classroom education, mental health professionals suggest that parents be patient and not expect an instant return to normalcy. Different kids, even within the same family, will have different reactions to the change in routine. “Some kids will be fine on day one. But there will always be kids who struggle more,” says Baptista. “Imagine socially

anxious kids who have been home for all this time and now they have to go back. Some of these kids will take weeks or perhaps months to adjust to a new routine. For a lot of kids, this re-introduction is going to be very difficult and very triggering.”

Schools with sufficient resources may be able to provide access to counselors and tutors to help struggling students get up to speed. But parents can do a lot to mitigate their children’s stress. Baptista recommends that caregivers moderate their own apprehension and anxiety, especially around younger children. “If caregivers and parents are showing a lot of anxiety, the kids will pick up on that, and it will affect their own level of confidence and anxiety,” he says.

“Reassurance is also a significant tool that parents have,” Baptista says. “Reassure constantly and proactively. And listen to your kids. Often, we assume that our concerns are the same as theirs. Take the time to ask questions. Your kids might be worrying about something that you didn’t even think about, and you can engage them in finding a solution.”

Albano urges parents of kids struggling with transitions to boost their children’s self-confidence by giving them age-appropriate opportunities for more independence at home and by encouraging them to deal with everyday disappointments.

**“Help your kids set reasonable small goals that give them a sense of ownership over the things they do.”**

Albano

And, she adds, considering how insular many lives have been over the past year and a half, “some of these goals should be altruistic. You want to encourage your children to become young adults who will participate in the broader world.”

For children, especially young children, Baptista says the pandemic can be thought of as “a forced regression. Kids will be a year older chronologically but not necessarily socially or emotionally more mature. It was a developmental arrest in a way.” Fortunately, the majority of kids will make up for lost time quickly. “We have to be optimistic and understand kids are resilient. Most kids will catch up.”

### The Importance of Self-Care

As experts have noted, the demand for mental health services rose during the pandemic and is expected not only to continue but to increase even as cases of COVID-19 decline. But while some people require professional counseling for pandemic-sparked psychological challenges, others can manage their own health and well-being through self-care.

And yet self-care became notably more difficult during the COVID crisis, because people could not rely on many of the strategies, they had previously employed to handle stress and bring joy, says Baptista. Get-togethers with friends and family, meals out, travel, gym workouts, salon haircuts, spa manicures, movies, concerts, and museum visits were all off-limits.

As the world opens up, most of these activities are becoming available again, but professionals suggest that we could all benefit from learning additional self-care strategies to bolster our emotional well-being. Claude Ann Mellins, a professor of medical psychology in psychiatry and socio-medical sciences and the co-director of the office of clinical psychology, encourages people to practice mindfulness as a general coping strategy. “We know that trauma keeps your brain in the past, reliving things, or in the future, worrying they’ll happen again. It’s hard to feel settled.

**“Taking just a few minutes to ground yourself in the present is a healthy way of reducing anxiety and stress.”**

Cultivating a sense of gratitude is another important coping skill. It can be helpful for people to keep a journal by their bed and make a note of something they’re grateful for at the end of each day. “There’s some interesting research that shows that when people are given the opportunity to express gratitude, there’s actually a psychological and physiological improvement.”

The coping mechanisms and self-care strategies people develop now will certainly be beneficial for getting through life challenges in the future. “There’s a concept called traumatic growth: we go through periods of adversity or significant stress, and we learn something from that experience that we carry with us,” says Baptista. “Maybe we don’t need to go back to the way things were exactly. Many of us have become more aware of our emotional reactions and how we react to chronic, prolonged stress both physically and mentally. So many more people now see the value of being kind and supportive to each other. We’ve discovered that building community is a form of self-care. That’s a great gain that should not go away.”

## **An Opportunity to Shift Attitudes and Move Forward**

While the pandemic has caused so much suffering, psychologists and psychiatrists see a silver lining in the new public attention focused on mental-health needs and the increased willingness of an empathetic public to make care more available. “There’s been so much discussion about well-being and resilience and the need to pay attention to our mental health,” says Elizabeth Fitelson, Director of the Women’s Program in the Department of Psychiatry. “My hope is that as more people experience symptoms and recognize their vulnerabilities, mental health will be discussed more publicly and there will be opportunity for a shift in attitude and hopefully more resources.”

**The fact that the pandemic was a global phenomenon means that anxiety and other psychological symptoms were experienced — to a greater or lesser degree — by almost everyone. That shared experience has decreased the stigma around asking for professional help.**

“Normalizing what people are experiencing redefines asking for help as a sign of strength,” says Mellins. She lauds public figures like gymnast Simone Biles and Prince Harry who have come forward to talk about their own mental health struggles. “People don’t know how to label what they’re experiencing; they feel so much better when it’s validated as a normal response,” she says.

Another major form of progress was the rapid rise of telemedicine. It showed that mental health services can be delivered to people regardless of where they live or work. The challenge for the profession will be training enough providers to meet the increased demand. “Every mental health provider I know has a waiting list now,” says Mellins. “People who were in treatment are not leaving. People who weren’t in treatment now want to be in treatment. People are asking for therapists for children, for young adults, for themselves. Across the country I think everyone is grappling with this demand and trying to create programs.”

Many experts hope that this demand will drive countries to prioritize mental health care and deliver it to all who need it. “The usual way psychological disorders are treated in America, which is not the preferred way, is that people develop symptoms, and if they’re bad enough they’ll seek treatment,” explains Lieberman. “But a better way would be to be more proactive and to have already initiated a public mental health plan to deal with the aftereffects of the pandemic.”

**“What we’re facing here is a national threat to the psyche of the population. It’s a legitimate public health threat, and certain people are going to be much more vulnerable.”** Lieberman

Lieberman says that a false distinction between physical and mental health still stands in the way of providing quality care for all. “If there were a national health threat like salmonella in produce or contamination of the atmosphere by a volcano, the CDC and other government health officials would do something about it,” Baptista, too, hopes that the pandemic will turn out to be an impetus for change. “Even before the pandemic, there were significant limitations on accessing mental health care,” he says. “But so many more people have required some additional support that asking for help has become more normalized. We have to keep the momentum going, because the need is going to be great for years to come.”

# How Does the COVID Delta Variant Compare?

Omri Wallach / Visual Capitalist

In late 2020, a variant of COVID-19 was detected in India that began to quickly spread.

Soon after it received the label “Delta,” it started to become the predominant strain of COVID-19 in countries of transmission. It spread faster than both the original disease and other variants, including “Alpha” that had taken hold in the UK.

Now the COVID-19 pandemic has essentially become the Delta pandemic, as the variant accounts for **more than 90%** of global cases. But how does the COVID-19 Delta variant differ from the original disease? We consolidated studies as of September 2021 to highlight key differences between COVID-19 and the dominant variant. Sources include the CDC, Yale Medicine, and the University of California.

## COVID-19 vs COVID-19 Delta Variant

At first glance, infections caused by the Delta variant are similar to the original COVID-19 disease. Symptoms reported from patients include cough, fever, headache, and a loss of smell.

But studies showed that the difference was in how *quickly and severely* patients got sick:

**Spread rate:** How quickly the infection spreads in a community (based on the R0 or basic reproductive number). The Delta variant spread **125% faster** than the original disease, making it potentially as infectious as chickenpox.

**Viral load:** How much of a virus is detectable in an infected person’s blood, with higher loads correlating with more severe infections. Delta infections had a **1000x higher** viral load.

**Virus detectable:** How long after exposure a virus is detectable in an infected person’s blood. Delta infections were found to be detectable four days after exposure, faster than the original disease (six days).

**Infectious period:** How long an infected person has the capability to pass on the virus to other people, from the first time they were exposed. Delta infections were contagious for longer than traditional COVID-19 infections, at **18 days** compared to 13 days.

**Risk of hospitalization:** How much more or less likely is an infection going to require hospitalization for treatment? Infections caused by the Delta variant were **twice as likely** to cause hospitalization compared to the original disease.

One other important finding from studies was that the existing COVID-19 vaccines helped against Delta infections. The CDC found that approved vaccines reduced the rate of infection by 5x and the rate of hospitalization by 29x in a breakthrough case. They also found that overall efficacy against infection can wane over time, however, and at-risk people might require a booster vaccine.

## What About Other COVID-19 Variants?

Delta is just one of many COVID-19 variants tracked by health officials, but it’s the one we know the most about. That’s because reliable statistics and information on diseases requires thousands of cases for comparisons.

We know a lot about Delta (and the once-dominant UK strain Alpha) because of how widespread they became, but there haven’t been enough cases of other variants to reliably assess differences.

But it’s important to note that our understanding of diseases and variants becomes more nuanced and accurate over time. As research continues over a longer timeline and over a wider database of cases, expect information on COVID-19 variants (and any disease) to become more concrete.



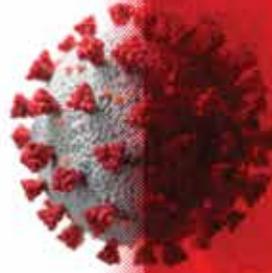
# COMPARING COVID-19 WITH DELTA

First detected in India in late 2020, the Delta variant of COVID-19 now accounts for more than 90% of global cases.

Here's how the mutation differs from the original according to consolidated studies (as of September 2021).

**COVID-19**  
SARS-CoV-2

**Delta Variant**  
SARS-CoV-2 lineage B.1.617.2



The viral load is the amount of a virus in a person's blood. A higher load correlates with a more severe infection.

**Viral Load**



**x1,000 Stronger**

**x2 Risk of hospitalization**

Symptoms of Delta are similar to those of COVID-19 (and the common cold), including cough, fever, headache, and loss of smell—but patients are reported to feel these quicker.



$R_0$  is average number of people infected by one person. WHO estimates the  $R_0$  for COVID-19 is between 2-4 people.

**Spread Rate**



**+125% Faster**

Delta's spread rate makes it as infectious as chickenpox.



**Infection Period**



Winter is a wonderful time to relax in your favorite reading spot and immerse yourself in a great book. Since I have been collecting book recommendations for physicians for over a year now, I decided to put the lists together and share with all of you.

## MEDICAL CLASSICS

### **Arrowsmith, by Sinclair Lewis, 1925** **(only fiction on the list)**

This novel is probably one of the most influential pieces of medical fiction written during the 20th century. Lewis decided to center the story around a scientific researcher after meeting bacteriologist Paul de Kruif in 1922.

### **A Way of Life, by William Osler, 1915**

A text from an address Sir William Osler gave at Yale University in 1913. He recommends approaching life as a series of “day-tight compartments”, which he likens to the water-tight compartments that keep a ship afloat.

### **William Osler: A Life in Medicine, by Michael Bliss, 1999**

William Osler, who was a brilliant, innovative teacher and scholar of the natural history of disease, revolutionized the art of practicing medicine at the bedside of his patients. He was idolized by two generations of medical students and practitioners for whom he came to personify the ideal doctor.

### **Harvey Cushing: A Life in Surgery, by Michael Bliss, 2005**

“A fast paced, engaging portrait of one of America’s great pioneers and heroes. Bliss gives important insight into Cushing’s motivations, inspirations, demons, and flaws, thus revealing how he was motivated to change a field and bravely create a new outlook on the functioning of the brain as well as a fundamentally new approach to medicine and research.”

### **The Making of Mr. Gray’s Anatomy: Bodies, Books, Fortune, Fame, by Ruth Richardson, 2008**

The story of Gray’s Anatomy is the subject of Ruth Richardson’s gracefully written, richly detailed book. It was the work of not one but two men: Henry Gray and Henry Vandyke Carter, “apothecary-surgeon, microscopist, physician and artist.” In the author’s words, “Gray wrote the words, and Carter created the illustrations,” and from their collaboration a book was created that has “been in continuous publication ever since 1858.”

### **The Doctors Mayo, by Helen Clapessattle, 1941**

*The Doctors Mayo* is the biography of the “old doctor” William Worrall Mayo, his sons “Dr Will” and “Dr Charlie,” and the world-famous Mayo Clinic, which they built in Rochester Minnesota.

### **Doctors: The Biography of Medicine, by Sherwin B. Nuland, 1988**

Yale surgeon and medical historian Sherwin B. Nuland shows in this brilliant collection of linked life portraits, that through the centuries, the men and women who have shaped the world of medicine have been not only very human, but also very much the products of their own times and places. Presenting compelling studies of great medical innovators and pioneers, *Doctors* gives us a fascinating history of modern medicine.

## INFECTIOUS DISEASE

### **Microbe Hunter’s, by Paul de Kruif, 1926**

An international bestseller, translated into eighteen languages, Paul de Kruif’s classic account of the first scientists to see and learn about the microscopic world continues to fascinate new readers. This is a timeless dramatization of the scientists, bacteriologists, doctors, and medical technicians, who discovered the microbes and invented the vaccines to counter them.

### **Miracle Cure: The Creation of Antibiotics and the Birth of Modern Medicine, by William Rosen, 2018**

The epic history of how antibiotics were born, saving millions of lives, and creating a vast new industry known as Big Pharma.

### **Missing Microbes: How the Overuse of Antibiotics is Fueling Our Modern Plagues, by Martin J Blaser, MD, 2015**

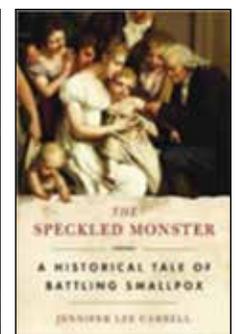
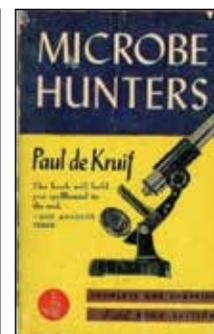
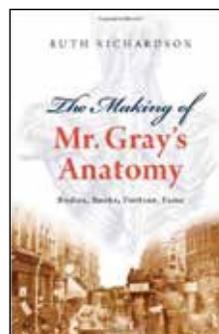
Renowned microbiologist Dr. Martin J. Blaser invites us into the wilds of the human microbiome, where for hundreds of thousands of years bacterial and human cells have existed in a peaceful symbiosis that is responsible for the equilibrium and health of our bodies. Now this invisible Eden is under assault from our over reliance on medical advances, including antibiotics and caesarian sections, threatening the extinction of our irreplaceable microbes, and leading to severe health consequences.

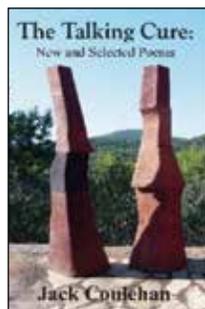
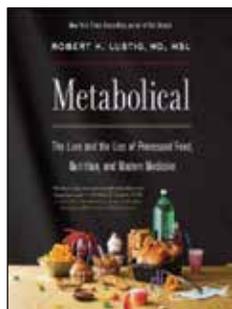
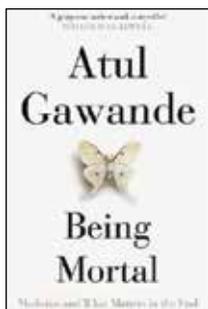
### **The Great Influenza, by John Barry, 2004**

Magisterial in its breadth of perspective and depth of research, *The Great Influenza* provides us with a precise and sobering model as we confront the epidemics looming on our own horizon. As Barry concludes, “The final lesson of 1918, a simple one yet one most difficult to execute, is that...those in authority must retain the public’s trust. The way to do that is to distort nothing, to put the best face on nothing, to try to manipulate no one.”

### **The Speckled Monster: A Historical Tale of Battling Smallpox, Jennifer Lee Carrell, 2004**

This book tells the dramatic story of two parents who dared to fight back against smallpox. After barely surviving the agony of smallpox themselves, they flouted eighteenth-century medicine by borrowing folk knowledge from African slaves and Eastern women in frantic bids to protect their children. From their heroic struggles stems the modern science of immunology as well as vaccinations.





## INSPIRATIONAL

### **Being Mortal, by Atul Gawande, 2014**

Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures – in his own practices as well as others – as life draws to a close. And he discovers how we can do better.

### **Mountains, Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World, by Tracy Kidder, 2004**

In medical school, Paul Farmer found his life's calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Tracy Kidder's magnificent account shows how one person can make a difference in solving global health problems through a clear-eyed understanding of the interaction of politics, wealth, social systems, and disease. Profound and powerful, this book takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes people's minds through his dedication to the philosophy that "the only real nation is humanity."

### **Humankind: Changing the World One Small Act at a Time, by Brad Aronson, 2020**

This book is filled with true stories about how one small deed can make a world of difference. "Elegant and wise" (Deepak Chopra), "The most uplifting and life-affirming book in years." (*Forbes*)

### **Hello Darkness, My Old Friend, by Sanford D Greenburg, 2020**

The remarkable and inspiring story of a Columbia undergrad from a poor Jewish family who, after losing his eyesight to disease during his junior year, finds the power to break through the darkness and fulfill his vision for a life of great professional success and distinguished public service.

### **The Book of Hope, by Jane Goodall, Douglas Abrams, 2021**

In *The Book of Hope*, Jane focuses on her "Four Reasons for Hope": The Amazing Human Intellect, The Resilience of Nature, The Power of Young People, and The Indomitable Human Spirit.

### **The Buddhist on Death Row, by David Sheff, 2020**

Sheff draws from research and personal correspondence to tell the stirring story of Jarvis Jay Masters, a convicted murderer awaiting execution on California's death row, who converted to Buddhism and has found a kind of freedom despite the death sentence looming over him.

## GENERAL HEALTH AND NUTRITION

### **Animal, Vegetable, Junk, by Mark Bittman, 2021**

Trusted food authority Mark Bittman offers a panoramic view of how the frenzy for food has driven human history to some of its most catastrophic moments, from slavery and colonialism to famine and genocide – and to our current moment, wherein Big Food exacerbates climate change, plunders our planet, and sickens its people.

### **Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding, by Daniel Lieberman, 2021**

If exercise is healthy (so good for you!), why do many people dislike or avoid it? These engaging stories and explanations will revolutionize the way you think about exercising – not to mention sitting, sleeping, sprinting, weight-lifting, playing, fighting, walking, jogging, and even dancing.

### **Metaboolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine, by Robert H. Lustig, 2021**

The author of *Fat Chance* explains the eight pathologies that underlie all chronic disease, documents how processed food has impacted them to ruin our health, economy, and environment over the past 50 years, and proposes an urgent manifesto and strategy to cure both us and the planet.

### **Why We Sleep: Unlocking the Power of Sleep and Dreams, by Matthew Walker, 2017**

The first sleep book by a leading scientific expert, Prof. Matthew Walker, director of UC Berkeley's Sleep and Neuroimaging Lab - reveals his groundbreaking exploration of sleep, explaining how we can harness its transformative power to change our lives for the better.

## POETRY AND PLAYS

### **2nd Chance, by Daniel Becker, 2020**

The poems in *2nd Chance* are written in the voice of a doctor; the speaker often imagines he is talking to students, residents, patients, families – anyone who is ill or has witnessed illness and suffering. The poet, Daniel M. Becker, has been a physician for over thirty years, working in general medicine, geriatric clinics, and addiction clinics, and supervising medical students and residents.

### **I Hear Their Voices Singing, by Cortney Davis, 2020**

Over the years, Cortney Davis' vocation as a nurse has placed her with human beings who find themselves over the threshold of injury or illness, or on the threshold of dying, at times crossing over. Her vocation as a poet has allowed her to take these liminal moments, or hours, with patients and turn them into poems written with fearlessness, clarity, and compassion.

### **Less is More: A Collection of Ten-Minute Plays, by David H Rosen, MD, 2016**

*Less is More* is a collection of eight ten-minute plays. These tiny dramas speak to the necessity to say what is essential in a small number of words.

### **The Talking Cure: New and Selected Poems, by Jack Coulehan, MD, 2020**

In *The Talking Cure*, physician-poet Jack Coulehan provides new poems plus a selection of work from six other books. His work explores the mysterious tension between tenderness and steadiness in medical practice plumbing into life's essential minutiae: the observed moment, the healing gesture, the internal response.

## MENTAL HEALTH

### **Chatter: The Voice in Our Head, Why It Matters, and How to Harness It, by Ethan Kross, 2021**

An award-winning psychologist reveals the hidden power of our inner voice and shows how to harness it to combat anxiety, improve physical and mental health, and deepen our relationships with others.

### **Hidden Valley Road: Inside the Mind of an American Family, by Robert Kolker, 2021**

The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease.

### **Reignite, by Clark Gaither, MD, 2018**

Gaither became burned out at his job as a family physician, so he understands burnout. He knows first hand how personally and professionally devastating it can be, and how costly it can become to organizations. Gaither also learned what to do about it, how to FIX it!

### **The Anatomy of Hope: How People Prevail in the Face of Illness, by Jerome Groopman, 2005**

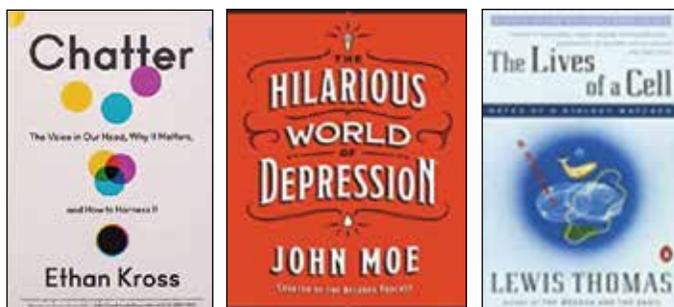
Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives? *The Anatomy of Hope* is a journey of inspiring discovery, spanning some thirty years of Dr. Jerome Groopman's practice, during which he encountered many extraordinary people and sought to answer these questions.

### **The Hilarious World of Depression, by John Moe, 2020**

For years John Moe, critically acclaimed public radio personality and host of *The Hilarious World of Depression* podcast, struggled with depression; it plagued his family and claimed the life of his brother in 2007. As Moe came to terms with his own illness, he began to see similar patterns of behavior and coping mechanisms surfacing in conversations with others, including high-profile comedians who'd struggled with the disease.

### **The Noonday Demon: An Atlas of Depression, by Andrew Solomon, 2015**

The *Noonday Demon* examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policy makers and politicians, drug designers, and philosophers, Andrew Solomon reveals the subtle complexities and sheer agony of the disease, as well as the reasons for hope.



## SHORT STORIES

### **Complications: A Surgeon's Notes on an Imperfect Science, by Atul Gawande, 2003**

Sometimes in medicine the only way to know what is truly going on in a patient is to operate, to look inside with one's own eyes. This book is exploratory surgery on medicine itself, laying bare a science not in its idealized form but as it is – complicated, perplexing, and profoundly human.

### **Eleven Blue Men, and Other Narratives of Medical Detection, by Berton Roueche, 1953**

This unusual book presents twelve lively, literate, and superbly written New Yorker stories of authentic medical detection. Each contains a detective, several victims, a homicidal criminal, and events that occurred - in or near New York City. The detectives are not police officers: they are doctors, medical inspectors, epidemiologists, or research scientists. The criminals are not men and women, but, for the most part, microbes. And the victims fall prey not only to the murderous assaults of such criminals, but to their own ignorance as well.

### **E.R. Nurses: True Stories from America's Greatest Unsung Heroes, by James Patterson and Matt Eversmann, 2021**

They save our lives every day, and we've never heard their stories. The life-or-death intensity of working on the front lines, from America's greatest unsung heroes.

### **Lives of a Cell: Notes of a Biology Watcher, by Lewis Thomas, 1978**

Elegant, suggestive, and clarifying, Lewis Thomas's profoundly humane vision explores the world around us and examines the complex interdependence of all things. Extending beyond the usual limitations of biological science and into a vast and wondrous world of hidden relationships, this provocative book explores in personal, poetic essays to topics such as computers, germs, language, music, death, insects, and medicine.

### **The Blood of Strangers, by Frank Huyler, 1999**

Reminiscent of Chekhov's stories, *The Blood of Strangers* is a visceral portrayal of a physician's encounters with the highly charged world of an emergency room. In this collection of spare and elegant stories, Dr. Frank Huyler reveals a side of medicine where small moment – the intricacy of suturing a facial wound, the bath a patient receives from her husband and daughter – interweave with the lives and deaths of the desperately sick and injured.

### **The Man Who Mistook His Wife for a Hat, by Oliver Sacks, 1999**

In *The Man Who Mistook His Wife for a Hat*, neurologist Oliver Sacks looked at the cutting-edge work taking place in his field and decided that much of it was not fit for purpose. Sacks found it hard to understand why most doctors adopted a mechanical and impersonal approach to their patients and opened his mind to new ways to treat people with neurological disorders. He explored the question of deciding what such new ways might be by deploying his formidable creative thinking skills.

### **White Hot Light: Twenty-five Years of Emergency Medicine, by Frank Huyler, 2020**

Over two decades later, Dr. Frank Huyler delivers another dispatch from the trenches – this time from the perspective of middle age. In portraits visceral, haunting, sometimes surreal, Huyler reveals the gritty reality of medicine practiced on the razor's edge between life and death.

## WOMEN AND MEDICINE

### **The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine, by Janice P Nimura, 2021**

Though the world at first recoiled at the notion of a woman studying medicine, her intelligence and intensity ultimately won her the acceptance of the male medical establishment. In 1849, Elizabeth Blackwell became the first woman in America to receive an MD. She was soon joined by her younger sister, Emily, who was considered a more brilliant physician.

This is a story of trials and triumphs. They were tenacious and visionary, but their convictions did not always align with the emergence of women's rights – or with each other.

### **Women in White Coats: How Women Doctors Changed the World of Medicine, by Olivia Campbell, 2021**

Motivated by personal loss and frustration over inadequate medical care, Elizabeth Blackwell, Elizabeth Garrett Anderson and Sophia Jex-Blake fought for a woman's place in the male-dominated medical field. For the first time ever, *Women in White Coats* tells the complete history of these three pioneering women who, despite countless obstacles, earned medical degrees and paved the way for other women to do the same. Though very different in personality and circumstance, together these women built women-run hospitals and teaching colleges – creating for the first-time medical care for women by women.

### **The Immortal Life of Henrietta Lacks, by Rebecca Skloot, 2011**

This is a richly textured story of the hidden costs of scientific progress. Deftly weaving together history, journalism and biography, Rebecca Skloot's sensitive account tells of the enduring, deeply personal sacrifice of this African American woman and her family. It restores a human face to the cell line that propelled 20th century biomedicine. A stunning illustration of how race, gender, and disease intersect to produce a unique form of social vulnerability.

### **The Ditchdigger's Daughters, by Yvonne S Thornton, 2008**

*The Ditchdigger's Daughters* is an inspiring portrait by a loving daughter of a father whose pervasive common sense, folk wisdom, and untutored but right-on insights gave his children their road map to a better life. It is the story of a man who dared to dream that his black daughters would someday become doctors – and who guided them to achieve the seemingly impossible goals he set for them.

This is the story of a poor black father and his unimaginable dream of seeing all six of his daughters' become doctors; of the wisdom and guidance that gave his girls the strength to keep striving; and of the remarkable way that each one of them transcended race, color, and gender to fulfill the promise of the American Dream.

### **This Side of Doctoring: Reflections from Women in Medicine, by Eliza L Chin, 2002**

This is a penetrating analysis of what it's like to be a woman in the highly competitive field of medicine. Written over the last century and a half, this collection of personal stories, poems, essays, and quotations reveals the intimate lives of over a hundred female physicians. There are touching testimonies from early 19th-century medical pioneers like Elizabeth Blackwell, the first woman to graduate from medical school, and Harriet Hunt, who had her own practice that catered to women and children, yet was never formally trained, to modern-day medical students and doctors.

## OTHER

### **Deaths of Despair and the Future of Capitalism, by Anne Case and Angus Deaton, 2020**

Deaths of despair from suicide, drug overdose, and alcoholism are rising dramatically in the United States, claiming hundreds of thousands of American lives. Anne Case and Angus Deaton explain the overwhelming surge in these deaths and shed light on the social and economic forces that are making life harder for the working class.

### **The White Coat Investor: A Doctor's Guide to Personal Finance and Investing, by James M Dahle, MD, 2014**

Written by a practicing emergency physician, *The White Coat Investor* is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals.

### **When We Do Harm: A Doctor Confronts Medical Error, by Danille Ofri, MD, 2020**

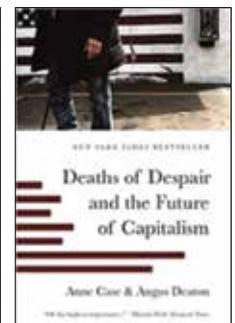
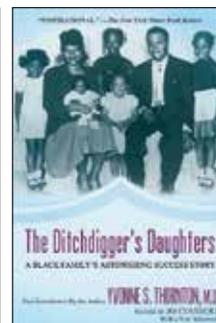
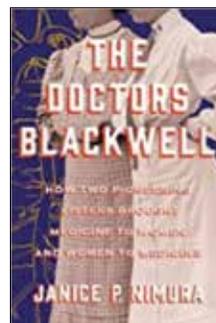
Drawing on current research, professional experience, and extensive interviews with nurses, physicians, administrators, researchers, patients, and families, Dr. Ofri explores the diagnostic, systemic, and cognitive causes of medical error.

### **The House of God, by Samuel Shem, 1978**

Samuel Shem has done what few in American medicine have dared to do: create an unvarnished, unglorified, and amazingly forthright portrait revealing the depth of caring, pain, pathos, and tragedy felt by all who spend their lives treating patients and stand at the crossroads between science and humanity.

### **Times Now for Women Healthcare Leaders, by Patricia A Gabow, 2020**

This book is a must-read primer for women seeking leadership. It is practical, thought provoking, and carefully researched, addressing why women's leadership is important and how women can be better leaders. Gabow's approach capitalizes on interviews with strong women leaders. She uses the notions she learned from the interviews coupled with research from the literature to create an easy-to-read, motivating, and challenging book for women and men!



*The book descriptions were copied from Google, Amazon books, and book reviewers from various medical magazines. They were edited for conciseness.*

# Student Outreach Clinic Update: IU School of Medicine - Fort Wayne

Robert Sweazey, PhD



The Indiana University School of Medicine (IUSM) established the first student-centered, free clinic in Indianapolis in 2009. Since that time, IUSM medical students, working under the supervision of licensed attending physicians, provided free care to many individuals who reside in and around the surrounding community.

This free clinic contributed to the education of participating IUSM medical students, while serving a role of providing for the unmet health needs of the community it serves. The successes of the Indianapolis-based, student-centered clinic generated interest and enthusiasm about creating similar experiences at other IUSM campuses and IUSM created a policy to establish similar clinics at all nine of its campuses.

IUSM-FW students enthusiastically supported this initiative and in January 2019 met to begin the process of establishing the clinic. Led by Grant Adams, Mikayla Campbell, Ifeoluwa Ladapo, Ian Gatchell, Kyle Davis, Amy Achiko and Leah Amstutz, the students determined the health needs of Fort Wayne and submitted a proposal to IUSM for a free Student Outreach Clinic (SOC) that would partner with Matthew 25 to address the health needs of the underserved in Fort Wayne. The proposal was approved at the end of 2019 and the clinic was scheduled to open in the spring of 2020, when the COVID pandemic brought everything to a halt. It was a long hiatus, but on October 11, 2021, the IUSM-FW Student Outreach Clinic finally opened at Matthew 25.

Although most of the original student leadership that helped get the clinic off the ground had graduated by the time the clinic had opened, Leah Amstutz remained, and she is now serving as President of the Student Outreach Clinic. Under the leadership of Leah and Dr. Joseph Kosnik, IUSM-FW faculty advisor for the clinic, **the clinic will be open 5:30-7:30 pm on the 2nd Tuesday every month beginning in January of 2022.** “By seeing patients in the evening, we are helping to expand medical access to patients who work and may have a hard time coming to a daytime medical appointment.

Matthew 25 is a medical and dental clinic downtown that provides care, free of charge to adults who are both uninsured and low income” says Leah. “Matthew 25 manages the patient schedule and follow-up communication for us.

They also have a medication room from which patients can receive most common medicines.”



The staffing of the clinic is a cooperative effort between IUSM-FW, Matthew 25, and local volunteer physicians. Clinic night staffing includes:

- one preclinical student (MS 1 or 2),
- two clinical students (MS 3 or 4),
- one volunteer physician from the community (whom IUSM students are responsible for recruiting),
- one Matthew 25 nurse, and
- one Matthew 25 employee at the front desk.

Paul Bojrab, third year medical student gave us insight into his experience with the clinic. “The SOC has been an opportunity I have been very excited about. During my undergraduate studies, I was a volunteer medical assistant at Matthew 25 Health and Dental, the free clinic the SOC has partnered with to help make this whole thing possible. Returning there now as a medical student to help provide care to those who are impoverished or uninsured feels full circle to me. Being able to put the skills I have acquired during my years of medical school training to use in a way that directly benefits the community I come from and belong to is very rewarding. Seeing the direct impact, I was having on these patients’ lives and how appreciative they were to receive health care made it that much more special. I cannot wait to continue to volunteer my time at the clinic and watch it grow.”

Currently, short-term funding for the operation of the SOC is provided by the IUSM-FW Student Activity funds. However, for the long-term financial support of the clinic Finance Officer, Aysha Chaudhary, is working hard to acquire external funding by applying for multiple grants and looking for potential donors willing to help support community health outreach in Fort Wayne.

If you are interested in financially supporting the mission of the IUSM-FW SOC, contact Aysha Chaudry (aachaudh@iu.edu) or Gina Bailey, IUSM-FW Director of Program Development (gibailey@iu.edu, (260) 257-6866).

While getting the SOC established, students have experienced the growing pains of starting something new, as well as the challenges of funding and staffing a clinic. They are grateful that after so many delays and uncertain start dates, the clinic is finally underway and serving the community.

IUSM-FW students are eagerly looking forward to the future, when resources will allow them to expand the number of nights they can offer free health care to the underserved in Fort Wayne. Critically important to expanding the number of nights the clinic can open is the availability of volunteer community physicians.

**Physicians interested in mentoring IUSM-FW students at the Outreach Clinic can contact Dr. Joe Kosnick at [jwkosnik@frontier.com](mailto:jwkosnik@frontier.com).**

The school of medicine would like to offer our deepest appreciation to Dr. Tatara and Dr. Stinson, both of which has been so supportive of this endeavor.

The Student Leadership Board for the SOC is:

- President – Leah Amstutz
- Vice President – Caleb Morton
- Clinic Manager – Kendra Hollenbeck
- Finance Officer – Aysha Chaudhary
- MS1 Representatives – Isaac Kipfer and Kartik Gannamaneni



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# Fort Wayne Medical Society - Alliance

Liz Hathaway and Vivian Tran, Co-Presidents



Throughout the FW Medical Society Alliance's 80+ years of history, we have striven to support

local organizations that help us advance our own philanthropic goals in the areas of health, wellness, and medical education in the community.

Our community partner Super Shot is a non-profit organization committed to breaking down the barriers of access and cost to provide vaccinations in the community. We continue to support Super Shot in their childhood vaccinations efforts through fundraising, as well as serving on their development committee and assisting with administrative and clinical duties.



**ALLIANCE**

Fort Wayne Medical Society

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## Calendar for the Quarter

### January 2022

- 1/19 **Book Club** –  
“The Guest List” by Lucy Foley  
12 pm at Club Soda
- 1/25 **Taste of the Town** – TBD

### February 2022

- 2/16 **Book Club**  
“When the Apricots Bloom”  
by Gina Wilkinson, 12 pm
- 2/22 **Taste of the Town** – TBD

### March 2022

- 3/2 **Doctor's Day** – Science Central
- 3/16 **Book Club**  
“People We Meet on Vacation”  
by Emile Henry, 12 pm, TBA
- 3/22 **Taste of the Town** – TBD
- 3/26 **Cinderella Dress Day** –  
Grand Wayne Center

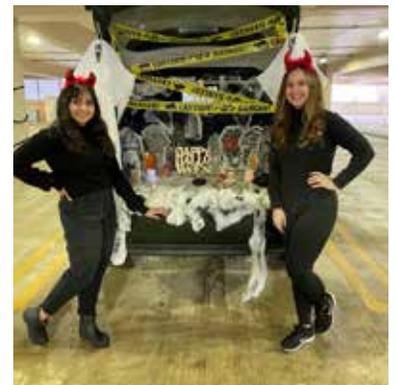
Check [alliancefw.org](http://alliancefw.org) for updates.

## Highlights of this Past Quarter's FWMS-A Activities

Medical students have a special place in our hearts. We continue to support the local IUSM-FW medical students through our engagement and sponsorships.

### IUSM-FW Trunk or Treat Event:

The FWMS Alliance was happy to co-sponsor the IUSM-FW annual Truck or Treat. The medical students collected cans of food as admission. The food collected went to the Community Harvest Food Bank.



## Fundraisers

### FWMSA Shopping Week - Health Career Scholarship Fundraiser

Thank you to the following vendors who participated in FWMSA's Shopping Week Fundraiser. These following vendors generously donated a portion of their sales to the Alliance's scholarship fund.

\*Emily Kai, Cabi (Nancy Gouloff-Grabner), Elisa's Best – Jams (Betty Canavati), Monogram Shoppe, Joe Pelka, Matilda Jane (Sara Spitler), Old Fort Soap, Magnolia & Moss, Chic Boutique, etc.

### Holiday Reception - Super Shot

In lieu of the annual Holiday Bazaar Luncheon, the FWMSA Board sponsored a smaller reception on December 9th to celebrate the holidays and raised \$1,850 for our community partner – Super Shot.

Thank you, Tonya Hughes, for hosting this event at your exquisitely decorated home!

## FWMS-Alliance Missions: Promote and Support our Community

### **Scholarships:**

The Alliance has a rich history spanning eight decades in our commitment to education and providing health career scholarships; sponsoring nearly 60 scholarships in just the past 15 years.

Our recent affiliations include Tapestry, African American Healthcare Alliance, Vincent Village, The Boys & Girls Club, and Big Brothers Big Sisters of Northeast Indiana.

### **Tapestry**

We were pleased to participate again in *Tapestry: A Day for You* as a Scholarship Table Sponsor in partnership with the FWMS. Due to COVID-19, this year's event has been postponed until April 2022.

This annual event raises funds for students studying towards Health Sciences degrees at Purdue University-Fort Wayne. (They have raised over \$1 million in scholarship funds that have been awarded to 101 students over the last 18 years.)

### **24th Annual African American Healthcare Alliance Scholarship Ball**

This year, the Alliance was proud to contribute to the African American Healthcare Alliance Scholarship Ball. The mission of the Fort Wayne African American Healthcare Alliance is to support, promote, and enhance the education of the African American community regarding healthcare issues as well as assisting in the development of individuals pursuing careers in healthcare. We were thrilled to contribute to this wonderful program.



### **Upcoming Community Projects/ Volunteer Opportunities:**

Cinderella Dress Sort Days:  
10 am-12 pm (Jan. 28, Feb. 25, March 4)  
Doctor's Day-Science Central  
3/5/22  
Cinderella Dress Day-Grand Wayne Center  
3/26/22

Thank you for being a part of our initiative to serve, support, and promote these wonderful programs in our community.



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## ► Lutheran Downtown Hospital Opened November 13th



Fort Wayne's newest hospital welcomed its first patients to the brand new \$118 million facility in the heart of the city Saturday, Nov. 13. Lutheran Downtown Hospital, 702 Van Buren St., is located on the southwest corner of Main and Van Buren streets. At the new hospital, patients receive services from a team of dedicated professionals providing compassionate care with excellence to every patient, every time.

"The hospital was designed for expansion, so as our community needs additional services, we will be able to build a sixth floor, additional operating rooms and labs," said Twilla Lee, CEO of Lutheran Downtown Hospital. "We are really pleased with the design, which keeps the total patient experience in mind and gives us the ability to grow along with the community."

The 194,000 square foot hospital, which was completed several months ahead of schedule, offers a variety of inpatient and outpatient services, including large, private patient rooms, a 19-room emergency department, four operating suites, three

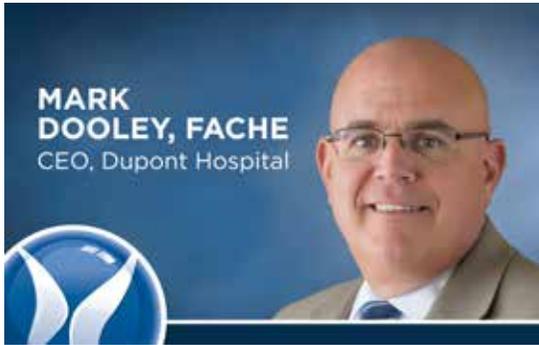
endoscopy suites, an intensive care unit, diagnostic imaging services, robotic-assisted surgery capabilities and laboratory services.

In addition to the modernized medical spaces and technology, large windows in common areas on the first and second floor and spacious patient rooms throughout provide a healing environment that allows natural light to fill much of the hospital. The St. Joseph Chapel on the first level offers a quiet, inclusive space for families and visitors to pray and meditate while honoring local history by incorporating the name and original stained glass from St. Joseph Hospital's chapel. And visitors and the general public can enjoy the indoor and outdoor spaces in the new Downtown Cafe on the second floor for various fresh, healthy meal options or stop by the Bistro on the first level for gourmet coffee, smoothies and diet-friendly grab and go items.

**More at [lutherandowntownhospital.com](http://lutherandowntownhospital.com).**



## ▶ Mark Dooley has been Named the Chief Executive Officer of Lutheran Health Network's Dupont Hospital, Effective Sept. 30, 2021.



Dooley joins Lutheran Health Network from Putnam Community Medical Center in Palatka, Fla., where he was chief executive officer.

"Being from Indiana, this is a great opportunity to come back home," said Dooley. "Dupont Hospital has a strong reputation, and it is exciting to have an opportunity to lead an organization that has tremendous potential to grow and serve the community to an even greater extent."

"Mark is an excellent choice to lead Dupont Hospital," said Scott Teffeteller, chief executive officer, Lutheran Health Network. "Throughout his career, he has focused on building strong teams and relationships."

Dooley earned a Bachelor of Science and a Master of Business Administration from Indiana State University and is a fellow of the American College of Healthcare Executives.

## ▶ Lutheran Health Network is Pleased to Announce a New Facility that Brings Additional Healthcare Access to Residents of Northwest Fort Wayne and Hometown.



The medical office building being built at 12404 Lima Road will provide primary care, urgent care, laboratory, and imaging services.

Construction on the 22,000 square foot project will begin immediately. The facility will open for patient care in summer 2022.

"I am very excited about this new site and that it will increase access to quality healthcare services for Hometown and northwest Fort Wayne residents," said Scott Teffeteller, CEO of Lutheran Health Network. "This announcement reinforces that we are putting our resources toward increased medical services, facilities and technologies that are important to our patients."

"The Hometown area is a growing community including many new housing developments, which builds the demand for quality healthcare services. We welcome Lutheran Health Network to our community to serve our residents' needs for medical care close to home," said Brandon Seifert, Hometown Town Council Member & Redevelopment Commission President.

## ▶ New Nerve Block Technology Reduces Pain and Opioid Use After Knee Surgery

A minimally invasive technique delivering immediate and long-lasting non-opioid pain relief for total knee replacement surgery is now available for patients at The Orthopedic Hospital of Lutheran Health Network, resulting in a quicker return to an active lifestyle.

Cryoanalgesia is the process of freezing nerves to provide pain relief without permanently damaging the nerves or surrounding structures. Providers at The Orthopedic Hospital are able to deliver precise, controlled doses of cryoanalgesia to the signal-carrying parts of a nerve without damaging surrounding tissue. The procedure can be performed prior to knee surgery to help reduce pain after surgery.

"We are performing cryoanalgesia on our total knee replacement patients with tremendous results," says Rachel Hollingsworth, M.D., an anesthesiologist performing the procedure at The Orthopedic Hospital. "They are experiencing much better pain control before their surgery, and they require less narcotic use in the hospital and in their home regimen. They are also able to begin rehabilitation quicker after surgery."

Pain associated with knee procedures has traditionally been treated with opioid medication, which can be addictive. Using cryoanalgesia revolutionizes how patients can recover, reducing opioid consumption and risks involved with addictive drugs.

Patient Ellen Douglas of Leo confirms the benefits of cryoanalgesia, from decreased knee pain and less stiffness to improved physical function. "I received my treatment two days prior to my knee replacement surgery. Immediately after the procedure, I was able to walk without my walker," says Douglas. "I am now three weeks post-surgery and have only needed my pain medication once or twice a day. I am able to navigate at home easily and can climb stairs at my physical therapy sessions."

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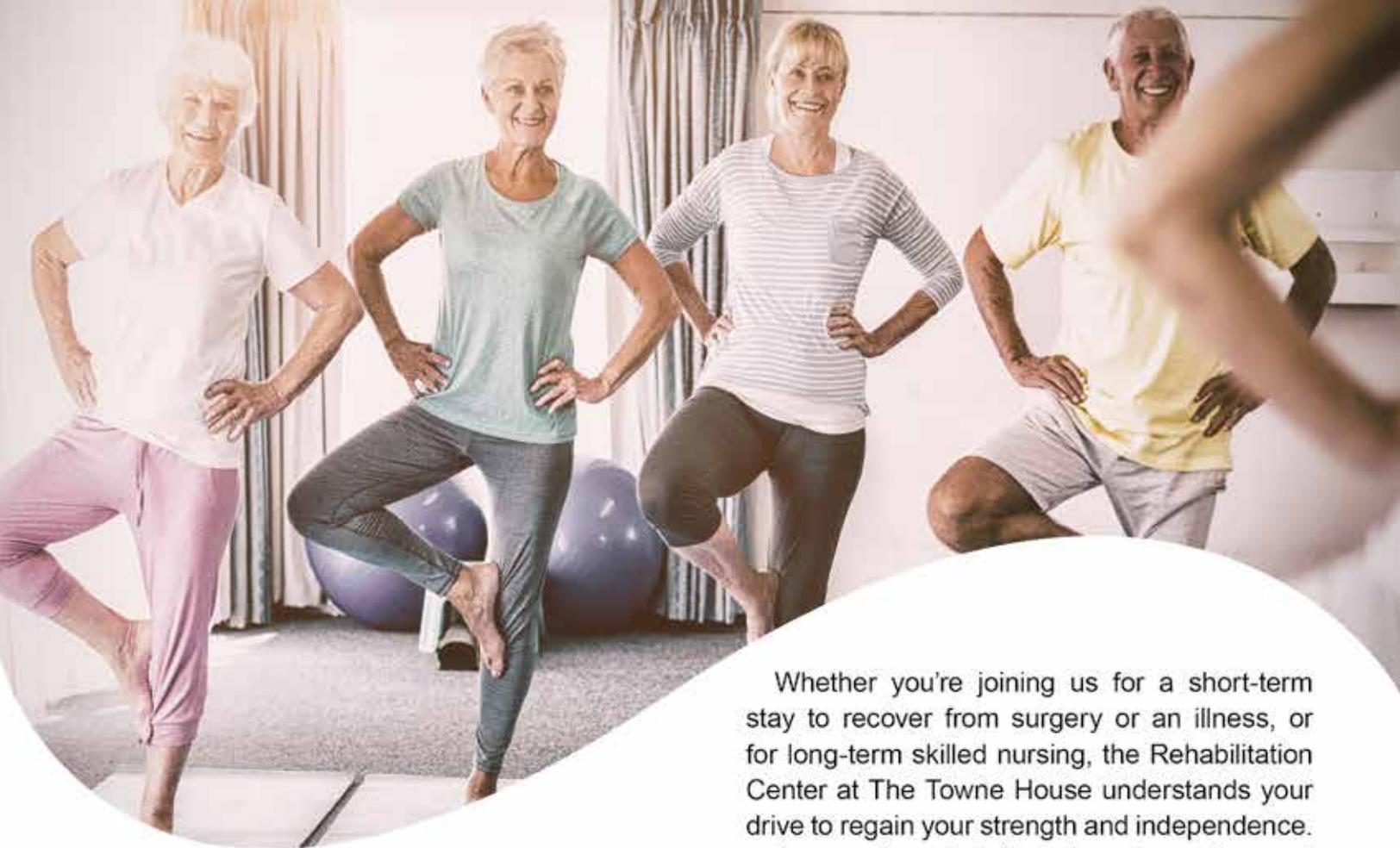
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## ▶ Parkview Health Begins Selection Process for First Residents of New Graduate Medical Education Programs

Parkview Health Graduate Medical Education program has started the process of selecting its first medical students for residency training.

Today, the Electronic Residency Applications Service (ERAS) opened for all residency programs to begin reviewing medical student applications for residency training. Medical students applying through ERAS may be invited to participate in virtual interviews with residency program staff from October through January.

Medical students and program directors will then submit their preferences into the National Resident Matching Program, or The Match, an independent organization that matches the preferences of applicants with the preferences of residency program directors. Matches will be announced in March 2022, and the first residents will begin their training at Parkview in July 2022.

Parkview will offer residency in internal medicine, a three-year program that will be open to 15 residents per year, and general surgery, a five-year program that will be open to four residents per year.

Parkview's program directors, Kevin Pei, MD, MHSEd, FACS, general surgery, and Scott Yen, MD, internal medicine, are preparing for the residents' arrival and are excited to launch the programs.

Parkview's graduate medical education program will be based at Parkview Hospital Randallia, but residents will also complete training rotations at Parkview locations throughout the region. Renovation continues at Randallia to create offices, classrooms, procedure rooms and clinic space. Renovation is expected to be complete in the spring.

The Parkview Health Graduate Medical Education program is accredited by the Accreditation Council for Graduate Medical Education. For more information, visit [parkview.com/GME](http://parkview.com/GME).



## ▶ Construction Begins on Parkview Kosciusko Hospital



By the summer of 2023, Parkview Warsaw will become Parkview Kosciusko Hospital. Construction has begun on an 88,000-square-foot addition, which will double the facility's size and transform it into a full-service hospital.

The expansion plans, which were originally announced in January 2020, have been updated to provide more comprehensive services—including inpatient care, surgery, and specialty clinics—to better serve area patients.

Included in the updated plans is a satellite clinic for the Parkview Cancer Institute (PCI), which will allow patients to receive sub-specialty cancer care closer to home. PCI's multi-disciplinary teams, who are experts not just in cancer, but in specific types of cancer, will provide highly specialized care for each patient. The clinic will include space for infusion and radiation, as well as a healing garden.

"Parkview remains committed to serving the needs of all the communities in northern Indiana," said Neil Sharma, MD, president, PCI. "Through this PCI satellite clinic, state-of-the-art, specialized cancer care will soon be available locally in Kosciusko County."

The addition will be four levels—three stories and a basement—and will be located to the west of the current building. The lower level will be home to cardiology and pulmonology, including rehab for both specialties, as well as nutrition services. The first floor will include the PCI satellite clinic, a pharmacy, diabetes education services, and an expansion of the current lab and emergency departments.

Surgical services will occupy the second floor, with two operating suites, two procedure rooms, pre- and post-op rooms, and shell space for future needs. The third floor will house 24 inpatient rooms, with space for an additional four rooms if needed.

The expansion is projected to create an additional 125 jobs, including clinical and non-clinical roles. Recruitment for those roles will begin closer to the completion of construction in the summer of 2023. Individuals interested in joining the team now can view open positions at [parkview.com/careers](http://parkview.com/careers).

► **Parkview Health Partnering with No Kid Hungry**



Parkview Health is using a \$25,000 grant to help decrease food insecurity among 100 Fort Wayne families with young children.

The grant comes from **No Kid Hungry**, a campaign from the national nonprofit Share Our Strength. The organization is awarding \$3 million in grants focused on helping young children because last year 40 percent of parents reported job or income loss related to the pandemic, and more than one in five parents reported food insecurity in their household.

Parkview's grant is being used to provide monthly boxes of produce and shelf-stable food to immigrant or minority families with children under age 5, as well as pregnant women. Each box will include three meal kits with recipes, as well as feeding and food storage tips. Families will also be connected to local food banks or food assistance programs as needed.

A total of 100 families will be served through the program. The first group of 50 families started receiving boxes in June and will continue the program for five months. Another group of 50 families will begin receiving boxes in December. The families are being identified through referrals from Parkview's Community Health Workers and the Early Childhood Alliance.

► **Five Parkview Health Hospitals Nationally recognized with an 'A' Leapfrog Hospital Safety Grade**

The "A" grade was awarded to Parkview Regional Medical Center (PRMC) and Affiliates, which includes Parkview Hospital Randallia; as well as Parkview DeKalb Hospital; Parkview Huntington Hospital; and Parkview Whitley Hospital. Parkview Noble Hospital was awarded a "B" grade. The national distinction recognizes the hospitals' achievements in protecting patients from harm or error.

The Leapfrog Group, an independent national organization, assigns an "A," "B," "C," "D," or "F" grade to general hospitals across the country based on more than 30 national performance measures reflecting errors, injuries, accidents and infections, as well as systems hospitals have in place to prevent harm.

This is the first "A" grade for Parkview Huntington Hospital and Parkview Whitley Hospital, which were previously not eligible to receive a grade based on patient volumes. The fall 2021 grading period also marks the fifth consecutive "A" for PRMC and Affiliates, and the third consecutive "A" for Parkview DeKalb Hospital.

A Safety Grade was not calculated or reported for Parkview LaGrange Hospital or Parkview Wabash Hospital because the Leapfrog Hospital Safety Grade does not assess critical access hospitals.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

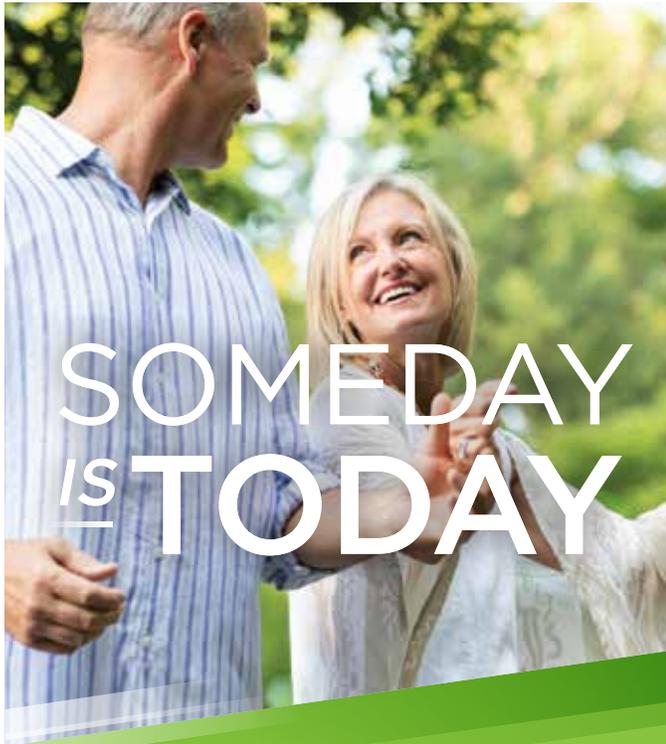
To see full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter and Facebook.

► **Parkview Hospitals Recognized for Excellence in Infant and Maternal Health**



Parkview Regional Medical Center and Parkview Hospital Randallia were recognized by the Indiana Hospital Association (IHA), in partnership with Governor Eric J. Holcomb and State Health Commissioner Kris Box, M.D., FACOG, for their commitment to infant and maternal health at the second annual Inspire Hospital of Distinction recognition program.

INSpire, funded by the Indiana Department of Health's Safety PIN grant, was developed to implement the delivery of best practice care for Hoosier moms and babies and recognize



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## ▶ Parkview Ortho Hospital Receives NDNQI Award for Outstanding Nursing Quality

Parkview Ortho Hospital has been named a 2021 NDNQI Award for Outstanding Nursing Quality® winner by Press Ganey, a national leader in health-care consumer and workforce engagement. Parkview Ortho Hospital, owned in partnership with Ortho NorthEast, is one of six healthcare organizations to win the accolade, which recognizes the hospital as a top performing organization across 17 quality measures.



The Press Ganey NDNQI Award for Outstanding Nursing Quality® is a preeminent, competitive achievement for leading healthcare organizations. Presented annually, the award applauds hospitals and health systems that elevate the field of nursing and in turn, improve the overall patient experience.

Press Ganey's NDNQI® Award also demonstrates Parkview Ortho Hospital's special focus on workforce development, continuous learning and protocol standardization efforts to create a work environment focused on developing and retaining nurses.

## ▶ Parkview Stanley Wissman Stroke Center earns National Recognition for Efforts to Improve Stroke Treatment

The Parkview Stanley Wissman Stroke Center has received the American Heart Association's (AHA) Gold Plus Get with The Guidelines-Stroke Quality Achievement Award for their commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.



"The Parkview Stanley Wissman Stroke Center is honored to again be recognized by the American Heart Association for our dedication to helping patients have the best possible chance of survival and after a stroke," said Fen Lei Chang, M.D., Ph.D., medical director, Parkview Neurosciences. "Get With the Guidelines-Stroke makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis to improve outcomes for stroke patients."



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