



FORT WAYNE

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# MEDICINE

## QUARTERLY

*Official Publication of the  
Fort Wayne Medical Society*

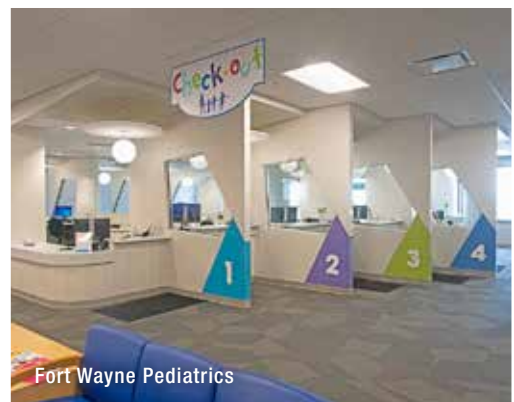


**Scott Stienecker, MD passes the gavel to  
incoming FWMS President, Greg Pond, MD**

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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.



## Impressive Milestone

As I prepared remarks for our annual dinner, I realized that 2024 is the 185th year for the Fort Wayne Medical Society. Now that is an impressive milestone! There aren't many things we can count on nowadays, let alone a professional organization serving physicians for 185 years. I believe one of our best attributes is regardless of where you might be in your career (student, resident, first five years, retired), the medical society is here for you with access to other members

who have already gone through that career stage.

The Society's adaptability over the years is another key to our longevity. We have changed dramatically over the years, particularly in the last fifty. As the industry moves from independent to competing hospital systems, the Society is needed more than ever. We continue to offer our members a neutral ground void of political and/or religious affiliations. Throughout these 185 years, our mission is to serve and support community physicians. That simple objective has served as a touchstone through all the changes over the years.

## Speaking of Milestones...

This year's ISMA convention will be its 175th – another impressive achievement! As always, we need representation from our area at the house of delegates. Please consider attending the ISMA's 175th Annual Convention at the Embassy Suites in Plainfield, September 6-8.

In this milestone year, ISMA is excited to offer a range of unique and enriching opportunities for our members, including an all-day Physician Wellness Symposium during the Friday session designed to foster professional and personal growth.

If you are interested in attending convention and/or serving as a delegate, contact me at [joel@fwms.org](mailto:joel@fwms.org).

## Walk with a Doc - We Want You!

Last fall we restarted our Walk with a Doc chapter. With the weather turning warmer, we have set May 18th as our first day back in 2024. Each Saturday at 10am, we host an hour long walk at Promenade Park. We have lots of dates to fill, so please consider hosting a walk. Here is more information on the program:

Walk with a Doc is a national nonprofit organization that inspires communities through movement and conversation with physician-led walking groups. With an aim to make health and happiness accessible to all, Walk with a Doc offers a simple, sustainable solution for physical activity, health education, and social connection. Healthcare providers ditch their white coats in favor of a t-shirt and sneakers to lead their patients and community in a group walk. There's laughter, education, and communication on a level that is altering the healthcare landscape.

To host a walk, contact me at: [joel@fwms.org](mailto:joel@fwms.org)



## 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.



*1. How do you describe Our Neutral Voices (ONV) to someone unfamiliar with the organization?*

O.N.V. (Our Neutral Voices) is a grassroots community collaboration focused on a holistic mission to provide a hand-up! Not a hand-out! O.N.V. instills hope, healing, guidance, and support, and we push self accountability of the choices that have to be made in this journey of life.

**Our Foundation:**

God! Consistency and Transparency.

**Mission:**

To transform the future of Greater Fort Wayne by inspiring a community encompassing effort to liberate and empower our community.

**Vision:**

We envision our community becoming a beacon where every man, woman, and child has an opportunity to thrive as they live out their inherent value and purpose.

Services we provide:

- A. Spirituality
- B. Mental and Physical Health
- C. Education, Performing Arts, Technology/Music
- D. Financial Enrichment
- E. Sports Developing (Student Athletes)

*2. What is the history of ONV?*

O.N.V. was established in early 2019 out of necessity. It started with three people, William Curry, Crane Hearn, and myself. We were very intentional with the name, Our Neutral Voices (inclusive, no judgment, and to be heard). We met several months strategically, building



out the mission & vision and putting the foundation in place. This was and still is one of my favorite pieces to all of this process. This team is so awesome and perfect for the work we do. Well educated, they have worked and lived among the people we serve thus, the trust and relationship building is not a struggle. We spent the needed time to build out and outline our services and programs to ensure that our end goals are met. To date, O.N.V. is pushing to establish a “home to house” with everything under one roof.

*3. What is a typical workday like for you?*

My days are full. I'm a small business owner of 20 plus years. Telecommunications, and mens clothing. So, I deal with day-to-day duties as an owner/worker. When it comes to O.N.V. it's all hands on deck. We constantly communicate to make things continue to grow forward productively. Before I end my day, I like to pick up my bass guitar and jam out, definitely my way of winding down. Long hours, but I wouldn't have it any other way.

*continued on page 8*



**4. How do you strike a work/life balance?**

Balance? I haven't figured that one out yet. I work because I love what I do. I'm blessed to have the freedom to step away when I need to. I love helping people, being a blessing to others, and that's what I get to do every day. I thank God for that.

**5. What is the biggest challenge your organization faces?**

Financial support and dealing with the political aspect of it all. We are the new kids on the block, and we have already been told that some people want us to fail. Collaboration is the only way to make this all work. No one organization has the capacity to handle the issues alone.

**6. How can our members help? What is one thing you'd like our physician members to consider when dealing with issues your organization faces?**

On behalf of this organization, I strongly encourage you to get involved. We ask that you get to know and support Our Neutral Voices. Together, we can make a greater impact in so many lives.



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# Obese Patients Can Safely Have Total Joint Replacement

Anthony Feher, MD, Indiana Joint Replacement Institute



Total joint replacement is a life changing surgery. People who suffer with hip and knee arthritis can be severely limited in their ability to be fully productive in the workplace, take care of their families, or enjoy the wonderful community around them. The simplest tasks, like getting in and out of a car or

putting on socks is a constant struggle. Our friends and neighbors may hurt so badly that they will wait to get off the couch until they must use the restroom and do a chore because it is too painful to get up twice. Every step consumes their lives as the pain shoots through their groin or knee. There are many reasons that despite these limitations patients may not pursue hip or knee replacement.

Obesity in our community is expected to increase over the next decade so encouraging a healthy lifestyle is paramount. Utilizing hip or knee arthroplasty as a motivator to lose weight has proven to be unsuccessful. Only 20% of patients counseled on losing weight by a joint surgeon will return for a follow up visit.<sup>1</sup> In fact patients that lose greater than 10% of their body weight in the 6 months prior to surgery have no change in their complication rate verse patients who do not.<sup>2</sup>

Being denied access to life altering medical care based on BMI or body habitus is no longer backed by science.<sup>3</sup> Obesity by itself does not need to be a contraindication to surgery. Alarming, a strict BMI cutoff can further restrict access to care in women, Black, and Hispanic populations.<sup>4</sup> Fourteen community members with a BMI > 40 have to be denied access to life changing total joint surgery in order to prevent one complication.<sup>5</sup>

Optimization is the key. Partnering with our perioperative medical specialists that evaluate every aspect of a patient's medical history can help identify and in partnership with their primary care provider treat potential risk factors prior to surgery. With skilled surgeons, a focused program, and an experienced staff patients with a BMI over 40 can have their lives back from the debilitating pain of hip and knee arthritis.

## References:

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# Create a Better Community |

Thomas Gutwein, MD, Allen County Department of Health, Health Commissioner



Our goal is straightforward, yet ambitious: Create a better community in which to live, work and play. Everyone wants to be part of a great community, and each of us shares responsibility in working to make it great.

As physicians, our role in improving the community through improving the health of its citizens is an outsized one. And that role has expanded to include areas of need that perhaps were neglected in the past. The necessary clinical care we provide covers only about 20% of contributions to overall health outcomes for the community. Social determinants of health impact the remaining 80%, through considerations such as whether people can sleep in a safe environment, whether healthy foods are eaten, whether their neighborhoods are free of violence and whether they can avoid unhealthy habits.

Simply avoiding habits that negatively affect health and living in a healthy environment can be taken for granted, but the tasks can represent massive undertakings for some. As Allen County health commissioner, I have been made astutely aware of the difficulties many of those in our community must face regularly.

I ask that we look closely at how we spend time with our patients. Are the questions we ask just routine, “Review of Systems” questions through which we hope the answers are negative, and we can then move on? Or, are we looking closer – asking more probing questions that can be impactful, truly meaningful and helpful, to improve patients’ overall health?

Prescribing a hypertensive medication for a patient with multiple medical conditions caused by a poor environment does not fully fix the underlying problem and only puts a proverbial pressure dressing on a hemorrhaging arterial bleed. That might get them a little further down the road, but the vessel must be ligated to prevent further deterioration.

As clinicians, we should be asking the right questions to help our patients solve the challenges they face.

Are we asking, for example, if there are guns in their homes that toddlers or teenagers might pick up and explore or use? I applaud those that have taken time to teach their teens about firearms and how to safely use them, but many never have that person in their lives who can share with them the inherent risks. Are we taking the opportunity to ask those questions?

Also, we should consider talking with parents about their children. How are they? It’s a conversation parents might readily engage in – until they are asked questions about tough topics such as the prevalence of vapes or the availability of dangerous drugs like fentanyl and whether parents have taken steps to limit exposure to those substances.

Similar conversations can occur with patients who are teenagers and young adults. Perhaps they may see you as someone they can trust with information they might not feel comfortable sharing with a parent or guardian. By creating a safe zone for them to speak up, you might create an opportunity to point them in another, positive direction or open their eyes to potentially dangerous decisions.

We make sure our children are buckled in when they get in the car. We should ensure safety measures are in place when they go with their friends to places or events where dangerous substances might be present. Ensuring parents have the tools necessary to speak to their children about these important topics is extremely important. Perhaps a conversation between parents and their physician can open an avenue to discussing and sharing some of those tools.

It’s easy to say, “It’s not my responsibility.” But if not you, then whose responsibility is it?

We as physicians are here to help others live healthy and productive lives. We can’t fix every problem, but we can

provide people with tools necessary to reduce the risk of accidents and death that also dramatically decreases the opportunity we have to improve the health of our community.

**To help you help others, here are some resources:**

- **RemedyLive** – An organization that provides access to and information about mental health. <https://www.remedylive.com/>
- **StartYourRecovery.org** – Provides contact information for drug and alcohol rehab centers and support. <https://startyourrecovery.org/treatment/rehab-centers/indiana/fort-wayne>
- **Parkview Behavioral Health Institute – Park Center** – Provides comprehensive behavioral health care to anyone, regardless of ability to pay, place of residence or age. <https://www.parkview.com/medical-services/behavioral-health>
- **Bowen Center** – Provides physical and mental health care, among other services. <https://www.bowncenter.org/>
- **Allen County Department of Health** – Provides resources on physical health as well as information about substances and treatment. <https://allencountyhealth.com/department/know-go-public-health-resources-at-your-fingertips>
- **Confidential Needle Exchange Program** for anyone wanting to decrease the chance of contracting HIV/Hepatitis or other infections while using injectable substances. <https://allencountyhealth.com/info-about/syringe-services>
- **LookUp** – Provides access to mental and behavioral health resources. <https://lookupindiana.org/>



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# 2024 Match Results



**Jessica Allison, DO**  
*Michigan State University COM*



**Karissa Barela, DO**  
*Marian University COM*



**Adam Newport, DO**  
*Edward Via COM - Carolinas*



**Lucie Nguyen, MD**  
*Indiana University SOM*



**Riley Spencer, MD**  
*Ross University SOM*



**Andrew Swing, MD**  
*Indiana University SOM*



**Bradley Trotter, DO**  
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Spring is an exciting time for medical students. Third-year students start preparing for their residency applications and United States Medical Licensing Exam (USMLE) Step 2 exam, second-year students take the nerve-wracking USMLE Step 1 exam and start their clinical rotations, while first-year students are applying to various summer programs. But Spring is most exhilarating for our graduating students as they learn where they are headed for the next phase of their education and say goodbye to their classmates.

Students at regional campuses often feel that they are more invested in the relationships they developed among their classmates. Maybe it is because the class size is small, so they get to know their classmates better or perhaps they bond over the planning of events and activities. Whatever the reason, these relationships, along with the relationships they have with their physician mentors and preceptors, have a lasting impact on students.

The curriculum at Indiana University School of Medicine (IUSM) consists of three phases - Phase 1 provides foundational science knowledge, Phase 2 expands clinical skills, and Phase 3 focuses on advanced clinical learning and career exploration. At the end of Phase 1, students can choose another campus within IU's nine campus system for their Phase 2 clinical rotations. When the rotations were first offered at the regional campuses 15 years ago, only a few students were able to complete all their clinical rotations at campuses outside of Indianapolis.

In the early years of expansion, students thought that they would have more diverse patient encounters to prepare them for residency if they attended the Indianapolis campus. However, students have learned that patient encounters at regional campuses are as diverse as those in Indianapolis, especially in Fort Wayne, the second largest city in Indiana. Additionally, students at regional campuses frequently



## INDIANA UNIVERSITY SCHOOL OF MEDICINE

have more individual clinical encounters such as delivering babies, participating in surgeries, suturing, assessing patients, etc. due to the small student to mentor ratio. Students are excited to learn from over 500 clinical faculty members that give their valuable time and skills to teaching IUSM-FW students. Through interactions with our clinical faculty students can explore specialties they are considering for their careers while learning the skills required to practice medicine and successfully enter a residency.

This summer we will have 24 of the 30 members of the Class of 2026 begin their clinical rotations at our Fort Wayne campus. This class has developed strong relationships with our physician mentors and faculty. Each physician mentor has a group of four students who they meet with throughout medical school to help guide and support the students. The physician mentors help students with not only career questions, but personal concerns as well.

In the last five years, graduates who completed their clinical training at our Fort Wayne campus have entered residencies in: anesthesia, emergency medicine, family medicine, internal medicine, neurology, OB/GYN, otolaryngology, pathology, pediatrics, psychiatry, and surgery. Several of our graduates return to our community after residency.

We want to thank all our physician partners – whether mentors, preceptors, lecturers, or donors. Your impact on our students is an incredible gift and we are grateful for your dedication and commitment to the success of our future physicians.

# FWMS 2024 Annual Dinner

## Fort Wayne Country Club

*Below are the members we honored at our annual dinner  
as they celebrate 50 and 25 years, respectively, graduating from medical school.*



## Honorees

### 50 Year

Dale Aeschliman MD  
Stephen Coats MD  
Steven J Cohen MD  
William Culp MD  
Robert Godley MD  
Craig Hamilton MD

Marc Kaminsky MD  
Edward Lelonek MD  
David Lloyd MD  
Linda Shands McMurray MD  
Michael Mirro MD  
Joseph Muhler MD

Robert Musselman MD  
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Richard Nielsen MD  
Steven Rhinehart MD  
David Sowden MD

### 25 Year

Regina Adair-Blackwell MD  
John Alexander MD  
Kenneth Austin MD  
Jeffrey Barr MD  
Jonathan Bradley MD  
Michelle Collins-Austin MD  
Alison Fecher MD  
Eustace Fernandes MD

Nadine Floyd MD  
Marlona Harting DO  
Brad Johnston MD  
Jay Jones MD  
Kendra Karner DO  
Ravi Kudumula MD  
Ami Kulkarni DO  
Scott Myers MD

Rutvik Patel MD  
Rebecca Posner MD  
Karen Ringwald MD  
Adam Thomas MD  
Rami Wali MD  
Qi Wang MD  
Zachry Waterson DO  
Zhentao "Richard" Zhang MD

## Outstanding Faculty Award Recipient



Dr Bill Pond received the Exemplary Dedication to Medical Education award. He has been a clinical faculty member at Indiana University since 1989. He has served as the Anesthesia Clerkship Sit Leader since clinical rotations began in Fort Wayne back in 2009. Additionally, Dr. Pond offered an Anesthesia elective to both third and fourth-year medical students and would personally teach and interact with every student on all these rotations unless he was out of town. He and his wife, Cami, have invited students over to their home to welcome them to the IUSM and the Fort Wayne area, and genuinely showed a vested interest in their success. Students appreciate him for it and describe him as an amazing preceptor and exceptional teacher, winning him teaching awards and many accolades over the years. We would like to take this time to offer this gift of sincere gratitude and recognize Bill for his dedication and contribution to medical student education over the 30 plus years of service to the university, to our students, and to the medical community.

## George W. Sorrells Jr., MD, Community Physician Award



**Sharon Singleton, MD, has been awarded the George W. Sorrells Jr., MD, Community Physician Award.**

She became CMO of Neighborhood Health, a Federally Qualified Health Center in Fort Wayne, in January 2020. As COVID-19 struck, she spearheaded the clinical response, guiding the consolidation of services from two clinics into one that prioritized high-risk patients, including the insured, underinsured, and uninsured.

Facing the crisis head-on, she rapidly revamped clinic entrances, enforced strict screenings, and ensured everyone had masks and essential PPE. Recognizing patient concerns about hospitals, she championed the establishment of a “Sick Clinic” at a second location for in-person evaluations. As soon as it was possible, they expanded to offer COVID-19 testing and vaccinations, receiving enthusiastic support.

Today, the organization operates at full capacity with safety measures in place across medical, dental, optometry, chiropractic, behavioral health, pharmacy, and lab services. Singleton is helping to plan for a third clinic in 2025 reflecting her strong commitment to community health.

That commitment extends beyond the clinic, as she has held leadership roles on the Indiana University School of Medicine Dean’s Council, Fort Wayne Medical Society and Foundation, and on the IU School of Medicine Alumni Board. She has also served as an adjunct clinical faculty member at IU School of Medicine.



Fort Wayne  
Medical Society

# 2024 Annual Dinner

Fort Wayne  
Country Club







# Business and Personal Tax Strategies

## to Keep in Mind in 2024

Steve Diagostino, Managing Director, CBIZ Somerset



Strategic tax planning is imperative for navigating the uncertain economic climate that has persisted into 2024. By taking advantage of the following tax incentives, you can maximize savings for your medical practice and household.

Work with your trusted tax advisor to see if these strategies could benefit you and your practice.

### Recalculations of Indiana Pass-Through Entity Tax for Federal Tax Savings

The pass-through entity tax (PTET) is an elective state tax imposed on an entity's pass-through taxable income. Many states, including Indiana, offer new elective tax regimes for pass-through entities (PTEs) that shift the incidence of taxation from the owner level to the entity level. These "workaround" regimes aim to bypass the \$10,000 state and local tax (SALT) deduction limitation imposed on individuals by Internal Revenue Code (IRC) Section 164(b)(6).

Indiana Governor Eric Holcomb signed a permanent pass-through entity tax provision into law on Feb. 22, 2023, which allows entities to account for adjusted gross income. Because of this provision, any taxpayers who own part of an Indiana-based entity that elects to be taxed as a PTE will receive a credit that is reflective of their share of the entity's adjusted gross income.

### Purchase of Fixed Assets and Depreciation Deductions\*

Bonus depreciation allows your practice to deduct a sizable percentage of any qualified assets up front instead of writing the cost off over the lifetime of the asset. So, for example, if you purchased medical equipment, com-

puters, vehicles, furniture and more, you may be able to deduct the cost of these items from your taxable income of that year.

After a 2017 tax reform law, 100% of qualifying asset costs could be deducted until 2023. However, unless Congress approves legislation to preserve this provision, bonus depreciation will begin to phase out, dropping by 20% each year (80% in 2023, 60% in 2024, etc.) until 2027. The time to utilize bonus depreciation is now, so plan ahead if your practice has large asset purchases on the horizon.

### Physician-qualified Business Expenses

If you're already a 1099 filer or owner in a practice entity, one of the easiest strategies to lower your taxable income is to make sure you're writing off all of your eligible deductions. Many physicians may not realize that continuing medical education and the travel costs associated with it are eligible for tax deductions, as well as some vehicle and mileage expenses, meals and entertainment, office supplies, cell phone plans and more. Specific rules and limitations may apply to some of these business expense deductions, so consult with your tax advisor.

### Maximizing Your Qualified Retirement Plan Contributions and Deductions

You've likely heard this before, but we'll say it again — be sure to maximize your retirement plan contributions and deductions. The 2024 allowed limit for 401(k) or 403(b) plans is \$23,000, and SIMPLE IRA plans have a limit of \$16,000. If you're over age 50, you are eligible to make additional catch-up contributions to your retirement plans. For the 2024 tax year, those catchup limits were \$7,500 for 401(k)s and 403(b)s and \$3,500 for SIMPLE plans. Also, if you have separate 1099 income,

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this separate business income may allow you to further contribute to a separate retirement plan from your practice sponsored plan.

### **Tax Credits for Efficient Energy Systems\***

The Energy Efficient Commercial Buildings Tax Deduction, commonly referred to as 179D, was established in 2005 to provide taxpayers the opportunity to reduce their tax burden while also making energy-efficient investments. Specifically, commercial property owners and designers who adopt energy-efficient measures for either new construction or renovated property can receive immediate tax deductions for energy-efficient improvements to HVAC and hot water systems, interior building lighting and the building envelope.

The Inflation Reduction Act (IRA), which became effective Jan. 1, 2023, more than doubled the 179D deduction, raising the maximum from \$1.88 to \$5.36 per square foot for 2023, and to \$5.65 per square foot for 2024. Prior to the IRA, a taxpayer was required to show a 50% reduction in energy and power costs to claim the 179D deduction. The IRA modifications to the deduction increase the maximum tax deduction and lower the required minimum savings. Additionally, the deduction can now be taken every three years rather than just once over the life of the building.

For 2023, taxpayers may qualify for the energy-efficient Home Improvement Credit equal to 30% of the costs of all eligible home improvements (windows, doors, HVAC, etc.) installed during the year on the taxpayer's U.S. residence home. The Residential Clean Energy Credit will equal 30% of the costs of all eligible clean energy improvements made during the year for both existing homes and homes under construction.

### **Indiana 529 Education Savings Plan Credit**

If paying for a child's school tuition is in your future, consider contributing to an Indiana CollegeChoice 529 Education Savings Plan. Taxpayers qualify to receive a state income tax credit that equals 20% of the amount contributed to their 529 account, with the limit being raised to \$1,500 or \$750 for married couples who file separately in the 2024 tax year. Contributions to a 529 plan can be withdrawn to pay for tuition (at a university, primary or secondary school), books, school supplies, fees and more, with a few limitations.

Most physicians benefit from taking advantage of tax credits and incentives that lower their yearly taxable income. While these six options are popular among medical professionals, you should be meeting with your trusted tax advisors to formulate a plan tailored for you and your practice.

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\*This article was written before the Tax Relief for American Families and Workers Act of 2024 was voted on. This bill has verbiage to alter bonus depreciation and tax credits for energy-efficient homes (Section 179D). Visit [cbiz.com](http://cbiz.com) for updates on these tax measures.

Steve Diagostino, Managing Director, works directly with hospital leaders and physicians and responds to issues and concerns of the management of physician practices and related entities. His areas of expertise include health care transactions and due diligence, physician and hospital integrations, fair market valuations for physician practices, ambulatory surgery centers, specialty hospitals, compensation agreements, imaging centers, service lines and other ancillary businesses among many other areas.

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Four:10 Ministries is a nonprofit organization who serves women survivors of sexual exploitation and trafficking. What constitutes sexual exploitation and trafficking? Some would include sex trafficking under sexual exploitation. We define sexual exploitation as those working in

the sex industry, for example, strip clubs and pornography. It also includes homeless women involved in survival sex. Trafficking is different because there is a law that defines it. “U.S. law defines human trafficking as the use of force, fraud, or coercion to compel a person into commercial sex acts or labor against their will. The **Action-Means-Purpose (AMP) Model** can be helpful in understanding the federal law. Human trafficking occurs when a perpetrator, often referred to as a trafficker, takes an **Action** (induces, recruits, harbors, transports, provides), and then employs the **Means** of force, fraud or coercion for the **Purpose** of compelling the victim to provide commercial sex acts (sex trafficking) or labor/services (labor trafficking). At a minimum, one element from each column must be present to establish a potential situation of human trafficking”<sup>1</sup>.

We have been working with this demographic since 2008. Our initial population was women working in the strip clubs of Fort Wayne. Our interest in serving them was the knowledge that 84% to 95% of women caught up in exploitation and trafficking were sexually abused during their formative years. After hearing many stories, we realized they also suffered other forms of abuse, including neglect, emotional and physical. This population of women tend to have high ACE (Adverse Childhood Experiences) scores. As a result, our women have developmental complex trauma. Not only do they have trauma from their childhood, but then the trauma of exploitation and trafficking. Trauma of this magnitude has many adverse effects. The illustration below shows the wide variety of long-term responses to trauma. We had one client identify with every single symptom when shown the chart. As a child she experienced sexual, emotional, physical abuse and neglect. As she became an adult, she developed relationships with partners that were violent, which only added to her trauma



exposure. She was diagnosed with bipolar disorder and then reevaluated and changed to borderline personality disorder.

She was diagnosed with Epilepsy at the age of 10. She was sexually assaulted at age 5. It is possible her epilepsy is a result of her trauma. There is a significant correlation between trauma, including adverse childhood experiences (ACEs), and chronic health conditions. This was discovered in the ACE study done in 1998 by Kaiser Permanente. Multiple studies have shown a wide variety of physical disorders and symptoms which include somatic complaints; sleep disturbances; gastrointestinal, cardiovascular, neurological, musculoskeletal, respiratory, and dermatological disorders; urological problems; and substance use disorders.

When a patient presents with a physical issue and doesn't seem to improve with medical interventions, the root cause could be the unresolved trauma the individual is carrying in their brain and body. That is why somatic trauma

therapy has proven so useful in healing trauma trapped in the body. Treatments like art therapy, psychodrama, music therapy and movement therapy have proven to be very helpful in healing the underlying trauma. Eye Movement Desensitization and Reprocessing (EMDR) can improve physical symptoms too. We had one client see a decrease in her blood pressure and pulse rate after going through EMDR. She also was able to sleep through the night for the first time in years. She had been sexually abused and subsequently dealt with substance abuse disorder for 20 years. She had done some trauma work initially, but lost access to it. When she came to us, she was five years clean, but still suffering from her trauma. She was able to find great relief from her anxiety and depression after only 6 months of therapy.

Our women typically do not have insurance, or they have Medicaid. Most therapists do not take Medicaid but will take private insurance. This places barriers to access to mental health professionals. Polaris Project a nonprofit organization that evaluates data for human trafficking performed a National Survivor Study in 2021 and 2022 by surveying 471 survivors. These survivors ranged from 10 years free to recent recovery. Unfortunately, one of the biggest take aways from the study was survivors are not thriving but barely surviving. “Access to trauma-informed behavioral and mental health services was the top reported need by respondents both at the time they exited their exploitation and currently.”<sup>2</sup> This reveals the importance of providing trauma therapy for those who are exiting exploitation.

We identified a gap in care in our community. We dedicated ourselves to providing free trauma therapy for sexually exploited and trafficked women. We opened our center for trauma therapy in August of 2023. We provide

services for individuals 18 years and older. We are located at 419 E. Wayne Street, Fort Wayne, IN 46802. We contracted with four trauma therapists who had experience in healing trauma. Two of our therapists utilize EMDR in their practice. We have the flexibility to prepare an individual for EMDR through our therapists who are not trained and then switch them over to our therapists who perform EMDR once the client is ready.

We also offer art, music, and movement therapy at our center. We contract with Aspire Music Therapy for both individual and group therapy. We offer two types of movement therapy, trauma-informed yoga and joyful movement. We have a certified art instructor who can provide group therapy. We know these somatic therapies are just as important for their healing as Cognitive Behavioral Therapy used by our therapists. We have seen the difference that trauma therapy can make in the lives of these women. However, with the amount of trauma most of them have experienced it is a long journey to healing. We are committed to providing therapy for as long as they need it.

What can you do as a practitioner? Remember a chronic illness can be rooted in trauma. Or risk factors contributing to a disease can be a result of trauma, for example, eating disorders, smoking, and substance use disorder. Healing their trauma can empower your patient to decrease their risk factors by ceasing from their unhealthy habits. If you aren't having success in treating a disease, you may want to ask some more questions about their childhood or provide your patient with an Adverse Childhood Experience Survey. If you discover your patient has a high ACE score, recommend trauma therapy in conjunction with their medical treatment. Trauma therapy is a long process, but it will definitely help with improvement in their physical health for various reasons.

You can also refer them to our center, if you discover a woman caught up in or a history of sexual exploitation and trafficking. We will connect them to the appropriate therapy that is best suited to them. You can reach us at 260-755-5782 or 260-615-1263 or email me at [tammycrane@four10ministries.org](mailto:tammycrane@four10ministries.org).

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<sup>1</sup>“Definition of Human Trafficking.”  
<https://polarisproject.org>. Accessed 2 April 2024.

<sup>2</sup>“National Survivor Study.”  
<https://polarisproject.org>. Accessed 2 April 2024





## Cinderella Dress Day

is the most magical day of the year for area teen girls. This was the 23rd annual event held at the Grand Wayne Center. It takes a full year of collecting, sorting, and tagging to get ready for

this event. Dozens of volunteers spend their time throughout the year to make sure we are ready for the big day.

On February 3 Alliance members arrived at the Grand Wayne Center at 5:30 am to welcome the first girls in line for the event. As the morning went on the lines grew larger and larger, 743 teens girls to be exact. As the girls are waiting in line to get into the “prom boutique”, they listen to different health speakers on our main stage. The topics range from McMillan Health speaking on vaping dangers, Remedy LIVE and suicide awareness, Bare Knuckle recovery on “One Pill can Kill”, and self defense techniques, Super Shot talk about the Guardisil Vaccine, and so much more. After each talk a group of girls are let in to find the dress of their dreams. This year we had over 7000 dresses for the girls to choose from. Not only do they get 2 free dresses, but they also get shoes, jewelry, and undergarments.

We had 250 amazing community volunteers this year to help the day go smoothly. Sixty of those volunteers are from 2 cosmetology schools. They provided free hair and makeup to the teens.

Next years date is already set for March 22, 2025 at the Grand Wayne Center. Brooklyn and Renee from WMEE will be Emceeing the event again. We plan on expanding our health speakers program.

We can always use volunteers to help with this event. Please contact Tonya Hughes if you are interested in helping throughout the year. [Cinderelladressday@aol.com](mailto:Cinderelladressday@aol.com)





## Doctors Day

On March 4, 2024, we celebrated our 29th year of Doctors Day. The day started out at 8 am with a record number of 33 health vendors and 1,700 attendees. Each health table has a different activity for the kids to participate in. One of the favorite activities each year is a table put on by the IU School of Medicine. The students bring a real pigs brain for the kids to hold and learn about. Along with the health tables, kids can also go into the demonstration theater to hear a different medical talk and demonstration every thirty minutes. While in the theater we also raffle off eighteen 40 pound food bags. All have healthy food choices put together by an alliance member that is also a dietician.

We have several local doctors that sign up for a 30 minute time slot in the “doctors in” booth to answer questions from kids, like “why do my feet smell”. The kids then are given a Pizza Hut coupon for a free pizza.

There are so many fun and exciting things that happen at doctors day every year, from the TRAA ambulance tours to the Life flight Helicopter. Even the professional team mascots come out to see all the excitement.

Next year will be our 30th anniversary. We can’t wait to show off all the new and exciting things to come. Hope to see you there.



**ALLIANCE**  
Fort Wayne Medical Society  
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BROKERAGE. PROPERTY MANAGEMENT. MAINTENANCE. DEVELOPMENT. INVESTMENT. CONSULTING.

## SPECIALTIES REQUIRE FOCUS

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We have dedicated 35 years to perfecting our trade so we can help you focus on yours. At Sperry Van Ness Parke Group, we understand that it's hard enough to run a successful medical practice today without having to worry about facility management or maintenance. Let us do what we do best, so you can

focus on your specialty—taking care of your patients. As a full service real estate company, not only can we help you take care of your existing property, but we can also help you relocate when you need more space. To find out more about what Sperry Van Ness Parke Group can do for you, call us or visit us online.



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## ▶ Investing in Fort Wayne's refugee community



IU Health's commitment to the community was demonstrated through a \$1 million investment, which is a promising stride forward to aid refugees.

The IU Health Foundation celebrated the \$1 million investment in refugee health services within the region. This funding is part of the health system's broader \$200 million community impact investment fund, aimed at addressing social and environmental determinants that affect health outcomes.

Over the next three years, this investment will support the development of the Refugee Health Collaborative, a collaborative effort involving the health network, IU Health, and local organizations such as the St. Joseph Community Health Foundation, Catholic Charities, and Amani Family Services.

Fort Wayne has a recent influx of 140 new refugees in the area, underlining the importance of initiatives like this, particularly given Fort Wayne's sizable Burmese population.

These developments have had a positive impact on the community, especially with the establishment of Cho Mar Aung, MD primary care office. Aung, a former refugee, will lead efforts to provide essential screenings and services, including mental health counseling and case management, through the Refugee Health Collaborative.

The collaborative's staff will assist refugees in accessing vital benefits such as Medicaid and the Supplemental Nutrition Assistance Program, ensuring comprehensive support for their healthcare needs.

Recognizing the significance of community support, Brian Bauer, president, IU Health Northeast Region, expressed his excitement about the investment and its potential impact on the local refugee population. "It's an underserved community medically," Bauer says. "I think it's important to invest around Dr. Aung and make sure people have access to her services."

► Lutheran Health Network Physicians Give Back to our Community for Doctors' Day



Lutheran Health Physicians and administration present a donation to Super Shot.



Lutheran Hospital medical staff and administration present a donation to Habitat for Humanity of Greater Fort Wayne.

In celebration of National Doctors' Day, Lutheran Health Network (LHN) hospitals across the region honored our medical staff by donating to local charities. Annually, LHN makes these donations on Doctors' Day to recognize physicians for their skills, sacrifice and service to the communities we serve.

LHN physicians had the opportunity to select nonprofit organizations to support with donations. True to their generous nature toward others, our medical staff based in each of our facilities and medical groups gave donations to the following organizations totaling \$28,500:

- Bluffton Regional Medical Center – Caylor-Nickel Foundation Family YMCA; Salvation Army of Wells County
- Dukes Memorial Hospital – Miami County Helping Hands; Harvesting Capabilities
- Dupont Hospital – Healthier Moms and Babies; Out of a Jam
- Lutheran Downtown Hospital – Community Harvest Food Bank; St. Mary's Soup Kitchen
- Lutheran Hospital – Habitat for Humanity; Humane Fort Wayne Animal Shelter
- Lutheran Kosciusko Hospital – Early Start Prenatal Clinic
- The Orthopedic Hospital – Hope's Harbor
- Lutheran Health Physicians – Super Shot

**About Lutheran Health Network**

Lutheran Health Network is a family of more than 6,000 employees, physicians, advanced practice providers and volunteers dedicated to providing compassionate, quality care with the best possible experience, to every patient, every time. As a taxpaying, integrated healthcare delivery system and one of the largest employers in the region, Lutheran Health Network makes a positive impact on the communities we serve. The network's access points across northeast Indiana include acute care hospitals, specialty hospitals, physician offices, urgent care clinics and outpatient centers. For more information, please visit [LutheranHealth.net](http://LutheranHealth.net). Lutheran hospitals are owned in part by physicians.

► **Lutheran Health Network Peanut Butter Drive Collects 1,061 Jars for Community Harvest Food Bank**

To help address hunger in the community and in celebration of National Peanut Butter and Jelly Day on April 2, Lutheran Hospital, Dupont Hospital, Lutheran Downtown Hospital, The Orthopedic Hospital and Lutheran Health Physicians collected 1,061 jars of peanut and other nut butters for Community Harvest Food Bank. Community Harvest weighed the donation and said that 1,607 pounds of peanut butter were donated in 2024 which beat last year's total of 1,516 pounds.

The jars were donated by Lutheran Health Network employees, medical staff members, volunteers and community members during a recent Jars of Love Peanut Butter Drive which was launched to help support neighbors facing food insecurity – a social determinant of health.

“Food insecurity has a significant impact on a person’s overall health and wellbeing,” said Bruce Tassin, interim chief executive officer for Lutheran Hospital. “Through our Jars of Love Peanut Butter Drive, we are working to help fight hunger in our community. Our generous employees really stepped up and exceeded our donation expectations.”

Community Harvest Food Bank serves thousands of families a month and peanut butter is one of the high-demand food items food banks can provide to offer a protein source that has an extended shelf life. All Lutheran Health Network hospitals participated in the drive collecting a total of 3,451 jars of nut butters that were donated to area food banks in Fort Wayne, Warsaw, Peru and Bluffton.



*Lutheran Health Physicians executive team members with peanut butter donations*



*The Orthopedic Hospital executive team members with peanut butter donations*



*Lutheran Hospital executive team members with peanut butter donations*



Our newest location at **6515 Stellhorn Road** features a 24/7 emergency department, family medicine and the following specialty care:

- ▶ Bariatric & General Surgery consults
- ▶ Cardiology
- ▶ Endocrinology
- ▶ Gastroenterology (GI)
- ▶ Sports Medicine



Lutheran Downtown Hospital is owned in part by physicians.

## ► Parkview nurses' research shows no downside to letting patients eat before heart catheter procedure

*Patients reported less anxiety, increased satisfaction*

Standard surgical preparation has always called for patients to fast before their procedure, but a group of Parkview nurses conducted a research study that showed that letting some patients eat resulted in no negative impacts and instead improved their overall satisfaction.

Their study, published in the American Journal of Critical Care in January, is helping change the way Parkview heart catheterization patients prepare for their procedure.

Parkview Heart Institute (PHI) registered nurses Carri Woods, Michelle Wood and Angela Boylan launched the research project after approaching their leaders to address a common problem with the cardiac surgery patients they see – hungry tummies. Patients undergoing cardiac catheterization procedures are ordered to fast – no food or drink except sips of water if taking medication -- after midnight the night before their procedure.

Depending on the schedule for their procedure, that can turn into a very long fast.

"People who are hungry can be grumpy and then you add on top of that delays in procedures for various reasons, then it's just longer and longer before they can eat," said Woods, nursing services manager with the PHI coronary procedural intensive care unit. "Nurses were getting the brunt of that frustration, so we asked, 'Why are we doing this? What's the research behind it?'"

The answer to that question turned out to be that the fasting requirement was a recommendation of anesthesiologists, but the nurses couldn't find much data to back up the requirement. So the Parkview team designed its own trial to investigate whether fasting had tangible benefits.

The randomized controlled study sampled just under 200 patients undergoing elective cardiac catheter procedures and divided patients into two groups. The control group followed typical fasting requirements while patients in the study group were allowed to eat a heart-healthy, low-acid meal prior to their procedure.

The results of the study showed no negative impacts between the two groups, but did show increased satisfaction for study group patients. Data showed no difference in fatigue, glucose levels or gastrointestinal issues between groups, but patients who were allowed to eat reported less hunger and thirst and greater satisfaction than those in the fasting group. Diabetic patients also reported lower anxiety about possible hypoglycemic events when allowed to eat before their procedure.

After the study was completed and presented to PHI leaders, the change was quickly adopted and put into use for new patients undergoing cardiac catheterization procedures.

"It usually takes many, many years to integrate study into practice, but Parkview reviewed our results and implemented the change nearly next day," said Wood.

"Our Parkview Heart Institute leaders allowed us to do it, were on board with us, supported us and let us run with it," added Boylan.

"This is just one example of the culture of innovation that we've built here at Parkview," said Dr. Roy Robertson, president of the Parkview Heart Institute and specialty service lines. "Research is important to the evolution of medicine, and we encourage our caregivers to speak up and share their ideas when they see opportunities to improve."

Their research was confined to only cardiac catheter procedures, which use conscious sedation and not general anesthesia, but the results have generated interest with other Parkview departments and other health systems conducting similar procedures as to whether pre-procedure guidelines could be updated.

"Our nurses saw an opportunity to serve their patients better and followed through with an excellent study that allowed Parkview to evolve its guidance prior to cardiac catheterization procedures," said study co-author Dr. Jan Powers, director of nursing research and EBP, Parkview Regional Medical Center.

"Future patients will benefit with a more convenient, more satisfying experience because of the insight and dedication of our heart institute nurses. It's just one of many examples of how Parkview strives every day to make the healthcare better for our patients."

The Parkview Heart Institute is a dedicated cardiac care hospital located on the Parkview Regional Medical Center campus. The heart institute provides a one-stop location for cardiology care, genetics counseling, surgery and rehabilitation services, offering numerous specialists, advanced technology and emerging medicines and protocols to serve patients with high-quality heart care. The heart institute is also allied with the Cleveland Clinic Heart, Vascular and Thoracic Institute, one of the nation's top cardiac care facilities, offering local physicians and patients additional support and resources.

To view Parkview's study, "Fasting Versus a Heart-Healthy Diet Before Cardiac Catheterization: A Randomized Controlled Trial," in full, read online at the American Journal of Critical Care.

## ▶ Parkview Behavioral Health Institute receives Human Experience NDNQI Award for Outstanding Nursing Quality®



Parkview Behavioral Health Institute has received the 2023 Human Experience (HX) National Database of Nursing Quality Indicators (NDNQI) Award for Outstanding Nursing Quality from Press Ganey, a global leader in healthcare experience solutions and services.

This award is part of Press Ganey's annual ranking of the top hospitals and health systems in the country, according to performance in nursing quality. Parkview Behavioral Health has been recognized with this award four times in the past six years.

"Mental health care is so important to our communities and our acute inpatient facilities are critical to providing a safe environment for patients in crisis to receive the care they need," said Dr. Ahsan Mahmood, physician executive for Parkview Behavioral Health Institute. "Our team of experienced nurses, counselor and peer support specialists are dedicated to identifying each patient's individual needs and meeting them, and being recognized by Press Ganey once again is a testament to their skill and devotion."

Parkview Behavioral Health Institute's inpatient facility has 105 beds and provides acute psychiatric inpatient services to children, adolescents and adults.

"Providing safe, effective and compassionate care is an everyday goal for all of our nurses and co-workers, and is especially important in providing mental health services to patients in need," said Paula Bostwick, vice president of hospital services, Parkview Behavioral Health Institute. "We're proud to be recognized by Press Ganey in back-to-back years for our commitment to providing the best care to our clients."

As a winner of the Press Ganey HX NDNQI Award for Outstanding Nursing Quality, Parkview Behavioral Health Institute is one of seven healthcare organizations nationally to be honored for providing outstanding nursing quality. Press Ganey works with more than 41,000 healthcare facilities in its mission to reduce patient suffering and enhance caregiver resilience to improve the overall safety, quality and experience of care.

"We applaud the accomplishments of Parkview and find inspiration in the commitment demonstrated by their clinical nurses and nurse team leaders," said Patrick T. Ryan, chairman and CEO of Press Ganey. "The compassion, empathy, and human connection they bring to their roles serve as a testament to the transformative impact of nursing."

## ▶ Parkview Kosciusko Hospital officially open to care for patients, serve the community



The facility opened to patients today, following the completion of an expansion that transformed the building into a full-service hospital, offering both inpatient and outpatient care. The hospital's opening date was adjusted by one week to ensure a smooth transition.

The original 86,000-square-foot facility opened in 2016 as Parkview Warsaw, an outpatient center that featured a freestanding emergency room. With the new, 88,000-square-foot expansion, the building has more than doubled in size.

"We've been continually asked to offer more services here so patients can access Parkview's high-quality care closer to home," Scott Gabriel, market president, Parkview Health Northwest. "We are grateful to the greater Warsaw community for embracing Parkview and allowing us to care for your health and well-being."

Parkview Kosciusko Hospital includes several newly designed care spaces that can accommodate increased demand and allow for greater flexibility in the future. The clinical units will be opened on a staggered basis, enabling the hospital to gradually ramp up services and ensure efficiency.

"A lot of thought and care went into designing this facility," said Dr. Greg Johnson, regional market president, Parkview Health. "We did more than add square footage – we created spaces that would allow for growth and accommodate changing needs. This will allow Parkview Kosciusko Hospital to better care for the community, now and into the future."

The third floor of the new building features an inpatient unit that can accommodate up to 28 patients with varying levels of care. It will open with 12 beds, and more will be added as patient numbers and staffing allow.

The second floor of the hospital features two operating rooms and two procedure rooms, as well as areas for pre- and post-surgical care. This floor also has temporary shell space, which will be converted into operating rooms or procedure rooms, depending on future demand.

Also new to the facility is an oncology clinic that serves as an expansion of the Parkview Packnett Family Cancer Institute (PFCI). This location will enable patients to complete cancer treatments and follow-up care in Warsaw.

The PFCI clinic includes seven exam rooms and nine infusion bays. Seven of the infusion bays are situated along windows with privacy glass, so patients can look out onto the hospital's new courtyard, known as the Healing Garden.

As weather permits, the Healing Garden will be open for patients, visitors and staff and will include tables and chairs, creating a relaxing space for meals and breaks.

## ▶ Parkview Health and Surgery Partners announce statewide partnership for ambulatory surgical care

*Partnership to provide high-quality, affordable, accessible care for patients across Indiana*

Parkview Health and Surgery Partners (NASDAQ: SGRY) today announced a collaborative agreement that will grow ambulatory surgical center (ASC) joint ventures across the state of Indiana. The collaboration aims to serve communities by improving access to high-quality, affordable and patient-centered surgical care in partnership with independent physician groups.



“As the health care provider of choice in northeast Indiana, Parkview Health is excited to expand surgical care throughout the state,” said Dr. Roy Robertson, president, Parkview Heart Institute and specialty service lines. “This partnership will allow us to serve more Indiana communities with convenient, high-quality care, while also reducing their healthcare costs. By combining the expertise and experience of both organizations, Parkview can continue to strengthen its commitment to increasing access to care.”

“At Surgery Partners, our mission is to enhance patient quality of life through partnership,” said Marissa Brittenham, Chief Strategy Officer, Surgery Partners. “We are pleased to enter the Indiana market with our trusted partners at Parkview. Our organizations together combine clinical operations excellence, deep local market expertise and relationships, and industry-leading surgical facility management.”

ASCs are standalone facilities that provide outpatient surgery separate from an acute care hospital. ASCs often have lower overhead costs, which can help reduce costs for employers and patients. Parkview has existing ASCs in northeast Indiana where the healthcare system is based. The new collaborative model will work with physicians to build and acquire ASCs with a focus on increasing access outside of Parkview’s core service area.

“Partnering with physicians is key to our ability to offer the highest quality care,” said Dr. Alan McGee, president, Parkview Health Orthopedics and orthopedic service line. “As a physician-led organization, Parkview values the unique perspectives and expertise physicians bring to the table.”

This partnership will not only enhance the patient experience but also cultivate relationships with top surgeons in Indiana. Surgeons will have the opportunity to further invest in their practice, patients, and local community, and benefit from expert support services while retaining their independence and flexibility.



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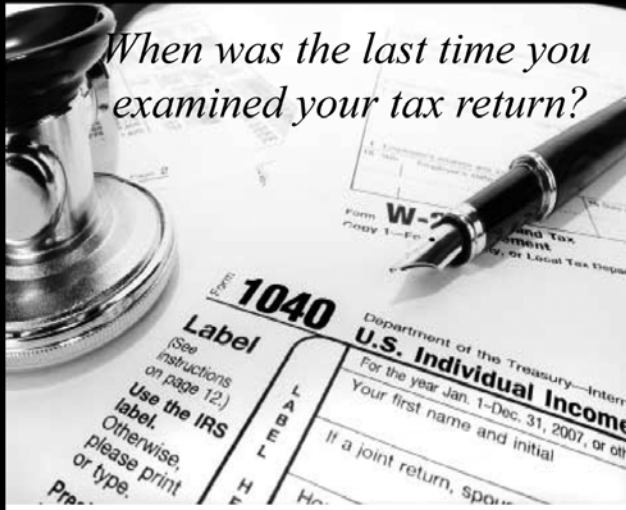
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