It’s all about Population Health!
Amy Kirkpatrick
Foundation & Volunteer Resources Assistant
akirkpatrick@hancockregional.org
317-468-4177

Nancy Davis
Executive Director
ndavis@hancockregional.org
317-468-4583

Allyson Smith
Foundation Manager
asmith@hancockregional.org
317-468-4106

Population Health

Brandee Bastin
Tobacco Initiative Coordinator
bbastin@hancockregional.org
317-468-4162

Linda Garrity
Community Education Coordinator
lgarrity@hancockregional.org
317-468-4383

Amanda Everidge
Local System Coordinator/
Navigator
aeveridge@hancockregional.org
317-468-4532
Who We Are

Hancock Regional Hospital has a rich history of philanthropy and community support. What started as the dream of one woman to make quality healthcare available within her community, resulted in the donation of land on which the hospital was built. Since 1982, the Hancock Regional Hospital Foundation has raised funds, built relationships and generated awareness to enable the hospital to continue her vision.

Hancock Regional does not receive tax dollars, so philanthropy efforts of the Foundation help to bridge budget gaps, support ongoing community outreach efforts and care for those with limited resources or without insurance. We are proud to support the advancement of healthcare and wellness in the communities we serve.

From the Executive Director

A Journey

When my journey began here back in May of 2013, my role was very well defined as the foundation director. My job was to work with volunteers and staff to reach out to our community to help provide resources for advancing healthcare in our community. Over the next three years, we had a huge outpouring of community support to enhance our hospice and cancer care programs.

After completing those very intensive fundraising campaigns, our foundation board, along with the input from hospital leadership, decided that we were not in a position to take on another large fundraising effort.

It seemed it was the perfect time to join alongside the hospital in a new venture: population health. The term population health seems to be everywhere nowadays, and it means many different things. To us, it means working with our community to make the population of Hancock County healthier. After all, our mission is “To support the advancement of healthcare and wellness in the communities we serve”.

So, my journey has taken on the privilege of leading the population health team. In January of 2015, we hired Danielle Daugherty as our Healthy Community Coordinator. Danielle hit the ground running partnering with the Wellness Council of Indiana (a division of the Indiana Chamber of Commerce) and our consultant from Mayo Clinic in Mower County, Minnesota to develop a roadmap for our new program. Community wide meetings were held and teams were formed in the areas of Healthy Choices, Mental Fitness and Workplace Wellness.

Amanda Everidge joined our population health team as our Local System of Care Coordinator/Navigator, leading the Hancock County System of Care and Hancock Health Congregational Network. Rounding out our population health team is Brandee Bastin, our Tobacco Cessation Coordinator and Linda Garrity, our Community Education Coordinator. You can read more about all of these population health initiatives in this edition.

We have an outstanding group of volunteers and advocates already working with us to make Hancock County the healthiest county in the state – and we would love to have you join us in these efforts as well!

- Nancy Davis
All about Population Health

Population Health aims to improve the health of an entire population and consists of initiatives designed to address the environmental factors that impact a person’s health status. Based on research, we know that only 20% of a person’s health status is impacted by clinical care provided, and population health initiatives work to address the other 80%. Hancock Health is truly innovative and at the forefront of this type of effort by implementing Patient Centered Medical Homes as well as having the Population Health Department which implements initiatives that aim to positively impact one’s health by addressing physical, emotional, and spiritual needs. The new Population Health initiatives include healthy365, System of Care, and the Hancock Health Congregational Network.

Healthy365 was formed in 2015 as a collaboration of business leaders, civic leaders, volunteers, Hancock Health Associates and community members. The mission of healthy365 is to promote health, happiness, and wholeness for Hancock County. The areas of health to be addressed were based on the top four health concerns identified in the 2014 Community Health Needs Assessment completed by Hancock Regional Hospital—mental health, obesity/nutrition, prescription and illegal drug use, and tobacco and nicotine use. Based on these concerns and input from a wide variety of community members, three teams were created within healthy365: Healthier Choices, Workplace Wellness and Mental Fitness.

• The Healthier Choices Team goal is to develop sustainable guidelines that encourage our community to make healthier choices with nutrition and exercise. Keep an eye out for healthy prompts in the community, coming soon.

• The Workplace Wellness team goal is to foster a healthier and more productive workforce. Due to our business’ hard work and dedication to the health and wellness of their employees, many of them are working on or have already been recognized as an Achievewell business by the Indiana Wellness Council, leading Hancock County to be recognized as the first county in the state of Indiana as an Indiana Healthy Community.

• The Mental Fitness team goal is to encourage, empower, and educate people to cope with stress and anxiety caused by life events in a healthy way. This team recognizes that mental wellness is an equally important component of holistic health and works to educate the community on how to be mentally fit. This group works closely with our Hancock County System of Care initiative.

Hancock Health Congregational Network

The Hancock Health Congregational Network is a partnership of healthcare providers and local church leaders to create, promote, and sustain environments in which people and their communities can thrive. Led by the navigator, a partnership is developed with local congregations. A liaison within the church community serves as the point of contact between the health care system and the church congregation and receives training and guidance from the navigator. Membership is voluntary but encouraged for all adult congregates. Member registrations are uploaded into the medical record and should they be admitted to the hospital, the navigator is alerted, and then can reach out to the patient and connect them to the church for support if desired. The navigator and church liaison can facilitate help and support for the patient from medical advice to food delivery or even pet care.

Hancock County was recognized as one of the first two communities to earn the Indiana Healthy Community Designation at the Indiana Wellness Summit. These efforts are led by our Healthy 365 team.
Hancock County System of Care

Hancock County System of Care’s mission is to implement strategies to ensure that youth and families have access to a full array of resources and supports for mental health and substance use needs. Hancock County System of Care (HCSOC) was formed in part by a grant from the Indiana Department of Mental Health and Addictions System of Care Expansion Grant with a match from Hancock Health. HCSOC utilizes an evidence-based framework to promote collaboration between local service providers, families, and youth for the purpose of improving access and expanding coordinated community based services. HCSOC aims to increase awareness of services currently available and how to access them, decrease barriers to accessing services, and address the gaps in service in our community.

Thinking about quitting tobacco use?

Indians residents have a great resource to help through the Indiana Tobacco Quitline, 1-800-QUIT-NOW (800-784-8669), which is a FREE telephone-based counseling service. Funded by the Indiana State Department of Health – Tobacco Prevention and Cessation Commission, the Indiana Tobacco Quitline offers experienced Quit Coaches trained in cognitive behavioral therapy. Quit Coaches are available seven days a week from 8am to 3am EST. Translation services are available in Spanish and more than 170 other languages. Services are also available for the hearing-impaired.

Indiana Tobacco Quitline participants will receive four individual calls with a Quit Coach. Pregnant women will receive ten individual calls and there are even services for youth, ages 13-17, who will receive six individual calls. Participants also receive unlimited calls in privileges, twenty-four hour access to their interactive website, and other support materials. There is an even a Text2Quit app available on your mobile devices! Adults without insurance, or who are on Medicaid or Medicare, will receive two weeks of free nicotine replacement therapy, such as patches or gum. In addition, the Quitline provides services for family and friends who want to help loved ones quit tobacco.

Why is the Indiana Tobacco Quitline a great resource to help Hoosiers quit smoking? First, it allows participants to quit at their own personal pace. They choose their own quit date, while their personal quit coach helps them with their strategy to prepare them to quit. Secondly, their personal quit coach helps participants learn ways to conquer urges to smoke. They learn when and where urges are most likely to strike, as well as how to develop coping skills and manage stress in their lives without smoking. By helping participants understand their urges to smoke and ideas for changing their habits, it lessens their chance of relapsing. They also receive help with concerns over weight gain and how to develop healthy eating habits.

Next, the Quitline participants are advised about utilizing medications to help with their quit efforts. Quit Coaches recommend the medication(s) right for each participant and instruct them how to use the medication correctly. If a participant experiences problems with a medication, the Quitline offers experienced Quit Coaches are trained to identify possible side effects and drug interactions and make alternate recommendations. Of course, participants are directed to consult their healthcare providers to determine the best medication to assist in their cessation efforts as well. Lastly, the Quitline philosophy helps participants learn that they don’t just quit, they become a non-smoker or non-tobacco user. This means that Quitline participants are encouraged to develop the mindset that they are able to quit for good and receive personalized support to make this the last quit.

As more healthcare providers, workplaces, and community organizations promote and incorporate the Indiana Tobacco Quitline into their cessation programs, the more we will be able to help reach Hoosier smokers in their quest to quit smoking for good. Would you like more information about the Indiana Tobacco Quitline or receive a personal referral? Please feel free to contact me at bbastin@hancockregional.org or 317-468-4162.

In Good Health,
Brandee Bastin
Tobacco Initiative Coordinator
Hancock Regional Hospital

Meet Erika Bruggeman!

Erika Bruggeman is an IUPUI graduate student working on her Master of Social Work degree. She is an intern in the Population Health Department with the Hancock Regional Hospital Foundation until May 2017. Erika is from Portland, Indiana and attended Ball State University for her Bachelor of Social Work. In the past, she has worked with individuals with developmental disabilities and mental illness, survivors of domestic violence, and families referred by the Department of Child Services.

Outside of work, Erika enjoys reading, listening to music, traveling, and being active. Last year she hiked the Grand Canyon and went skydiving! Erika likes living life to the fullest, meeting new people, and trying new things.
Are you...

- Coping with an ongoing health condition?
- Seeking better ways to manage your symptoms and life?
- Looking for motivation and support to help you reach your goals?

If so, then we have something especially for you! Whatever your ongoing condition – diabetes, arthritis, heart disease, chronic pain, anxiety or something else – The Better Choices, Better Health Workshop can help you take better control of your health and your life.

✓ Find practical ways to deal with pain, stress and fatigue.
✓ Discover better nutrition and exercise choices.
✓ Improve your quality of sleep
✓ Reduce the likelihood of falls
✓ Learn better ways to talk with doctors and family about health.
✓ Set goals, develop plans and track your progress.
✓ Receive needed support.

Wednesdays - June 7th through July 12th
6:00pm to 8:30pm
Class fee $10 - includes book and CD.
Light refreshments served
Class held at Hancock Regional Hospital, lower level classroom
For more information or to register, call 317-468-4383 or email lgarrity@hancockregional.org

Hancock Regional Hospital offers a variety of classes, programs and support groups that are available to the public. For more info., visit us Online at www.hancockregional.org or call (317) 468-4383. Classes in BOLD are FREE of charge!

Play it safe
- Healthcare provider CPR (BLS)
- Advanced Cardiac Life Support Certification (ACLS)
- Pediatric Advanced Life Support
- Community first aid and CPR course
- Safe Sitter® classes
- Car seat program
- Safe Sleep class
- AARP Smart Driver course™

Special programs
- TB certification
- Emergency Medical Tech course
- Medical terminology course
- School of Radiology Technology
- Prime for Life®

To your health
- Diabetes education
- Individual diet instruction
- Bariatric surgery seminars
- Joint replacement seminars
- Nutrition seminars
- “Healthy Self” presentations

Family connections
- Newborn care & infant CPR
- Breastfeeding
- Childbirth preparation
- Positive Parenting classes

A helping hand
- Commit to Quit – smoking cessation
- Yoga for Grief Relief
- Look Good, Feel Better®
- Alzheimer’s Education
- Yoga for those with cancer
- Walk With A Doc™

Support groups (ALL FREE)
- Breastfeeding
- Cancer
- Alzheimer’s
- Multiple Sclerosis
- Caregivers
- Better Breathers
- Grief
- Lupus
- Bariatric
- Diabetes
- Parkinson’s
- Addictions – SMART program®
- Mindfulness
- Creative Imagery for Health
- Weight Management
- Senior Social

Follow us on social media & online
www.HancockWellness.org
Ladies Lunch

On the first Friday of each month, the Business Relations Committee hosts a Ladies Lunch at Montana Mike’s. This fun, casual event gives professional women an opportunity to develop personal and professional partnerships through networking and topical presentations. If you’d like to join us for an upcoming Ladies Lunch, please contact Allyson Smith at 468-4106 or asmith@hancockregional.org to be added to our invitation list.

We wore red at our February Ladies Lunch to raise awareness for the American Heart Association’s Go Red for Women program, and we learned some important lessons about keeping our hearts healthy.

RIDE FAR | RIDE FAST | RIDE FUN
YOUR CHOICE: 25 OR 50 MILE ROUTES + A KID CRUISE!

BIKE THROUGH HANCOCK CO. | STARTING IN GREENFIELD, IN

7 a.m. same-day registration
9 a.m. launch | 9:30 a.m. kid cruise
SAT., SEPTEMBER 23

For all the details – including routes, schedules, and online registration
HANCOCKFLAT50.COM
Save the Date!

Women Helping Women

Wednesday, October 18, 2017 5:15pm
BluFalls, Pendleton

Correction to our last Happenings

We are very sorry to have missed some names on our 2016 donor lists. Keihin is a valuable business partner who has made significant contributions to the hospital foundation, particularly to our Cancer Care Campaign. Also, members of our Legacy Circle who were left off the list are Mark & Ann Vail, John Davis, and Nick & Bernie Tuttle. Please accept our sincere apology and know how much your generosity is truly appreciated!

MARK YOUR CALENDAR!

June 9, 2017

Proceeds provide scholarships to local students.

Register online or find out more about the event on our website at www.hancockregionalhospital.org/foundation