

MONROE OWEN COUNTY MEDICAL SOCIETY



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From the President



Happy Spring! This year's celebration of renewal is different than previous times. In addition to the usual signs of life this year—daffodils carpeting hillsides, robins cheerfully singing, and sun cascading onto budding trees—we also can celebrate vaccination shipments, waitlists and appointments, and selfies of shots. Spring has taken on a whole different meaning this year for many of us.

MOCMS has been reinventing and renewing itself a few different ways this year. We completed a 2 year journey through reviewing and rewriting our bylaws, and are now up to date and current with the times. Many thanks to our amazing bylaws committee—Dr. Dan Lodge-Rigal, Dr. Carrie Davis, Dr. Tashera Perry and Dr. Jim Faris—for their hard work and attention to detail. See Dr. Lodge-Rigal's article inside for more details on this accomplishment. We also have been considering how to strengthen our ties with the Indiana University School of Medicine-Bloomington by including medical students in our MOCMS activities. Stay tuned as we continue to explore this relationship.

We continued to strengthen Bloomington community ties this year by granting Bloomington High School North a Healthy Schools Grant to create a Calm Space. Thanks to this grant, students will have a dedicated space and activities to help them cope with the rigors of school and the challenges of adolescence during the COVID-19 pandemic. MOCMS will offer Health Schools Grants annually.

Within MOCMS, we maintain our ties with our members by offering socially distanced book clubs and working on options for our Fall General Meeting. Our quarterly book clubs, led by Dr. Christal Greene, alternate fiction and non-fiction monthly and have been an enjoyable way to connect and discuss new topics. Our most recent book, "A Mother's Reckoning" while challenging, offered new insights into mental health and suicide prevention. Our upcoming book club (4/23/21) will review "The Kite Runner." Please feel free to join even if you have not read the book—you can still participate in the conversation and collegiality.

On a sobering note, MOCMS lost a deeply valued colleague recently when Dr. John Wrasse, of Riley Pediatrics, passed away unexpectedly this February. Dr. Wrasse is survived by his wife Lisa and his two daughters. We all recall his kindness and positive energy, and dedication to his patients. MOCMS has made a donation to the John Wrasse Memorial Scholarship.

After a year of many losses of many types, sunshine and spring can bring hope in the future. Renewal and the reminders of the good in all of us comes in many forms, and from many sources this time of year. Whether your renewal comes from a religious holiday, a hike in blossoming woods, or knowing that your circle is vaccinated against COVID, I hope that it breathes fresh life and hope into every day moving forward. Let's keep in touch.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

New Members

MOCMS would like to welcome the following new members::

Hayden L. Alstott, MD

Internal Medicine

Candace Broussard-Steinberg, MD

Dermatology

Katherine M. Hiller, MD

Emergency Medicine

Thomas Lu, MD

Gastroenterology/Internal Medicine

Bryan E. McDonnell, MD

Cardiovascular/Thoracic Surgery

Ashley M. Shumate, MD

Urology

Catherine H. Sinkhorn, MD

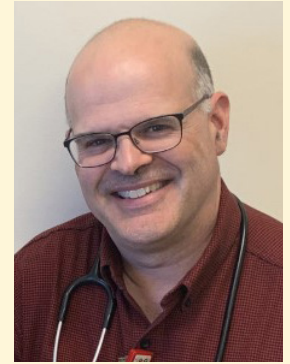
Family Medicine

Shrey K. Thawait, MD

Diagnostic Radiology/Vascular & Interventional Radiology

In Memory

John D. Wrasse, MD, graduated from the IU School of Medicine in 2005, and returned to Bloomington in 2008 to begin his pediatric practice. When he started as a pediatrician, he was a little older than most new physicians. Unfortunately, he only had 13 short years of practice before he passed away at the young age of 53. From a young age Dr. Wrasse loved cycling, and that is what he was enjoying until the very hour of his death.



In 1991, John moved to Bloomington to begin a career working at Indiana University, where he met his future wife, Lisa. While in Bloomington, he continued his love of cycling. He rode with the Bloomington Bicycle Club and in the Hilly Hundred, and even worked part-time with the Bloomington Bicycle Garage.

At age 35, as a non-traditional student, John became a first-year medical student on the IUSOM Bloomington campus. He graduated from med school in 2005 and then completed his residency in pediatrics.

His pediatric career was short, but he made his mark in our local medical community and with his patients and their families. He loved his patients, and his patients loved him. Many parents thought that he was the only doctor that could treat their children. Some of his patients shared thoughts and memories of Dr. Wrasse. One mother, who works in the medical field shared, *"Dr. Wrasse was certainly the best doctor I've ever met."* Another mother said, *"He had an amazing way of communicating with my kids. They loved to go see him, even on their sickest days."* One thing was clear, as it was shared by his staff AND his patients, he loved his wife and two daughters. Another of his patients said, *"I feel like I know his wife and kids because he always talked about them. His love for his family was obvious."*

One of the things that Dr. Wrasse would often say is, *"I gotta go see a kid about a thing."* These kids will miss their very special doctor, and pediatrics will not be the same without him. The entire local medical community will miss him, but most of all, he will be missed by his wife and daughters.

One of John's passions was to help the next generation of physicians explore and learn in preparation to become outstanding healers. He was a passionate educator, serving for years as a clinical faculty member at IU School of Medicine. Now, in his memory, the John Dr. Wrasse, M.D., Memorial Scholarship has been established to continue his impact on IU medical students into perpetuity.

To make a gift in John's memory, please direct your contribution to IU Foundation/ Wrasse Memorial Scholarship (IUSM) and mail to:

IU Foundation
PO Box 7072
Indianapolis, IN 46207-7072

Or, give a gift online by indicating **"Wrasse Memorial Scholarship"** in the write-in gift area at crowdfunding.iu.edu/john-d-wrasse-md-memorial-scholarship.

MOCMS has sent a donation to the Wrasse Memorial Scholarship.

The MOCMS 2020-21 Healthy Schools Grant Recipient-Bloomington High School North

In addition to a social worker and five school counselors who provide direct services to their students, Bloomington High School North believes that their students would benefit from a designated Calm Space to go when they are feeling overwhelmed, especially during this time of COVID19. MOCMS's Healthy Schools Grant program was happy to award funds to BHSN for their Calm Space. This Calm Space provides services for students to explore healthy coping strategies. Resources included in the Calm Space, and available to all BHS North students, include yoga mats, a Zen garden, white noise machine, inspirational coloring books and a rocking chair. Students are already enjoying their Calm Space, including the Zen gardens. The plants are improving the environment in several ways, and students in one of their special education programs are tending to them.

Dr. Laura Knudson, President of MOCMS, said *"The Monroe Owen County Medical Society is honored to support students' healthy growth and development, particularly during this challenging time."* This year's grant speaks to the importance of space and time for reflection and peace for students' health. The Healthy Schools Grants are designed to improve all aspects of our children's health, from play to calm, connection with nature to connection with others, healthy foods to healthy habits.



The STEM to Them Mobile Lab Arrives at MCCSC

On Monday, February 22, 2021 MCCSC administrators, principals, teachers, staff, and donors gathered outside Bloomington High School South to celebrate the arrival of the STEM to THEM mobile lab. STEM stands for science, technology, engineering, math. The mobile lab will travel to each of the MCCSC's 14 elementary schools twice a year, equipped with a laser cutter, 3D printer and other learning materials to provide robotics, computer science and engineering lessons to students. The bus was paid for with funding from sponsors, including a donation from the Monroe Owen County Medical Society.

"This was a dream, and today it's a reality," Superintendent Judy DeMuth said.

New MOCMS Bylaws and Articles of Incorporation

By Dan Lodge-Rigal, MD | Member of MOCMS Bylaws Subcommittee

The Medical Society now has new and updated governance documents. Earlier last month the membership approved new Bylaws by electronic vote, and on March 22, 2021 Articles of Amendment were filed with the Indiana Secretary of State. The new Bylaws bring several important changes to the governance structure of the Society, while retaining its basic role as a membership organization.

The Monroe County Medical Society was founded in 1940 (original Articles pictured above). The original Certificate of Incorporation (pictured) stated the following purposes of the society:

“... to bring into one organization the physicians of Monroe County so that by frequent meetings and full and frank interchange of views, they may secure such intelligent unity and harmony in every phase of their labor as will elevate and make effective the opinions of the profession and all scientific, legislative, public health, material and social affairs to the end that the profession may receive that respect and support within its own ranks and from the community to which its honorable history and great achievements entitle it; and with other county societies to form the Indiana State Medical Association and through it with other state associations, to form and maintain the American Medical Association.”

No significant changes were made to the original Bylaws (Constitution) over the next 80+ years except to welcome physicians of Owen county to the society in 1961, resulting in the renaming of the organization as the Monroe Owen County Medical Society. Early in 2019, the MOCMS Executive Committee decided to review the Bylaws. After consulting with an attorney, we determined that revisions were needed to better reflect the current operations and practices of the Society as a not-for-profit corporation and to create a governance structure consistent with other like-organizations.

Over the next 2 years, a subcommittee consisting of Drs. Carrie Davis, Tashera Perry, James Faris, and Dan Lodge-Rigal with assistance from MOCMS Director Susan Richardson and Associate Director Kim Rudolph, drafted the new Bylaws and Articles of Amendment. Drafts of the new documents were subject to multiple reviews by the Executive Committee, ISMA, and legal review. Following final approval by the Executive Committee, the documents were sent to all current MOCMS members for review, comment and voting which was completed on March 13, 2021.

The most important change in the new Bylaws is the creation of a Board of Directors (BOD), which will replace and fulfill much of the current role of the large “**Executive Committee**” that had been described in the original constitution. **The BOD will be elected by the membership of the Society.** A standard Executive Committee, consisting of President, President-Elect, Past-President, and Secretary-Treasurer will be elected from members of the BOD. In the transition to the new governance structure, all current and newly elected members of the pre-existing Executive Committee were transitioned to members of the BOD. An additional change will be that MOCMS delegates (*and alternate delegates*) will no longer be elected positions but will be appointed by the BOD. Any member interested in serving as ISMA delegate is encouraged to contact any member of the BOD or director Susan Richardson.

A copy of the new Bylaws and spreadsheet of changes were circulated earlier to all members. If you have any questions or concerns, or need another copy to review, feel free to contact Susan Richardson at director@mocms.org. A separate document delineating specific details of administrative operations of the Society (*Administrative Regulations*) is currently being drafted and will be finalized this year.

Thanks to all who helped in drafting and revising the documents and all members who offered comments and voted for approval. May these new documents serve the physicians of Monroe and Owen County as well for the next 80 years!

STATE OF INDIANA
DEPARTMENT OF STATE

CERTIFICATE OF INCORPORATION

JAMES M. TUCKER, Secretary of State

4030-134

TO ALL TO WHOM THESE PRESENTS SHALL COME, GREETING:

WHEREAS, Articles of Incorporation, duly signed and acknowledged, showing no Capital Stock, having been filed in the office of the Secretary of State on the 22nd day of April, 1940, for the organization of the

MONROE COUNTY MEDICAL SOCIETY, INC.

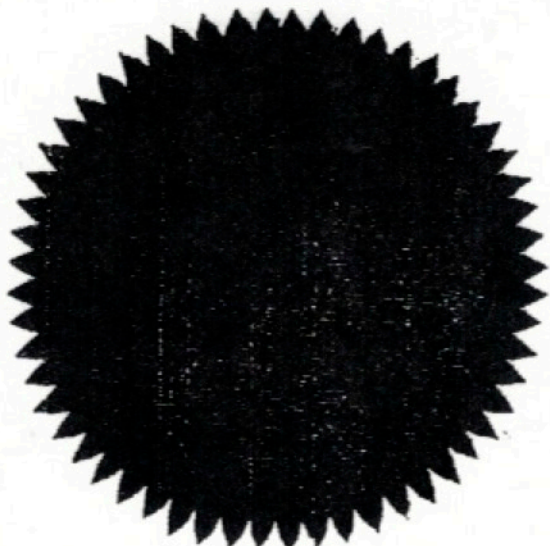
under and in accordance with the provisions of "AN ACT concerning domestic and foreign corporations not for profit, providing for fees, providing penalties for the violation thereof, and repealing certain laws." Approved March 7, 1935, as published at Page 557, Acts of 1935.

NOW THEREFORE, I, JAMES M. TUCKER, Secretary of State of the State of Indiana, by virtue of the powers and duties vested in me by law, do hereby certify that the said organization is a body politic and corporate, authorized and empowered by the laws of the State of Indiana to proceed to carry out the objects of its organization.

In Witness Whereof, I have hereunto set my hand and affixed the seal of the State of Indiana, at the City of Indianapolis, this 22nd day of April, 1940.

JAMES M. TUCKER
Secretary of State.

By RICHARD T. JAMES
Deputy.



HealthNet Bloomington Health Center Begins Second Year

Submitted by Nancy E. Richman, Project Director

The Bloomington Health Center (BLHC), formerly Volunteers in Medicine (VIM), is three months into its second year of operations. The HealthNet mission is “*To improve lives with compassionate health care and support services regardless of ability to pay.*” Despite the pandemic, BLHC served over 1300 patients during its first year.

As a federally qualified health center, HealthNet has expanded the scope of services in Bloomington well beyond what was previously offered by VIM. The center now serves all ages – from newborns to seniors – from all geographic areas regardless of age, income, citizenship, or insurance status.

Like all HealthNet centers, HealthNet Bloomington welcomes people both with and without insurance. The center accepts Medicaid, Healthy IN Plan, Medicare, and most commercial insurances. Patients are given a sliding scale fee based on income and family size. On-site navigators help eligible people enroll in insurance plans as well.

The center is now fully staffed with providers Dr. Greg Sutliff, Theresa McClure NP, Nubia McVey NP, and Kristin Bunch NP. In addition, a full-time pediatrician is scheduled to join the center in July. The dental clinic reopened in June for dental emergencies and in the fall opened its full-service operations. Pediatrics and a focus on women’s health and pre-natal care began mid-year as well.

In addition to our primary care services, social work and support services continue to be available to our patients to address the many social determinants of health that exacerbate medical conditions. Grants and other funding allow us to offer financial assistance for people experiencing barriers to healthcare due to affordability or transportation.

In this time of COVID-19, telemedicine and virtual care have quickly become important tools in caring for our patients. Established patients at HealthNet Bloomington can schedule medical appointments using virtual tools. This approach is particularly important to help provide routine care for patients vulnerable if exposed to the virus.

We couldn’t have predicted the turbulence and uncertainty the pandemic caused during our first year of operations. However, HealthNet closely follows CDC guidelines, and we have taken every precaution at the Bloomington Health Center to provide excellent patient care while minimizing risk of exposure to the virus for our patients and staff.

For more information call Shelley Sallee, Bloomington Health Center Manager, at shelley.sallee@indyhealthnet.org, or 812-333-4033. To schedule an appointment, call 812-333-4001.

Two Years of MOCMS Book Club

In the beginning of 2019, Dr. Christal Greene had the idea that a book club would be a great way for MOCMS members to connect. She presented the idea to some committee members that a book club would be an awesome way to gather with peers, discuss books, and share meaningful conversation with a focus on revitalization and inspiration outside our typical professional interactions. In March 2019, the MOCMS book club was born with the hope that it would become a quarterly event. Two years later the MOCMS book club continues with books selected by book club attendants while alternating fiction/nonfiction to appeal to differing preferences.

Our pre-COVID meetings were held in Sherwood Green clubhouse. We discussed in March 2019 *In Shock: My Journey from Death to Recovery* and the Redemptive Power of Hope, June 2019 *Cutting for Stone*, September 2019 *The Immortal Life of Henrietta Lacks*, and January 2020 *Before We Were Yours*. While COVID-19 was barely in our vocabulary in January 2020, the next book club was scheduled for April. The book clubs were subsequently postponed until October 2020 giving us time to process and adjust to the changes the pandemic brought into our lives. The October 2020 book club was held at an outside shelter house at Bryan Park with *Black Man in a White Coat* providing quite thought provoking content chosen with hopes to broaden our exposure to racial disparities in medicine. In January 2021, the book club met at the Switchyard Park Pavilion, an inside shelter house with large garage doors partially opened for better ventilation but allowing more protection from the cold. The book *A Mother’s Reckoning* proved to be challenging content leaving a profound effect on our view of teen suicide and school shootings. Most book club members have enjoyed meeting outdoors and we will continue to make this a priority going forward. The next book club is scheduled for Friday, April 23 (see invitation on the next page for details).

Leaving Practice or Retiring Soon?

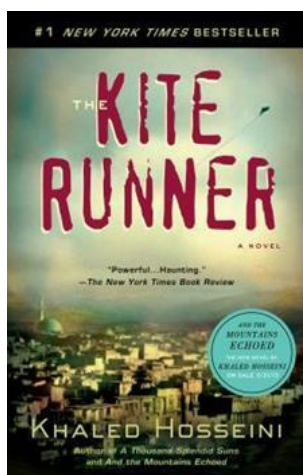
Please let MOCMS know where your medical records will be stored.

One of the most common phone calls received at the MOCMS office involves locating patient medical records for physicians who have moved or retired from practice. MOCMS keeps a database of that information for a number of physicians but certainly not for all former or current members. If your medical records are not housed at Storage Unlimited or with an ongoing practice from which you have retired, please contact the office to update that information for our database. You may email to director@mocms.org or call 812-332-4033. Thank you very much!

MOCMS Book Club Next Selection:

Come and join your MOCMS peers for the next book selection, *The Kite Runner*, by Khaled Hosseini, who happens to be a fellow physician.

Join us Friday, April 23, 2021, 6:00 pm to 8:00 pm. We will meet in person at the Bryan Park Woodlawn Shelter House. COVID precautions with masking and social distancing.



This New York Times bestseller and national classic is a memorable and heartrending story of an unlikely friendship between a privileged boy and the son of his father's servant.

"A powerful book...no frills, no nonsense, just hard, spare prose...an intimate account of family and friendship, betrayal and salvation that requires no atlas or translation to engage and enlighten us. Parts of The Kite Runner are raw and excruciating to read, yet the book in its entirety is lovingly written."

— The Washington Post Book World

ISMA UPDATES

Upcoming CME Events:

- 4-14-21.....Information Blocking and the Impact on Your Practice
- 5-13-21.....Psychological Considerations for Chronic Pain Evaluation
- 6-10-21.....What's New in Pain and Addiction Treatment
- 7-8-21.....OUD Management Via Telehealth

CME events are free to ISMA/MOCMS members, but you do need to register. Register at ismanet.org, Event Registration. ISMA sent an email on 3-30-2021 asking what subjects you would like ISMA to cover in 2022. Check out the survey and provide your input if there are topics you would like to see covered in a CME event.

The annual ISMA convention will be virtual again this year. Tentative dates are the weekend of 9-10-21 to 9-12-21. District Meetings will also be virtual. Dates will be determined later.



Indiana University Health

The Monroe Owen County Medical Society Newsletter is designed and printed courtesy of Indiana University Health Bloomington. The Society extends our heartfelt thanks to IU Health Bloomington for their support and assistance.

PLEASE KEEP US UPDATED

In our increased effort to “go green”, MOCMS is hoping to communicate with you through email. If you would like to help MOCMS use less paper, please be sure we have your updated email address by sending an email to director@mocms.org and check that your spam blocker will allow communications from MOCMS.

MOVED LATELY?

Please forward your new address for your **home** and/or your **practice** to MOCMS right away. You may call MOCMS at 812.332.4033, write to us at PO Box 5092, Bloomington, IN 47407-5092 or email: director@mocms.org. Please help us keep your information current/correct in the MOCMS database, Physician Directory and on our website at www.mocms.org.

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The Monroe Owen County Medical Society (MOCMS) Newsletter is published each spring, summer and fall by approval of the Executive Committee. The MOCMS Newsletter accepts submissions of articles, announcements, obituaries, and editorials related to the interests of our members. Materials submitted for consideration should be typed as a Word document. The MOCMS reserves the right to edit all articles submitted. MOCMS retains final editorial judgment regarding newsletter content. It reserves the right to reject articles, announcements, letters, advertisements, and other items that do not correspond with the goals and purposes of the organization.

The information contained in the newsletter is believed to be correct and accurate. Unless specifically stated otherwise, the opinions expressed in any article, advertisement, or column are those of the individual author and do not represent an official position of, or endorsement by, the Monroe Owen County Medical Society, its officers, Executive Committee, or the newsletter staff.

Approved by the Executive Committee on June 5, 2007.

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