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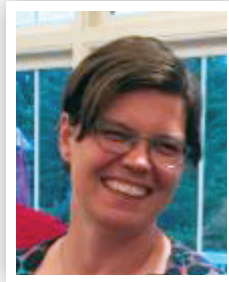
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From the President

Happy Fall, 2020!

Ah, a pandemic fall. The crisp air as it filters through your mask. Crunching leaves as you veer off the sidewalk to avoid passersby. Surges of parental angst as you jab at the non-functioning link on your child's school iPad. The smoke of tailgating in your own yard as you watch a 2018 game on YouTube.



This certainly isn't the year we thought we would have. We've all been called on to be more flexible, more aware and more dedicated than any other time in our past. While I certainly would welcome some "precedented times," we are at a crossroads of many aspects of our lives, and we have a marvelous opportunity to decide what paths we want to travel. This isn't the same type of emergency or crisis that many of us have trained for. Constructing a new normal many times over is much more of a marathon than a sprint. But I know that our attention to science, our fortitude, our connections with humanity and each other will see us to new places that will be unprecedented... but in a good way.

MOCMS continues to assist with these connections by continuing our traditions in a safer manner. Our Fall General Meeting on 9/29/2020 will be held virtually and focus on the racial inequities that impact all of our medical practices, as we have Jada Bee, a guest speaker from Black Lives Matter. This talk will be followed by a facilitated discussion to help us digest this information and how it applies to our personal and professional lives. We also are holding the Book Club in a safer space by meeting in a physically distanced manner at the Bryan Park Woodlawn Shelter on 10/02/2020 where we will be discussing "Black Man in a White Coat" by Damon Tweedy, MD. Those who prefer to join virtually should be able to, as well. Please come even if you haven't read the book—our book club discussions are a great way to connect and laugh! Lastly, the ISMA annual convention will be held virtually. ISMA continues to work on behalf of our physicians in many ways including through legislation, up to date COVID-19 information, and a recent campaign reminding patients to "Check in for a Check Up" and maintain their preventive and routine care even during the COVID-19 pandemic.

Today's newsletter describes some of the many ways that Bloomington continues to impress and make positive waves throughout the nation and world. Our Bloomington Mask Drive now has 4 locations for picking up newly made masks and dropping off donated masks or supplies and has donated over 30,000 masks since March 2020. Indiana University's ambitious move-in and mitigation testing program to protect its students and the Bloomington community made national news. MOCMS's Healthy Schools Grants have continued to enrich the minds and bodies of Bloomington students both before and after the pandemic began.

We are all affected by this pandemic, and some are definitely affected more than others. We are all in the same storm, but our watercraft are vastly different. I'd like to particularly recognize our teachers, educators, and school staff for their dedication and acknowledge the many challenges they have faced. We all owe our current professions to our education, and I encourage you to reach out to school employees to thank them right now. In a world with no right answers, we are all working to make choices less bad—and schools are doing so much of that work.

(Cont'd on page 2...)

Welcome New Members

MOCMS would like to welcome the following new members:

Yaser Abu El-Sameed, MD

Pulmonary/Critical Care

David A. Dwyer, MD

Emergency Medicine

Ryan Matthews, MD

Emergency Medicine

Damon Morris, DO

Anesthesiology

Berta Stroud, MD

Anesthesiology

MOCMS Congratulates 50 Year Club Members for 2020

Donald C. Buehner MD

Linda N. Figen MD

Robert W. Hongen MD

Dwain C. Illman MD

Louise Anne Owens MD

This year isn't what we had imagined, not by a long shot. It will continue to change in ways we haven't yet considered. But just as we may counsel our patients who receive life-changing diagnoses, it helps to enjoy the little moments, take deep breaths, and invest your time and energy in something valuable to you. Sending you all strength, stamina and connection as we move into this fall. Let's keep in touch.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

IU School of Medicine Bloomington Medical Students 2020-2021

COVID-19 has changed just about every aspect of our daily lives, and IUSOM Bloomington Medical Student's program is no different. Thank you to Dr. Dan Lodge-Rigal, Clinical Associate Professor, IUSOM and Dr. Sarah Tieman, Associate Director of 1st and 2nd Year Medical Student Education for providing the following information.

The MS1/MS2's (Phase 1 students) started in August with a hybrid of in person and virtual classes. They have 6 weeks to meet for physical exam skills, small group discussions and anatomy dissections before moving entirely online. Unfortunately, the phase 1 students have been pulled from their monthly clinical visits for this year, but still have physician mentors to touch bases with for support and insight into the realities of medical practice. The physical distanced white coat ceremony for the 34 new Bloomington MS1's is shown in the photo.

The MS3/MS4 students started the year virtually back in April and after a couple of months of online learning, have moved back into the clinical setting. They are not allowed to see COVID patients but otherwise they are providing the usual clerkship and electives experiences with added opportunities to do telehealth. Because of the months of online learning early in the year, their clerkships were shortened slightly but the plan for both years is to finish on time. The MS4's will not be allowed to travel for interviews or do away electives, but they should graduate on time.

The spring semester is still something of an unknown, but the new academic building should be opening at the end of the year and the students look forward to using the new classrooms when the pandemic has passed!



Presidential Elections and the Stock Market

Joe Manley, Financial Advisor - Sponsor of the MOCMS Newsletter

As we are now within 90 days of the upcoming presidential election, we have been receiving more and more questions about how the market is likely to react between now and election night – and certainly thereafter, depending on the results. While none of us knows with certainty what will happen, we can lean on historical research for some measure of prediction.

See <https://tinyurl.com/presidentialreturns> for a fascinating statistical presentation of market returns during and after presidential election years. The key takeaways from our research are as follows:

- It is difficult to identify systematic return patterns in election years. That is, there is no reliable pattern to market returns despite what you might hear, read, or believe.
- On average, market returns have been positive both in election years and the subsequent year, regardless of the winning political party.
- Market expectations associated with election outcomes are embedded in security prices.
- Short-term market volatility creates an opportunity for strategic rebalancing and greater long-term returns. *(Much like we saw in March due to COVID-19, we may be presented with another opportunity to “buy low and sell high”).*

With so much uncertainty in the world today, it is easy to become concerned or overwhelmed by the worst-case scenario. Our guiding investment strategy focuses not on timing short-term market volatility, but instead, exploiting it for long-term gain. We recommend establishing and staying true via rebalancing to a diversified investment portfolio consistent with one's need for long-term growth *(if any)*, one's ability to withstand volatility and other risks, and one's appetite *(if any)* for seeking rewards via risky enterprises. Then – enjoy life, give toward things beyond yourself, enjoy the ride, and you'll be rewarded for doing so in the end.

Hurlow Wealth Management Group

John, Mike, Derek, Joe, Gordon, Laura, Dona, Stacey, and Sue

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Healthy Schools Grant Program 2019-2020

Every year MOCMS has a healthy schools grant program that awards funds to schools in Monroe and Owen County. These funds support teachers and administrations in their efforts to educate children about healthy living choices, including physical fitness activities and healthy living.

This year the recipients included area schools' training for recess and play management. A full day of training was put on by Playworks for 23 participants. Training was originally scheduled for 5-5-2020; but for obvious reasons, the training had to be adapted to a virtual setting and rescheduled for 6-18-2020. Some funds were also used for new recess equipment for when students can meet in person again.

Templeton Elementary School Special Area teachers collaborate to provide a day of fitness and fun for all students in grades PreK-6th every month. The days are designed for each different age group of the school to participate in an hour of activities that promote their International Baccalaureate “attitudes” along with physical movement. Each piece of equipment requested for fitness and fun will be used indoors or outdoors, and the activities will provide chances for skill development of all types of learners. Templeton will use funds for equipment for games of spikeball, ladder toss game, washer toss game, giant tower game, and bean bag toss game.

Tri-North Middle School was able to complement their Social Emotional Learning program, with “Green Space=Peaceful Space”. Garden Club students created terrariums with plants that helped students calm down, relax, and reset themselves. Right after the terrariums were completed, one teacher said, “I’m breathing easier already!”



Hoosiers Outrun Cancer

Saturday, September 26, 2020

Join Team MOCMS! You and your family are invited to participate in this year's VIRTUAL Hoosiers Outrun Cancer!

It is easy to register! Follow these instructions:

1. Go to www.hoosiersoutruncancer.org
2. Register for Team MOCMS by clicking on the orange **REGISTER HERE** button below.
3. Then, click the orange **REGISTRATION** button in the top right corner
4. Next, click the blue **JOIN A TEAM** button
5. Finally, fill out the registration form and look for Team MOCMS.



Late registration and team deadline is September 28, 2020.

If you register between August 31 and September 28, a shirt and bib will still be mailed to your address. However, it will arrive 2-3 weeks after race day. There will be **no price increase for late registration** – registration will remain \$30 for all registrants.

MOCMS Book Club - Hosted by Dr. Christal Greene

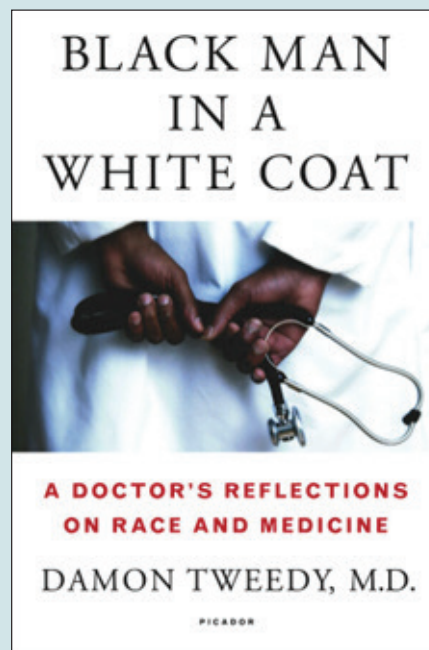
Friday, October 2, 2020

- Time: 6:30 pm to 8:30 pm
- Location: Bryan Park Woodlawn Shelter House

RSVP to Susan Geyer at director@mocms.org, or call 812.332.4033.

You are invited to join your MOCMS peers in discussing **Black Man in a White Coat**, by Damon Tweedy, MD, a New York Times best seller. Dr. Tweedy shares his experiences with overt racism as a black man when he was in college, in med school, practicing today and the health problems of black Americans.

The book is available at The Book Corner, 100 N. Walnut St., 812.339.1522. If you mention that you are with the MOCMS Book Club, there is a 20% discount. We hope we will be able to meet at this outside venue. Of course, masks are required, and we will be socially distanced. If COVID circumstances change before this date, we will let you know. A Zoom link will be sent on 10.2.2020 for those requesting it.





MOCMS Fall General Meeting (Virtual)

Tuesday, September 29 , 2020 | 6PM

6:00 pm.....Welcome
Business
Introduction
6:15 pm.....Presentation
7:45 pm.....BLM Facilitated Q&A
8:15 pm.....Meeting close

Presenter:

Jada Bee

Black Lives Matter Bloomington Core Council Member

Presenting:

Confronting White Supremacy

Moderator:

Martin Law

MOCMS members are invited to attend this virtual event.

RSVP to Kim Rudolph at mocms2@gmail.com by **Friday, September 25**. Two names will be entered into a drawing for two \$50 gift certificates to two local restaurants.

Zoom instructions will be emailed to you prior to the event.

Keynote lecture description:

MOCMS is fortunate to have Jada Bee, a local community leader and a co-council member of Black Lives Matter Bloomington, speak with us regarding the pervasive and deleterious effects of racism and racial inequity in everyday life. Her talk will be followed by a facilitated discussion about how we can engage these concepts and apply them to our medical practices.

Black Lives Matter Bloomington was reorganized in 2019 with renewed focus on creating anti-racism education; addressing food and housing inequities via collaborations with the People's Market and other community partners; and lobbying for social justice reform within state and local governments. Per their mission statement: "The Bloomington BLM chapter is devoted to dismantling the untenable systemic oppression of black and other marginalized people; confronting the institutional racism that allows such conditions to persist and indeed flourish; and to creating a more equitable society."

This event is not an endorsement of any Black Lives Matter organization, nor their platforms. We ask that participants engage in this discussion respectfully, with open, curious, and introspective minds, so that we may better understand the lived experiences of black and indigenous persons of color in our community.

Did You Know?...

- You are so appreciated; we just want you to know that! Especially during this stressful time of COVID19, you are even more challenged in taking care of others. We hope you are taking time to take care of yourself. As members of ISMA, there are many resources available to you. Check out the ISMA website, ismanet.org, and review the many benefits. One ISMA benefit, **Doctor Your Spirit**, addresses ways to take care of you, especially with burnout and depression & Suicide. Again, thank you for all you do, and take care of you!
- ISMA is also at work reminding your patients the importance of preventative care, even during this pandemic. **Check-in for a Check-up** is an ISMA campaign to get Hoosiers back on track for better health. Serious and chronic conditions will not wait until COVID has “run its course” and ISMA reminds patients that they should not wait to see their doctor. An article was in our local newspaper the end of July with this information, and you can check it out here: <https://www.ismanet.org/ISMA/Resources/Checkin.aspx>. While on the ISMA website, check out another resource, free CME events, found under Education.
- The demand for face mask coverings has increased since March, and there are now four mask distribution stations in Bloomington:
 1. Outside the Patient PT clinic inside Executive Park North, 2620 N. Walnut Street
 2. Outside Endwright Center East, near the Macy's entrance inside College Mall
 3. Outside the Comfort Keepers building at 4101 E. Third Street
 4. Inside Wheeler Mission, 215 S. Westplex Ave., just off West Third Street
- There are plans to open three additional mask stations, Hopscotch Coffee, Monroe County Public Library and Luddy Hall at 919 E. 10th St. on the IU campus.
- More masks are always needed; if interested in volunteering or donating funds, go to www.bloomingtonmaskdrive.com or check out the group's Facebook page.
- Practice the Safe Six and support the health of our community. Take the **Hoosier Safe Six Pledge!**, found at chamberbloomington.org.
 1. Maintain 6 feet of physical distance from those outside of my home unit.
 2. Stay home if I feel sick.
 3. Wear a face covering in all places that it is required.
 4. Follow health directives and orders from the CDC, Indiana Department of Health, and Monroe County Health Department at all times
 5. Wash my hands for at least 20 seconds before I eat, after I use the restroom, and any time I have touched frequently handled objects.
 6. I will be kind to fellow community members
- Check out the updated MOCMS.org website for MOCMS events, current COVID19 information, and other news.

Save the Date

Details for the events listed below are included in this newsletter on pages 4 and 5.

- Hoosiers Outrun Cancer (Virtual) - **SATURDAY, 9.26.2020**
- MOCMS Fall General Meeting Virtual Presentation by Black Lives Matter (Btown) - **TUESDAY, 9.29.2020**
- MOCMS Book Club - Black Man in a White Coat, by Damon Tweedy, MD - **FRIDAY, 10.2.2020**

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!

Hurlow

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Indiana University Health

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PLEASE KEEP US UPDATED

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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.

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