



Frankie and Katie

Teen Mom and Child Have a Healthy Start with Meridian's Special Care



Meridian Health Services provides high quality healthcare to achieve "whole person" health for all aspects of a patient's well-being. Physical, mental and social health are integrated together.

This effective new approach to healthcare helped 17-year-old Indianapolis resident Francesca "Frankie" Maio recently.

Frankie was visiting with her aunt, Kim Daum, who works in Meridian's clinic in Rushville, IN.

Frankie told Kim her secret. She was pregnant.

"At that time, my first thought was, I'm 17. I'm in no position to have a baby," Frankie recalled. She decided to have an abortion. During the ultrasound at the appointment, Frankie saw her baby for the first time and changed course.

"When I saw her on the screen, I couldn't do it," Frankie said, referring to Katie, her infant daughter. At that moment, Frankie needed support and healthcare to begin her journey as a new mom.

"I knew that Meridian would be the best place for her," Frankie's Aunt Kim said. "I believe in the Meridian providers, their dedication, and the love and support they show patients every day. I knew that Frankie would love it here."

Along with medical and prenatal care, Frankie also received counseling at Meridian Health Services in Rushville.

"I didn't know that they did therapy, which is something I didn't think I needed," Frankie said. "But, once I started it, I realized I really did need to talk to somebody. I needed to vent. I needed to get things out, because having a baby at 17 is really hard."

Dr. Sarfraz Khan, Vice President of Medical Affairs for Meridian Health Services, feels that to him, Frankie's experience proves the service is effective because it is a personal and thoughtful approach to healthcare.

"MeridianMD is Meridian's family medical care service and is fully connected with Meridian's other services such as behavioral health services, therapy, counseling and social services," said Khan. "Since these elements are connected in each person's life, they can be effectively connected in the care a person receives, too."

"Without the care of Meridian and the people here, I probably wouldn't have kept Katie," Frankie said. "Honestly, they're the main reason I did. And I'm very thankful for that, because she is everything to me."

Frankie was connected to Meridian's care at the time she needed it most. Today, Frankie and her daughter, Katie, are thriving as they each continue to be in Meridian's care.

That's just how Dr. Nykki Boersma would have it. A family physician at the Rushville clinic, Dr. Boersma, has delivered 112 babies in her 3-1/2 years with Meridian. "I take care of pregnant women and make sure that they are off to a healthy start. I see the babies and I see the children grow up. I continue to take care of the entire family as the years go by," said Dr. Boersma.

Dr. Boersma and the rest of the Meridian team in Rushville have "adopted" Frankie and Katie in their care and in their hearts.

"Frankie came frightened, not quite sure of what she was going to do," Dr. Boersma said. "The spirit of the nurses and staff of Meridian are dedicated to welcoming people in and making sure they have the care they need."



Joining Frankie on her journey and being invested in the health and well-being of the young mother and her daughter has been reaffirming for Dr. Boersma, too. "Frankie's experience is, from my perspective, exactly what family medicine is supposed to be about."

To learn more about Frankie and Katie's story at Meridian, read the featured article in the new CURRENT Magazine. Meridian Health Services' new magazine features programs, faces and stories about the organization's mission. You can read the first issue of CURRENT online at www.MeridianHS.org.



MERIDIAN
HEALTH

Fam Fest!

Family. Fitness. Fun.



2 events ...1 great day!

Family festival promoting health, wellness, family fun, safety, community resources and the fight against child abuse.



Saturday, August 24 • 9 am – 1 pm

Eileen Moore

"We Have a Voice"

Child Abuse Awareness
5k Walk/Run



Check-in/Pledge Collection: 8:00 – 8:45 am

5k Walk/Run: 9:00 – 10:00 am

The walk starts at Muncie Central High School and follows the Cardinal Greenway to the Suzanne Gresham Center Fair.

(Free transportation back to high school)



**Register online at
www.MeridianHS.org**

Pre-register and donate \$10 by **August 16** and receive an event t-shirt!
Great prizes for donating!



Health & Fun Fair at the Suzanne Gresham Center

10:00am – 1:00 pm

Suzanne Gresham Center
(Morrison Mock Professional Building)
3620 W. White River Blvd. in Muncie



Connect with family, health and safety resources through more than **30 local organizations.**

FREE:

- games, prizes and inflatables
- pizza and drinks while they last
- health screenings and resources
- live performances



Seth Cook of "Cook and Belle" band musical performance



Special Saturday bus stop

Open to families and kids of all ages!

Money raised for this event will be donated to the Suzanne Gresham Center, a division of Meridian Health Services which helps improve the lives of children and families through counseling, family assistance, medical care and child abuse/neglect recovery.

MERIDIAN
HEALTH Services
Physical. Mental. Social Well-Being.

For more information: 765-288-1928 • www.MeridianHS.org

MERIDIAN
HEALTH Services
+ genoa
healthcare

Success!

Partnership Celebrates Five Years of Success!

Meridian Health Services and Genoa Healthcare began their partnership in 2008. Now, five years later, the partnership continues to flourish and benefit patients.

Genoa provides a higher level of pharmacy service to the mental health community by working exclusively with mental health service providers, such as Meridian. An on-site pharmacy gives Meridian patients convenience as well as meaningful and integrated medication plans.

Being on-site allows the Genoa pharmacists and technicians to work closely with the Meridian doctors, nurses, and caseworkers to provide the best possible care for each individual patient. Meridian's on-site pharmacy specializes in mental health but has the capacity to fill all medications. This provides patients with integrated care for mental, physical and social well-being.

Genoa Pharmacist, Jim Hiatt, has been the Pharmacy Manager at Meridian Health Services since opening in 2008. Stop by the pharmacy and wish Jim and his staff a Happy 5th Anniversary!



Left to Right: Michelle Dillow, Jim Hiatt, Bonnie Shively, Devin New, Katie Pattern, Jamie Stephenson

Jim Hiatt, Pharmacy Manager
Meridian Health Services

130 N. Tillotson Avenue, Muncie • (765) 288-3770

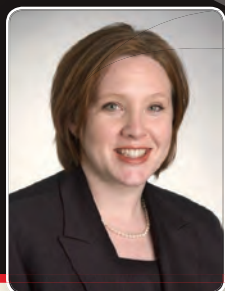
Convenient Pharmacy Hours

Monday- Friday: 8am - 5pm

Closed for Lunch: 12pm - 1pm

CONFERENCE '13

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH



**Featured
Speaker ~
Meridian's Vice
President**

Amelia Clark, Vice President of Community Health at Meridian Health Services

Ms. Clark spoke at the National Council for Behavioral Health annual meeting this past Spring in Las Vegas, NV. Along with two colleagues from the National Council, Amelia presented "FQBHC, FQHC and FQHC-LA: Alphabet Soup or Opportunity?"

The annual National Council for Behavioral Health meeting had over 3,000 attendees, and featured 300 speakers over the course of three days. US and international experts presented best practices, the latest trends and recommendations for implementing innovative programs.

"Being invited to speak at the National Council meeting was a great opportunity," said Ms. Clark. Meridian has been at the forefront of developing programs that align with the national trends of integration. Through Meridian already having the FQHC-LA status, we are a leader for other behavioral health centers across the country that are working to embark on the journey to integration."

MeridianMD, the primary care clinic, and Meridian's Suzanne Gresham Center, the children's treatment center, were awarded Federally Qualified Health Center Look-Alike (FQHC-LA)

health center status by the U.S. Department of Health and Human Services in 2012.

Only about a half dozen community behavioral health organizations across the country have pursued FQHC Look-Alike Status. That is why Meridian Health Services and Ms. Clark were also recently highlighted in a recent issue of Mental Health Weekly as a model and advisor for other community health agencies applying for this important status.

At Meridian, Ms. Clark works on integrated care strategies and implementation as well as developing primary care programs.

Veterans Gift Card Project Benefits Meridian Patients

In 1971, Randy Davis was a United States Army payroll clerk in Germany during the Vietnam War. During this tour, Randy met Larry, another soldier from his small hometown of Dunkirk, Indiana. Randy and Larry were friends for decades until Larry's recent death. Larry had Lou Gehrig's disease and Randy would take him to medical appointments at the Marion VA Hospital.



While waiting for Larry at the VA Hospital, Randy met other veterans and listened to their stories. He knew these veterans were heroes who had been forgotten and abandoned. He felt compelled and determined to do more so he began a Facebook campaign, requesting donations of \$5 McDonald's gift cards. His goal was to collect 150 McDonald's gift cards to give to veterans. Donations immediately started rolling in, along with stories of service men and women who served in WWII, Korea, Vietnam, Desert Storm, Desert Shield, Afghanistan, stateside and elsewhere. In a three month period, the Veterans Gift Card Project collected over 2,000 gift cards from 16 different US states and Canada. Each \$5 gift card is a free meal for a Veteran and almost all are donated "in honor of" or "in memory of" a service member.

In 2011, Randy took the McDonald's gift cards to the VA Hospital in Marion, Indiana for VA patients, homeless veterans and others. Since then, donations have poured in from around the world and a total of 11,310 McDonald's gift cards were donated and distributed in 2012.

Meridian Health Services received a generous donation of 200 gift cards recently to distribute to military veterans in Delaware, Jay, Randolph, Wayne and Henry counties. Meridian Health Services deeply appreciates the Veterans Gift Card Project and its service to America's veterans. For more information about the Veterans Gift Card Project and to learn how to donate, visit www.veteransgiftcards.com.



Dr. Saber Bahrami and his wife, Bibi

Dr. Saber Bahrami 2013 "Spirit of Meridian" Community Award Winner

Dr. Bahrami practices family medicine at American Health Network in Muncie and has made significant contributions for the health of the community. Meridian's Gero-Psychiatric Hospital at IU Health Ball Memorial nominated Dr. Bahrami for this award.

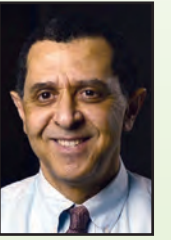
"I think the whole philosophy of how Meridian treats their patients is perfectly congruent to what Dr. Bahrami and his practice is all about," stated **Dr. Jeff Bird**, Chief Medical Officer and Vice President of Operations for IU Health Ball Memorial Hospital. "It's that mind, body, spirit . . . treating the whole person. The spirit of Meridian is the spirit of Dr. Bahrami."



Born in Afghanistan, Dr. Bahrami studied at Kabul University, was imprisoned for practicing his religion and lived as a refugee in Pakistan before coming to Muncie in 1986 to begin his residency in family practice medicine.



His colleague, **Dr. Steve L. Rousseau**, stated that Dr. Bahrami's professionalism and patient care were impactful. "I valued his advice on personal issues such as how to deal with growing children to his consistent support and encouragement professionally. His input was invaluable and greatly influenced the coming and progress of American Health Network in our community."



Dr. Bahrami's impact is felt in the local community as well as the other side of the world. In 2002, Dr. Bahrami, his wife Bibi, and **Gary Garofolo** co-founded a nonprofit organization called the Afghan Women and Kids Education and Necessities, Inc. or AWAKEN. In the last decade, they've built a school, provided vocational and literacy education to women in nine different villages, and built a health clinic.



Garofolo feels that Dr. Bahrami taught him that, "by being benevolent, accepting, and respectful of others in spite of our diversity, others recognize that despite the ugliness and adversity in this world, there is also a great deal of beauty, dignity and joy to be shared."



Meridian proudly presents its annual "Spirit of Meridian" Awards at Rialzo to an outstanding community member who demonstrates 'above and beyond' dedication to the mission of creating healthier communities. Winners regularly go above and beyond expectations, display a selfless attitude while serving others, strive for excellence, exhibit a giving spirit, initiate ideas that make the community better, show utmost respect for all whom they interact with, cultivate relationships that allow collaboration, and inspire others to follow their example. The 2013 "Spirit of Meridian" Community Award Winner is **Dr. Saber Bahrami**.

Welcome Meridian's New Medical Staff

Stacy L. Braff, MD is a board certified physician who earned her medical degree at Albert Einstein College of Medicine in the Bronx, New York. She completed her residency and Chief Residency in internal medicine at Beth Israel Medical Center in New York. Dr. Braff was previously an attending physician at Reid Medical Associates in Richmond, Indiana. Dr. Braff specializes in internal medicine in family practice at MeridianMD.



Chelle A. Jones, MSN, FNP-C is a board certified family nurse practitioner who obtained her Masters of Science in nursing from Ball State University. Prior to Meridian, Chelle gained extensive clinical experience as a practitioner and hospitalist at Community Howard Regional Hospital Kokomo. In her role with Meridian, Jones works in family practice at MeridianMD.



Adeshola Afolabi, FNP-BC is a board certified family nurse practitioner who recently relocated to Indiana after obtaining his Masters of Science in nursing and a Bachelor Degree in psychology from Herbert Lehman College in New York. Before Meridian, Afolabi practiced in the Rehabilitation Hospital of Indiana in the brain injury unit. In his role at Meridian, Afolabi works in family practice at MeridianMD.



Jennifer Layman-Young, RN, FNP-BC is a board certified family nurse practitioner who joined the Rushville office after earning her Master of Science in nursing certification in Nashville. She gained experience as a registered nurse for 18 years. In her role with Meridian, Layman-Young brings her expertise in a variety of areas such as women's health, geriatrics and osteoporosis.



Donated Wii is Making Moves on Therapy

Meridian Health Services is thankful to all of our donors and appreciate the variety of gifts – whether it is a large monetary donation or something as simple as a Wii video game console. Recently, an anonymous donor provided funds to purchase a Nintendo Wii for Meridian's Gero-Psychiatric Services' patients in order to enhance the health and relationships of the patients.



Meridian's Gero-Psychiatric Services Hospital, located on IU Health Ball Memorial Hospital's campus, provides treatment for senior patients with mental, emotional or behavioral concerns. The goal of Gero-Psychiatric Services is to prepare these patients to return and thrive in their normal living environments. The program involves family caregivers, physicians and other health professionals.

The Wii is now available for all gero-psychiatric patients to use. Brian Donley, Meridian's Vice President of Medical Services, said, "Playing with a Wii is fun for any age and ability. For our patients, the Wii will be especially valuable because it will encourage physical activity and social interaction too."




Joy to the World – and Our Community!

Rialzo is Meridian Health Services' annual charity gala celebrating the harmony of "whole person" health.

★ This year's event featured the legendary "Three Dog Night," the band with 21 Top 40 hits like "Mama Told Me (Not To Come)", "Joy to the World", "Black and White", "Shambala" and "One."

Meridian's black tie gala included an elegant dinner, dancing, fundraiser auctions, a red carpet entry and honored the "Spirit of Meridian" at the Horizon Convention Center in Muncie. This year's theme was "Black & White."

Rialzo IV raised \$85,000!

Over 800 people attended Rialzo IV and \$85,000 was raised through ticket sales, silent and live auctions and donations. The funds will be devoted to a variety of Meridian programs including senior programs, FosterHope, services for homeless individuals and the Wheeling for Healing program. As Meridian continues to reach out to more individuals, children, and families the funds are able to fill additional community needs.

CURRENT-ly Connected

Meridian Health Services is proud to introduce **CURRENT**, our new magazine that brings you health information, success stories and keeps you connected to the Meridian community. Because we're expanding the magazine it will replace this newsletter. To start receiving the magazine, please visit www.MeridianHS.org and sign up.



240 N. Tillotson Ave.
 Muncie, IN 47304
www.MeridianHS.org

Thank You To Our Contributors

Donate to Meridian Health Services
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www.facebook.com/MeridianHealthServices

You Can Make a Difference

Meridian cares about the people who come to us and the communities that rely on us. Meridian's 750 employees work hard to provide a wide variety of specialty health programs and services to people who need it most, serving over 14,000 individuals a year. Your investment in Meridian Health Services will support the value of high quality, personalized healthcare, which integrates physical, mental and social well-being. It will help to ensure Meridian's not-for-profit programs and services will continue to be provided, support new and innovative programs, and create a legacy of care for the future.

The field of healthcare is drastically changing with state and federal funding diminishing, resulting in many vital programs in our industry being eliminated. Community and individual support are keys to helping continue such needed programs.

You can make a difference! Your contribution can help us be available to people within our area for years to come.



Get to Know Us

Meridian Health Services is a progressive healthcare organization specializing in "whole person" health integrating physical, mental and social well-being. The focus on a broader spectrum of health including primary medical care, behavioral health and human services offers a well-rounded approach for happier, healthier patients. Meridian Health Services has been serving the community for over 35 years and is accredited by the Joint Commission.



Services We Provide

- Primary family medical care
- Psychiatric medical services and hospitalization
- Counseling and therapy
- Children and family supportive programs
- Child Advocacy Center for children affected by abuse
- Addictions and chemical dependency services
- Gero-psychiatric services for senior adults
- Home, community and school-based services
- Homelessness and independent living support
- HIV care coordination
- Programs for individuals with intellectual disabilities and mental health challenges
- Case management, skill building and supported employment
- Therapeutic foster care and adoption

Main Office in Muncie



866-306-2647
www.MeridianHS.org

Hank A. Milius
 President/CEO of
 Meridian Health Services

Our Locations:

Main Office - Muncie

240 N. Tillotson Ave.
 Muncie, IN 47304
 765-288-1928

Richmond – Children

16 S.W. 5th St.
 Richmond, IN 47374
 765-983-2220

Richmond – Adults

630 E. Main St.
 Suite 200
 Richmond, IN 47374
 765-935-5390

New Castle

930 N. 14th St.
 New Castle, IN 47362
 765-521-2450

Portland

931 W. Water St.
 Portland, IN 47371
 260-726-9348

Suzanne Gresham Center

Children and family programs
Pediatric medical care
 3620 W. White River Blvd.
 Muncie, IN 47304
 765-288-1928

MeridianMD

Adult medical care
 110 N. Tillotson Ave.
 Muncie, IN 47304
 765-288-8770

Winchester

730 W. Washington St.
 Winchester, IN 47394
 765-584-7820

Rushville

Primary family medical care
 509 Conrad Harcourt Way
 Rushville, IN 46173
 765-932-3699

Indianapolis

2506 Willowbrook Pkwy.
 Indianapolis, IN 46205
 317-803-2270

Merrillville

8002 Utah St.
 Merrillville, IN 46410
 219-942-0431

Mishawaka

515 Lincolnway West
 Mishawaka, IN 46544
 574-254-0229

Gero-Psychiatric Hospital

Specialty care for seniors
 (at IU Health BMH)
 2401 W. University Ave.
 Muncie, IN 47303
 765-747-3281