

# CURRENT

**MERIDIAN IN  
RICHMOND**  
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A new clinic.  
All in one place.

**FAMILY  
DENTISTRY  
OPTIONS  
GROW**

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**Innovative Meridian & Muncie partnership launches first student & community health clinics in schools**

**HOME WITH HOPE OFFERS SUBSTANCE USE RECOVERY**

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Meridian Health Services is a regional, progressive healthcare organization specializing in “whole-person” health, integrating physical, mental and social well-being.

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## Dear Friends of Meridian,

As the year draws to a close, we can look back at 2021 with the knowledge that Meridian is making communities healthier. Here are some examples of progress that are published in this edition of *CURRENT*:

- Early in the year, when the CDC (Centers for Disease Control) announced that COVID-19 vaccines would be distributed nationwide, Meridian’s staff sprang into action. Our healthcare heroes transformed the Suzanne Gresham Center into a vaccine clinic, offering drive-through access, and over a span of five months, administered more 13,000 vaccinations.
- One of the best examples of our goal of healthier communities can be found in Richmond. A new clinic there joins three other Meridian locations in Richmond, and addresses desperately needed healthcare access to the interurban community. The new 9th Street location embraces our “whole-person” health philosophy offering primary, dental and behavioral care, all under one roof. Plus, an insurance navigator and an employment specialist are available to help downtown residents with the precursor to coverage, often confusing and always complex paperwork.
- We continue to broaden our substance use treatment options, and a new merger in Lafayette enables us to offer even more services there. North Central Health Services (NCHS) recently awarded more than \$865,000 to Meridian and Home with Hope, a 50-year-old recovery residence center. The grant enabled a unique partnership, which provides a strong continuum of care through all facets of recovery.
- And in Muncie, Meridian has opened a school-based health clinic in Southside Middle School, the first of its kind in the state. The clinic serves as a model for addressing school nursing, behavioral and physical health concerns and is accessible to everyone in the community, not just students and school staff.

Meridian cannot do any of this on our own.  
In fact, we couldn’t do any of this without you.  
Thank you for all you do to help make our communities healthier.



Hank A. Milius  
PRESIDENT / CEO

*Hank Milius is President and Chief Executive Officer of Meridian Health Services, a statewide, integrated healthcare company serving more than 40 counties in Indiana.*

Meridian is ...



MeridianHS.org

MERIDIAN HEALTH SERVICES | WINTER 2021-22

# CURRENT

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Recovery home services.  
Increased quality of life.  
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STEPHANIE LONG,  
CEO, NCHS p.12



**FEATURES**

- 6 FAMILY DENTISTRY**  
Meridian's dentistry services expand to four locations
- 8 GIVE KIDS A SMILE**  
Special event offers free oral exams for children
- 12 HOME WITH HOPE**  
A special initiative that offers substance use treatment and recovery
- 18 NEW RICHMOND CLINIC**  
Meridian clinic offers a wide range of health services at one location



- 20 TELEHEALTH SERVICES**  
The Amwell Cart connects patients remotely with medical experts to address health issues

**SPECIAL REPORT:  
MERIDIAN SCHOOL CLINICS**

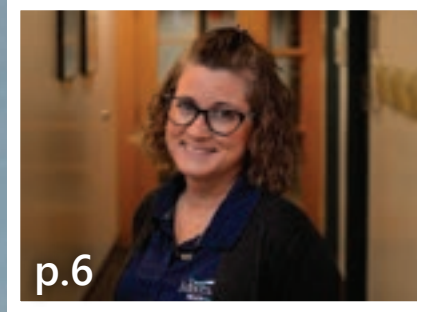


- 24 SCHOOL CLINIC AIDS STUDENTS & FAMILIES**  
Meridian's programs reach hundreds of schools. In Muncie, an innovative new school clinic provides students and the community with a broad range of services and treatments.

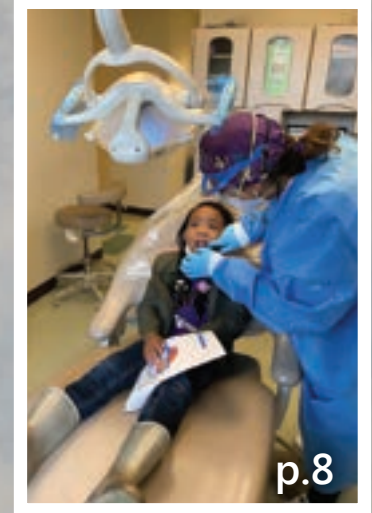
- 27 FAM FEST 2021**  
A fun Meridian tradition for families returns in 2021
- 30 COVID-19 VACCINATIONS**  
Meridian administers thousands of vaccinations through drive-through and in-person events
- 32 FLU-LAPALOOZA 2021**  
October's campaign to deliver flu shots turns into a successful event with a Halloween twist

**ON THE COVER**

**MERIDIAN SCHOOL CLINIC**  
Lisa Suttle, Regional Vice President of Clinical Services, and Charisse Hinds, Director of Nursing.



p.6



p.8



p.30



p.12



# MERIDIAN HEALTH SERVICES

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- Pediatric Health/Urgent Care
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- School Health Clinics

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- Addiction & Recovery Services
  - Residential Treatment Centers
  - Home With Hope
  - Maternal Treatment Program
  - Women's Recovery Home
- Children & Family Programs
- Home, Community and School-Based Services
- Skill Building
- Connxxions Program

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

# Family dentistry delivers broad range of services

## Meridian Dental now offers four locations



Jessica Savage, Meridian Dental Practice Manager, shown at the Pediatric Complex in Muncie.

### MERIDIAN DENTAL LOCATIONS:

- **Muncie:** 205 N. Tillotson Avenue in the Pediatric Complex
- **Richmond:** 520 S. 9th Street
- **Anderson:** 1547 Ohio Street
- **Elwood:** 1518 Main Street

### MERIDIAN DENTAL SERVICES:

- **Preventative care:** Exams, x-rays, sealants, cleanings
- **Periodontal care:** Gum disease treatment & management
- **Oral surgery:** Routine removal of non-restorable teeth
- **Restorative care:** Includes fillings, root canals and crowns
- **Emergency care:** Walk-in, same-day care when possible
- **Prosthetic care:** Full and partial dentures available in-house
- **Free oral health screenings** for adults & children

**MERIDIAN**online

For more about Meridian Dental's locations and hours, or to schedule an appointment, go to:  
[www.meridianhs.org/dental](http://www.meridianhs.org/dental)

**T**OO OFTEN ORAL HEALTH IS DISREGARDED OR DIFFICULT to access, but Meridian Health Services is working to change that.

"Many people don't realize that oral and dental health are a vital part of the body's overall health," said Jessica Savage, Meridian Dental Practice Manager. "Untreated dental diseases can contribute to serious health problems, including heart disease and diabetes. Regular checkups and professional care are the keys to maintaining healthy teeth and gums."

Meridian Dental – Family Dentistry now includes four locations with the opening in Muncie's Pediatric Complex and Richmond's downtown location on 9th Street. Elwood and Anderson were the first of Meridian's dental facilities in operation.

Hank Milius, Meridian's President and CEO, says that Meridian Dental offices extend Meridian's "whole-person" health philosophy.

"We know that dental diseases and pain have a profound effect on the rest of the body," Milius said. "Meridian Dental offers a wide range of services with convenient access, which makes it easier for people to maintain their oral health, which is a significant part of a person's overall health."

"We offer full-range services in facilities combined with other Meridian locations," Savage said. "This offers a lot of convenience for busy families. They can attend to their oral health at the same place they can address other health concerns."

Meridian's whole-person health philosophy integrates Meridian Dental for those that also need to address behavioral and medical care.

"For example, patients with substance use issues are reluctant to seek help for mouth pain because of the risk of relapse," Savage said. "We can connect them with the addictions team to develop a treatment that relieves their pain while reducing those risks."

Sometimes, referrals come from the opposite direction. "Patients being treated by primary care practitioners may receive an oral screening and be referred into Meridian Dental."

The Anderson location of Meridian Dental also has an on-site translator for Spanish-speaking patients. "This is especially helpful in Madison County, which has a large Hispanic population," Savage said. "It helps us put the patients at ease, and they can fully explain the issues they are having."



**MERIDIAN DENTAL.** Vivian Villarreal is a registered dental hygienist at Meridian Dental in Anderson. Her Spanish fluency helps Hispanic patients feel more at ease during visits.






DENTAL SERVICES. A registered dental hygienist works with a patient at Meridian Dental.



**FREE DENTAL EXAMS.** A dentist examines a 12-month-old boy while his mother helps keep him calm during Meridian's first Give Kids A Smile event in Anderson.

# GIVE Kids A SMILE

Meridian Dental - Family Dentistry in Anderson was the site of Meridian's first annual "Give Kids A Smile" event in February 2021. The one-day event offered free dental oral exams and educational, preventive, and restorative services to school-aged and younger children in Madison County and surrounding counties.

The program structure originated through the American Dental Association (ADA) as a way to provide access to quality oral healthcare for all children and is an annual volunteer initiative. Thousands of dentists across the country now take time in their practices to help children through this one-day event who otherwise aren't receiving the oral healthcare they need. 



**THE SMILE TEAM.** The team at Anderson's Meridian Dental gathers during Meridian's first "Give Kids A Smile" event.



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# Home WITH hope



HOME WITH HOPE. Left: Allison Miner, Home with Hope Executive Director. Right: Stafka Poweleit, Practice Manager and Regional Outreach Coordinator for the ARC in West Lafayette.

Meridian offers outpatient services for substance use across the state and is meeting a dramatic increase in demand through expansions and new partnerships.





**STRONG PARTNERSHIPS.** Stephanie Long, CEO of North Central Health Services, which recently awarded Meridian and Home with Hope more than \$865,000 to revitalize and increase services.



**HOME WITH HOPE LEADERSHIP.** Left: Stafka Poweleit, Practice Manager and Regional Outreach Coordinator for the ARC in West Lafayette. Right: Allison Miner, Home with Hope Executive Director.

## \$865,000 award will increase services and boost expansions

**M**ERIDIAN BUILDS BRIDGES AND CREATES A CONTINUUM of care for people with addictions throughout the state, most recently in Lafayette, where a new partnership with Home with Hope extends and even advances addiction recovery efforts.

The expansion is supported by North Central Health Services (NCHS), which recently awarded Meridian and Home with Hope more than \$865,000 to revitalize and increase services. The funding will support the addition of a Maternal Treatment Program (MTP) and expansions of both men's and women's recovery homes. Home with Hope is part of the Tippecanoe Resilience and Recovery Network, which focuses on prevention, treatment, recovery, and law enforcement.



"This community has developed an understanding of the needs and developed strategies to improve response with the goal of being a Trauma-Informed – Recovery Oriented System of Care," said Stephanie Long, NCHS Chief Executive Officer. "Meridian Addiction and Recovery Center (ARC) has been an active partner in this work, and this new partnership will help close the recovery residence gap."

Home with Hope, which has been in existence for 50 years, offers a 25-bed Men's Recovery Residence, a 24-bed Women's Recovery Center for women without children, and four apartments for women with children. All services are designed to help patients learn how to live their lives free from substance use and re-enter their communities by providing an environment conducive to long-term recovery.

"The merger in Lafayette provides more opportunity for those seeking recovery to stabilize in Meridian's ARC, transition to a recovery residence upon discharge, and continue to work on their recovery through outpatient services," said Stafka Poweleit, Practice Manager and Regional Outreach Coordinator for the ARC in West Lafayette.

"It can be daunting to navigate a system, so what this merger has done is remove a lot of those barriers," Poweleit said. "Patients now have the ability to enter at our highest level of care, which is the ARC, and get their feet underneath them. After that, they can step down to outpatient care, and if they are in need of safe housing during that time, it's available."



Long said the grant from NCHS aligns with needs identified locally. A Continuum of Care Map, completed by Purdue University's School of Nursing, showed gaps in recovery services, including a significant break in services for pregnant women with substance use disorder.

Meridian's new additional Maternal Treatment Program (MTP) in Lafayette will provide outpatient care to mothers with substance-use disorders and their newborns dependent upon substances. The service is designed for whole-person health through prevention, education, treatment and community support. The program in Lafayette joins other MTP programs located in Anderson, Muncie and Richmond (The NEST).

"With MTP, the mothers are allowed to have their children with them, giving the mothers time to recover while their children are safe," said Allison Miner, Home with Hope Executive Director. "And if they are pregnant and trying to enter recovery, it makes it safer for them and their baby because they are getting the services they need while they are clean and sober."

Poweleit said the expansion of services, including the MTP and recovery housing, will assist not only Lafayette, but all the surrounding counties.

TO PAGE 16

## Reaching Recovery

Located in Richmond is another one of Meridian's Addictions & Recovery Centers, which provides 30 residential beds for adults 18 years and older. It has two units – one for men and one for women – with 15 beds each. The facility provides a multi-disciplinary approach for addictions and recovery treatment embracing Meridian's "whole-person" health philosophy – physical, mental and social well-being – to include medical detox, behavioral therapy, intensive rehabilitation, wellness education, recovery and post treatment support.

Meridian, which offers outpatient services for substance use across the

state, has seen a dramatic increase in demand. The nation's opioid crisis is a driving force for this kind of treatment, which is often out of reach for many because of financial barriers. Intensive Outpatient Treatment (IOT) is yet another program available to help reach the needs of those who may not need residential treatment but still need assistance in overcoming substance use.

Meridian's continuum of care includes primary care through MeridianMD, Medication-Assisted Treatment, psychiatric evaluation, medication management, substance use disorder assessments, individual and group counseling, peer recovery support, support groups, aftercare services, family support, and addiction education.



Specialized Treatment & Support

*Meridian's Maternal Treatment Program is extremely important to our community.*



Linda Rent

Linda Rent was a student at Ball State University when she met Al Rent in 1963. The couple married two years later.

After raising their children, Linda worked in admissions at Ball State University for 20 years before retiring in 2014.

Her husband, Al, who served on the board of directors of Meridian Health Services, passed away in 2017.

**AT MERIDIAN, WE WANT YOU TO GET TO KNOW OUR DONORS. THEY'RE PEOPLE LIKE YOU WHO WANT TO MAKE A DIFFERENCE.**

■ **Why do you give to Meridian?**

It's pretty simple. Because Al loved Meridian. He enjoyed his association with Meridian and it's an organization that does good work.

■ **How do Meridian's values mesh with your personal values?**

They help people who need help. There's so much need in the world right now. Meridian has so many programs that touch so many lives.

■ **Is there a specific Meridian program that you hold near and dear?**

We were so pleased with the Maternal Treatment program and that it helps babies born addicted to drugs and their mothers. It's an extremely worthwhile program. Meridian does a lot for women and children.

■ **What is something only your closest friends know about you (that you're willing to share)?**

I'm an open book to those who know me. Hallmark mysteries are my favorite. There's no shoot-'em-up or bad language. Just a good mystery. Oh, and I do enjoy Coke and chocolate. My children and my grandchildren know that about me.



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on behalf of Indiana Michigan Power

“People can come to Lafayette for treatment, but when they go back to their smaller community there’s nothing to support them in ongoing treatment,” she said. “What Meridian brings is stable, supportive recovery housing. If you have a stable environment that is predictable and supportive, you’re most likely going to make it through that first year. And if you make it through the first year, your odds of maintaining that recovery go up dramatically.”

Miner said the merger between Meridian and Home with Hope points to how collaboration leads to better services for communities.

“Meridian brings all its expertise and services to the program, which allows our women and men to have a continuity of care,” she said. “Needs that weren’t being met can now be met.”



To learn more about substance use treatments provided by Meridian Health Services, go to: [www.meridianhs.org/addiction](http://www.meridianhs.org/addiction)

The grant funding will allow for updates in all the Home with Hope facilities, Poweleit said. “Our residents will be treated with respect and given brand new things. Many of them have never had that in their life,” she said. “That lets them know we don’t think of them as the ‘other’ people. We see them as equal to everyone else. That had a big impact on how well they are going to recover.”

Long said the expansion of recovery home services will have a wide community impact. Multiple studies show that recovery housing leads to higher rates of employment, decreased incarceration rates, increased family and social functioning, and increased quality of life measures.

“Having a therapeutic community with structure and interventions will provide an evidence-based solution, improving outcomes for generations,” Long said.



HOME WITH HOPE. Home with Hope is a supported recovery treatment program in West Lafayette.

*“We value Meridian’s holistic focus on the physical, mental and social well-being of patients.”*



**Bibi Bahrami**

Bibi Bahrami was born in Jalalabad, the fifth largest city in Afghanistan. She came to Muncie after her husband, Saber, started his medical residency here.

Bibi and Saber were married in 1986 and have six adult children. In 2002, Bibi founded AWAKEN, a nonprofit whose mission is to improve access to education, provide health care services, create vocational opportunities, and enable Afghan women and children to become literate, healthy and self-sufficient.

Saber was named a Spirit of Meridian winner in 2013, in recognition of his medical work with senior citizens.

**AT MERIDIAN, WE WANT YOU TO GET TO KNOW OUR DONORS. THEY'RE PEOPLE LIKE YOU WHO WANT TO MAKE A DIFFERENCE.**

- **Why do you give to Meridian?**  
Meridian is an organization that we’ve had a long history with, even when my husband was a medical resident. Meridian’s CEO Hank Milius is dear to our hearts and we believe in his leadership.
- **Is there a specific Meridian program that you hold near and dear?**  
The Maternal Treatment Program and the Suzanne Gresham Center mean the most to me. I am grateful that Meridian helps so many in so many ways.
- **What is something only your closest friends know about you (that you’re willing to share)?**  
I have a big sweet tooth. I really enjoy plain cheese cake, as well as hot pecan pie with vanilla ice cream. My son and daughter-in-law live in Indianapolis and bring us cheesecake from the Cheesecake Factory. These are my favorite desserts from this country.



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# Avenue TO Access

New clinic  
clears the way  
for integrated  
healthcare  
in one, easy-  
to-navigate  
Richmond  
location

MERIDIAN HAS BROADENED HEALTHCARE ACCESS TO RICHMOND'S urban community with the May 2021 opening of a new clinic in the heart of downtown at 520 South 9th Street.

"This is a true example of integrated, community healthcare in an area of Richmond where it's desperately needed," said Hank Milius, Meridian's CEO and President. "The road to healthcare access is often difficult, and we have been able to create an avenue for the urban community in Richmond."

The clinic includes family medical care, dental, pediatric urgent care and behavioral healthcare, access to an insurance navigator, and an employment specialist all under



TO PAGE 21

## NEW RICHMOND CLINIC



The clinic includes family medical care, dental, pediatric urgent care and behavioral healthcare, access to an insurance navigator, and an employment specialist all under one roof.



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SERVING RICHMOND.  
Primary Care Practice  
Manager Leona Mitchell.





# STATE-OF-THE-ART telehealth connections

NEW TO MERIDIAN AND USED EXTENSIVELY BY practitioners at numerous MeridianMD locations including Richmond, the Amwell Cart provides state-of-the-art technology for telehealth visits.

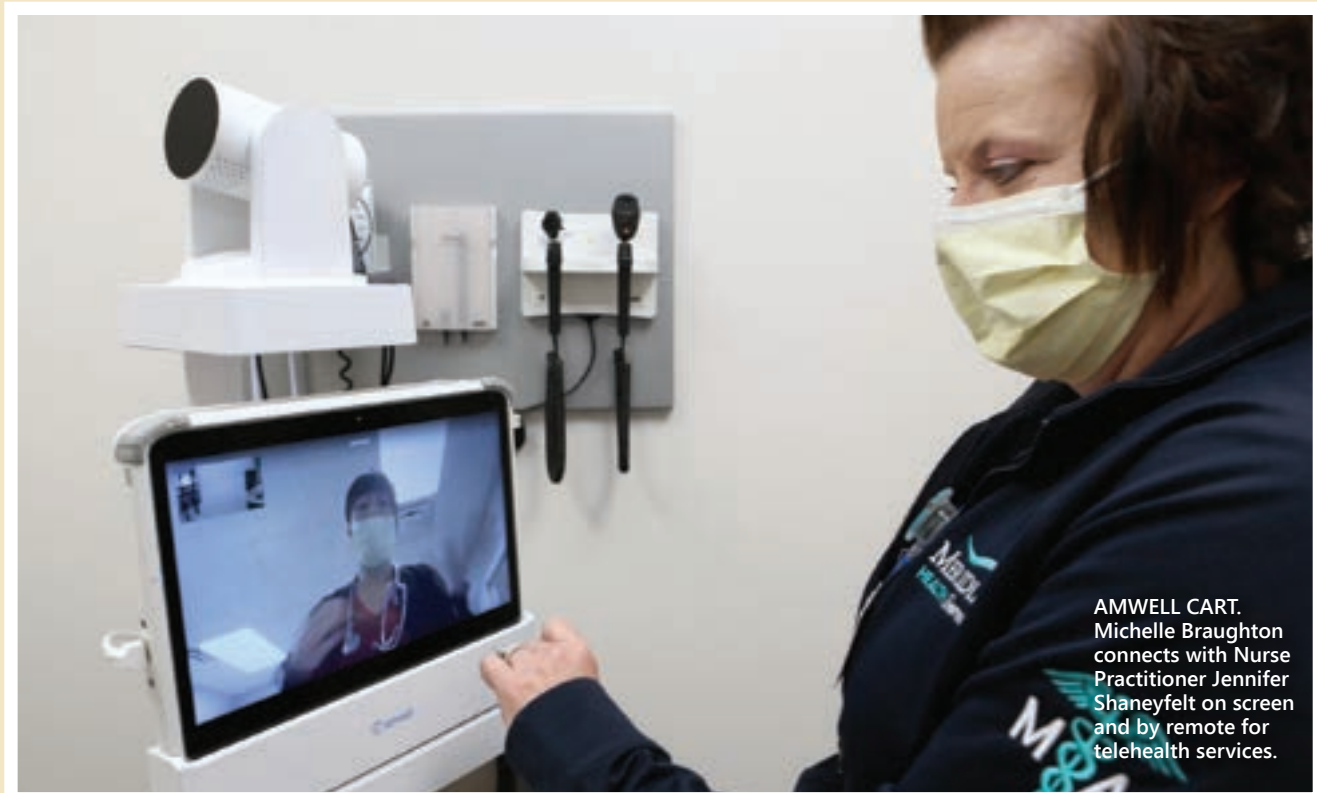
“As we all know, the COVID-19 pandemic has created staff shortages everywhere, including medical offices,” said Meridian’s Primary Care Practice Manager Leona Mitchell. “The Amwell Cart has alleviated many scheduling problems for us, especially when a provider needs to be quarantined because of exposure to the virus.”

The Amwell cart is a computer on wheels, with a camera that has a handheld device with several attachments. After the typical patient intake is complete, the provider calls the machine remotely from their computer or laptop. A medical assistant or nurse is in the exam room with the patient.

Mitchell said, “The camera on top of the Amwell Cart is controlled by the provider. The provider can look all around the room and at the patient just by moving the mouse on their computer. The provider and the patient are able to see each other and talk to each other through this device, similar to using FaceTime but with much higher quality and capability.”

The nurse or medical assistant can connect different attachments to the handheld device, which allows the provider to conduct an examination. “The provider can look into the patient’s ears, eyes and nose, or see scratches or moles on the skin,” Mitchell said. “Another attachment enables the provider to listen to the heart and lungs. Everything is seen on the provider’s screen and the screen the patient sees. It’s a great teaching tool because patients can actually see what the provider sees, and that helps them understand what is being treated,” continued Mitchell.

Dentists at Meridian Dental can also use the Amwell Cart. A special attachment allows a provider to see the patient’s teeth and gums from a remote location for assessments. If dental work is necessary, an appointment is scheduled. An added benefit of the Amwell Cart is the way pediatric patients respond. “Kids are fascinated by this machine and think it’s the coolest thing ever,” Mitchell said. “This often relieves a lot of fear that kids might experience during a visit to the doctor.”



AMWELL CART.  
Michelle Braughton connects with Nurse Practitioner Jennifer Shaneyfelt on screen and by remote for telehealth services.





**RICHMOND CLINIC.** The community celebrates the new clinic through a ribbon cutting and open house.

FROM PAGE 19

one roof. In addition, a short walk away at 501 S. 7th St., is The NEST, the new collaborative Maternal Treatment Program with Reid Health.

Richmond is home to three other Meridian locations:

- Meridian’s Addictions and Recovery Center (ARC) is at 498 NW 18th St.
- Meridian Health Services at 2300 Chester Blvd. houses MeridianMD (adult primary care), Children’s Behavioral Health (for therapy and telehealth) and Foster Hope.
- Meridian’s Richmond group home located at 3107 National Road West.

“Meridian’s whole-person health concept is evident at Richmond’s 9th Street location,” said Primary Care Practice Manager Leona Mitchell. “Our providers can attend to all facets of a patient’s health in one place, making them healthier overall. For example, a primary care provider might notice something related to dental health and can immediately refer the patient to Meridian Dental, housed in the same building.”

Convenience and efficiency are major benefits for patients at the 9th Street location.

“Patients can literally go from their therapist’s visit, to their primary care provider, to their dentist, all in the same day in the same building,” Mitchell said. “They can take one day off work instead of three, and combining the three services into one trip saves them money for gas or bus fare.”

Maybe the most important advantage of the 9th Street location is healthcare accessibility. “Our Chester Boulevard clinic is on the far north side of town, and patients without transportation need to ride a bus. The 9th Street location is within walking distance for many of our patients,” Mitchell said. “Plus, we have an insurance navigator who can help people sign up for health benefits, and an employment specialist who can help people find work.”



To learn more about Meridian Health Services in Richmond, go to: [www.meridianhs.org/locations](http://www.meridianhs.org/locations)



*“We give to Meridian because it is such a valuable asset to our community.”*

**Mary Dollison**



Born in Louisiana, Mary and Cornelius Dollison moved to Muncie to “get factory work versus farming,” Mary says.

While neither of her parents finished high school, Mary earned an undergraduate and graduate degree from Ball State University. She taught for 35 years.

The couple has been married 58 years and have three children.

**AT MERIDIAN, WE WANT YOU TO GET TO KNOW OUR DONORS. THEY’RE PEOPLE LIKE YOU WHO WANT TO MAKE A DIFFERENCE.**

- **Why do you give to Meridian?**  
Meridian is a great organization and a true asset to the community. We have gotten to know the leaders and the many services they provide.
- **How do you balance what you give and to whom you give with the needs you see?**  
We balance our giving by the needs we see and the causes we value. We give to both large and small organizations and we always value organizations like Meridian that clearly are working toward improving the quality of life in our community.
- **Is there a specific Meridian program that you hold near and dear?**  
Meridian has so many great programs. We are especially grateful for those that address drug addictions and mental health.
- **What’s the best way to spend a rainy afternoon?**  
I don’t spend much down time but I do spend as much time as possible with my family. We have seven grandchildren and five great-grandchildren. I’m extremely proud of our family.



Physical. Mental. Social Well-Being.



TO PAGE 22

The new 9th Street clinic houses a wide variety of services including:

• **Meridian Prime-Time Pediatrics:**

Children’s urgent care for newborns to 18 years of age, with an after-hours schedule: Monday through Friday from 5 to 9 p.m. and Saturday and Sunday from 11 a.m. to 5 p.m.

• **Meridian Dental-Family**

**Dentistry:** This is a new Meridian practice in the Richmond community, which provides a wide range of oral health services for all ages, including preventative care, emergency care and oral health screenings.

• **MeridianMD-Family Medical**

**Care:** MeridianMD provides primary medical care for all ages, ranging from routine medical care and physicals to illness visits and management of chronic conditions. Wellness assessments and telehealth visits are also provided.

• **Behavioral Health:** Adult

therapy, outpatient case management provided by behavioral clinicians, and the Connxxions program, which offers services to individuals with intellectual or developmental disorders and mental health needs. Behavioral health services can be provided as telehealth visits.



SERVING RICHMOND. Primary Care Practice Manager Leona Mitchell.

*Meridian is focused on helping people at every level, to help in every way.*



**Brent Webster**

Brent Webster serves on the board of directors of Meridian Health Services. He is a senior consultant at USI Insurance Services, specializing in property/casualty insurance and risk management.

Webster, a graduate of Muncie Northside High School, met his wife, Leslie, on a European tour and the two were married about a year later. They have two adult children, Sean and Suzanne, who recently gave birth to the Websters’ first grandchild, Luca.

Webster’s family in Muncie dates back to the 1800s.

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- **How do Meridian’s values mesh with your personal values?**  
Meridian is a passionate organization. I have not met one person at any level from clinician to receptionist to the CEO who isn’t passionate about their work.
- **What’s the best way to spend a rainy afternoon?**  
I like detective work and periodically I dive back into genealogy and find one more missing link in the family tree. I’ve gone back to the 1500s on my mother’s side.





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# CLINIC IS IN SESSION

## Meridian's new health clinic meets students' wellness needs in a familiar place — the school

MERIDIAN HEALTH SERVICES' NEWEST PRACTICE IN MUNCIE IS an innovative model for addressing school nursing, behavioral and physical health concerns at a place that feels safe and is accessible and convenient to families.

Meridian works with 340 schools statewide providing behavioral services, but a unique partnership with Muncie Community Schools and Muncie Southside Middle School is the first to also provide primary medical care, behavioral services and school nursing services in one location, and to extend those services beyond students to include families and those in the community.



TO PAGE 26



SCHOOL CLINIC. Angie Pierson, Infection Control Nurse, checks 7th-grader Khalil Wright's blood glucose levels at Southside Middle School in Muncie.

Meridian and Muncie Community Schools' first of its kind partnership delivers primary medical care and behavioral and school nursing services in schools to students and the community.



# MERIDIAN SCHOOL Clinics

MEDICAL & BEHAVIORAL CARE



## Convenient Medical & Behavioral School-Based Healthcare

- Physicals
- Illness visits
- Immunizations and flu shots
- Routine medical care
- Wellness assessments
- Integrated behavioral health

**School-based clinics connect care with**  
counselors and therapists  
specialists



TEAMWORK. Charisse Hinds, Director of Nursing, left, with Lisa Suttle, Regional Vice President of Clinical Services.



**MUNCIE SCHOOL CLINIC.** Misty Chalfant, RN, gives medications to 7th-grader Josh Conley, left, at Meridian School Clinics at Southside Middle School in Muncie.

The school nurse's station was transformed into the main clinic area, which includes five bays for health assessments, a private exam room, and a separate suite for behavioral health. "The SBHC (School-Based Health Center), provides a full spectrum of care to the students, teachers and community in a convenient location," said Lisa Suttle, Meridian's Regional Vice President of Clinical Services. "Our goal is to provide education and preventative care to those in need. This is high on our list of priorities. We are here for the schools, listening to their needs, and responding in a quick and efficient manner."

Charisse Hinds, Director of Nursing for Meridian said, "The convenience of integrated care at a school is necessary to get families the care they need when they need it. Working parents and hectic schedules are often a barrier to healthcare services."



**MUNCIE'S SOUTHSIDE MIDDLE SCHOOL.** During a tour of the Meridian School Clinics at Southside Middle School in Muncie, from left: Meridian Regional Vice President of Clinical Services Lisa Suttle, Meridian Regional Vice President Gerry Cyranowski, Muncie Schools Superintendent Lee Ann Kwiatkowski, Meridian Vice President of Marketing and Development Beth Clark, Indiana Lt. Gov. Suzanne Crouch, Muncie Mayor Dan Ridenour and Meridian President and CEO Hank Milius.

"We can address health concerns where students already are — in school," Hinds continued. "By giving immediate attention to issues as they occur, we are able to create a healthier overall community."

Much of the care is offered at a low cost (sliding scale) or even free for many families, which makes healthcare even more accessible for families," said Jennifer Henderson, Vice President of Primary Care.

Meridian's clinic also has drawn the attention of state officials.

"This is an incredible model where you actually have a health clinic that provides integrated services and addresses the whole health of an individual, not just their physical health but their mental health and social well-being," Lt. Gov. Suzanne Crouch said, following a tour of the facility this summer.

"Having that kind of partnership and collaboration between Meridian Health Services and Southside Middle School is phenomenal," Crouch said. "It's an incredibly innovative model and delivers the best healthcare possible to a community and to our young."



**THE AMWELL CART.** Nicole Courtney, Family Nurse Practitioner, left, talks with Natalie Bradley, RN, about the Amwell Cart in the Meridian School Clinics at Southside Middle School in Muncie. The Amwell Cart allows for remote virtual doctor visits.

Primary care services include health and prevention screenings, pediatric care, illness visits, immunizations, sports physicals, first aid, dental screenings, nutrition management and chronic health condition management.

The clinic also offers crisis interventions, various therapy sessions, suicide prevention, ADHD and autism diagnosis and treatment, psychiatric consultation, addiction prevention and services and psycho-social assessments.

Fam Fest 2021, held last August, was moved to Southside Middle School from its former location at the Suzanne Gresham Center. Students received back-to-school resources, sports physicals, health screenings, COVID tests and vaccinations at the school during this year's event, providing a glimpse into the benefits of the new collaboration.

**MERIDIAN**online  
 For more information about Meridian's School Clinic at Muncie Southside Middle School, go to:  
[www.meridianhs.org/schools](http://www.meridianhs.org/schools)

The school clinics offer health screenings, illness visits, sports physicals, first aid, crisis interventions, therapy sessions, addiction prevention, and psycho-social assessments.



In celebration of opening Meridian's combination school nurse, primary and behavioral healthcare clinic, Fam Fest took place at Muncie Southside Middle School this year. In addition to health screenings, COVID immunizations and sports physicals, students and their families enjoyed fun games and activities during Fam Fest 2021. To view more photos, visit [www.famfest.meridianhs.org](http://www.famfest.meridianhs.org)



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# Meridian provides thousands of COVID-19 vaccinations



**COVID VACCINE CLINIC.** Meridian offered indoor, outdoor, and drive-through vaccines through the COVID Vaccine Clinic.

## Community partnerships help deliver drive-thru and indoor vaccine clinics

EARLY IN 2021, WHEN THE CENTERS FOR DISEASE Control announced that vaccines would be distributed nationwide, Meridian Health Services took immediate action and transformed the Suzanne Gresham Center, on Muncie's White River Boulevard, into a COVID Vaccine Clinic offering drive-through access. Over a span of five months, Meridian provided more than 13,000 drive-thru and indoor vaccinations.


"Our team of providers and staff from all offices pivoted to accommodate the urgent need to offer vaccines in our communities," said Beth Clark, Meridian's Vice President of Marketing and Development. "We knew communication was key in shortening the COVID curve so we instituted multiple mass media campaigns to help educate and bring awareness to the importance of the vaccine and reach people who were finding it difficult to get."

"We are grateful to our community partners," said Hank Milius, Meridian's President & CEO. "The Ball Brothers Foundation, Sursa Griner & O'Donovan Wealth Management and The Community Foundation of Muncie and Delaware County were among the organizations that awarded grants to Meridian for local vaccination efforts. Partnerships are key in making our communities healthier."

Muncie Power Products and Muncie Community Schools were among the local partners who brought Meridian and its mobile vaccine clinics to their workplaces.

At Urban Light Community Church, Meridian set up multiple clinics over several months and provided in-car vaccines to people with mobility limitations and for those not comfortable coming indoors. Lisa Suttle, Meridian's Regional Vice President of Clinical Services said, "We wanted making access to the vaccine as easy as possible for people, so bringing vaccines to people's workplace, church and neighborhoods was essential."

"Thanks go to Delaware County Health Department for transferring the Johnson and Johnson vaccines to Meridian Health Services," Suttle said. "They helped to make our clinics possible for the community, especially for people that only wanted one shot. We've had great turnouts and received tremendous positive feedback about the vaccine clinics and service we have offered to the community."

As schools began resuming in-person classes this past fall, healthcare providers saw an increased need for COVID-19 testing and vaccines. To meet the demand, drive-through testing and vaccine services resumed at Suzanne Gresham Center, as well as Meridian offered them at its School-Based School Clinic and at their Fam Fest event before school started at Southside Middle School. 



**Meridian offers all three vaccines — Pfizer, Moderna and Johnson & Johnson — to give people options of preference.**

**Request an appointment online at: [meridianhs.org/Covid-19](https://meridianhs.org/Covid-19) or by calling 866.306.2647.**







# Meridian clinics administer free flu shots across Indiana

THE 2021 FLU-LAPALOOZA EVENT WAS A huge success drawing more than 1,200 for free flu vaccinations administered in 10 Indiana communities, all on a single day.

Meridian Health Services' signature event was launched in 2020 and provided free flu shots to those six months and older on Oct. 6 from 11 a.m. to 7 p.m. Convenient drive-thru and in-office accommodations were made available.

Meridian strongly encouraged community residents to be vaccinated for the flu, even if they have already had received a COVID-19 vaccination.

**FLU-Lapalooza**

"Even if people have been vaccinated against COVID-19, it's important to get flu shots too," said Dr. Sarfraz Khan, Meridian's Chief Medical Director. "In fact, the CDC recommends getting both. There's no wait time after the COVID vaccine to receive a flu shot, and it's safe to get them at the same time."

Meridian clinics in Anderson, Bluffton, Connersville, Dunkirk, Indianapolis, Muncie, New Castle, Portland, Richmond and Rushville administered the free flu shots during the Halloween-themed event.

"The Halloween theme helped make the clinics more inviting," said Jennifer Henderson, Vice President of Primary Care. "Having more people getting flu shots means healthier communities, and that's Meridian's overarching goal."

The fall – specifically, the month of October – is the official start of flu season, medical experts say. It takes about two weeks to build up an immune response to the vaccine so early vaccinations offer the most protection. The Centers for Disease Control recommends the flu vaccine for everyone six months and older. Certain populations are more vulnerable. For example, people older than 65, young children, those with respiratory illnesses such as asthma, or illnesses that lower the immunity are at more risk for catching the flu. People who have certain chronic diseases, such as severe asthma or an immune disorder, are advised by experts to talk to their doctor before receiving flu shots. Meridian added incentives to encourage participation in the free vaccination clinics across the state, including \$50 grocery gift cards at each location. Flu-Lapalooza sponsors included Byerly Tent Rentals in Alexandria and J-Country Radio in Portland.

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To view photos from Flu-Lapalooza, go to:  
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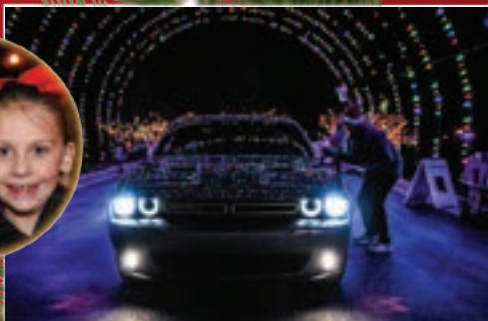
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