



MARGARET MARY  
HEALTH



Photo: Mary Ann Meyer

SPRING  
2017

# Health Lines

*Incredible things  
are happening here*

## “Hospice cared for our entire family.”



The Dickey family knows firsthand what a blessing Margaret Mary’s hospice program can be when a loved one is dying. Last summer, this close-knit family called on hospice to help provide care for not one, but both of their parents.

“When Father experienced heart failure last April, we made the decision to call hospice and move him to St. Andrews Health Campus,” said Mary Sitterding. “We had already moved Mother there the year before following her stroke. When we contacted Margaret Mary Hospice, with the help of St. Andrews, they ensured my parents could share the same room and promised they would be available 24/7 to meet our needs.”

Hospice care is designed for people who are nearing the end of life. Unlike other medical care, the focus of hospice isn’t to cure patients, but instead to control their pain, make them comfortable and ensure the highest quality of life for whatever time remains. Hospice care can be provided in homes, hospitals, nursing homes or assisted living facilities.

“Hospice allowed us to give Mom and Dad the care they deserved while balancing our own jobs and schedules,” said Donald Dickey, Jr. “I was able to check in on my parents before I left for work in the morning and then hand their care over to hospice when I left. They provided comfort and compassion, and we knew we could put our trust in them.”

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**Pictured above: Mary Sitterding, Donald Dickey, Jr., John Dickey and James Dickey look at old pictures of their parents, Cathryn & Donald, Sr.; Not pictured: Beverly Ehrhardt, Glenn Dickey & Janine Burkhart**

## NEW PROVIDER JOINS MMH

In an effort to increase access to care for our patients in Osgood, Margaret Mary has added Dr. Amy Glaser-Carpenter to its medical staff. Dr. Glaser-Carpenter will see patients at the Health Center of Osgood, alongside Dr. Thomas DeCilles and Marcy Baumer, PA-C.



*Dr. Glaser-Carpenter*

Seeing patients of all ages, Dr. Glaser-Carpenter diagnoses and treats a variety of conditions ranging from allergies and high blood pressure to anxiety and depression.

Dr. Glaser-Carpenter received her medical degree from the Chicago College of Osteopathic Medicine in Downer’s Grove, Illinois and completed her residency with Community Health Network in Indianapolis. She most recently practiced at San Luis Valley Regional Medical Center in Alamosa, Colorado.

“Dr. Glaser-Carpenter is the daughter of Dr. Steve Glaser, a primary care physician who has been caring for patients in our community for more than 35 years. We are very excited to add her to our medical staff and are certain she will also provide the same compassionate, quality care he has provided for decades,” noted Julie Keene, senior vice president of physician services.

For an appointment, call 812.689.3424.

# "Hospice cared for our entire family."

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Not only can hospice care help patients live more comfortably, it can also decrease the physical and emotional burden on families.

"Many of us had never closely experienced the death of a loved one, so we had a lot of questions," said John Dickey. "Hospice was incredibly responsive to our needs. They not only cared for our parents, but they cared for our entire family. When the end was near and emotions were high, they were precise in preparing us for what would happen next."

On May 22, Donald Sr. passed away with his family by his side. On June 2, just seven days after his funeral, his wife of 67 years, Cathryn, passed away as well.

"Being a nurse myself, I was well aware of what a blessing Hospice could be, but Margaret Mary's Hospice team far exceeded my expectations," said Mary. "I often visited my parents in the evenings. Knowing they were in the care of Hospice when I left gave me the peace of mind I needed to go home and sleep each night."

To learn more about our Hospice services, call 812.933.5125.

## Dr. Schrimpf

This February, Otolaryngologist Robert Schrimpf, MD began seeing



*Dr. Schrimpf*

patients at Margaret Mary's Outpatient and Cancer Center located on Six Pine Ranch Road in Batesville. Also known as an ear, nose and throat (ENT) doctor, he provides medical and surgical treatment to both children and adults. Board certified in otolaryngology, Dr. Schrimpf has been treating patients in the tri-state area for nearly 35 years. As an ENT physician, he commonly treats the following:

- Hearing Impairment
- Ear Infections
- Balance Disorders
- Nasal Cavity Problems
- Tonsillitis
- Swallowing Problems

Dr. Schrimpf received his medical degree from the Loyola University of Chicago Stritch School of Medicine and completed his residency at Tufts University in Boston.

To schedule an appointment, call 812.933.0985.

WELCOME  
ABOARD!

## TIME TO MAKE A CHANGE

After not being able to keep up with her grandkids during a family vacation to Florida in 2012, Rida Meyer, of Delaware, knew it was time to make a change. Newly retired, she and her husband had plans to travel, but unfortunately her weight made vacationing difficult.

"It's not easy to travel when you have to bring along your CPAP and oxygen," said Rida. "I struggled with weight my whole life. I was wearing a size 24 when I finally decided to try HMR. The structure and accountability were just what I needed. It's been almost five years and I now wear a size 8! If I have any regrets, it's that I didn't sign up sooner. Now I have no trouble working in my garden, taking long walks or volunteering at the food pantry."

**Margaret Mary's HMR Weight Management Clinic** is designed for those who want to lose anywhere from 10 to more than 100 pounds.

To learn more or to register for a FREE information session, call 812.932.4670.





# Opioid Epidemic Continues to be One of Biggest Health Crises Facing America

Unfortunately, our community is not alone in the battle to lower substance and opioid abuse. America is in the middle of its deadliest drug crisis ever. At the end of 2015, drug overdoses killed more people in the US than gun homicides and car crashes combined and nearly two-thirds of these deaths were linked to opioids like Percocet, OxyContin, heroin and fentanyl.

At MMH, we're committed to lowering substance abuse in our community and improving outcomes. Along with increased education and awareness programs for youth in each school in Ripley and Franklin Counties, earlier this year we implemented policies and guidelines across all of our practices and facilities to lower the number of prescribed opiate and other controlled substances in our community.

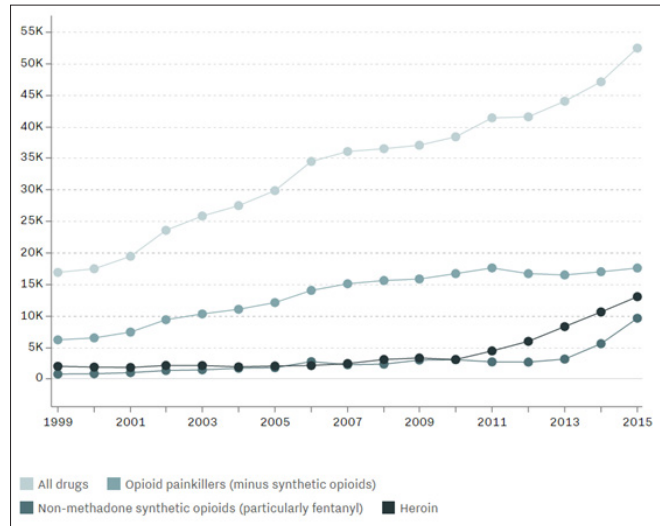
"The decision to change how we prescribe, dispense and monitor opioids was driven by our passion to reduce the potential for prescription drug abuse, which in many cases

is directly linked to future heroin use and addiction," said Tim Putnam, President of MMH. "Identifying the best course

of action to help our patients effectively manage acute and chronic pain can be complex. The risk of dependency increases dramatically for each day someone is prescribed opioids. We are convinced a better and more comprehensive approach to pain management can have a significant impact on the opioid epidemic, addiction and drug overdoses."

To address the drug abuse issue facing our community, the Margaret Mary Health Foundation awarded a grant to provide drug storage lockboxes to local families.

Often prescription medications are left in cabinets and purses, making them easy for children and teenagers to take. We want to make it easier for parents and adults to improve drug safety and ensure prescription medications never get into the wrong hands. To learn more about this and other substance abuse initiatives, call 812.933.5257.



**Drug Overdose Deaths in America**  
Graph source: National Institute on Drug Abuse

## "Dr. Turner really clicked with our children."

After the birth of their third child, Tyler and Elizabeth Powers were contemplating where their children would receive pediatric care. When Dr. Richard Turner, one of Margaret Mary's pediatricians, rounded on the family after Lyle's January 10 birth, they instantly felt comfortable. Elizabeth says, "Each time Dr. Turner stopped by our room, he really seemed to click with our other two children, which made the decision easy to come to Margaret Mary for our children's care."

The Powers have since visited Dr. Turner at his Batesville location several times. "Each interaction has been very positive and pleasant," says Elizabeth. "Dr. Turner is knowledgeable and takes his time with us. I never feel rushed like I've felt at other places." Abigail adds, "Dr. Turner listens to us and lets us help him with our check ups. I really like his fun bow ties and socks, too!"

Elizabeth and Tyler have already recommended Dr. Turner and the pediatrics staff several times. "The girls in the office are great," she says. "They are very sweet, really take their time, and always make sure to ask the appropriate questions."



Levi, 3, Elizabeth, Abigail, 5, and Lyle Powers with Dr. Turner



Margaret Mary is now offering pediatric care every Tuesday and Wednesday at the Margaret Mary Health Center of Brookville. For an appointment at either location, call 812.933.5018.




**MARGARET MARY  
HEALTH**

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**Call 812.933.1600 to schedule your free consultation today.**

## GRATEFUL PATIENT PROGRAM

Many patients express gratitude for their care through kind words or letters of thanks. However, some patients ask for other ways they might be able to share their appreciation for the compassionate care they received at Margaret Mary Health. This is why the Margaret Mary Health Foundation has launched a *Grateful Patient Program*.

The *Grateful Patient Program* provides patients and their families with a meaningful way to thank the physician, nurse or other staff member who played a special role in their care while in the hospital or at an appointment. By making a monetary contribution to the Margaret Mary Health Foundation in honor of a caregiver, you are supporting the programs, services and initiatives which benefit the families we serve. *Grateful Patient Program* brochures can be found at all Margaret Mary Health campuses. To learn more, call 812.933.5141.

