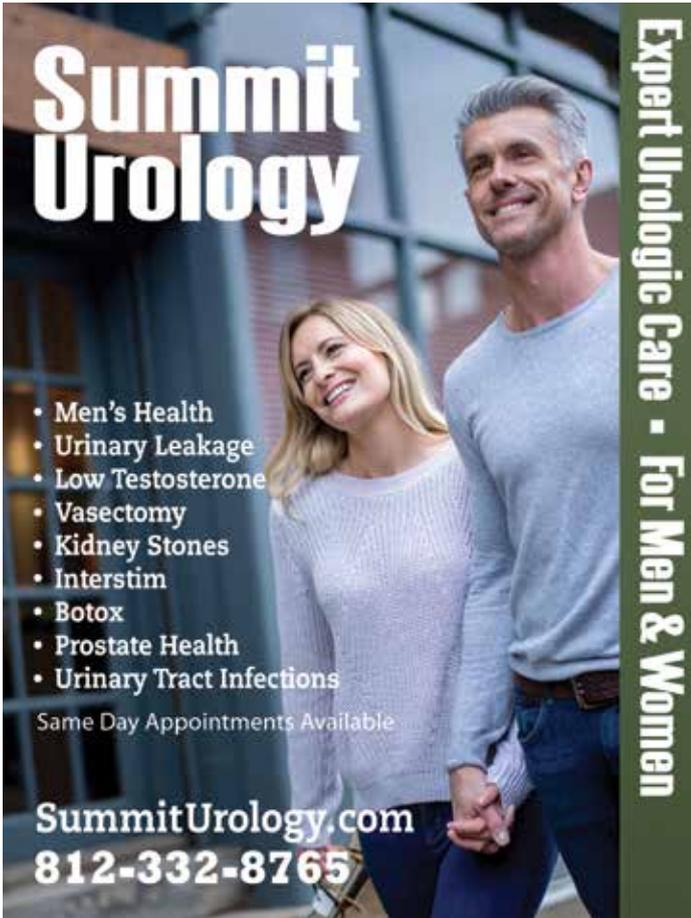


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"Patients benefit from the convenience of having most surgical procedures performed on-site, rather than at a hospital," Elkins says. That's possible because the Bloomington facility includes affiliated surgery and imaging centers with CAT scan, ultrasound, and X-ray equipment. Diagnosis and treatment of kidney stones is a major part of the practice. The clinic also focuses on prevention strategies, including medications, metabolic testing, and dietary modifications.

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Meadowood Takes Holistic Approach to Life

Meadowood Retirement Community is not only a place to live, it's a place to thrive, says activities coordinator Mary Boutain. "We want to ensure people are getting all of their needs met — intellectual, physical, social, spiritual, and emotional," Boutain says. This holistic approach to life, called Lifestyle360, is followed by all Five-Star Senior Living Communities, including Meadowood. More than 200 activities a month are offered to keep people active and provide interesting and thought-provoking programs. Boutain says residents are self-motivated and often organize events and classes.

A monthly lecture series features speakers from Indiana University and elsewhere who discuss current events and topics of interest to residents. Monthly "armchair travel" lectures give residents and friends a chance to share travel experiences. IU foreign policy experts come to discuss timely public policy issues. With a focus on body, mind, and spirit, mindfulness meditation is offered three times a week, and there are opportunities to join in spiritual fellowship with residents and guest speakers from a variety of faith backgrounds.

Meadowood residents can stay as active as they'd like through a host of physical activities, from exercise classes and adaptive yoga to line dancing, says Boutain. Social activities are planned for those who like to sing, knit, write, create artwork, as well as play cards, pool, and board games. Residents frequently go on nearby and more distant field trips — and special mystery trips with surprise destinations.

"We really try to help people stay well, be healthy, and stay active and engaged by hosting a variety of activities that feed the whole person," says Boutain.

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Treat Your Feet

Spring is here, the beach is calling, and sandals are coming out of the closet. All of this means an appointment at Bloomington Podiatry Centre may be in the offing. “People want to wear sandals to the beach and elsewhere, and they want their feet to look nice,” says Dr. Michael Hoffman, one of two podiatrists at the centre. While many people may have seen television ads for topical toenail fungus cream, Dr. Hoffman says his practice has received excellent results using laser treatments to treat thick, discolored, and brittle nails.

“It’s not just cosmetic, but a medical necessity we have to get under control,” Dr. Hoffman says. Effective treatment consists of passing the laser over infected nail beds three times for 2–3 minutes each, with the third time being free.

Taking care of your feet is important year-round, but summer brings its own concerns. Dr. Hoffman cautions everyone, especially those with foot problems, to avoid wearing flip-flops and other sandals without good support.

Dr. Hoffman and Dr. Gene DeVane offer 52 years of combined experience and treat all types of foot conditions, including diabetic wounds, plantar fasciitis, fractures, athletic injuries, arthritis, and arch and heel pain.

The practice is well-known for minimally invasive surgery involving incisions of less than one-quarter of an inch. This surgery is more cost-effective, carries a lower infection risk, and allows for minimal scarring and a speedier recovery, Dr. Hoffman says.

“All of medicine is going in this direction,” he adds. “We’re very conservative about when surgery is needed. We use it as a last resort.”

Hearthstone Offers Parkinson’s Program

Because Hearthstone Health Campus’ most important goal is to help residents be as independent as possible, it offers an innovative program to fight Parkinson’s disease. Lee Silverman Voice Treatment BIG and LOUD programs promote strength, motor learning, and changes in brain function and enhance both the voice and speech of individuals.

Hearthstone is the only senior living facility in the Bloomington area offering the rehabilitation program says Josh Dodds, Hearthstone executive director. The residential facility at 3043 N. Lintel Dr. offers assisted living, long-term care, short-term rehabilitation, skilled nursing care, outpatient care, and physical, occupational, and speech therapy. Hearthstone and Stonecroft Health Campus, 363 S. Fieldstone Blvd., are among 100 senior living facilities operated by Trilogy Health Services.

Dodds says patients who use BIG and LOUD have shown improvements in motor functions, including faster walking with bigger steps and improved balance, vocal loudness, speech intelligibility, and facial expression. “The program staves off the progression of Parkinson’s and keeps them mobile, active, and independent longer than if they didn’t do anything,” he says. “We’ve had some really good outcomes and success with people who have gone through it.”

The four-week, 16-session program, available for outpatients or residents, focuses on helping people make big, exaggerated movements. Patients receive individual, one-hour sessions taught by certified clinicians. “The goal is to get them more functional in their daily activities,” says Jennifer Freeman, therapy program director. “It’s helpful at any stage of the disease, but the earlier, the better. We’re believers in it.”

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Bloomington is Dr. LaFollette's hometown. He's a graduate of Bloomington High School South and DePauw University. After earning his medical degree at the Indiana University School of Medicine in Indianapolis, he wanted to come back to Bloomington to work with his father, Dr. James LaFollette, and did so until his father's retirement in 2009.

"I wanted to work for a medical group that's invested in the community," Dr. LaFollette says. "We are independent physicians, some of whom grew up here and have returned to practice in Bloomington, who are dedicated to providing quality health care to community members. Health care is constantly changing, but if you always provide quality care for patients, that's what is most important."

Premier Healthcare started in 1972 as Internal Medicine Associates. Expanded in 2010 to include other health care specialties, Premier now has more than 50 physicians specializing in all facets of internal medicine, as well as family medicine and surgical specialties. Premier Healthcare, which serves patients from Bloomington and



Dr. Christopher LaFollette. Photo by Stephen Sproull

surrounding counties, remains the largest multi-specialty group in southern Indiana, with offices throughout Bloomington and outreach clinics in surrounding communities.

Dr. LaFollette lives in Bloomington with his wife, Julie, and daughter Elaina. He says he enjoys taking care of community members he met through school and extracurricular sports while growing up in Bloomington. "There's a true community feel to our practice," he says. "That's a key part of our entire group."

Premier Healthcare also provides health care services for community initiatives. For many years, its physicians and nurse practitioners have organized and conducted annual pre-participation physicals and screening echocardiograms for local student athletes at Bloomington High School North, Bloomington High School South, and Edgewood High School.

"We want to be an important part of delivering health care in the community," says Dr. LaFollette.



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Helping Hands, A Friendly Voice

Comfort Keepers is a locally owned and operated home health company that focuses on “interactive caregiving,” says Marketing Director Stacey Goffinet. Comfort Keepers can provide an extra set of hands in the kitchen, a trip to the doctor’s office, assistance with everyday housekeeping, or supportive dementia care.

“Many of our clients are living with memory care issues and enjoy the benefits of some extra help to remain living safely at home,” Goffinet says. “In-home care is a viable, cost-effective solution for those who may need assistance to keep them independent.” When services are requested, a registered nurse visits the client in the home and a personalized care plan is created to meet the client’s needs. Assistance isn’t limited to help in the home. Caregivers lead seniors in activities such as daily walks through the neighborhood, park, or store, or assist seniors in gardening, cooking, dancing, or other simple daily tasks that contribute to health and fitness.

Comfort Keepers works to ensure seniors receive proper nutrition, increasing seniors’ physical, emotional, and mental well-being. A proper diet provides energy and nutrients necessary to maintain healthy bodies and good spirits, Goffinet says. This enables seniors to keep their minds active, engaged, and interested in the many things life has to offer.

Comfort Keepers has won the Readers’ Choice Award for best home health agency for four years from *The Herald-Times*. “We work hard to find the best match between client and caregiver in terms of age, demeanor and skill set,” Goffinet says. “We want clients to have the best possible experience.”

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Monroe Hospital

Expands Services to Increase Care



(above) Dr. Brian Murphy, M.D., M.S. Photo by Stephen Sproull

Monroe Hospital is on the move, expanding services, adding medical staff, and continuing to advance the personalized care to the community.

A new service line the hospital offers is hip and knee procedures performed with a highly advanced robotic technology called MAKOplasty. “Monroe Hospital is the first facility to offer MAKOplasty robotics in Indiana,” says Dr. Brian Murphy, an orthopedic surgeon affiliated with Monroe Hospital.

The surgically controlled robotic arm enables doctors to accurately align and place implants and to personalize partial knee and total hip replacements. “Accuracy is key in planning and performing both partial knee and hip procedures,” Dr. Murphy explains. “For a good outcome, you need to align and position the implants just right. The system allows us to achieve optimal results at a level of accuracy and reproducibility previously unattainable.”

Monroe Medical Group Family Practice on Landmark Avenue, a multi-specialty group affiliated with the hospital, is also working to improve its services by recently

hiring three nurse practitioners, and all are accepting new patients. Walk-ins are welcome and evening hours are available.

“All our nurse practitioners provide sick- and well-visits and personal care daily to their patients,” says Shelly Figg, MMG practice manager. “We are growing by leaps and bounds, and our nurse practitioners are eager to be the best primary care providers.”

The three new nurse practitioners are Christopher Lambert, Kathryn Gramlich, and Heather Anderson. Lambert, a family nurse practitioner with a background in neuro-critical care, sees children 1 year and older. Gramlich, a family nurse practitioner, concentrates on women’s health. Anderson, previously an instructor at Ivy Tech Community College—Bloomington, has a background in emergency medicine, family practice, and women’s health. All three practice at Monroe Primary Care—Landmark Avenue.

Monroe Hospital plans to open the Monroe Hospital Wound Healing Center, across from the hospital, at 4011 S. Monroe



(top) Debbie Hermann, MSN Wound Care. Photo by Stephen Sproull

(center row, l-r) Heather Anderson, NP-C – Family Practice; Kathryn Gramlich, NP-C – Family Practice / Women’s Health; (left) Christopher Lambert, NP-C – Family Practice. Courtesy photos

Medical Park Blvd., by early summer. Debra Hermann, MSN, center director, says treatment and recovery care will be provided for many different types of wounds, including but not limited to malignant ulcers, pressure ulcers, diabetes foot ulcers, and neuropathic wounds. Two physicians offering care will be Dr. Matthew Parmenter, a podiatrist certified in wound care, and Dr. Cam Gabrielsen, a general surgery specialist.

One available treatment method will be hyperbaric oxygen therapy (HBO), a medical treatment that enhances the body’s natural healing process through inhalation of 100 percent oxygen in a total body chamber where atmospheric pressure is increased and controlled. The center, which will have two hyperbaric therapy chambers and five exam rooms, also will offer classes on diabetes and smoking cessation.

“We’re all working really hard and cooperatively,” says CEO Phillip Lowe, “to change our culture and to make us shine above the rest.”



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Have trouble handling stress? Feel that knot in your shoulders? Arthritis pain plaguing you? Regular massage can provide relief says Ashley Lirot, massage therapist with 10 Salon & Spa, located at 601 N. College, Suite 4, in the Tenth & College campus. The full-service, high-end salon offers cuts, color, styling, and spa treatments for both men and women.

“People often come in for massages only when they have discomfort in one area, hurt themselves, or strain muscles,” Lirot says. But receiving treatments once a week — or at least once a month — can provide the full benefits of massage. “Aside from relieving muscle aches and headaches, massage can relieve stress and help with arthritis pain,” Lirot says. She adds that massage can also increase circulation and reduce blood pressure.

Lirot has been a massage therapist since 2008. She joined 10 Salon & Spa in January 2015, providing Swedish, deep tissue, hot stone, and pre-natal massages. Swedish massage, with its light, slow touch and smooth strokes, offers clients a relaxing experience. Deep tissue massage works underlying muscles with harder pressure to soothe strained muscles, neck tension, and pesky knots. Hot stone massage incorporates the use of warm stones on the client’s back and in the therapist’s hands. Expectant mothers are made more comfortable during pre-natal massage with the use of body pillows. Lirot uses aromatherapy, soothing music, and dimmed lights to create a tranquil atmosphere. “I like to make clients feel relaxed and to help relieve their stress,” says Lirot. “I find massage, while I’m doing it, relaxes me, too.”

For more information, visit 10salon.net or call 812-339-1010.