

## A Half-Century of Trusted Senior Health Care

Short-term rehabilitation services and long-term nursing care provided by experienced and compassionate staff have been the hallmarks of Garden Villa Bloomington for more than 50 years. The health care center, with new administrator Keith McKee, is undergoing major remodeling to create an Italian-themed lobby and activities area for seniors to enjoy social and creative time.

"Having opened the facilities 50 years ago, we are constantly trying to make a better experience for residents," said Lee Marchant, owner of Garden Villa in Bloomington and Bedford. "Patients are our number one priority, and we have very dedicated nurses and certified nursing assistants. The most important thing for our residents to know is the person caring for them truly cares."

Garden Villa has 224 beds at 1100 S. Curry Pike in Bloomington, and 190 beds at 2111 N. Norton Lane in Bedford. Both centers are well-known for offering comprehensive therapy programs, providing specialized services in Memory Care units for seniors with Alzheimer's or dementia, and supervising seniors' physical activity at Senior Flex facili-

ties. In Bloomington, seniors can also use the HydroWorx therapeutic pool for aquatic therapy, water exercises, and swimming.

For a minimal fee, seniors in the community may also use Senior Flex for access to workout equipment and, in Bloomington, the pool. Senior Flex is fully staffed and seniors are monitored while exercising. "It's meant to be a place where seniors can feel comfortable exercising," says Julie Lewis, Garden Villa public relations director. "Any senior in the community may exercise here. We support a healthy and active lifestyle."

Whether residents are staying long-term or receiving short-term therapy, Lewis stresses that care provided at Garden Villa is individualized to suit seniors' needs. They are offered physical, occupational, and speech therapy. Seniors can stay at Garden Villa to recover from surgeries or strokes or when they need rehabilitation services. "After any significant health care event that changes activities of daily living, we are very capable and excel at returning people to their homes as quickly as possible," Lewis adds. "We



(l-r) Beth Underdahl-Pierce, Mary VanCleave, and Stephanie Leonard. Photo by Martin Boling

work with patients' primary care physicians and medical specialists to formulate a plan for their recovery."

Garden Villa also offers an adult day program to provide seniors with a safe and secure environment when caregivers are away, and respite care when caregivers need temporary relief. For more information, visit [gardenvillahealth.com](http://gardenvillahealth.com).

*A guide to navigating local health care and beauty solutions*

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## Changing Lives 10 Weeks At A Time

A unique culture of support and accountability at Farrell's eXtreme Bodyshaping pushes students to work hard and find strength to reach their goals, says co-owner Pam Green. The Bloomington facility, opened by Green and Teresa Geary in July 2015, offers a 10-week fitness challenge with kickboxing, strength-training, nutritional guidance, and personal coaching. Nationwide, founder Lance Farrell has opened more than 60 locations since 2001. Columbus is the only other Indiana site.

"It's a challenging program," says Green. "When others are going through the same thing, you form a common bond." She says Farrell's students often praise the relationships they develop, support they receive, and accountability instilled in them. "Everybody who works here goes through the 10-week program, so this helps create a unique culture," she says. Participants take 45-minute classes up to six days a week at the 430 S. Landmark Ave. facility. Derived from martial arts, kickboxing classes are high-intensity cardio workouts designed to burn fat and build endurance by using heavy bags. Separate strength-training classes, using resistance bands, are offered every other day.

Coaches work out with students to provide support in instructor-led classes, offered six times daily. They get nutritional advice before the program begins and turn in food logs to pinpoint diet opportunities, Green says. After the 10 weeks, participants can join Farrell's Infinite Transformation (FIT) program and take additional classes. "We're trying to build lifelong habits that are sustaining. If people follow the program, they're going to get results." For information, visit [fxbbtown.com](http://fxbbtown.com).

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# Rejuvenate, Restore Your Natural Beauty

Restoring clients' natural youthful beauty motivates Heather Barkley to offer state-of-the-art aesthetic medical care with the utmost attention to safety and customer satisfaction. "I feel very passionate about aesthetics and providing cosmetic services that make clients feel more radiant and beautiful," says Barkley, owner of ProGenics Medi Spa.

ProGenics, located at 1455 W. Second St., offers a boutique experience, tailor-made to meet clients' needs, that indulges the senses, revives the body, and soothes the soul, she says. Barkley is committed to providing customized and affordable treatments and strives to offer a personal touch that inspires clients to refer their friends and family.

Barkley, a registered nurse for nearly 25 years, started ProGenics in 2015 as an independent business in partnership with Plastic Surgery Associates of Southern Indiana, owned by Drs. Alan Wise and William Weber, the only two plastic and reconstructive surgeons in Monroe County for more than 25 years. "ProGenics works on the quality of the skin, and we work on the quantity of it," says Dr. Weber. "We listen to what bothers our patients and then give them options. We aspire to deliver an outcome which is realistic and hopefully beyond their expectations." Dr. Wise adds they seek to rejuvenate patients in a way that's natural, so it doesn't look like they've had surgery.

Drs. Wise and Weber provide a full range of cosmetic procedures for the face and

body, including liposuction, as well as breast reconstructive and augmentation procedures. Barkley specializes in body contouring through Coolsculpting, which is an external procedure, and in some cases, an alternative to internal liposuction. She says she is the only person in the Bloomington area who has completed advanced training at Coolsculpting University in Washington D.C. Barkley has certificates in Harmony Elite laser treatments and Skin Pen 2 procedures. She uses medical grade therapeutic skin solutions, such as ZO chemical peels, and provides laser treatments for pigmented skin spots, vascular imperfections, and hair removal.

Barkley enjoys working in concert with Drs. Wise and Weber, who are board certified plastic surgeons. "I would use them in a heartbeat because they have proven over and over to me that they are experts in their field," she says. Both practices refer patients to each other, depending on patients' needs. For more information, visit [progenicsmedispa.com](http://progenicsmedispa.com) and [indianaplasticsurgery.com](http://indianaplasticsurgery.com).



(l-r) William Weber, M.D.; Heather Barkley BSN, RN, CRNI; Alan Wise, M.D.. Photo by Martin Boling

# Healthy Oils, Balsamic Vinegars

Fresh, top-quality olive oils and balsamic vinegars sold at The Olive Leaf provide many health benefits that co-owner Linda Armes feels are important to offer customers. The store, located at 879 S. College Mall Road, has an exclusive agreement with Veronica Foods Co., based in Oakland, California, to distribute its oils and vinegars. "The olive oils are super fresh. Every six months, we get a new batch of oils that are pressed within four hours of being harvested, and shipped within a couple weeks," says Armes, who owns the store with Lisa Hornbrook.

The Olive Leaf always has six single-varietal oils available, ranging in intensity from mild to robust. The more robust the oils, explains Armes, the higher their level of polyphenols that are good for heart health and lowering cholesterol. But she says even milder, less peppery oils are also heart-healthy. The store sells 15 flavored olive oils, including garlic, basil, chipotle, and lemon. They are infused with the actual food or spice and contain no artificial flavors, colors, preservatives, or added sugars.

The balsamic vinegars, which come in 25 flavors, are imported from Italy by Veronica Foods, whose owner does the flavoring. They are aged up to 18 years, which allows them to get thicker and more naturally sweet. These vinegars help with digestion and acid indigestion, reduce heart attack risk, and help control diabetes, Armes says. "We encourage people to come and taste our oils and vinegars and enjoy the many health benefits they provide," she adds.

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# Focus On Customer Service

Comfort Keepers' focus is always on providing the best possible service to clients and offering them compassionate, dependable, and interactive care. "What sets us apart is our customer service," says Stacey Goffinet, marketing director. The agency, located at 4101 E. 3rd St., employs 200 caregivers who assist clients in Monroe, Bartholomew, and surrounding counties.

Since 2008, the home health care agency has been locally co-owned and operated by Doug Johnson and Ann Harrison, a registered nurse. It is a five-time winner of *The Herald-Times* Readers' Choice Award for best home health agency. "Our owners live within three minutes of the office," says Goffinet. "They're hands-on and involved in every aspect of the company. That makes a big difference and increases the accountability of everyone who provides services for clients."

Caregivers help seniors get proper nutrition and give personal attention to their physical, emotional, and mental well-being, adds Goffinet. They also do creative, interactive projects with clients. Caregiver Martha Mitchner, for example, worked for two weeks with a client making two intricate paper dolls from newspapers. Caregivers also volunteer with Safe at Home Day, Area 10 Agency on Aging, and the Alzheimer's Association's Memories in the Making program. Comfort Keepers works closely to match clients with caregivers, who go through state and federal background checks and are insured, bonded, and CPR certified. They receive ongoing training in caring for people with Alzheimer's and dementia. "We meet with families to ensure that this difficult time goes as smoothly as possible," Goffinet says.

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## Community Connections Important To Stonecroft

Stonecroft Health Campus values and cultivates its connections to the Bloomington community with an emphasis on educating the public about the importance of stroke prevention and recovery. The health center and residential facility on Bloomington's southwest side regularly offers community stroke education classes free to the public, says Josh Dodds, senior executive director for Stonecroft and for Hearthstone Health Campus, located on Bloomington's northwest side. Both communities are operated by Trilogy Health Services, a provider of senior health and hospitality services. "We're trying to be involved in the Bloomington community as much as possible," he says. "We have a duty to be a community partner by focusing on community outreach and charitable giving."

The one-hour classes, followed by dinner, are geared to pre- and post-stroke issues. Topics discussed are good nutrition, stroke symptoms, rehabilitation, medications, and the impact of strokes on families. The next class will be offered April 26 at Stonecroft, 363 E. Fieldstone Blvd. Those interested should contact Stonecroft in advance, but walk-ins are welcome. The classes are part of Stonecroft's community outreach, which also includes canned food drives in partnership with Mother Hubbard's Cupboard and Van Buren Fire Department.

Stonecroft's objective, explains Dodds, is to be a primary source for senior care. The facility, with 93 beds and a state-of-the-art therapy gym, offers a full continuum of care, including assisted-living facilities, skilled nursing, short-term rehabilitation, long-term care, respite care, outpatient therapy, and "prehab" therapy before joint surgeries. For information, visit [stonecrofthc.com](http://stonecrofthc.com) or call 812-825-0551.

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# Helping Patients Exercise, Improve Diets



(left) Christie Borders. Courtesy photo (right) Carol Martin. Photo by Martin Boling

Chiropractor Aaron Mobley spends a lot of time treating his patients' chronic back pain and other debilitating injuries at his Indiana Chiropractic and Rehab office. But he also provides a unique exercise and nutrition program to help them lead healthier, happier lives. "We're really passionate about helping our patients make lifestyle changes," says Dr. Mobley, co-owner with his wife and office

manager, Jennifer, of the Bloomington practice for 11 years. "We have such a huge population of patients who want to change their lifestyles. I was dealing with them individually, so I thought, 'why don't we develop a program for them?'"

In 2010, he started his TruFit program for patients and others wanting these services. Typically, he takes on five or six patients during the 15-week program. He offers cardio, strength-training, and range-of-motion exercises, for individuals or small groups, three or four times weekly at fitness facilities, outdoors, or in his office at 2901 N. Walnut. "Chiropractic care focuses on health and wellness of the entire

body," he explains. "Part of that includes a healthy diet, regular exercise, and regular adjustments and proper alignment of your spine and body."

Christie Borders, the practice's clinical nutritionist, provides nutrition and wellness consultation, personalized long-term nutrition packages, culinary and grocery shopping education, and group workshops. "I take

a holistic approach, and not only focus on physical well-being, but consider multiple factors, including lifestyle and environmental, that contribute to overall wellness, as well as mental and spiritual health," says Borders. She helps patients lose weight; manage insulin resistance, high cholesterol, or hypertension; and deal with other nutritional needs.

Dr. Mobley, a licensed and board-certified chiropractor and former college athlete who has done personal training, says he uses his knowledge and skills to provide a broad perspective on creating lifestyle changes for his patients. Carol Martin, a Bloomington native, is an example of those changes, thanks to the TruFit program she and her husband, Ike—a chiropractic patient of Dr. Mobley—began in 2013. She made significant dietary improvements and follows his exercise program, even taking 10-mile walks with Dr. Mobley, all resulting in a 107-pound weight loss. "It has changed my life so much," says Martin. "I don't need my blood pressure medicine. Everything is so much easier for me. It's just been amazing."

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## Creating Alzheimer's Friendly Businesses

Home Instead Senior Care is spearheading a public education program, providing free training for employees of local businesses to create a welcome and safe environment for people with Alzheimer's disease or dementia. The Alzheimer's Friendly Business program was developed by national Home Instead Senior Care, which offers services to help seniors stay active and independent. Training is geared to businesses serving the public, like restaurants, groceries, utilities, and pharmacies, says Rebecca Nunley, business development manager of Home Instead Senior Care in Bloomington. Businesses with at least 10 percent of employees completing the training receive certificates and window decals showing they are Alzheimer's Friendly Businesses.

Last fall, the agency began providing the 30-minute training in partnership with Jill's House, IU Health, Heart to Heart Hospice, and Autumn Hills. Training is offered at businesses or online, helping staff better understand Alzheimer's and manage communication barriers, and giving suggestions for interacting with people with dementia. The aim is for customers and caregivers to feel more at ease knowing trained employees will treat them with greater sensitivity.

"Dementia carries such a strong stigma that people sometimes feel alienated and left out of the community," says Nunley. "This program helps bring more awareness of what they're going through and helps include them in the day-to-day life of our community." Since last fall, Cozy Table Restaurant, Cloverleaf West Family Restaurant, Sweet Grass Restaurant, and Smithville Communications in Bloomington, and Crowder's Healthcare Pharmacy in Bedford have been certified. Businesses can call 812-961-2222 or visit [alzheimersfriendlybusiness.com](http://alzheimersfriendlybusiness.com).

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## Fast 'Rehab-to-Home' Program

The Health Pavilion at Meadowood Retirement Community has undergone a complete renovation to accommodate the new state-of-the-art "Rehab-to-Home" program that will begin this spring. "The goal of the program is a quick recovery with quick results," says Rehabilitation Director Angela Latiolais, and is designed for patients recovering from injuries, surgeries, or hospitalizations, or those who need short-term rehabilitation before returning home. The objective is a two to three week stay.

The pavilion will have 22 private suites, room service for meals, a 24-hour bistro, therapy gym, Wi-Fi, and offer massages and other amenities. "The space is beautiful and functional. Our entire staff is excited about it," says Latiolais.

"It will be an intensive rehabilitation program with considerable time with physical, occupational, and speech therapists. An individualized treatment program will be developed based on personal assessments," Latiolais says. "This unit also creates one place where therapists can work with a small community of people who have the same goals in mind. Meadowood will be the only skilled nursing facility in Bloomington with this unique approach to rehabilitation."

After their stay at Meadowood, patients may continue rehabilitation as outpatients, if necessary. They also will be provided with information on staying safe in their homes. "We are gearing their assistance toward restoring the abilities they previously had to take care of themselves and to participate in community and other activities they enjoy," says Latiolais. To pre-book a stay or to learn more, contact Leslie Miller at 812-336-7060.

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