

WINTER 2025

HEALTH



FOCUS

A Letter from Keith Miller
Chief Administrative Officer

Foundation Impact Report

A Note From Our CAO and Indiana Region President

Hello, and Happy New Year! As you may be aware, Memorial Hospital and Health Care Center joined the Deaconess Health System on February 1, 2024. It has been a busy year with lots of changes and new growth opportunities for Memorial Hospital and the Deaconess Health System. As Deaconess quickly grew and expanded, regions were created where hospitals work together as teams to share resources and knowledge to better serve our patients. Memorial Hospital is part of Deaconess' Indiana Region, which currently includes Memorial Hospital and Deaconess Gibson Hospital in Princeton. Memorial Hospital has been designated the hub in this region. I am proud and humbled to serve as the Chief Administrative Officer at Memorial Hospital, and as Indiana Region President for Deaconess Health System.

As we look ahead in this new year, we are excited at the new opportunities and continued growth that await us.

- Memorial Hospital has partnered with Evansville Surgical Associates to co-recruit and employ three surgeons to join Memorial Surgical Associates beginning in April 2025 and September 2025.
- Work continues on integrating Memorial Hospital into the Deaconess Health System including their website and electronic health system (MyChart), which will give patients more information and access to services.
- Continued growth of specialty offerings at Memorial Hospital to help keep patients 'closer to home'.
- Most importantly, the staff and providers at Memorial Hospital are committed to maintaining the same quality, excellence, and faith-based care and continuing our mission, "Christ's healing mission of compassion empowers us to be for others through quality and excellence."

Thank you for your continued trust in us.

I wish you many blessings for health and happiness in 2025.



Keith Miller

Chief Administrative Officer
and Indiana Region President



Keeping you closer to home

Dialysis is Now Available to Hospitalized Patients

When you or someone you love requires hemodialysis while hospitalized, you can now receive your care at Memorial Hospital and Health Care Center. Our newly constructed inpatient dialysis suite consists of four bays where patients can receive treatments.

Our highly skilled nursing staff is specially trained in dialysis care and provides 24/7 coverage for inpatient hemodialysis treatments. Nephrology, along with other allied health professionals and physicians, are always available to assist and manage treatment.



What is Dialysis?

Dialysis is a treatment that removes waste products and extra fluid from the blood when kidneys can no longer function properly. It can be used for an acute phase of kidney injury to assist kidneys in recovery or for advanced kidney failure to help patients live active lives.

CONGRATULATIONS TO OUR TEAM for achieving Magnet *with Distinction* Recognition®!

- ✓ Elite level of nursing excellence
- ✓ Highest standards of evidence-based practice
- ✓ Optimal patient outcomes and satisfaction
- ✓ Strengthened hospital-community bonds



Help with Osteoporosis

Osteoporosis is a disease of the bones that causes them to become weak and increases the chances of fractures. By 2025, experts predict that osteoporosis will be responsible for approximately three million fractures and \$25.3 billion in costs annually.

In an effort to decrease the amount and risk of fragility fractures caused by osteoporosis, Memorial Orthopaedic Associates is now offering Bone Health Services, which uses a combined approach of dietary, lifestyle, and medication to increase and build a person's bone health and decrease the risk of fragility fractures. This service is for those who have been diagnosed with osteoporosis, have concerns of developing the disease, or have a history of fragility fractures.



1 in 2 Women and 1 in 4 Men over the age of 50 will break a bone due to Osteoporosis



Memorial Orthopaedic Associates

For more information, please call
812-996-5950

Online Scheduling Now Available!

Mammograms and Bone Density (DEXA) Scans

More information is available on our website.
mhhcc.org/shedule-now/



Bladder Health

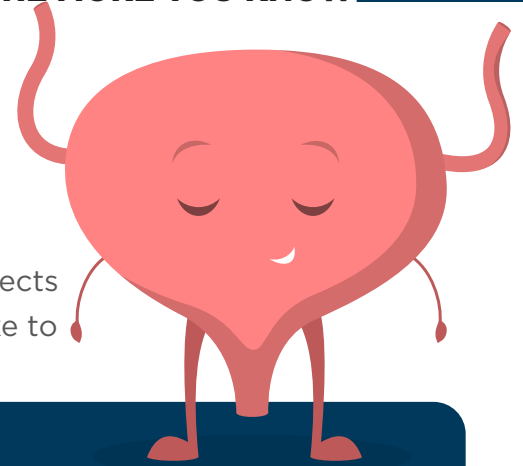


By Niall Harty, MD

Memorial Urology Associates

As people get older, the bladder changes.

While you can't control everything that affects your bladder, here are 12 steps you can take to keep it as healthy as possible:



1. Use the bathroom often and when needed. Try to urinate at least once every 3 to 4 hours. Holding urine in your bladder for too long can weaken your bladder muscles and make a bladder infection more likely.

2. Take enough time to fully empty the bladder when urinating. If urine stays in the bladder too long, it can make a bladder infection more likely.

3. Wipe from front to back after using the toilet. Women should wipe from front to back to keep gut bacteria from getting into the urethra. This step is most important after a bowel movement.

4. Do pelvic floor muscle exercises. Pelvic floor exercises, also known as Kegel exercises, help strengthen the muscles that hold urine in the bladder. Exercising these muscles daily can help keep urine from leaking when you sneeze, cough, lift, laugh, or have a sudden urge to urinate and can help empty the bladder.

5. Wear cotton underwear and loose-fitting clothes. Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.

6. Exercise regularly. Physical activity can help prevent bladder problems as well as constipation.

7. Keep a healthy weight. People who are overweight may be at higher risk for leaking urine.

8. Drink enough fluids, especially water. In general, drink enough fluids so that you need to urinate every few hours. Some people need to drink less water because of certain conditions, such as kidney failure or heart disease. Ask your health care provider how much fluid is healthy for you.

9. Limit alcohol and caffeine. For many people, drinking alcohol can make bladder problems worse. Caffeinated drinks (like coffee, tea, and most sodas) can bother the bladder and increase symptoms such as frequent or urgent need to urinate. Cutting down may help.

10. Avoid constipation. Too much stool built up in the colon, called constipation, can put pressure on the bladder and keep it from expanding the way it should. Eating plenty of high-fiber foods like whole grains, vegetables, and fruits, drinking enough water, and being physically active can help prevent this from happening.

11. Quit smoking. Bladder problems are more common among people who smoke. Smoking can also increase the risk for bladder cancer. If you smoke, take steps to quit.

12. Know your medications. Some medications may make it more likely for your bladder to leak urine. Medications that calm your nerves so you can sleep or relax may dull the nerves in the bladder, and you may not feel the urge to go to the bathroom.

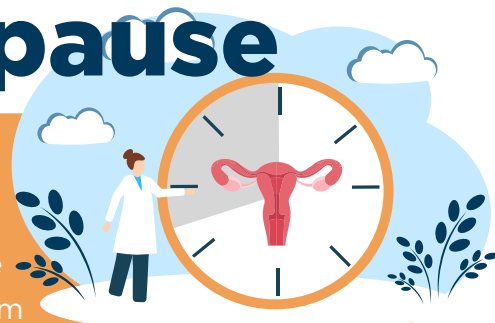
What is a Peri/Menopause Clinic?

Memorial Urology Associates now offers a Peri/Menopause Clinic to better assist women with the gradual transition to menopause. A Peri/Menopause clinic uses a combination of lifestyle, therapy, medication, and menopausal hormone therapy to improve women's health. Left untreated, prolonged estrogen deficiency can have a severe detriment on a patient's quality of life and even cause premature death when considering higher rates of osteoporosis and cardiovascular disease. **Lisa Letterman, PA-C, MSCP** will help women manage their concerns related to perimenopause or menopause.



What is Perimenopause?

Perimenopause is the gradual transition from the reproductive years to menopause that can begin up to 10 years before a woman reaches menopause. It can be associated with shorter menstrual intervals, irregular menses, night sweats, hot flashes, and other symptoms. In some women, these symptoms are troublesome enough to need medical intervention.



Memorial Urology Associates

For more information, please call
812-996-5850

Missing out on the Conversation?

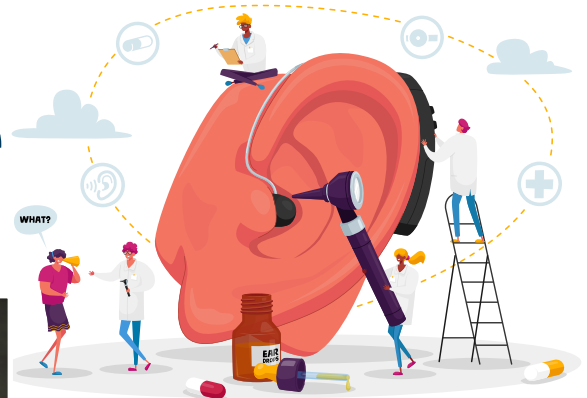
Do you find yourself missing out on conversations because you can't understand what is being said? Do you suffer from ringing in your ears or other auditory disorders? Memorial Hospital and Health Care Center has added three clinical audiologists to its staff to provide patient-centered care in the prevention, identification, diagnosis and evidence-based treatment of hearing, balance, tinnitus, and other auditory disorders of people of all ages. Hearing services include hearing evaluations, adult and pediatric hearing aid fitting and management, and custom hearing protection and water precautions.



Rachel Ackerman,
Au.D., CCC-A



Michelle Brown,
Au.D., CCC-A



Madeline Sermersheim,
Au.D., CCC-A

Providing hearing services for newborns through adults

Memorial Audiology Services

For more information, please call
812-996-0227



Memorial Surgical Associates and Evansville Surgical Associates Team Up

Memorial Hospital and Evansville Surgical Associates (ESA) have partnered to provide local surgical services at Memorial Surgical Associates in Jasper. ESA currently provides surgeons on Mondays to handle general surgery, breast biopsies, and gastrointestinal cases while also assisting in the recruitment of full-time surgeons for Memorial Hospital.

“ESA is excited to partner with Memorial Hospital,” said Justin D. Harris, CEO of ESA. “We look forward to working with hospital leadership to bring on additional surgeons in the near future.”

In January, Memorial Hospital announced two surgeons would join Memorial Surgical Associates in April 2025 and September 2025, pending approval by the Board of Directors. Mindy Lane, DO, FACOS, FASMB, ACC brings over 20 years of surgical experience and will serve the community full-time through ESA-Jasper. Harris noted, “Dr. Lane’s leadership and expertise will be instrumental in advancing program development at Memorial Surgical Associates.”

Dr. Lane most recently served at University of Michigan Sparrow Health as Department Chair of Surgery and Medical Director of the Bariatric-Obesity Center.

Esther Kim, DO is currently completing her general surgery residency at Tower Health Reading Hospital. “Dr. Kim is a dedicated and high-quality surgeon who is excited to join the medical staff and connect with the Jasper community. We’re eager for her arrival,” said Harris.

To schedule an appointment at
**Memorial
Surgical Associates:**

call | **812-996-6580**

location | **Medical Arts Bld.
Suite 220
721 W. 13th St
Jasper, IN**

See how Memorial Hospital Foundation has supported patients, programs and our community last fiscal year



\$1,596,645.66



Total Dollars Raised

29



Healthcare Scholarships Awarded

1,074

Total Donors



8

Counties Served

540

Caregiver Donors



2,000

Stop the Bleed Kits Distributed to Local Schools



10,576

Patient Assists



18,077

Gifts Received

THANKS TO YOUR GENEROUS DONATIONS, WE WERE ABLE TO PROVIDE...



\$216,199

Patient Assistance

Medications, Screenings/Procedures, Palliative Care, Transportation, Diapers
Bill Relief, Grocery Cards, Medical Equipment, Mary Potter Medication Resource Center



\$199,999

Hospital Advancements

Facility upgrades throughout the hospital including state-of-the-art equipment in Anesthesia, Radiology, Emergency and Trauma Services, Heart Services and Security Alarms



\$197,620

Community

Scholarships, Hope Garden, AEDs, Student Housing, Health and Wellness Programming, Stop the Bleed Kits, EMT Courses and Estate Planning Services



\$175,608

Caregiver Resources

Caregiver Emergency Assistance, Career Development, Recruitment and Retention, Mary Potter Blessing Box, Team Building, Team Rewards and Support

...and More

A Generous, \$6.25M Gift

Memorial Hospital Foundation Receives \$6.25 Million Gift From the Little Company of Mary Sisters - USA

In September 2024, the Memorial Hospital Foundation received a \$6.25 million gift from the Little Company of Mary Sisters - USA, marking the largest charitable donation the Foundation has ever received.

The funds were used to establish an endowment to cover operational costs for The Mary Potter Medication Resource Center at Memorial Hospital and Health Care Center. This endowment will ensure that it can continue its work indefinitely, benefiting the community and Memorial Hospital and Health Care Center patients.



Since 2018, the center has helped nearly 4,500 patients, facilitating access to medications at reduced or no cost through a range of public and private services.

To learn more about The Mary Potter Medication Resource Center, visit our website: mhcc.org.

New Campaign Honors Caregivers

Through a Donation

Memorial Hospital caregivers go above and beyond daily to care for patients and families. To honor their dedication, the Memorial Hospital Foundation launched the “Caught You Caring” Campaign to help patients and families express gratitude.

This program lets you easily say “Thank You” to staff who go the extra mile. Donations in a caregiver’s honor support his/her home unit or unit of choice, enhancing services there. Caregivers are recognized both in their department and hospital-wide for being “caught caring.”



Even small gifts make a big difference. Share your gratitude today with a “Caught You Caring!” gift to show caregivers their efforts are truly appreciated.

To make a tax-deductible donation in honor of a caregiver today – or any-time throughout the year, visit:



MEMORIAL HOSPITAL FOUNDATION

Scholarships

The Memorial Hospital Foundation is offering **over \$77,000 in scholarship opportunities** for current high school seniors or students currently enrolled in post-secondary education. A scholarship application must be completed by applicants and submitted online by March 15, 2025.

For a full list of scholarships available or to apply, visit www.mhhcc.org/giving and click on “Scholarship Opportunities.”

For more information regarding these scholarship opportunities, please contact Alisha Schwenk: alschwen@mhhcc.org or call 812-996-8428.



Welcome New Board Members

We are excited to welcome Dr. Christian Duncheon and Kendra Rottet to our Foundation Board of Directors. Dr. Duncheon, an Emergency Room physician on the active medical staff at Memorial Hospital, has been serving our community for nearly three and a half years. Originally from Daviess County, he is married to Dr. Breanne Duncheon, and they have a toddler, Reagan.

Kendra Rottet, Clinical Manager of the Post-Surgical Unit, has been with Memorial Hospital for 24 years. A recipient of the Transformational Nursing Leadership Award and the Little Company of Mary Award, Kendra exemplifies the hospital’s core values. She resides in Jasper with her husband, Jon, and son, Henry, and will serve on the board’s Executive Committee as Secretary.



Dr. Christian Duncheon



Kendra Rottet

We would like to thank our outgoing board members, Dr. Kristi Nord and Ted Miller, for their work and commitment to Memorial Hospital Foundation.



Dr. Duncheon and Kendra join 17 other community members and Memorial Hospital staff on the Foundation’s board: Keith Miller *Foundation President* • Michael Kern *Board Chairperson* • Tina Weisman *Vice-Chairperson* • Chad Hoffman *Treasurer* • Sr. Renee Cunningham, LCM • Rachel Huls • Sarah Leonard • Susan Mann • Abby Schmitt • Kathy Sigler • Sonya Seufert • Steve Wigand, **Ex-Officio Members** Deidra Church, James Huebner, and Alisha Schwenk, and **Emeritus Members** E. Kyle Bennett and Bill Rubino.

Memorial Hospital Foundation *in Action*



1. E. Kyle Bennett received MHF Emeritus Board Member status upon his retirement from MHCC

2. Nash Mahar held his annual fundraiser for Lange-Fuhs Cancer Center patients

3. Kimball Electronics helped “Paint the Town Pink”

4. & 5. Memorial Hospital Caregivers give back through ECHO – Employees Caring and Helping Others

6. An AED was presented to Bright Beginnings Daycare

7. Mentors for Youth did a great job helping at the Hope Garden

8. Holy Trinity Elementary did a Penny Blitz for the Lange-Fuhs Cancer Center

9. Great volunteers helped at the Culver’s Give-Back Night for our Women’s Center

MEMORIAL HOSPITAL

And Health Care Center

800 West 9th Street ▲ Jasper, IN 47546 ▲ 812/996-2345
www.mhhcc.org

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Same Heart, **NEW NAME**

Our dedication to high-quality, faith-based care remains unchanged

Introducing
**DEACONESS MEMORIAL
MEDICAL CENTER**

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