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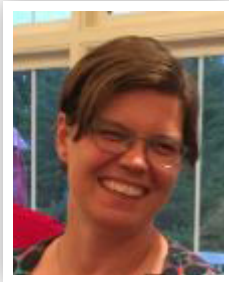
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From the President

Happy Summer!

Ah, Summer. The time of lemonade, skinned knees, and new adventures. Although most of us no longer attend summer camps (though wouldn't that be fun? Medical Summer Camp!), we still have plenty of opportunities here in Monroe and Owen Counties to stretch our minds, bodies and medical practices in new and surprising ways.

According to LeVar Burton of *Reading Rainbow*, one of the best ways to have summer adventures is through a good book. Our first quarterly MOCMS book club in March was a rousing success, as described by Dr. Christal Greene further in this newsletter. We also had a book club gathering in June, and will continue to have book clubs quarterly. The next one is scheduled for September 27. Please attend even if you haven't read the book—our conversation is richer if more people attend! Our books are thought provoking and pertinent to medicine and life in general. "But you don't have to take my word for it..."

In addition to brain stretching, MOCMS continues to support healthy bodies in all sorts of ways. Our healthy schools grants found good homes with five different schools this year—please see the photos and more detailed stories inside. We plan on hosting an MOCMS team for Hoosiers Outrun Cancer this year on September 28—please join us! If running a road race seems too pedestrian for you, look inside to find adventure stories from our own Dr. Lee McKinley, who recently climbed Mt. Kilimanjaro!

Our Spring General Meeting in May kicked off summer perfectly—over 80 members gathered at Bart Kauffman Field to watch IU baseball. Not only did we have a wonderful time socializing and eating in the shade, we got to watch IU win the Big 10 Championship! We plan on repeating this meeting annually, hopefully including the Big 10 win as well.

Our Fall General Meeting on October 15 promises to be even more captivating. We will be fortunate to have Dr. William Cooke from Austin, IN with us to share some of the insights and inspiration he has gained in his remarkable career. Dr. Cooke, who was named the 2019 Family Medicine Doctor of the Year by the AAFP, practiced Family Medicine in Austin, IN during the 2015 HIV and Hepatitis C outbreak that followed an opioid addiction epidemic. Dedicated to their community, Dr. Cooke and his staff became trained in HIV and Hepatitis C management and addiction medicine, and helped open and manage a groundbreaking needle exchange. Please plan on joining us on **October 15 at 5:30 pm** to hear from Dr. Cooke, and expand your mind and spirit with your fellow practitioners.

Lastly but certainly not least, please continue to gather good medical stories or puzzles for our Enigma Series, occurring on **November 7 at 5:30 pm**. Any and all providers are encouraged to present. It's a great way to combine medical geekiness, socializing with your fellow physicians, and laughter in one event— and earn CME credit!

I hope your summer has been and continues to be rich with zucchini and strawberries, family and friends, adventures and experiences. Please know that MOCMS is happy to be part of your personal and professional growth and fun for the summer and beyond.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

Welcome New Members

MOCMS would like to welcome the following new members:

Samuel Kimani, MD

*Internal Medicine/
Pulmonary Medicine/
Critical Care Medicine*

Nathan McAninch, MD

Anesthesiology

Bryce McKee, MD

Pediatrics

Katherine Smiley, MD

General Surgery

Carol Trevithick, MD

*Internal Medicine/
Hospitalist*

Healthy Schools Grants 2019

Since 2010, the Monroe Owen County Medical Society has awarded more than \$20,000 in grants to students in local elementary, middle and high schools. These grants are used to promote healthy lifestyles among students and to fight childhood obesity. In the recent press release to the Herald Times, Dr. Laura B. Knudson, President of MOCMS stated that, "For some of us, awarding these grants is one of the best perks of being in the medical society. We offer these grants annually and encourage all schools in Monroe and Owen Counties to apply."

This year, MOCMS was pleased to award grants to the following:

The MCCSC After School Run Club started three years ago as a safe space for students to experience new activities, learn about goal setting, and have fun while being active. This program has grown in popularity every year, and as a result, middle schools have seen an increase in the number of students participating in cross country and track & field. Starting this year, the run clubs offered nutrition education lessons, which included nutritious snacks. Grant funding covered the cost of food and other items served as samples.

Patrickburg Elementary School wants children in all grades to be able to play and exercise outside in nice weather. They were awarded grant money to fund an adjustable goal post so that even children in grades K-3 were able to play and learn the fundamentals of basketball.

Balance ball chairs encourage students to learn, adopt and practice healthy posture while building core strength from active sitting. Ball movements increase blood flow to the brain, help improve concentration and increase focus. **Rogers Elementary School** was awarded grant money to fund ball chairs for their classrooms.

Because of MOCMS grant money received, **Templeton Elementary School** was able to purchase equipment and implement four new units for over 500 students in pre-K to grade 6. The students were introduced to badminton, tennis and pickleball during a six-week unit in the months of April and May. Many of the students had never been exposed to these lifetime learning activities, so it was an exciting time for the children.

Research has shown that movement can improve cognitive functioning. With funding from the MOCMS Healthy Schools Grants, **Unionville Elementary School** installed a Minds in Motion course in their hallway. The course allows students opportunities to walk across a balance beam, crawl under and over things, hop, jump, and skip as they walk through the hallway. Students reported loving the course and teachers are proud of the work they have done to integrate physical activity into the school day.



MOCMS Book Club

by Christal Greene, MD, Anesthesiologist



As an initiator of our MOCMS Book Club, I am thrilled to announce our first event in March far exceeded my expectations all around! There was a marvelous turn-out with 15-20 physician colleagues in attendance. Great depth of conversation and continued dialogue regarding topics were brought up throughout our chosen book. At the conclusion of our first event, the decision was made to alternate fiction with non-fiction books sticking to those that facilitate conversations unique to the physician experience. We have plans to meet quarterly. The overall goal of the Book Club is to provide a collaborative space to share personal/professional experiences/ponderings within the context of exploring the chosen book's content. Looking forward to seeing each of you at a future book club event! The next Book Club is Friday, September 27, 2019. See [SAVE THE DATE](#) on page 5 of this newsletter.

2019 MOCMS Spring General Meeting IU Baseball Outing

Saturday, May 19 turned out to be a fabulous day for the annual MOCMS Spring General Meeting/IU Baseball outing. Over 80 physicians and family members enjoyed the sunshine, a picnic lunch and a great ball game. Seven-year-old, Peter Tennesen won the drawing for the first pitch with his family and friends cheering him on. The day was topped off with an IU victory against Rutgers and a Big Ten Championship! Check out the photos below.



Connecting with the LGBTQ+ Population

LGBTQ+ patients desire safe providers for their primary care and specialty care. If you are comfortable providing sensitive care to patients who are lesbian, gay, bisexual, transgender or queer, make it easy for them to find you—Self-identify as a safe provider on the following website:

Outcarehealth.org

Placing your name on this list does not indicate that you are a “specialist” in LGBTQ+ medicine. It indicates that you and your staff will be respectful and supportive of your patients who are LGBTQ+ and provide good quality care to all. Outcarehealth.org is sponsored by Eskenazi Transgender Clinic and has recently been recommended by the IU School Of Medicine.

Is your patient moving? Need a referral? [Outcarehealth.org](https://www.outcarehealth.org) is also your resource to help patients find other safe providers.

Kudos - Dr. Lee McKinley's Kilimanjaro Adventure

I traveled to Tanzania in late February to climb Mt. Kilimanjaro with seven other hikers, five from Bloomington and two from Indianapolis. We planned to optimize our chances of reaching the summit through physical training, outfitting, and hiring local professional guides. It took all of that and more!

After 26 hours of travel, the hike began the next morning in a lush tropical rainforest, temperature 85 degrees F, humidity off the charts. Over five days, we gradually added layers of clothing as we passed through the temperate zone, with its unusual variety of trees, flowers and insects, and on past the tree line where there was no vegetation, only a dry lunar landscape-like expanse of scattered volcanic rock. No trees or animals. We heard only the sound of our conversations and the crunch of glasslike rocks under our hiking boots. Volcanic ash was everywhere and I coughed it up for days after I returned home.

Our support guides worked hard to help us reach the top. We could not have done it without them. Twenty-four porters, all local Tanzanians, ages 16 to 23 years old, carried the gear - food, water, tents, sleeping bags, cook stoves, chairs and tables for the dining tent. They broke down the camp site each day, hiked on ahead to set up for the evening, and ran back down the mountain to assist us throughout the day. We hikers carried a day back with our personal items.

A Maasai warrior was second-in-command, overseeing the porters and communications with base camp. He talked effortlessly about his life and the village where he lived when not working on the mountain. Also from Tanzania, our group leader was 26 years old, and a college graduate who spoke excellent English who was earning money to return to school to study dentistry. We were in excellent hands.

Burning around 6,000 calories a day, we were “carbed” up at each meal. Foods served to us were millet porridge, tea, coffee, juice, fruits and vegetables, bread, lentils, beans, rice, pasta, potatoes, eggs, sausage, chicken, and peanut butter and jelly, plus lots of water throughout the day.

On our fifth day, we began the climb at midnight to reach the summit by sunrise. Headlamps on, hiking poles in hands, single file, this last leg was the hardest. Thin air and cold temperatures increased the challenge. At the peak, it was -20 degrees F. Most of us wore six layers - in other words, all the clothing we'd packed. All eight of us reached the summit of Kilimanjaro, standing together in intense sunlight and the clearest blue sky at 19,340 feet.

In reflection, I was most impressed by the Tanzanians I spoke with - how literate and respectful they were about U.S. culture. We knew only what we'd read. I admired their belief that one does not discuss politics or religion in public and are therefore able to avoid conflict and maintain their personal freedoms. For me, this trip was the culmination of a goal I set when I was a teenager and one that I actively worked at getting in better physical shape six months before our departure.

My pre-trip training and the climb became my personal anti-burnout program from medicine. This physical and mental goal helped me focus on something other than medicine and politics. As physicians, we need to take better care of ourselves. I recommend it! I want to thank Dr Tarek Sibai for repairing a biceps injury I sustained last fall and for the assistance from my fitness trainer, Greg Simmons, and Iron Pit Gym.



Optimizing Your Health Savings Account

Article courtesy of Joseph Q Manley, sponsor of the MOCMS newsletter.

If you have a health savings account, follow these steps to help maximize your tax savings.

(1) FUND THE MAX. Even if you don't have health expenses in the current year, most physicians will save a lot on taxes by fully funding their HSA.¹ Why? An HSA is the most tax-favored vehicle available. It is the only account type that is totally tax-free: tax-deductible contributions, tax-free growth, tax-free qualified distributions. Importantly, balances roll over from year to year, and they can be used retroactively! Therefore, you are highly likely to use it up eventually.² Moreover, unused funds may be passed with all tax benefits to a surviving spouse, and funds can be distributed without penalty for NON-medical purposes after age 65! So save up!

(2a) IF YOU CAN INVEST YOUR HSA, DELAY DISTRIBUTIONS. Many HSAs allow you to invest part of your account. For example, the HSA for IU Health employees allows you to invest amounts over \$2,000.

If you can invest, you have a great strategic opportunity: you should **delay** reimbursing yourself from your HSA for as long as you can afford to.³ Why? Delaying allows you to earn maximum growth tax-free. The benefit adds up exponentially, so delay for decades if possible. **Be sure to save the receipts:** you are responsible for maintaining proof that HSA distributions are qualified. Keep the records in a secure location, such as an online "cloud" storage service.

The **earliest** you should plan to distribute HSA funds is in retirement, if it would decrease taxable IRA distributions in a year you are in a particularly high tax bracket. Otherwise, plan to **distribute the funds at death:** leave clear instructions and records/receipts for your executor and/or **pass the account to a surviving spouse via beneficiary designation** to continue the tax benefits.

(2b) If you can't or don't invest HSA amounts, go ahead and reimburse yourself right away. There is little advantage in delaying if you are not investing.

(3) A NOTE REGARDING BENEFICIARY DESIGNATIONS. If your spouse is the **beneficiary** of your account, the tax benefits continue. Otherwise, the entire account (after qualified distributions) is taxable as ordinary income to the beneficiary.

CONTACT YOUR TAX OR LEGAL ADVISOR FOR ADDITIONAL IMPORTANT DETAILS BEFORE IMPLEMENTING THIS PLAN.

¹ Disclaimer: this is general information only. You may have higher priorities or special circumstances. Talk to your financial advisor.

² HSAs may be used for a wide range of health-related costs beyond typical health costs, such as nursing home expenses, hearing aids, dental costs, and so on. See <https://www.optumbank.com/all-products/medical-expenses.html>

³ Delayed distributions are permitted. See 2004 Internal Revenue Bulletin, page Q-39 on page 203. <https://www.irs.gov/pub/irs-irbs/irb04-33.pdf>.

Joseph is a fiduciary, fee-only financial adviser with Hurlow Wealth Management Group, Inc. He is married to MOCMS member Dr. Rachel Manley, Ob/Gyn. He can be reached at jmanley@hurlowwealth.com or 317.352.1658.

SAVE THE DATE

MOCMS and Women In Medicine Self Defense Seminar

THURSDAY, AUGUST 22

7:30 pm - 8:30 pm

Monroe County Martial Arts

223 S. Pete Ellis Drive

Class size is limited to 20.

RSVP by **Monday, August 19** to Kim Rudolph at mocms2@gmail.com or call or text 812.327.7856.

ISMA Annual Convention

SEPTEMBER 13 - 15, 2019

Embassy Suites, Noblesville

MOCMS Book Club

FRIDAY, SEPTEMBER 27, 2019

The Immortal Life of Henrietta Lacks

Available at Book Corner (mention MOCMS Book Club for 20% discount). Details will be sent in the near future.

Hoosiers Outrun Cancer

SATURDAY, SEPTEMBER 28, 2019

Come walk with us and celebrate Hoosiers Outrun Cancer's 20th anniversary! Monroe Owen County Medical Society members and their families are invited to join Team MOCMS.

Online registration is fast and easy! Go to hoosiersoutruncancer.org, click on **Register Now** (on the top right side of the Home page), click on **Register and Join a Team**, click on **Get Me Registered** and complete the questionnaire. Our team name is **Team MOCMS**. The registration fee is \$30.

Fall General Meeting

TUESDAY, OCTOBER 15, 2019

Woolery Stone Mill

Details will be sent in the near future.

Third Annual Enigma Event

THURSDAY, NOVEMBER 7, 2019

Upland Banquet Center

Details will be sent in the near future.

IU School of Medicine Alumni Association Events

Member Appreciation Event

SYMPHONY ON THE PRAIRIE – SMOKEY ROBINSON

Saturday, August 3, 2019

6 - 9 pm

Conner Prairie

13400 Allisonville Road

Fishers, IN

National Alumni Social

NASHVILLE SOUNDS BASEBALL GAME

Saturday, August 17, 2019

6 - 9 pm

First Tennessee Park

19 Junior Gilliam Way

Nashville, TN

Bloomington Alumni Social

Thursday, September 12, 2019

6 - 9 pm

Upland Brewing Company

350 West 11th Street

Bloomington, IN

Retiree Alumni Social

Wednesday, September 18, 2019

10 am - 1 pm

Meridian Hills Country Club

7099 Spring Mill Rd

Indianapolis, IN

Retiree Alumni Social

Wednesday, November 6, 2019

10 am - 1 pm

Meridian Hills Country Club

7099 Spring Mill Rd

Indianapolis, IN

IU casual attire. For further details and to make reservations, contact:

Ryan Bowman, Director of Alumni Relations

IU School of Medicine, Alumni Association

1110 W. Michigan Street, Long Hall 506

Indianapolis, IN 46202

Phone: 317.278.2123, Email: rsbowman@iu.edu

Leaving Practice or Retiring Soon?

Please let MOCMS know where your medical records will be stored.

One of the most common phone calls received at the MOCMS office involves locating patient medical records for physicians who have moved or retired from practice. MOCMS keeps a database of that information for a number of physicians but certainly not for all former or current members. If your medical records are not housed at Storage Unlimited or with an ongoing practice from which you have retired, please contact the office to update that information for our database. You may email to director@mocms.org or call 812-332-4033. Thank you very much!

Need more information?

Contact www.ismanet.org/legal/FAQ/all.htm

PLEASE NOTE THE NEW LAW (PL 76-2017) WHICH TOOK EFFECT ON JULY 1ST REGARDING ABANDONED MEDICAL RECORDS. For more information go to <http://iga.in.gov/legislative/2017/bills/senate/549#>

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Indiana University Health

The Monroe Owen County Medical Society Newsletter is designed and printed courtesy of Indiana University Health Bloomington. The Society extends our heartfelt thanks to IU Health Bloomington for their support and assistance.

PLEASE KEEP US UPDATED

In our increased effort to “go green”, MOCMS is hoping to communicate with you through email. If you would like to help MOCMS use less paper, please be sure we have your updated email address by sending an email to director@mocms.org and check that your spam blocker will allow communications from MOCMS.

Please check your office information listing on our website at www.mocms.org under “Find a Physician” and send corrections to director@mocms.org.

MOVED LATELY?

Please forward your new address for your home and/or your practice to MOCMS right away. You may call MOCMS at 812.332.4033, write to us at PO Box 5092, Bloomington, IN 47407-5092 or email: director@mocms.org. Please help us keep your information current/correct in the MOCMS database, Physician Directory and on our website at www.mocms.org.

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The Monroe Owen County Medical Society (MOCMS) Newsletter is published each spring, summer and fall by approval of the Executive Committee. The MOCMS Newsletter accepts submissions of articles, announcements, obituaries, and editorials related to the interests of our members. Materials submitted for consideration should be typed as a Word document. The MOCMS reserves the right to edit all articles submitted. MOCMS retains final editorial judgment regarding newsletter content. It reserves the right to reject articles, announcements, letters, advertisements, and other items that do not correspond with the goals and purposes of the organization.

The information contained in the newsletter is believed to be correct and accurate. Unless specifically stated otherwise, the opinions expressed in any article, advertisement, or column are those of the individual author and do not represent an official position of, or endorsement by, the Monroe Owen County Medical Society, its officers, Executive Committee, or the newsletter staff.

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