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From the President



Finally, here is Winter 2020.

2020 has both whizzed by and stretched out interminably. Our world, jobs, homes and lives all look very different this December than they did a year ago. Some of those changes will blessedly be temporary, some may be for the better, and some losses will forever leave an

impression. MOCMS has moved with these changes as well, attempting to adapt and create safe spaces for learning, camaraderie and member-directed change.

MOCMS is starting to follow our members' interests as we explore social determinants of health and systemic racism's effect on medicine. Our September General Meeting this year was conducted over Zoom. Jada Bee from Black Lives Matter-Bloomington introduced us to systemic racism and we followed this with a discussion led by Martin Law of how racism affects medical practice. In December, ISMA provided the opportunity to hear from Dr. Jerome Adams, Surgeon General of the United States, as he spoke about social determinants of healthcare. Dr. Rob Stone then led a local MOCMS session where we discussed systemic racism in healthcare. We all particularly liked Dr. Adams' quote "People won't care what you know, until they know that you care."

The MOCMS book club has looked at race in medicine when they discussed "Black Man in a White Coat: A Doctor's Reflections on Race and Medicine" by Dr. Damon Tweedy. Our in-person book club was socially distanced at a park pavilion and we enjoyed a rousing discussion to keep us warm in the October evening. We look forward to the book club in January, which will be held at the Switchyard Park Pavilion with masks and open dock doors as we discuss Sue Klebold's book "A Mother's Reckoning: Living in the Aftermath of Tragedy." Please RSVP to join—attendance will be limited due to social distancing requirements.

MOCMS Executive Committee (soon to be known as the Board of Directors) has taken the past few years to revise its bylaws and election protocols, and we believe we have a set of excellent practices that will be very consistent and transparent. Please be on the lookout for these changes in your email in the coming months. We were delighted to have such a strong response of candidates for upcoming absences on the board, and we welcome any members with interest in joining the board to let us know. We are also planning on "going green" with our newsletter—see the announcement in this newsletter, particularly if you would like a paper copy mailed to you.

We would be remiss if we didn't mention the recent passing of two colleagues in our medical community. Dr. Adam Spaetti (Internal Medicine) passed away unexpectedly on November 14, 2020. He is survived by his wife, Dawn, and six children. MOCMS donated to Cedars Christian School Scholarship Fund in his memory. Dr. William Anderson (OB-Gyn) passed away on

(Cont'd on page 2...)

MOCMS New Board of Directors

MOCMS welcomes four new directors to the board for 2021:

- Dr. Duangnapa Cuddy
- Dr. Christal Greene
- Dr. Emily Manlove
- Dr. Meredith Lulich

We want to send sincere thanks to the outgoing directors:

- Dr. Carrie Davis
- Dr. Heather Dukes
- Dr. Eric Knabel
- Dr. Kevin Miller
- Dr. Gregory Sidell

December 4, 2020. He is survived by his wife, Janet, and their three children and six grandchildren. MOCMS plans a donation in his honor as well. Both Dr. Spaetti and Dr. Anderson will be deeply missed by their family, friends, colleagues and patients.

As we see COVID-19 cases climb again, please keep in mind our colleagues in the ER, hospital, rehab and long-term care settings. These colleagues bear the brunt of COVID-19 cases and deaths. If you can, please send a little note, meal, or other form of cheer their way. We are used to stress in medicine, but a long-term, recurrent crisis is an entirely different thing. I wish you comfort and kindness as we enter the New Year. MOCMS is here for you, and wants to know how we can help you best. Let's keep in touch.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

MOCMS Fall Events

2020 Hoosier Outrun Cancer Update

From Las Vegas to Afghanistan, from the B-Line to Utah, this year's HOC participants walked and ran virtually for the cause. For the past 21 years, Hoosiers Outrun Cancer has become one of Bloomington's most beloved annual. Raising nearly \$4 million since inception, the generous support enables the Bloomington Health Foundation to support those in our community who are facing a cancer diagnosis with needs beyond clinical care. This year's event **9-26-2020**, received worldwide virtual support and raised over \$250,000 to provide free virtual mental health and wellness support groups to local cancer patients and their families! The HOC team thanks all of our supporters including TEAM MOCMS and sponsors for another successful year.



Pictured are Dr. Michelle Baechtold and her husband Paul who participated in this year's HOC event.

MOCMS Fall Events (*cont'd*)

2020 Fall General Meeting

The MOCMS Fall General Meeting was held virtually on 9-29-2020. Jada Bee, from BLM Bloomington, provided a Zoom presentation on how to start the journey in becoming anti-racist and confronting white supremacy from a Black perspective. After the presentation, there was a Q&A session which included questions asking physicians to look at their medical profession and how violence, suppression and stigma could be implicit in the culture of medicine. Then it was discussed how physicians could apply the concepts to their medical practices.

MOCMS Book Club

We continue to meet quarterly for our physician book club. We met on 10-1-2020 to discuss our last selection, *Black Man in a White Coat*, proved to spark meaningful conversation and stretched our views regarding unconscious bias in medicine. We are so grateful for those willing to participate, share, and grow through our discussions.

Our next selection, *"A Mother's Reckoning: Living in the Aftermath of Tragedy"* by Sue Klebold- mother of the Columbine shooter, is a challenging read chosen by those present at last book club. Yet I know we will be more empathic and merciful having worked through it.

Dr. Jerome Adams, US Surgeon General, ISMA webinar 12-4-2020

Thank you so much to Dr. Rob Stone for moderating the MOCMS break-out session after the ISMA webinar by Dr. Jerome Adams, US Surgeon General, and for sharing his thoughts below.

The Webinar on Friday 12/4 that ISMA put on featuring Dr Jerome Adams was wonderful and worthwhile. For those who missed it, Dr Adams was warm, thoughtful, and thought-provoking. He talked about unconscious biases in an interesting way - "Studies show that 75-80% of people think they are 'above average' drivers. Let that soak in. We have all sorts of biases, and it's natural to have them." He went on to explain why racial bias is harder to see, to admit to, and more damaging. In talking about how unconscious bias among physicians may lead patients to distrust their doctors, he said, "Patients need to know that you care before they will care what you know." I thought that sentence was a gem - why hadn't I heard that one before?

He talked about "racial humility." We have to admit that we have biases we are not aware of. He didn't have any quick fixes. He likened the process of changing attitudes about race and racism to a marathon. "The hardest part of a marathon is the last couple of miles. Your legs feel like lead. You're ready to quit. Push on - we are closer than ever." [You can see I was so impressed that I took notes.]

After his presentation we continued in the MOCMS breakout session which was wonderful as well. My hope is that we can continue this conversation at the state and local level.

Note from ISMA

The webinar will be available on the *ISMA Online* app for viewing/ CME in January. At that point this webinar and the 2021 Opioid CME series (new sessions monthly) will be free to members but non-members will be charged a fee to access the content/CME.

https://www.ismanet.org/ISMA/Education/Mobile_Learning/ISMA/Education/Mobile_Learning.aspx?hkey=63d1591b-4300-4ffc-9a8b-5ff790407e62

In Memory

Dr. Adam Tyler Spaetti, 1977-2020

The Monroe Owen County medical community unexpectedly lost one of their physicians, 11-14-2020, at age 43. Dr. Adam Spaetti was a Hoosier native, attended IU in undergraduate school and graduated from the IU School of Medicine. Dr. Spaetti began his career in Internal Medicine with Premier in 2007 and continued practicing at IU Health until his death. Dr. Spaetti was husband to Dawn, father to six children, a church elder at Trinity Reformed Church, served with several medical missions, he was founder and board member of Cedars Christian School, Public Health Officer for Owen County and medical director for several nursing homes and Southern Care Hospice. In his spare time, Dr. Spaetti enjoyed being on a tractor on his hobby farm, surrounded by his six children. Comments from his patients and peers include, “he was one of a kind”, “always took time to listen”, “a genuinely good person. That’s a profoundly rare thing”, “he was the best”, “a loving giant of a man” and “such a kind soul”. In a YouTube featuring Dr. Spaetti, he can be found saying that Jesus says when you show kindness to the least of these, you have done so to him. Medicine was the best way he knew to fulfill that calling using the gifts and skills that God gave him. The Monroe and Owen communities are so grateful that Dr. Spaetti chose us to share his gifts and skills, and he will be missed!

MOCMS has made a donation to Cedars Christian School in his memory.

Dr. William Robblee Anderson, 1934-2020

In less than a month later, MOCMS lost another wonderful physician, Dr. Bill Anderson, age 86. Dr. Anderson arrived in Bloomington in 1970 and joined Dr. Walter Owens in his Ob/Gyn practice. At one time, Bloomington Ob/Gyn, later Aegis, had eight physicians, including one MFM, three NPs/CNMs, a genetic counselor, and countless devoted staff. Dr. Anderson practiced at 421 W. First St. until he retired in 2001. His many patients and staff have so many wonderful memories of Dr. Anderson, he was one of a very caring kind. He had the ability of making his patients feel like each one was his only patient. Many years before IUHB had their NICU, Bloomington Hospital had a preemie nursery. The staff there often said that they could always count on Dr. Anderson coming in and checking on the babies of his patients. Even though the Moms were his patients, and the babies had their pediatricians, Dr. Anderson still showed his care and concern. Dr. Anderson served on the boards of the Community Service Council and Middleway House, he served as Chief of Staff at Bloomington Hospital and was one of the first physicians on the Hospital Board. After retirement, he served on the Bloomington Hospital Foundation Board, did volunteer work at VIM, Shalom Center and the Community Gardens. He enjoyed helping out at the Bloomington Breast Cancer Awareness Walk handing out shirts, and often gave suggestions on what size t-shirt he thought would fit. He was extremely involved with his church, St. Mark’s United Methodist Church. In 2019 his years of service to the Bloomington community was recognized with the Impact Local Healthcare Award for the Bloomington Health Foundation. Dr. Anderson is survived by his wife, Janet, three children, and six grandchildren. Dr. Anderson was very patient and always willing to see a patient if she needed him. If a patient would call with a concern, one of the girls would ask him, “Do you want us to bring her in?” His reply would be, “Does God live in the sky?” You tell us, Dr. Anderson.

MOCMS will make a donation in his memory at a later date.

PLEASE NOTE:

THE MOCMS NEWSLETTER WILL NOW BE SENT ELECTRONICALLY.

The upcoming spring, 2021 MOCMS Newsletter, will be sent in a digital platform and will go directly to your email. You can find issues of the newsletter on our website, at mocms.org. There will be a limited number of newsletters printed. If you have any questions, or prefer to receive a hard copy, please contact us at director@mocms.org.

From ISMA's E-Report 11-4-2020

1. **Mandatory INSPECT query before an opioid or benzodiazepine is prescribed.** This requirement was passed in SEA 221 (2018), and is already in effect for multiple settings, including for practitioners with INSPECT-integrated EHRs; pain management clinics; and hospitals. The law now applies to all controlled substance registration holders starting Jan. 1. There are some limited exceptions to this requirement. For example, a practitioner is not required to obtain information about a patient who is subject to a pain management contract from INSPECT more than once every ninety (90) days. In addition, the requirement does not apply if the patient is recovering or in the process of completing a prescription that was prescribed by another practitioner while still being treated as an inpatient or in observation status.

To help make this requirement less burdensome, the INSPECT program is available to help integrate INSPECT data into your EHR system so this query can be conducted rapidly.

2. **Mandatory e-prescribing of controlled substances.** In 2018, President Donald Trump signed the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities Act (known as the "SUPPORT for Patients and Communities Act"). Beginning Jan. 1, 2021, this law requires a prescription for a covered Medicare Part D drug under a prescription drug plan for a schedule II, III, IV, or V controlled substance to be "transmitted by a health care practitioner electronically."

In the spirit of this federal law, the Indiana General Assembly passed a similar mandate in 2019 that applies to all controlled substances (not just those prescribed for Medicare Part D enrollees). However, Indiana's law is significantly more flexible and includes several exceptions, including for when "the prescriber cannot transmit an electronically transmitted prescription due to . . . the technological inability to issue a prescription electronically, including but not limited to failure to possess the requisite technology."

Additional information on prescribing controlled substances, including the **DrFirst iPrescribe** app, is available on the ISMA website, ismanet.org.

SAVE THE DATE

MOCMS Presents the Next Book Club Selection

A Mother's Reckoning: Living in the Aftermath of Tragedy

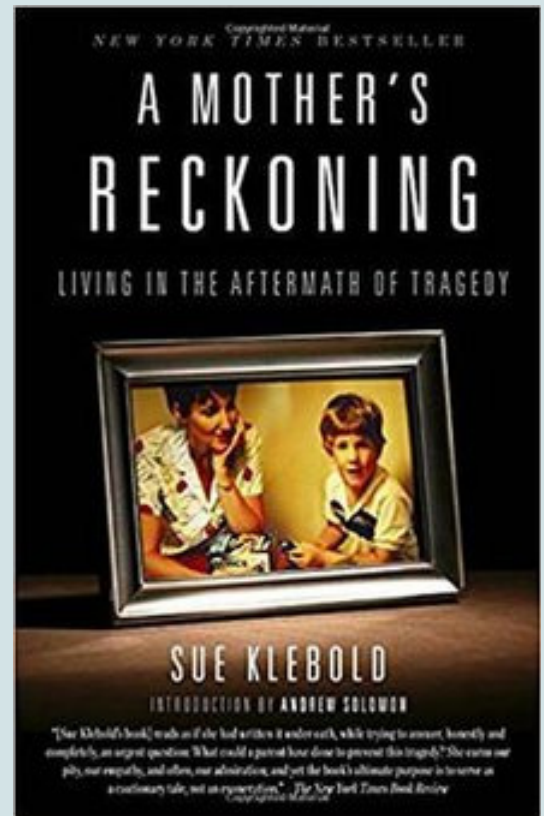
By Sue Klebold

- **SUNDAY, JANUARY 17, 2021**
- **Time:** 3:00 pm
- **Location:** Switchyard Pavilion, 1601 S. Rogers St.
- **RSVP to Susan at director@mocms.org** by January 15.

The book club will meet at the Switchyard Pavilion and will also be virtual. The pavilion has side doors that open, so there will be adequate ventilation and we will be safely distanced.

Our local bookstore, The Book Corner, 100 N. Walnut St., 812.339.1522, has copies of the book reserved. Mention that you are with the MOCMS Book Club for a discount.

A Mother's Reckoning: Living in the Aftermath of Tragedy is written by Sue Klebold, the mother of one of the shooters in the 4-20-99 Columbine High School tragedy in Littleton, Colorado. Twelve students and one teacher were killed, and 24 others were wounded. The shooters then took their own lives. This mother has had to deal with the grief of losing a child, plus the shame of what her son has done. She wonders, as his mother, could she have done anything to prevent this tragedy? Had she missed signs exhibited by her son? All author profits from the sale of the book will be donated to research and to charitable organizations focusing on mental health issues.



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!

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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.

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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