A Vision For Better Health
For more than sixty years, Community Health Network has worked to advance health and offer exceptional care to men, women and children throughout Central Indiana.

Community Health Network Foundation plays a critical role in funding programs and services that both directly impact a wide range of patients and align with the future goals of Community. Innovative and holistic services and programs that help those in our community in a time of critical need, patient financial assistance, and public awareness efforts are a few of the many ways the foundations work directly impacts Community’s patients. These efforts and more aim to empower individuals and families to lead healthier lives and, in turn, improve the health of the communities we serve.

We invite you to join us in giving back to make our community a better place. This is not easy work, and the needs grow greater with each passing year. Share your inspirational story, volunteer at our hospitals or health pavilions, or consider joining Community Health Network’s Mission Team — comprised of generous partners of our organization who have committed to sharing a recurring monthly gift.

No gift or effort is too small, and your support can help us help people of all ages. Together, we can help patients find healing and hope. Together, we can improve and save lives. Together, we can build a stronger foundation for health in Indiana.

Bryan Mills  
President and CEO  
Community Health Network

Joyce Irwin  
President and CEO  
Community Health Network Foundation
Our Vision

When our lives intersect, impacts are made. A hungry neighbor is fed. A baby gets a safe ride home. A teen’s cry for help is answered.

Those situations and more are why we are here, to support those in our community in a time of need and enhance health along the way.

Since the 1950s, when a group of civic-minded men and women went door-to-door to found Community Hospital East, our mission has been to serve our people and improve our communities. As a non-profit organization, we are exemplary stewards of our resources. We responsibly reinvest earnings in the community, focusing on investments in patient services and experiences that reflect our long-standing commitment to addressing the needs on which our communities’ well-being depends.

Through gifts made to the Foundation, we will turn days of despair into ones filled with healing, help and hope. We will support oncology and behavioral health services, as well as programs geared toward women, children and seniors. We will fight disease with compassion, confront stigma with understanding, and combat need with selflessness. We will expand the reach of Community Health Network and bring the ideas of tomorrow alive today.

Above all, we will stay true to our roots, keeping our patients at the forefront and putting their needs and their health first.
Supporting the strongest fight possible

Oncology programs

Cancer reaches far and wide. At Community, we intend to do the same. By undertaking prevention, holistic and financial assistance efforts, we support members of our Central Indiana communities to inspire hope and healing.

Funding Priorities

A National Cancer Institute study of projected medical costs in the U.S. shows a 27 percent increase in the associated medical costs of cancer care from 2010 to 2021. A cancer diagnosis, then, is a triple whammy — impacting patients emotionally, physically as well as financially, and compounding challenges for those men and women already struggling to access basic needs. Community’s Oncology Patient Assistance Fund — supported in large part by donors at our annual event The Giving Gig — is there to help, offering financial assistance for food, medicine, transportation, and more to cancer patients fighting to overcome financial challenges.

For cancer patients hoping to have a family, the treatments intended to save their life can make conception more difficult in some cases, impossible in others, or at the very least interfere with family planning timelines. Community’s Fertility Preservation Assistance Fund supports a pilot program that provides assistance to female cancer patients of childbearing age by supplementing fertility planning prior to cancer treatments for those unable to pay for the services in whole by themselves.

Nearly 80 percent of adults diagnosed with cancer use some form of complementary alternative medicine, according to the National Center for Health’s National Health Interview Survey. Donors to Community make possible integrative oncology and survivorship pilot programs that heal and nurture the soul with art therapy, yoga, tai chi, massage and more.

2018 Donor Impact:

- 500+ cancer patients in need received gift cards for food, medicine and gas through the Oncology Patient Assistance Fund.

- Now, thanks to the support of donors, the Fund has expanded, and it will offer enhanced transportation options — from pick-up to drop-off — and short-term housing for long-term treatment.

- Integrative oncology programs have expanded and are now offered in all regions of Community.
Paul’s Story

It had been years since Paul had visited his primary care physician, whom he learned was close to retiring, so he took the opportunity to make an appointment in the summer of 2017 with Jeremy Hampton, DO, a family medicine physician at Community.

There, bloodwork revealed very low red blood cell levels, and a stool sample detected the presence of blood. A colonoscopy was scheduled with David Hollander, MD, who specialized in gastroenterology at Community Hospital East. This procedure confirmed the presence of a large tumor, and a biopsy confirmed Paul had cancer.

This news came as an emotional and financial blow to Paul, a pipe fitter, who at the time was working for a temp agency and did not have health insurance. With the help of Dr. Hollander and his staff, Paul was connected to Community’s Well Fund program and able to enroll in the Healthy Indiana Plan, the State of Indiana’s health insurance program for qualified adults.

Simultaneously, planning for the surgery he needed continued. He was referred to Kevin McAree, MD, a surgeon at Community, on a Friday. On Monday, he had a CT scan which showed cancerous cells in his liver. The next day, he underwent surgery and spent six days in the hospital recovering.

Paul was informed he had Stage IV colon cancer, yet when he thinks back on this time, he focuses on the positive.

“I can’t say enough good things about my experience at Community,” he said.

Paul felt supported by the caregivers, and he quickly learned about the Oncology Patient Assistance Fund, which is made possible by donors to Community Health Network Foundation and provides $250 gift cards to cancer patients in financial need. “I knew I wouldn’t be able to work, so I was extremely grateful,” he said.

For treatment, Paul was referred to Anuj Agarwala, MD, and an MD Anderson Cancer Network® certified physician focused on medical oncology. He began chemotherapy treatment, which totaled 12 rounds, every other week. He suffered from loss of appetite and extreme cold sensitivity, but, again, he focused on the positive and the support he was fortunate to have from his wife Kris, family, friends and caregivers.

A few weeks after chemotherapy ended in January of 2018, Paul’s CT scan showed no new cancer. In May, it still looked clear. In September, Dr. Agarwala noted a few spots on his liver. Based on this development, he presented Paul and Kris with some options — keep an eye on it, undergo radiation or have surgery.

Dr. Agarwala is fantastic,” said Paul. “He has a way of answering your questions without sugar coating his answers but not being all doom and gloom either.”

Paul opted for surgery, and Dr. Agarwala took his case to the Tumor Board for review. In October, Paul underwent surgery under the care of Jon Cardinal, MD, who specializes in hepatobiliary and pancreatic surgery. The procedure was a success, and Dr. Cardinal let Paul know he considered him to be cancer-free. In the months and years to come, Paul will continue to see Dr. Agarwala for follow-up care. He is beyond grateful for the support he received throughout this journey — clinical, emotional and financial — including through the Oncology Patient Assistance Fund which has provided him with two additional gift cards.

“When I received the first card, we still had savings;” he said. “But with the last two, our funds are mostly depleted, so those provided really critical relief to me and my wife. I can definitely say I have been helped in more ways than one by Community.”

-Paul, Cancer Survivor
Offering the most hopeful horizon

Behavioral care

As Central Indiana’s largest provider of behavioral health services, Community offers an extensive continuum of treatment options. Clients of all ages may be seen in individual, family or group therapy at a number of sites of care including the full-service, inpatient Behavioral Health Pavilion; outpatient Gallahue Mental Health Services that also includes school-based programs; and Community Support Service, offering an array of therapeutic programs for the seriously mentally ill.

Our promise to not leave behind people suffering from addiction or mental illness comes at a price — and we can never have enough ambassadors like you.

Funding Priorities

In Indiana, 19.8 percent of high school students have seriously considered attempting suicide. Community’s Zero Suicide Initiative has the bold and aspirational goal of saving Hoosier lives specifically through early intervention and prevention, the reliance upon Central Indiana’s robust crisis network, and the utilization of innovative mental health screening and treatment protocols.

With the support of donors, Community’s school-based therapists and life skills clinicians embedded in 155 local public and charter schools assist children and their families with crisis intervention, behavioral therapy and more. In addition, Community’s website HaveHope.com offers resources for teens, young adults, parents and educators; a text-to-help service connects users with a trained mental health responder, and a suicide public awareness partnership with WTHR aims to help more young people and their parents understand how to choose health and hope.

Children who have experienced grief, sorrow or trauma often don’t have the words to explain. Techniques implemented through play therapy, including sand trays, coloring, hand puppets and dress-up clothes, allow children to draw or act out their thoughts in a way relatable to them, in order to begin the healing process. With the support of donors, Community completed training for 25 staff members to become registered play therapists — more than doubling the current number in the entire state of Indiana.

For adults facing serious mental illness, Community’s donors support cultural community integration activities and financial aid to assist with basic needs, education and training.
Offering the most hopeful horizon

Behavioral care

2018 Donor Impact:

• Continuation of Zero Suicide effort and Have Hope public awareness campaign, which received local and national recognition for its efforts to provide education, raise awareness and offer prevention resources to at-risk youth.

• 4,257 Central Indiana students were served by Community school-based behavioral health services.

• Training for 25 Community caregivers to become registered play therapists, to assist children coping with trauma.

• 23 move-in kits for clients transitioning to living on their own, and 16 back-to-work kits to ensure clients embarking on a new job opportunity have what they need to succeed.

• Nearly 100 clients with serious mental illness were able to access basic, social, job, and health-related needs like clothing, transportation, art and cultural activities, meditation and more.

A young girl uses finger puppets as a part of play therapy.
Starting the Conversation

When Amy* opened an email aimed at raising awareness about suicide prevention in Indiana, she made a point to talk to her 13 year old daughter about its contents. As a result, it sparked a conversation about suicide between them, and she was able to share more information and resources, including HaveHope.com, with her.

More than a month later, her daughter came to her to tell her that her best friend had been talking about dying by suicide and that she was worried it would really happen. She was nervous, but she wanted Amy to talk to her friend’s mother and let her know. She told Amy she would rather make her friend angry about sharing a secret than for her friend to try to die by suicide.

Amy had the difficult conversation with the other mother, who was shocked at first but was very glad that Amy called. That mom took steps to get her daughter extra support through therapy and at school, and her daughter spoke with her more about the feelings of self-harm that she had not originally planned to discuss with her mom.

Amy is grateful that Community Health Network is sharing the tools and resources that can provide hope to young people and their parents in a time of need. In this instance, she knows the Have Hope effort made a difference in a young girl’s life.

“My daughter approached me about this because we had that door-opening talk when I shared the HaveHope.com information with her,” she said. “Ultimately, this email is what opened the door for me to alert the mom of this very depressed teenager. Otherwise, it would have just been a secret shared between teens, and the outcome may not have been so good.”

*Names and some details have been changed to protect identities.

One of many television spots that have aired on WTHR as part of the Have Hope partnership encourages viewers to take a suicide prevention training called Question. Persuade. Refer. Learn more at HaveHope.com
Offering the most compassionate care

Women’s health

From victims of abuse to new mothers and those battling addiction, Community is implementing programs for women focused on providing the compassionate, competent and convenient care they need, when they need it — right here at Community.

**Funding Priorities**

Community’s Center of Hope provides forensic nursing services for victims of violence, abuse and neglect. In 2018, Community began offering 24/7 forensic nursing staffing at Community Hospital East and 12/7 staffing at Community Hospital North. Additional donor support will help to provide care for victims 24/7 throughout Community’s regions of care. Simultaneously, donors to the Foundation support a fund that provides free medication to victims of sexual assault in order to help prevent the contraction of HIV.

The formula we are implementing at Community is no formula at all — breastfeeding is best. In fact, raising awareness of its importance is critical in reducing Indiana’s infant mortality rate, ranked 5th worst in the nation in 2017. That’s why Community, with the help of donors, provides breastfeeding education to all caregivers who may encounter a mother and her infant at our sites of care, an effort that positively impacts the approximately 8,000 women and infants who entrust their delivery experience to Community.

One in five babies born in Indiana tests positive for opiates at birth. In 2015, Community Hospital East became one of four hospitals statewide tasked by the Indiana State Department of Health with piloting a program — supported by Community’s donors — to identify and treat pregnant mothers so they recover and deliver babies free from the presence of drugs and lead healthy lives. Today, there are 27 hospitals in the state using Community’s findings and those of other front runners. In 2018, the State awarded Community a $550,000 grant that will expand the reach and effectiveness of the effort through continuing education, additional staff and improved data collection to better detail outcomes and more.

With thousands of babies taking their first breath at a Community hospital each year, our commitment is to help women have the resources and information necessary to deliver and raise a healthy child. With that in mind, Community Hospital East operates a B.A.B.E. Store that offers responsible parenting classes and prenatal visits to help low-income mothers earn items needed to care for and raise a child. From car seats to cribs and everything in between, Community is helping to ensure more children have the opportunity for good health.
2018 Donor Impact:

- Compassionate forensic nursing services helped 1,284 patients who were victims of violence, abuse and neglect at the Center of Hope.

- Seventy percent of enrollees in Community’s OB Maternal Subutex program tested negative for illicit substances upon admission to the hospital at the time of delivery, compared to 46 percent of OB patients who are enrolled in an external Methadone MAT program but delivered their baby at a Community facility.

- Needed supplies were provided for 2,400 new parents who participated in parenting classes and well-baby visits since the B.A.B.E store opened in 2015.
Kim’s Story

In late 2016, Kim was pregnant with her third child when she decided enough was enough. The prescription pain pills she had used on and off since a painful foot surgery in 2002 had taken a toll on her, and she didn’t want them to adversely affect her unborn child.

“I didn’t want to admit I was an addict,” she said. “I kept thinking I was just going to my doctor and getting prescriptions refilled. Really, I was the worst drug addict of all.”

Her primary care physician referred her to Anthony Sanders, MD, an OB/GYN practicing at Community Hospital East and the physician lead for the maternal substance use program at Community Health Network. In 2016, he became a provider of buprenorphine, commonly called subutex, to help treat expectant mothers with an opioid addiction.

To start the program, Kim was admitted to the hospital for three days of detox. She needed to agree to group meetings called MOMentum twice a week, and she met outpatient with a counselor a couple of times of month.

During her pregnancy, she also had an appointment with Dr. Sanders every two weeks. He carefully checked her buprenorphine dosage, monitored the health of the baby and followed up with Kim’s counselors to ensure she was attending her therapy sessions.

At first, Kim was not looking forward to the group sessions. Several months earlier, Kim had attempted to die by suicide by taking all of her pain pills. She didn’t feel like she could cope with everything life threw her way and didn’t know a way out. She’d tried rehab — twice — but it didn’t stick, and she thought these group sessions would have the same affect.

“I didn’t think it would work,” she said. “In the beginning, I didn’t want to talk. I didn’t want to share or admit I was an addict. Over time, I realized how we can support each other as we work to get clean for our children, and I realized I was able to change.”

She also realized the point of the program was that you couldn’t pick and choose which parts you completed; that, in fact, getting and staying clean required all of the parts combined.

At Community, all of those parts included resources outside of expert medical care. The support she received was all encompassing, from the fact that Kim could reach her counselor at all hours for much-needed support, to the team approach they took in providing her care and meeting some basic needs.

“My counselors were always there to take my call and were constantly connecting me to community resources for help,” she explained. “Those resources helped me provide Christmas gifts for my children, ensured I had the proper supplies for my baby and identified services I wouldn’t have otherwise known existed.”

In June of 2017, Kim delivered a healthy baby boy under the care of Dr. Sanders at Community East.

Following delivery, she continued therapy and the MOMentum sessions for a period of time. As inspiration to the expectant mothers in the group, she would bring along her son to show that it was possible to overcome anything if they stuck with it.

Today, Kim knows what her life would be like had she not sought help from Community.

“Without Community Health Network, I probably would be dead,” she said. “At the very least, I would have moved on to heroine. I wouldn’t have custody of my children. I really don’t think I’d be here. Now, because of the support I received, I own my home, I hold down a job, I have my kids and I’m 23 months clean.”

Her message to women facing a similar situation? Seek help and stick with it.

“Too many women are hiding and doing drugs, and their babies are paying the price,” she said. “I want to get it out to people that there is help, that there is a program that can support them on a path to recovery.”

Community’s Suyog Kamatkar, MD, examines a newborn in the nursery at Community Hospital East.
Raising the bar when it comes to raising the healthiest kids

Children’s health

From clinical to school settings, Community supports kids across Central Indiana. For all of life’s firsts and beyond, donors like you can help make health possible for our youngest generation and those to come.

Funding Priorities

Community’s commitment to children extends far beyond our hospital walls. That’s why donors support a free car seat program for parents in need when they leave our hospitals following birth, sickness or a car accident.

Beyond our school nurses providing information on pregnancy and sexually transmitted diseases, Community established an adolescent clinic on Community Hospital North’s campus and completed one in our east region. Launched with the help of donors, this safe, non-judgmental oasis for kids and parents to turn for answers and guidance aims to decrease teen pregnancies and lower the incidence of sexually transmitted disease among young people in Central Indiana.

For youth and teens struggling with the death of a loved one, Community’s donors fund youth grief education and support services at Lawrence and Warren Township schools, as well as a free bereavement camp called Camp Erin Indianapolis. Led by grief professionals and trained volunteers, campers learn how to cope with loss, form bonds with peers facing similar situations, and have some fun along the way.

Community Health Network’s school-based programs cover a wide range of needs for youth across Central Indiana. Thanks to donor support, onsite nurses, therapists, athletic trainers and physicians address students’ needs in the school and after-school setting, helping to ensure consistence in care and less time away from the classroom or playing field. The vast majority of these services, including any nursing or behavioral health support, are offered at little or no cost to schools thanks to Community’s ongoing commitment to enhancing health for future generations.
Raising the bar when it comes to raising the healthiest kids

Children’s health

2018 Donor Impact:

• Hundreds of families in need received free car seats, allowing for safe travels.

• Central Indiana students were helped 825,436 times in the 2017/2018 school year by a Community school based nurse.

• Expansion of adolescent clinic to include a site on the east side at the Community Washington Pavilion.

• 70,000 student-athletes received care from Community school-based athletic trainers.

• More than 500 students received grief services at school.

• For the first time ever, Camp Erin Indianapolis offered two weekend-long camps for a total of more than 150 children and teens.

Take a sneak peek at a day in the lives of our school nurses at bit.ly/CommunitySchoolNurse (link is case sensitive).
Thanks to donor support, Community is providing care within schools across Central Indiana through athletic trainers, behavioral health therapists and school nurses.

It’s work that’s happening in elementary, middle, high school and even at the university level. Watch Ashley’s story at bit.ly/StoryofAshley (link is case-sensitive).

In late fall of 2017, Ashley was a first semester freshman at the University of Indianapolis and adjusting to college life. To stay in shape, she began joining her roommate at the gym, but she developed a rash on the back of her neck so she visited the University of Indianapolis Health & Wellness Center, operated by Community Health Network caregivers.

There, she was seen by Randy Lee, MD, who practices internal medicine in Community’s south region, including serving students and faculty on the UIndy campus. He and a Community nurse were able to help with her rash, but they were more concerned about the lump on her neck.

Ashley thought nothing of it — the lump had been there for two years, and her primary care doctor at home in Valparaiso had run blood work that showed nothing out of the ordinary. Dr. Lee persisted and recommended running additional tests including an x-ray, CT scan and then a biopsy. Ashley agreed, and a short time later she received the results. She had cancer.

“Thank God Dr. Lee and his team were so concerned about that lump or else it would still be there, and I would still think it was normal,” she said.

Since Ashley’s family and home were in Valparaiso — a two and a half hour drive away from Indianapolis, they were faced with a decision as to where she would receive care. Her father, who has Parkinson’s disease, felt strongly that a larger city like Chicago or Indianapolis would be their best option. They had each been impressed by the efficient and compassionate care Dr. Lee offered and so Community Health Network became their choice for Ashley’s oncology care.

Dr. Lee referred Ashley to Anuj Agarwala, MD, and an MD Anderson Cancer Network® certified physician specializing in medical oncology at Community Cancer Center South. The day after Dr. Lee informed her of her diagnosis, she had an appointment with Dr. Agarwala. He ordered a PET scan, which determined her cancer was Stage II, and they inserted a port in preparation for chemotherapy.

“I was so thrilled with the people who became my care team,” Ashley said. “My favorite part was how fast everything happened — something was always getting done and we were making progress. As I went in for more appointments, I even began to get excited when I could hear Dr. Agarwala headed my way down the hallway.”
All of this happened leading up to Ashley’s first round of college finals and the holidays. With that in mind, Dr. Agarwala suggested Ashley focus on finals and spending time with her family and friends for Christmas. Her chemotherapy was scheduled to begin December 28.

For each of her twelve chemotherapy treatments that took place every other Thursday, Ashley would make the two and a half hour drive on Wednesday evening from Valparaiso to the south side of Indianapolis. She would stay in a hotel the night before making her way to Community Cancer Center South and then be driven home to Valparaiso by either her parents or friends who joined her for the treatment.

Her support team was strong. In addition to her parents, family and close friends rallied around her. A cousin started a GoFundMe that raised significant dollars to help cover fertility planning treatments as well as her hotel stays. There were bake sales and #AshleyStrong bracelets and events at her old high school to raise funds to help in her fight.

During her second chemotherapy treatment, Cassie Osborne, RN, and a nurse navigator at Community Cancer Center South, approached Ashley with a gift card made possible by donors to Community’s Oncology Patient Assistance Fund.

Ashley was blown away by this generosity, which came into her life at just the right time. Her father had lost his long-time job and had taken on teaching tennis lessons to make ends meet, while her mother, a notary, had recently secured a job with better insurance benefits to assist with Ashley’s treatment costs.

“I expected it to be maybe $25, but it was for $250!” she said. “I wanted to cry out of gratitude. I was able to buy groceries for myself and my family, and I didn’t have to feel badly asking my parents to buy certain foods when they were already doing so much to support me.”

In the midst of it all, Ashley kept focused on her schoolwork. While her treatment regimen and desire to live at home prevented her from continuing her studies at UIndy for the spring semester, she enrolled in online courses at Ivy Tech.

“I was unsure about it at first, but it turned out to be a good distraction and really nice to have something to focus on during treatment,” she said.

At the end of June, her CT scan showed she was in remission — a win for Ashley, her family, friends and care team. After her last chemotherapy treatment, she rang the bell at Community Cancer Center South, signifying her win over cancer. Joining her were her Community care team, her mother, and a few friends — one of whom even surprised her by driving down from Valparaiso.

“I really didn’t think I would cry, but when you read the plaque, you can’t help it,” she said.

She’ll continue to see Dr. Agarwala periodically for follow-up visits, but she’s ready to get back to her college life. In August of 2018, Ashley returned to UIndy, where she has recently been accepted into the physical therapy assistant program. She’s excited about focusing on the relationships she holds dear and her future — as a daughter, friend, student, caregiver and now a cancer survivor.
Advancing the most enjoyable life for all residents

East side care

Investing in our roots, Community is striving to address unmet health-related needs for our east side neighbors. From social needs to clinical services, Community is there to help — and you can join us.

Funding Priorities

Each year, Community provides thousands of free, nutritious meals to seniors in need through our Touchpoint À la Carte Senior Meal program, funded in part by donors and grants to the Foundation. Through this program, Community offers those age 60 or older with vouchers for nutritious meals at designated Community hospital cafeterias, with greatest needs at Community East. Community also operates a food pantry called the Community Cupboard of Lawrence that serves thousands of families each year.

An East Region Patient Assistance Fund, launched in 2017 thanks to a generous donor, provides financial aid to east side patients and is intended to help them cover the cost of much-needed medication, transportation and lodging.

In an effort to address unmet health-related social needs – such as housing instability, food insecurity, utility limitations, interpersonal violence and transportation access — on the east side of Indianapolis, Community has launched Community Collaborations. A multi-faceted program geared toward improving the health and well-being of communities through innovative partnerships with community-based organizations, Community Collaborations operates thanks to a multi-million dollar grant Community Health Network Foundation received from the Centers for Medicare & Medicaid Services. Additional funding from generous community organizations and partners will enable further integration with Central Indiana’s communities in need.

Community is building a new $175 million hospital on the campus of Community Hospital East. The project includes building new inpatient and procedural rooms as well as a new emergency department, carrying Community East into the future for many years to come. The potential of Community East has also been recognized by the State, which recently opened the Indiana Neuro-Diagnostic Institute on East’s campus, which will serve as the flagship of Indiana’s network of state-operated mental health facilities.
Advancing the most enjoyable life for all residents
East side care

Funding Priorities

Created in partnership with the Indianapolis Legal Aid Society, Community’s Medical Legal Partnership aims to better address a more complete picture of health for patients and clients by integrating civil legal aid with healthcare. An attorney embedded in the Community Hospital East setting works alongside members of the healthcare team. Together, they screen for and treat health harming legal needs — related to insurance, public benefits, housing, education, employment, legal status and safety — to improve health and well-being and reduce healthcare utilization. With additional support, Community will strive to expand this offering to all regions.

2018 Donor Impact:

• 14,162 hungry seniors received free meals through the Touchpoint A la Carte Senior Meal program, with greatest needs in the east region.

• 63,133 individuals received healthy food at the Community Cupboard of Lawrence; nearly half of these individuals are under the age of 18.

• 78 east side patients received financial assistance to access medication and transportation, and the program expanded to 16 primary care locations.

• Community Advocates were hired to address unmet health-related social needs for east side residents through the Community Collaborations program.

• Community’s Medical Legal Partnership served 221 patients at Community East and Community South.
Linda’s Story

Linda Murphy began accessing Community Health Network’s Touchpoint À la Carte Senior Meal Program a few years after her retirement. The program offers individuals age 60 or older the opportunity to receive four free meal vouchers per month that can be used at designated Community hospital cafeterias for healthy food at breakfast, lunch or dinner.

Linda quickly realized the program offered more than a nutritious meal — it also offered much-needed social interaction.

“I look forward to seeing the people and making connections,” she said. “For some of these people, it might be the only social interaction they get.”

Linda, who lost her husband in 2016, does not cook often, so the program allows her to access healthy meals instead of eating at local fast food restaurants. And Community’s cafeteria staff further enhances her experience.

“They always have a smile on their faces,” she said. “It doesn’t matter who you are — they treat everyone with the utmost respect.”

Linda says that friends tell other friends about the program, which has helped it grow to help more seniors. However, in recent months, she’s noticed an even greater increase in the number of seniors being helped.

“The need must be getting greater,” she said. “I’m seeing more and more new faces. As seniors, we need this program, especially for those in financial need — a lot of seniors are facing high medical bills and costly prescription medicine.”

In January of 2017, Linda suffered a house fire that caused damage in her kitchen and bedroom. The Touchpoint À la Carte Senior Meal Program was there for her, offering a warm meal and friendly setting.

“Not only does this program help provide healthy meals and healthy encounters with others, but these social interactions do a great deal for our mental health,” she said.

Linda knows that without the generosity of donors to Community Health Network Foundation, the Senior Meal Program would not exist.

“I would be so sad without it,” she said. “This program offers us so much, and I am personally very grateful to those who make it possible.”

When she is able, Linda tries to pay it forward, offering a few dollars here and there to help support this critical program that has provided her with invaluable compassion, nutritious food and genuine fellowship over the years.
Promoting the brightest future

Innovation and outreach

With an eye on the future, Community Health Network is working to take healthcare to new heights through innovation, prevention and outreach efforts.

Funding Priorities

Developed in 2014, Community Launchpad exists to find opportunities to improve patient care by engaging all Community employees and incentivizing them with a cash prize. Fueled by donations made to the Allen Hicks Innovation Fund, Launchpad winners — all of them Community employees — have the opportunity to participate in a business incubation program, allowing them to act and think like entrepreneurs with the ultimate goal of commercializing their inventions. Our continued focus is to help healthcare innovation move at the speed of business — right here in Central Indiana.

To build access to healthcare services, Foundation donors support free health screenings and education offered at the INShape Black and Minority Health Fair, as part of Indiana Black Expo. For all four days of the health fair, the Community Health Network booth is staffed by employee volunteers who offer tests for glucose, sickle cell, A1C and more, as well as connect visitors to Community primary care physicians and specialists.

Knowing and understanding one’s health takes more than intuition. For that reason, Community’s donors help provide health screenings for seniors at events like this year’s 12th Annual “A Fair to Remember,” an education and health fair designed for adults age 55 or older. And educational social events are offered frequently at Community hospitals, professional buildings, and other locations. These events help increase awareness of services offered, introduce Community physicians and staff, provide a comfortable social opportunity, and offer a free nutritious meal to attendees.

Launched in Fishers in 2016, Community’s Paramedicine Program allows for patients age 55 and older to be followed post-discharge from the hospital by a local fire department EMT during the 30 day readmission window. When a patient is released from Community’s hospital to go home, fire department paramedics are notified of the patient’s condition and will then check in on the resident to ensure their continued health and safety. The effort is working, with reduced readmission rates for patients and improved education processes to help manage chronic conditions.
Promoting the brightest future
Innovation and outreach

2018 Donor Impact:

• Top innovation ideas submitted by Community employees in the 2016 Innovation Competition continue to be developed.

• Hundreds of visitors received health education and screening services at the INShape Black and Minority Health Fair during the 2018 Indiana Black Expo.

• More than 600 participants took part in the Touchpoint 11th Annual “A Fair to Remember,” giving them access to a number of low-cost screenings and vaccinations.

• The Community Paramedicine program has expanded to Lawrence, Beech Grove and Howard region and continues to provide ongoing care management to patients post-discharge, resulting in reduced readmission rates.
Ann’s Story

“Older folks in our society are getting older and living longer,” Ann said, as she reflected on her own mother who has lived with her and her husband since her father’s passing in 2015. “They are still productive people, and they need to be treated that way.

“For Ann, Community Touchpoint — Community Health Network’s program focused on helping seniors access and navigate healthcare services while also providing social opportunities — offers her mother the support she needs while still preserving her dignity.

Each month, she accompanies her mother to Touchpoint events at Community Hospital South. There, they enjoy a nutritious meal with friends they have made since first attending Touchpoint events in 2015.

“We see some of the same people month after month,” she said. “You wonder about people when you don’t see them! We’ve become a close support group to each other — we really care how everyone is doing.”

As the primary caregiver for her mother, who has dementia, Ann also finds the Touchpoint events highly educational. She recalls in particular one session that focused on the steps of dementia and what the individual is actually facing — a topic especially relevant to Ann and her mother.

“I learned not to be frustrated with her — it’s her dementia, and she can’t help it,” she said. “I was never trained to be a caregiver, but I need this kind of information to be the best one I can be for her.”

Ann also recognizes that Touchpoint helps seniors become comfortable walking into a hospital, which can be a scary experience for them.

Overall, Ann says if she had to use one word to describe her experience with Community Touchpoint, she would say she is “grateful.”

“It’s truly a supportive environment, and it helps me as a caregiver know that I’m not alone,” she said.
Community’s history of giving and caring

When east side Indianapolis residents went door-to-door in the 1950s, collecting nickels and dimes to build Community Hospital East, they wanted quality health care close to home. Years later, we’re still here, more committed than ever to enhancing health and well-being in the east side communities that gave life to Community Health Network.

But that commitment to providing easy access to Central Indiana’s best healthcare now spreads throughout the core of Indiana, where you will find us delivering compassionate care to people in every neighborhood, community and city we serve. The exceptional patient experiences for which we have become known span geographic distances, in places where you will always find us doing good for all of the people who need us.

Who we are

• We are proud to be Central Indiana’s leader in providing convenient access to exceptional healthcare services, where and when patients need them — in hospitals, health pavilions and doctor’s offices, as well as workplaces, schools and homes. Built by the people and for the people, Community Health Network is a non-profit health system with more than 200 sites of care and affiliates throughout Central Indiana.

• Bolstering many of the programs and services that directly impact patients, Community Health Network Foundation raises and stewards the financial support necessary.
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“The well-being of our communities and our patients’ quality of life are at the center of all we do. Our neighbors have been there for us since the very beginning, and with your support we’ll be there for them far into the future.”
– Bryan Mills, President and CEO, Community Health Network

Our Values: Patients First | Relationships | Integrity | Innovation | Dedication | Excellence

The great things Community is known for:

- Care for all of the community, especially the ones who need it the most
- Becoming the first healthcare organization to receive a system-wide recognition by MD Anderson Cancer Network® as a certified member
- Implementing a single, unified patient medical record, known to patients as MyChart
- Second-largest market share in nine-county Central Indiana area
- Largest Indiana network of primary care physicians through Community Physician Network
- Leading Indiana provider of home-care services
- Leading Indiana provider of daVinci robotic surgery
- Leading Indiana provider of sleep/wake services
- One of the nation’s largest LDRP (maternity) programs
- Recognized innovator in pain management
- A partnership with Marian University’s new College of Osteopathic Medicine
Join our Mission Team
Inspired by our mission to enhance health? Make a direct impact on patients by becoming a member of our Mission Team. By committing to a recurring monthly gift, you will help provide a firm foundation that enables us to provide compassionate and excellent care to everyone in our communities in need of help and hope.

Share Your Story
Experienced exceptional care, simply delivered at a Community site of care? Give us permission to tell your inspirational story and help raise awareness of Community’s expertise and the need for ongoing support of our non-profit healthcare system.

Volunteer
Feel the calling to give back with a gift of time? Serve at one of our Indianapolis hospitals or health pavilions to help make a difference in the lives of our patients.

All that we are and hope to become is made possible by generous members of the communities we serve. To support patient care in any of these ways, please contact our office at give@eCommunity.com or 317.355.GIVE (4483).
You can make an impact
Don’t take our word for it, hear directly from some grateful patients and generous donors who were touched by Community’s exceptional care and have chosen to give back by sharing their story or making a financial gift.

“As far as getting help, I don’t qualify for a lot of it, but I also don’t go looking for it. I prefer to be the one volunteering or giving back. The word ‘Community’? They mean it. I love, love, love Community. I can walk in, and they know me. This experience I’ve had… I can tell you, I would not go anywhere else.” – Hasina, grateful patient and cancer survivor

“It was tough having our girls in the NICU, but it was not tough being at Community. When you leave your child there, you know they don’t just have a nurse with them — they have a protector.” – John, grateful father and donor

“Without Community Health Network, I probably would be dead. At the very least, I would have moved on to heroine. I wouldn’t have custody of my children. I really don’t think I’d be here. Now, because of the support I received, I own my home, I hold down a job, I have my kids and I’m 23 months clean.” – Kim, grateful mother and behavioral health patient

“All of a sudden, all of my nurses came into my room and started singing ‘Happy Birthday’ to me. It is like we became one big family — I will never forget that. My motto is never give up. As long as you have a breath, you have a chance for change. I triumphed, and I had the most awesome experience.” – Sheila, grateful patient and cancer survivor

“If you give, it will help people in the hospital who are hurt. It could even save their lives. It means more to me to give money than to use it for other things like toys. I like that it is something kids can do — it's not just something for adults.” – Graham, second-grader and donor

“But only does this program help provide healthy meals and healthy encounters with others, but these social interactions do a great deal for our mental health. I would be so sad without it. This program offers us so much, and I am personally very grateful to those who make it possible.” – Linda, grateful recipient through the Touchpoint Senior Meal Program

“The way they [forensic nurses] explained everything to us was so respectful. She didn’t make me feel like I needed to be a strong person. I didn’t feel rushed. If I became upset, she never pushed. She would ask if I wanted to do each part of the exam and made clear I always had a choice, but I didn’t say no to any of it because I knew it could be used to find the perpetrator.” – Sarah*, grateful patient through the Center of Hope

*name has been changed for privacy purposes.

“These nurses are amazing. There is no judgment. They know I didn’t raise my daughter to behave this way, and they have shown me nothing but love and support. I’ve cried because I’m going to miss them so much. They have been here to wipe my tears and hold my baby — it’s clear how much they love the children in their care.” – Mary, grateful grandmother of a baby born with neonatal abstinence syndrome
Your generosity is the bedrock for all that is possible.