

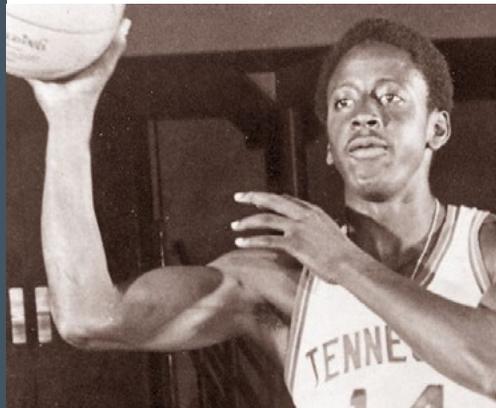


DECEMBER 2018

Issue 1

Around  
Community

**TOP DOCS HONORED BY MAGAZINE** ... The annual "Top Doctors" recognition put the spotlight on more than 260 Community physicians this year. *Indianapolis Monthly* magazine honors providers in a wide range of specialties each fall, offering doctors the chance to nominate and recognize peers who are outstanding in their fields. Honorees who are part of the Community team will soon receive a special plaque they can display to let patients and visitors know of the recognition. Congratulations to these physicians for their continued commitment to providing outstanding care and to putting Patients First. *To read more or see a list of Community's Top Docs, please click on the link below.*



**WAYNE PACK HEADED FOR THE STATE BASKETBALL HALL OF FAME** ... Wayne Pack, Community's senior vice president and chief human resources officer, is on his way to the Indiana Basketball Hall of Fame. He'll be part of the 58th induction class, honored in March. In 1969, Pack was a member of the state champ Washington Continentals, a team that carried away the trophy with a 31-0 record and also included George McGinnis and Steve Downing. In college, Pack starred at Tennessee Tech, where in his senior year he averaged 18.4 points per game along with 5.9 assists. He set the school's assist record of 422 and its single-game assist record of 16. Pack followed up that performance by playing professionally in Spain, and he played 21 games with the Indiana Pacers in 1974-75. *To watch a video recollection of his basketball career, please click on the link below.*

**STEP YOUR WAY INTO WELLNESS POINTS** ... Have you synced your Fitbit or other device into the MyWellness program yet? You can easily step your way into wellness points that can transform into dollars for Community healthcare. The latest challenge is called Winter Warriors, which will earn you 100 points if you average at least 10,000 steps per day for a week. The challenge begins December 10, and you can sign up now. Beyond that, you can automatically earn 75 points every month you average at least 7,500 steps daily, but you must first connect your device. *To visit the MyWellness portal, please click on the link below.*





## NEW RISE TEAM GRADUATES ...

Congratulations to the new team of Community caregivers who recently completed their three-day course in Critical Incident Stress Management. They now have certificates in “Assisting Individuals in Crisis” and “Group Crisis Intervention.” The caregivers pictured here have joined the RISE Teams at Community North, East, South, Anderson and Howard. The Resiliency In Stressful

Events (RISE) Team provides 24-hour emotional peer support for Community staff and physicians following an unanticipated patient event, stressful situation or patient-related injury. *To see the names of the recent graduates, please click on the link below.*

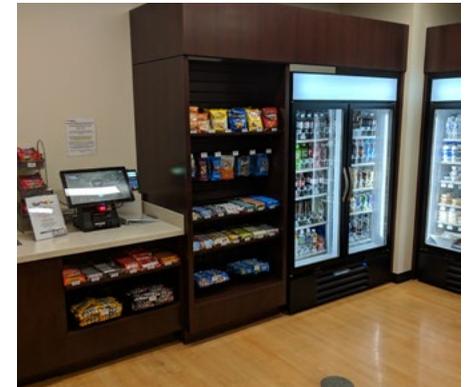
**CARDIOVASCULAR CARE EARNS BLUE DISTINCTION ...** Community’s cardiovascular services product line has achieved Blue Distinction for Cardiac Services. The Blue Distinction specialty care program, operated by the Blue Cross Blue Shield Association, recognizes providers demonstrating expertise in delivering quality specialty care—safely, effectively and cost-efficiently.

It’s a highly respected, nationally recognized designation, and it affirms the *Exceptional care. Simply delivered.* created by our cardiovascular caregivers.



## **SELF-SERVICE SNACKS AND DRINKS AT THE C-STORE, 24/7** ...

Community North caregivers can access a convenient new concept for picking up snacks and beverages whenever they want them. The Community Employee C-Store is located next to the Bamboo Café at Community North, and caregivers have 24/7 badge-only access. The store is well-stocked with a variety of frozen and fresh entrees, sandwiches, salads, fruit and veggie options, bottled beverages, plenty of desserts and ice cream, plus a large selection of snacks. There's a microwave onsite, and a cutlery/condiment station. Hungry or thirsty? Just swipe your badge, make your choice and pay at the self-checkout kiosk, which accepts credit cards, payroll deduction and department charges. The c-store concept is getting a trial at Community North, and additional locations are under consideration for the future.



**AN IMPROVED NICOTINE DEPENDENCE PROGRAM** ... Community is dedicated to the health and well-being of our caregivers. As part of this dedication, we understand the importance of nicotine dependence reduction for long-term caregiver health, and we have a nicotine dependence program in place for benefits-eligible caregivers. However, we know we can do better, so we are working to create a more comprehensive program and are looking to you for assistance. The improved nicotine dependence program will launch in 2019 and be designed for all caregivers and their significant others regardless of benefit status. We need your input to help us gather important information and ask that you please take five minutes to complete an anonymous survey. The survey is open to everyone including those who don't use nicotine products, and closes on Monday, Dec. 10.

*To take the survey or for more information, please click on the link below.*