

Healthbeat



GET **INSHAPE** FOR A GOOD CAUSE!



Christopher Lloyd, Senior Director of Branding and Communications
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ARTICLES

Feature Article

Christopher Lloyd, Senior Director of Branding and Communications

IN EVERY ISSUE

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PHOTOGRAPHY / ILLUSTRATION

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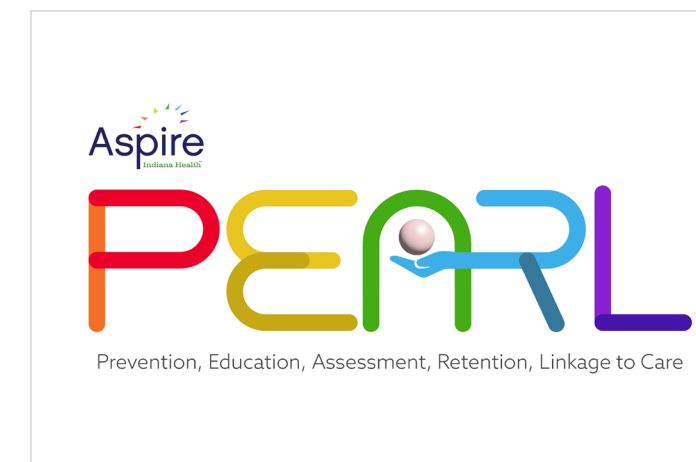
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Check out our new Facebook page

See page 7 for details.



The end of Public Health Emergency

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Get InSHAPE for a good cause!

by Christopher Lloyd

Aspire Indiana Health's InSHAPE program has been around for six years now, devoted to helping Hoosiers with mental illness work on improving their physical health and wellbeing.



It's very common for people with behavioral health diagnoses to also struggle with excess weight, diabetes, high blood pressure, heart disease and other health challenges.

The program pairs patients up with personal trainers who provide them with the tools, motivation and support to succeed in their personal health goals. By implementing exercise and improving nutrition habits, InSHAPE helps people lose

weight, improve cognitive functions, decrease depression and anxiety, improve self-esteem and decrease social isolation.

Countless Hoosiers with serious mental illness (SMI) are now leading happier, healthier — and longer — lives.

"Really it's about extending their life. We want to see them live long past what they're projected to," said program leader Jody Hall, noting that the life

expectancy of people with SMI is significantly lower than the rest of the population.

Now, Aspire Indiana Health is holding its first-ever fundraiser event to support the program. The InSHAPE 5k Fun Run & Walk is scheduled for April 22 at Conner Prairie. Participants will receive a comfy T-shirt, finisher medal and swag bag, and can choose between a 5k timed event or 1 mile fun run/walk. They can even do both races for the same registration price if they wish. There will be post-

race refreshments, warm-up group stretching, face painting and other fun activities for kids, and much more!

[Click here](#) to register now. If you can't join us, please help by spreading the word!

Hall has managed to obtain a number of private donations over the years to help InSHAPE clients with costs such as exercise equipment, gym memberships, shoes and more. But as the reach of the program has grown, there's more need than ever for assistance. InSHAPE services like Hall's are billed through Medicaid, with no cost to the clients themselves. All proceeds of the race will go toward program participants.

"Some of our clients have been in the program since the

beginning," Hall says. "They typically live on their own and can experience feelings of isolation. They're usually not gun-ho initially. If you haven't been doing exercise for a while, it scares you off. It takes time to build that rapport and see what skills they need to work on to improve their life."

Even after people 'graduate' from InSHAPE, Hall and other trainers generally check in with them on a regular basis to make sure they're keeping up with the exercise and nutrition activities they learned.

For the event, [Racemaker Productions](#) is handling all of the equipment and services to stage the race itself, including timing of 5k racers. Hall credits Jerry Landers, Aspire Vice President of Strategy & Business Development, for

pushing him to think bigger and hold an event like this.

"Jerry has been one of the biggest cheerleaders of the program. With his support and his vision, he reached out to me last year and said we should think about doing a big event to support InSHAPE," Hall says.

The InSHAPE 5k Fun Run & Walk will have a superhero theme, and kids — even grown-up ones — are encouraged to dress as their favorite character for the event. That's because everyone involved in InSHAPE, from the clients to the trainers to the supporters, are truly superheroes when it comes to helping others. ■



SAVE THE DATE FOR OUR OTHER EVENTS!



Who doesn't love a great day on the golf course? Lucky for you, Progress House's annual golf outing is just 2 months away! Gather a group of your best golf buddies and come enjoy a great day of golf, and support Progress House's amazing mission and accomplishments. So many lives have been changed for the better with the help of Progress House's recovery tools and your support. Save a spot on your calendars for the morning of Thursday, May 18th, 2023 at Plum Creek Golf Club in Carmel. Exact times have yet to be determined. We are excited to see you there!



Reserve a spot in your calendars for a fun Friday night out at the polo field this summer! Progress House is hosting their annual Polo at Sunset event again on Friday, August 4th, 2023 at Hickory Hall Polo Club. This year we have been paired with Indiana Rugby to create the best experience possible for all of our guests. Come enjoy a great polo match, games, raffle, silent auction, and more! This event is great for kids and people of all ages! More information and pre-admission will be available at a later date. We hope to see you there!

Aspire News: Chodkowski joins national licensure board



Lesley Chodkowski, MS, LMHC, NCC, Clinical Manager of Aspire Indiana Health's Elwood and Noblesville health centers, has been named a Subject Matter Expert (SME) on the National Clinical Mental Health Counseling Examination (NCMHCE). Congrats, Lesley, on this amazing honor!

The National Board of Certified Counselors (NBCC) administers the licensure examinations used by all 50 states, the District of Columbia, Puerto Rico and Guam. Each state counselor licensure board administers the application processes and procedures in accordance with state law, including determining the requirements to sit for the examination. NBCC enforces those requirements when registering candidates for testing.

The NCMHCE is a licensure exam required to obtain clinical licensure in some states including Indiana, and a requirement to become a Certified Clinical Mental Health Counselor (CCMHC) in all states. ■

Aspire News

ASPIRE OPENS NEW FACEBOOK PAGE TO HELP COMMUNITY

With offices located in Lafayette, Muncie, Anderson and Richmond, PEARL's mission is to provide quality, compassionate HIV/HCV/STI prevention and care by removing stigma and barriers for under-reached people who are impacted by these conditions. ■



We're excited to announce that Aspire Indiana Health will once again be participating in this year's Indy Pride on June 10 at Military Park!

Indy Pride is a fantastic annual event celebrating the LGBTQ+ community, and our participation shows everyone that we walk the walk and talk the talk in our foundational commitment to serving Hoosiers from every walk of life.

We're so excited about this opportunity to show off to the whole community what an exciting and inclusive organization Aspire Indiana Health is - please join us! ■

Welcome New Employees!



LaShaun Aldridge

Manager, People Operations
Administration

Oliver Benz

Food Services Assistant
Progress House

Courtney Boswell

Nurse Practitioner, Primary Care
Indianapolis

Michal Burgan

Scheduler, Patient Access
Carmel

Mary Cole

Care Coordinator/Life Skills
Instructor, Youth & Family Home
and Community Based
Noblesville

Pamela Clow

Insurance Credentialing Specialist
Administration

Daniel Gutowski

Network Administrator
Administration

Joshua Herr

Data Analyst
Administration

Shauna Huggins

Employment Specialist
Indianapolis

Crystal Luzadder

Bachelor's Level Clinical Intern
DeHaven

Sara Marshall

Licensed Clinical Therapist
Assessment
Carmel

Jessica Roberts

Staff Nurse
Indianapolis

Sandia Saunders

Certified Medical Assistant
Carmel

Rachel Smith

Community Work Incentives
Coordinator
Administration

Shannon Wagoner

Licensed Clinical Therapist
Assessment
Carmel

Brittani Weasner

Scheduler, Patient Access
Carmel

Elaina Youngberg

Care Coordinator/Life Skills
Instructor, Youth & Family
Indianapolis



Way To Go!

- Janis Ashburn
- Jessy Brown
- Michelle Hawn
- Shannon Moran
- Linda Morris
- Linda Thomas
- Shelby Watson
- Jeannetta Whitehead

Get the **right job** for you

- 1** [Digital Marketing Coordinator](#)
- 2** [Residential Technician Indianapolis](#)
- 3** [Behavioral Health Consultant](#)
- 4** [Patient Access Specialist](#)
- 5** [Residential Technician Anderson](#)



ALL.

We serve all. We hire all. We accept all.



End of Public Health Emergency may impact Medicaid benefits

While COVID cases are still occurring, the government is expected to end the PHE sometime this spring or summer.



Aspire & Technology Recyclers will be hosting a Spring Computer and Electronics Recycling Event at:

**Aspire Indiana Health
9615 E 148th Street Noblesville, IN 46060**

**When: Friday April 28th, 2023
12:00 pm – 1:00 pm**

**** TV's and CRT monitors will have a \$20.00 charge per item.**

The event is free** and will take place on **Friday April 28th, 2023, from 12 P.M to 1pm.** Technology Recyclers is a R2, NAID, RIOS certified Recycler, 100 % landfill Free and an Indiana Veteran owned company. We guarantee data destruction on all items.

Generic List of Items Accepted: Not sure about One, give us a call

- | | |
|---------------------------------|--|
| Computer Towers | Batteries, any Kind, and any size |
| Laptops | All Monitors CRT * Flat Panel |
| Tablets | TV's – Tube Type* LED, LCD, Rear Projection |
| PDA's | VCR's, DVD Players and Game Systems |
| Cellphones – All Handhelds | Satellite TV Equipment, Dish |
| Pagers, palm pilots, | All Telecommunications items, phones, switches |
| All peripherals | Audio Video Equipment |
| Routers, switches | Microwaves, Handheld Appliances |
| All wiring, All Cable | Industrial Electronics, Motors, pumps, light fixtures |
| Cat 5 | Industrial Wiring, ballasts (non –PCB) |
| All computer Room Gear | Medical Equipment, lab Equipment |
| Servers, racks, wire | Metal shelving, racking, |
| Copiers, Printers, scanners | Loose Hard Drives, Loose circuit boards and components |
| All office automation equipment | UPS and Backup systems |
| All Batteries, any kind or size | A/c units, HVAC components |

****Items that are NOT accepted include: Light Bulbs, paint, toxic chemicals, furniture, wood, tires, and clothing.**

For more information please contact:

- Aspire Wellbeing Coordinator, Kristin Lamb at 317.385.6016 or kristin.lamb@aspireindiana.org
- Technology Recyclers at 800-237-3887 or Dale@tech-recyclers.com



8401 E. Washington Street, Indianapolis, IN 46219



When the federal COVID-19 public health emergency ends, many Hoosiers could lose their Medicaid benefits. Taking action now could help you stay covered.

This includes responding to ongoing verification requests when there is a change in the person's circumstances, such as an increase in income.

If you or a loved one are currently receiving Medicaid, be on the lookout for one of these verification requests from FSSA with updated information they need to provide. They will only

Since the start of the COVID pandemic, the U.S. and state of Indiana have operated under the declaration of a Public Health Emergency (PHE) that eased some rules on how people on Medicaid can receive healthcare.

Federal agencies are required to give a 60-day notice to end the emergency declaration. It was most recently renewed in February 2023, but now is a good time to alert patients and providers to be on the lookout for a mailing from the federal Family and Social Services Administration (FSSA) that will contain vital information about what will change post-PHE.

Approximately 25% of current Aspire Indiana Health patients on Medicaid are expected to be affected – potentially including their continued Medicaid eligibility. Some Hoosiers who might otherwise have discontinued receiving Medicaid benefits through the regular annual "redeterminations" during PHE could find themselves disenrolled after it ends.

States will have 12 months post-PHE to return to normal operations. Individuals who have continued to meet all eligibility requirements during the federal PHE will be subject to regular rules after the PHE ends.

have 30 days to respond or lose their Medicaid benefits. This includes if they are on one of Indiana Medicaid's health coverage programs, such as Healthy Indiana Plan, Hoosier Healthwise and Hoosier Care Connect.

While you are waiting on that mailer, we encourage you to visit FSSABenefits.IN.gov and login (or create a new account) to check on the status of your Medicaid benefits, or call (800) 403-0864. ■