

# Healthbeat



MACY, THE MOBILE CLINIC UNIT, ROLLS OUT!



Christopher Lloyd, Senior Director of Branding and Communications  
Cheryl Berry, Marketing Multimedia Artist  
Ben Rose, Multimedia Content Producer  
Brandi Caplinger, Digital Marketing Coordinator

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### PHOTOGRAPHY / ILLUSTRATION

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## FIGHT NIGHT - FIGHT FOR RECOVERY

Mark your calendars to join Progress House on Thursday November 9th at Primo Banquet Hall for [Fight Night](#), an evening of 10 sparring matches between 20 experienced Indiana Golden Gloves boxers in support of the cause for recovery in our community!

If you or someone you know would like to get involved as an event sponsor, please reach out to or pass others that may be interested along to Kevin Sheward at [kevin.sheward@aspireindiana.org](mailto:kevin.sheward@aspireindiana.org).



## SAVE THE DATE!

Join us on March 9, 2024 for the 7th Annual Stand Up for Kids Comedy event at Harrah's Hoosier Park! More details to follow.



# Macy the mobile clinic unit rolls out!

by Christopher Lloyd, photography/video by Ben Rose



After years of planning and months of coordination, the Aspire Indiana Health mobile clinic unit has rolled out to the streets of Indianapolis!

a grant from the City of Indianapolis, the MCU will primarily focus on serving its most vulnerable residents.

**Nurse Practitioner Rita Stephens and Certified Medical Assistant Ciara Brown** will be the primary staffers for the unit. As an extension of Aspire's clinic services, Macy will provide medical visits and assessments, with a focus on addressing medical challenges for those who are homeless,

experiencing mental health challenges and/or substance abuse disorders. Prescriptions for medication will be provided and vaccination services are being explored.

Nicknamed Macy – Mobile Access Care for You – the mobile unit is a 37-foot-long Ford F-550 that includes two medical exam rooms and an integrated wheelchair lift. Funded by



Macy got a huge send-off by Indianapolis Mayor Joe Hogsett and Aspire Executive Office Antony Sheehan at a recent news conference spotlighting it and other initiatives the city is undertaking with its portion of the National Opioids Settlement. [Watch the video now!](#)

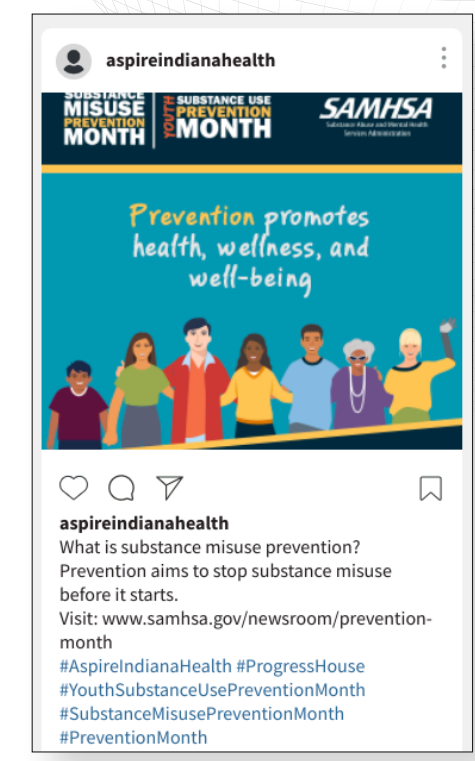
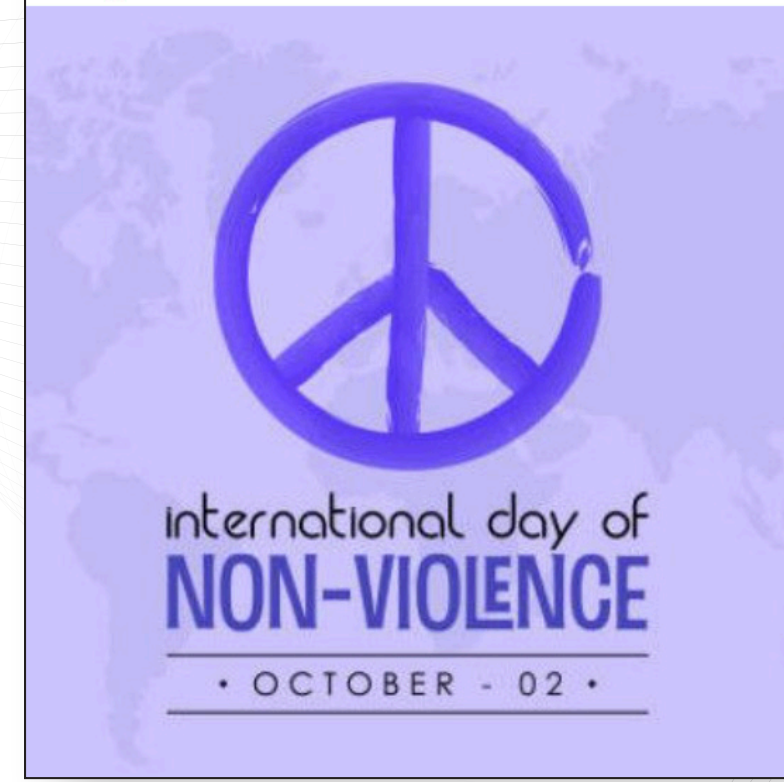
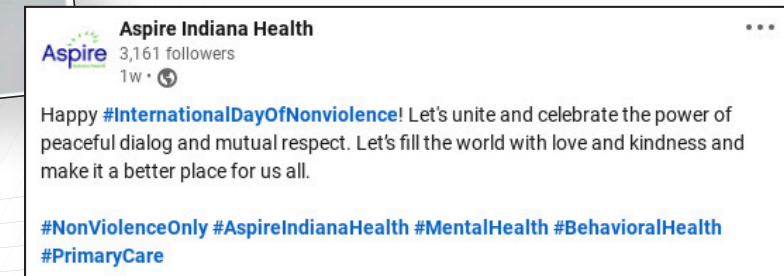
The nickname, which will be placed on the doors, was the brainchild of Mary Giesel, Manager of Community Outreach, and was voted on as the winning entry from nearly 100 employee submissions. Cheryl Berry, Marketing Multimedia Artist, created the iconic mural and other artwork that adorn Macy's exterior.

The mobile unit will initially deploy three days a week within the zip codes 46201, 46202, 46203, 46204, 46225, 46221 and 46218. Look for posts on Aspire social media with the hashtag #WhereIsMacy to see where she's at!

Macy even has her own email address! If you have a suggestion of a place or event to bring Macy within its activated zip codes, please email [macy@aspireindiana.org](mailto:macy@aspireindiana.org).

# Social Media Hits

by Brandi Caplinger





# Lemaire-Pyle recognized for lifetime of impact



by Kaitlyn Ervin

Manager of Crisis Services LouAnn Lemaire-Pyle was recently honored with a nomination for the Outstanding Professional Award from NAMI (National Alliance on Mental Illness) Indiana. She has been with Aspire for 41 years and the organization is so proud of the work that LouAnn has done for individuals in our community!

*Here are some testimonials about her lifetime of impact from colleagues both within and outside Aspire:*

Jim Skeel,  
Information Officer

**"LouAnn has been a tireless** advocate and ambassador for suicide intervention and prevention for quite some time. She has been a key figure in our Zero Suicide initiative, 0 after 5 BHAG and ongoing process improvements for suicide care. She has been instrumental in shaping the care we provide, our community outreach, our crisis responding, and external training and education we provide in this area. It's an honor to work with such a passionate and dedicated colleague!"

Kaitlyn Ervin, Director of Service Entry

**"There are many things** LouAnn does that go above and beyond. One of the top things I have been able to learn from her is that she takes her time to make sure each individual is getting their needs met. LouAnn is able to do this because she has built relationships which allow her to understand Indiana's crisis continuum and connect individuals to whatever support fits best with their current situation."

Paul Braeger, Social Worker and Hospital Liaison

**"I think LouAnn is admired** and respected by many of our stakeholders and casts Aspire in a very positive light. These

include but are not limited to the courts, probation, NAMI, the domestic violence network, Prevail and all the CIT training groups. She meticulously reviews crisis notes to make sure the best services are being provided for the clients who are in the most need."

Vanessa Pataky, Senior Director of Service Access

**"I don't think I have been in a** community meeting about crisis where I haven't been asked 'do you know LouAnn?' She is a staple in this community, and to be able to work alongside her and listen to her knowledge and wisdom about crisis is an honor. She has embraced the changing landscape of crisis services and is supporting the

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charge to evolve this crisis movement. We all already know about the invisible wins she has made in this field over the past 40 years."

### Ryan Turner, Program Manager of Deaf Services

**"The Deaf Services team** have always appreciated LouAnn's work with the deaf clients because she always makes efforts to fully understand a deaf client's situation, as well as the circumstances around the client. With LouAnn's approach, it is easy to coordinate with the Crisis team and client and/or parents to support the client in crisis. We cannot imagine what it would be like without LouAnn!"

### Sarah Dross-Gonzalez, Senior Director of Clinical Training

**"LouAnn is very well** deserving of this acknowledgement. She is a relentless client advocate and has formulated such strong ties with community partners throughout her many years of service. LouAnn has dedicated her life to helping those in the most vulnerable positions and possesses a contagious passion for the work. It has been a joy to work alongside her at Aspire!"

### Alyssa Yano Wier, Director of Assessment Services

**"LouAnn is always focused** on providing the best care for the client. She collaborates with staff and external partners to ensure clients who are at their most vulnerable are kept safe and feel supported. She has such a presence at Aspire and in the community and works tirelessly to keep everyone on the same page and focused on the client experience."

### Heidi Schaefer, Direct Admissions Coordinator, Community Health

**"Whenever I see LouAnn's** name pop up on my phone, I know she has a needy patient in mind for our Crisis/IP services. I admire her persistence in getting the type of help a person truly needs and have enjoyed working with her to achieve this over the years."

### Duncan Brown, Operations Director, Access, Consult, and Crisis Services, Community Fairbanks Behavioral Health/ Recovery Center

**"LouAnn has been a tireless** and dedicated advocate for those experiencing and

fighting mental illness and substance use disorders for decades at Aspire and in the communities we serve. LouAnn leads and provides compassionate crisis care and goes out of her way to ensure that client's needs are being met, especially safety needs. She has spent her career building bridges between Aspire, local healthcare systems, law enforcement agencies and consumer advocacy groups such as NAMI to develop and sustain care systems that work for the individuals we collectively serve. I am better off from knowing LouAnn and am proud to have worked with her for many years at Aspire."

### Rita Langlois, Vice President, Behavioral Health Service Line, Stress Center

**"I am so pleased to** recognize LouAnn Lemaire-Pyle — for more years than I'd care to mention for both of us — LouAnn has been a 'go to' for assistance with assuring we make connections to serve persons in need. She is so responsive, efficient, skilled clinically and in a systems manner too. On top of all that — just a lovely person. LouAnn, congratulations on this recognition — well-earned and so deserved!" ■

# Patient Beats: The Swan Song of 'DC'



by Katie Wilson

## The moxie of Aspire Indiana Health's Madison County Home & Community Based team should never go unnoticed.

They follow things through to completion, especially when it comes to patient care. They are determined to meet clients where they are and show compassion in how they're served.

Perhaps no better recent example is that of "DC," a longtime patient of the team who recently passed away. This is his swan song. (His story is used with permission.)

David C. was one of the quirkiest people you'll ever meet. David had myriad mental health concerns, but always greeted you with a smile. David was a "collector of things," or as we call it: a hoarder. David loved to collect anything related to technology, doomsday scenarios, stamps, and outer space.

I met David almost two years ago when he was about to be evicted from his apartment due to his



hoarding. I used to be a professional home organizer and melded that skillset with being a therapist. David almost instantly trusted me in helping him organize and throw things away, mostly because I looked through every single envelope, book, etc. to find stamps tucked away, including the precious Marilyn Monroe stamps he'd been looking for years — found inside a book on planes.

Countless hours were spent getting rid of things in his apartment, and processing

the thoughts, feelings and memories wrapped into all of these objects. We were able to keep David in his apartment during that time due to the help of his treatment team working to organize his apartment.

In May of this year David was diagnosed with Chronic Myelomonocytic leukemia at the age of 72. He was ready to fight this cancer and had doctor appointments almost daily that everyone on the team stepped

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up to help get him to. David Ables, his Care Coordinator/Life Skills Instructor; Clay Waterman, another LSI; Michael Smith, supervisor; and I, and countless others helped get him where he needed to be.

We had already coordinated with Lifestream on services and were waiting on the Aged and Disabled Waiver to come through to get David a home health aide, homemaker, food delivery and personal emergency response system. Several weeks into that process the paperwork finally went through and there was some relief in helping drive him places and appointments, but his treatment team continued to ensure they were at every doctor's appointment to know all the available information for David's next steps.

During this time David became acquainted with his son and grandchildren again, with the help of Google meet calls to talk about fond memories together. David hadn't seen his son in several years, so a trip was planned for David to be able to see his son and grandchildren in person again. Work on David's advanced directives were completed and David was at peace with whatever was to come.

On July 7, David was taken to the hospital after a fall in his

apartment resulting in a subdural hematoma. Due to David's leukemia diagnosis, his platelets were extremely low so he needed to get platelets and blood into his system to be able to become stable for surgery. I was with him all day on that Friday in the ICU as he cracked jokes, telling nurses crazy stories about the things he'd done or



seen in his life. David talked extensively about his stamp collection and the love he had for science and outer space.

He was the hit of the ICU and all the nurses loved him. Throughout the weekend staff came to visit him and sit with him and share stories.

As he grew weaker and weaker, we knew he wasn't going to

make it out of that hospital bed. He was still too weak for surgery and his son, who was his medical representative, was on his way to Indiana from Alabama. After much discussion with David, his son and doctors, a DNR was signed as this is what David wanted.

He passed peacefully with his son by his side in the late evening of July 12. I and all the other members of the HCBS team were of course very sad, but also content in that we knew we'd done everything in our power to make him happy and healthy as possible during his last years.

But that wasn't the end of David's story.

Coordination with a funeral home occurred to ensure David's wishes were honored. Tackling his subsidized apartment inside a historic building in

downtown Anderson proved to be a challenge because of his hoarding. HUD officials balked at the prospect of a massive clean-up. Again, Aspire's Madison County team stepped up.

David had so many things that could be donated and so much technology we didn't want to go into landfills. We paid David's rent for the month of August to ensure we had enough time to

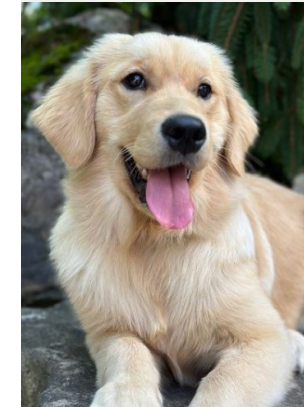
sort through everything and got to work. After-hours, weekends, and lots of helping hands from staff over the next several weeks occurred.

Food went to those who needed it in the community, furniture went to other Aspire clients, donations were made for the homeless including tents, blankets, camping stoves, camping supplies, etc. Piles of items to be donated reached almost floor to ceiling in his living room. In the end several car loads of donations and trips up and down stairs and elevators were made.

Then in late August, a community partner, Technology Recyclers, did a massive favor by doing a residential pick-up, taking 2,030 pounds of technology to be recycled. Then a dumpster was brought in to get all the trash out of the apartment with a total of 2,260 pounds. So in total two tons of stuff came out of this one bedroom apartment.

David's story wouldn't be possible with the entire Madison HCBS team showing their dedication to serving patients and the community as a whole. In the end, David helped countless people through his love of things, and left an indelible impression on us all. ■

## Progress House Awarded Service Dog



Progress House, Indiana's oldest and largest recovery residence, has become the first such facility in the U.S. to be awarded a service dog through the American Warrior Initiative.

The as-yet unnamed dog will undergo specialized training for the next few months and then be permanently assigned. Progress House was selected after a competitive process by the American Warrior Initiative sponsored by Fairway Independent Mortgage Corporation.

"Service dogs have a proven track record of decreasing anxiety and stress among people who suffered trauma, including those with substance use disorder," said Darrell Mitchell, Vice President of Recovery Communities for Aspire Indiana Health and Executive Director of Progress House.

"We are incredibly honored and thankful to be recognized with this generous award. All of the staff and residents at Progress can't wait to meet their dog and welcome them to our family!"

American Warrior Initiative is the philanthropic arm of Fairway Independent Mortgage Corporation. Its objective is to educate, encourage and inspire Americans to give back to our military, first-responders, their families and our communities. AWI's mission is to save lives, heal invisible wounds, while inspiring and educating others.

Rock Planck, a retirement mortgage specialist with Fairway, raised a large portion of the funds for the purchase and training of the dog through his 2,200-mile cross-country motorcycle ride as part of the Ruff Rider fundraising program of the American Warrior Initiative.

Donating service/therapy Dogs is just one of the ways AWI gives back to others. As of September 2023, AWI has placed more than 335 service dogs into the lives and hearts of veterans.

Progress House was selected for its 60+ year legacy of helping men on their sobriety journey, including many military veterans. ■

# Welcome New Employees!

## **Kehinde Adegoke**

Life Skills Instructor - Adult Home & Community Based Services  
Indianapolis

## **Jourdan Beane**

Patient Access Specialist  
Hoak

## **Timothy Davidson**

Patient Access Specialist  
Indianapolis

## **Priscilla Dimas**

Employment Specialist  
Indianapolis

## **Emily Ensinger**

Life Skills Coach  
Hartung

## **Deborah Hamblin**

Patient Access Specialist  
Indianapolis

## **Mary-Ivory Jackson**

Patient Access Specialist  
Hoak

## **Beth Jennings**

License Eligible Therapist, Assessment  
Noblesville

## **Carol Krueger-Brophy**

License Eligible Staff Therapist  
Carmel

## **Teresa Lathrem**

Life Skills Coach  
Sunshine House

## **Kristina Logan**

Infectious Disease Case Manager  
Hoak

## **Leora McAlister**

Patient Access Specialist  
Elwood

## **James McCartha**

Maintenance Technician  
Lebanon

## **Kaylyn Mora**

Infectious Disease Case Manager  
Muncie

## **Kaylei Neal**

Certified Medical Assistant  
Noblesville

## **Shaylee Pritchard**

Patient Access Specialist  
Noblesville

## **Alden Rishkofski**

Front Desk Associate  
Progress House

## **Liddia Sanglton**

Care Coordinator/Life Skills Instructor - SGL  
May House

## **Kylee Smith**

Patient Access Specialist  
Carmel

## **Mallory Stapler**

Nurse Practitioner - Primary Care  
Indianapolis

## **Madison Teskey**

Behavioral Health Consultant  
Indianapolis

## **Zaria Webster**

Certified Medical Assistant  
Indianapolis



## Way To Go!

The Aspire staff members below have been recognized for outstanding service. Congratulations!

Brenda Blake

Sharita Dixon

Deborah Cairns

Susan Campbell

Shawna Chung

Fred Durham

Jody Horstman

Laura Jackson

Mike Keevin

Desiree Rayford



"We are beyond Lucky to have **Stacy Gardner** (Team Lead, Certified Medical Assistant) as a supervisor. She will not ask us to do anything she herself would not do. She has stepped in and ran providers, helped with injections and will draw blood without being asked." Thanks, Stacy!



Clinical Supervisor **Vivian Hinders** is recognized for always

advocating for her team. "She had been able to navigate difficult situations to ensure that everyone's needs were met. She went above and beyond to listen to our concerns and was able to recognize our needs!"



Certified Medical Assistants **Desiree Rayford, Kaylei Neal, Jessica Burkett** and **Cindy Jeske** help run the Noblesville health center like a well-oiled machine. "They help each other out without being asked and they make sure all patients are taken care of without hesitation, whether they are assigned to that particular provider that day or not. They have fun and work hand-in-hand to make sure all tasks are done in a timely manner."

**Amanda Stokes, Barbara Purk, Rodriques Swain, Katherine Meyer-Ensinger, Stephanie Rayl, Logan McDaniel** and **Toneko Kayzer** are recognized for their

stellar work with the Home and Community Based Services team. "When there is a need, they do not hesitate to jump right in. They are so caring toward the clients no matter if they're in the middle of a double shift or it's their day off and they're picking up a shift. They are all committed to Aspire, to our clients and to our communities. They have wonderful hearts!"



Psychiatric Nurse Practitioner **Nick Rock** is recognized for being a "humble educator with his extensive knowledge in his expert field" and a helpful resource of his colleagues.



**Adrianna Johnson**, Patient Access Specialist, is an amazing person, according to

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her colleagues. "She is always on top of her job, even when the day may seem rough she still makes sure she gets the job done!"



Certified Medical Assistant **Dawn Curington** "doesn't get acknowledged as much as she should!. She goes above and beyond for her patients and her provider. Keep up the good work and keep pushing!"



**Justin Roth** recently took over as Director Practice Management at Aspire's Carmel health center, and is praised by his team for his awesome attitude, learning the ropes and helping create a wonderful team environment.



License Eligible Addictions Therapist **Sara Heiliger** does an awesome job at making the EOP group meetings at the Noblesville health center fun and engaging. "Sara really cares about the wellbeing of the people she serves, as well as her coworkers. I am in awe of her many organizational tools to stay on top of tasks. Sara always makes me feel welcome and she extends the same warm greetings to all clients."



**Mary Giesel**, Manager of Community Outreach, has a way of being everywhere, all the time supporting her team in any way she can. She is also appreciated

"for being such a genuine, caring, and compassionate person at work and outside of work. I'd like to thank her for supporting me through personal struggles, grief, and loss, so that I could continue to work and do what I needed to do at home to take care of my family."



Nurse Practitioner **Mary Mueller** always puts her patients' needs at the forefront. "She radiates her positivity throughout our entire office."



Office Coordinator **Kathy Stewart** is appreciated by her colleagues at Aspire's Lebanon clinic "for making sure that our office is always running smoothly and being our sunshine on rainy days!"



Care Coordinator/Life Skills Instructor **Debbie Klein** is recognized for her dedication to a client who was recently in crisis. "Debbie was able to find immediate housing for this client along with collaborating for their care throughout the whole process. It is because of Debbie this person is safe and needs are met. We are very fortunate to have her on the Hamilton County HCBS team!"

Recently a Deaf patient found themselves lost in Downtown Indianapolis, trying to find a bus to get home. **Ryan Turner** and **Cullen Shade** connected with



them on FaceTime and worked for an hour to help them navigate to the correct stop and get home safely. "They are heroes!"



License Eligible Staff Therapist **Faye Beabout** is recognized for the awesome job she does connecting with children and teens, and her professional manner. "Faye consistently offers support to her teammates and gives helpful feedback to colleagues."



Nurse Practitioners **Courtney Boswell, Adam Ison** and **Rita Stephens** continually uphold the values of Aspire, both on and off the job. Courtney recently took time away from the practice to volunteer her medical skills at a library event. Rita really has a heart for working with underserved communities, including the new mobile clinic unit. Adam does outreach work that really makes a difference in the community.



**Sandia Saunders**, Certified Medical Assistant, always displays a positive attitude and dedication to her work that inspires her colleagues at Aspire's Carmel health center.



by Christopher Lloyd

## ELWOOD TEAM DEBUTS NEW VIDEO



Aspire Indiana Health's Elwood health center is one of our oldest clinics, but has some things new to brag about including Nurse Practitioner Michelle McDowell and Director of Practice Operations Amanda Shepherd, who joined the staff full-time earlier this year. They had an idea to make a video showcasing what they have to offer to the Elwood community, including family medicine, and the marketing team was only too happy to partner with them! Please like and share on your social media!

## CELEBRATING LGBTQ HISTORY MONTH



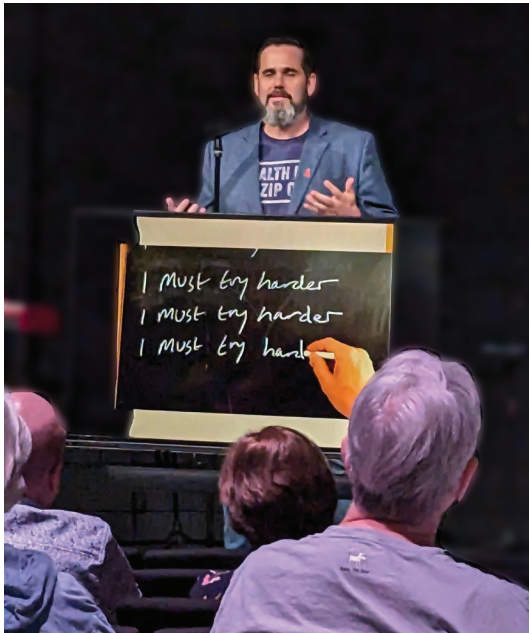
Inclusivity is such a foundational part of Aspire Indiana Health's values, so you know we were going to make a big deal out of national LGBTQ History Month in October! Thanks to Chief Culture Officer Dr. Gina Forrest, Multimedia Content Producer Ben Rose and others who helped make this awesome video talking about the history of gay rights and Aspire's role in supporting them!

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## OPIOID AUTHOR EVENT IN LEBANON

Aspire Indiana Health was honored to again host Dr. William Cook, author of "Canary in the Coalmine," a look at the opioid epidemic from his perspective as a frontline physician at an Indiana hospital. It was a great opportunity for providers, community organizers and concerned citizens to talk about the ongoing challenges of addiction. Thanks to everyone who attended or supported this fantastic event! ■



## ASPIRE SHOWS OUT AT DCS FAIR

Aspire Indiana Health is proud of its long and productive partnership with the Indiana Department of Child Services. They recently held their Region 11 Provider Fair, which was very well attended, and you know we showed out! Michael Parks, Manager of Youth & Family Home & Community Based Services, took a spin with some of our colleagues.

