

Shelbyville

Common Good for the Commonwealth

A Calling to Hear **With Clarity**

Access to health services can be a challenge for parents and children in small communities. That's why nearly 20 years ago leaders in Spencer County created the Spencer Redi-Fest – an event to help kids go back to school with needed supplies and health screenings not otherwise available in their community.



Ann Banton

Ann Banton, a speech pathologist at Jewish Hospital Shelbyville/Frazier Rehab Institute considers her work at the Spencer Redi-Fest to be of great importance. Last summer, like the past four, Banton sat in a small utility room at Spencer County High School for three hours while students and their parents sat quietly across from her as she conducted approximately 300 hearing screenings.

Over the 15 years that Jewish Hospital Shelbyville has been involved, it's estimated that at least 4,500 Spencer County students have benefited from the hearing screenings. And, according to Banton, it's critically important that the hospital and Frazier Rehab Institute be there to offer the screening.

Banton says that parents are sometimes shocked to enroll children in school and find out their development is not on par with other children their age. If a child isn't hearing well, cognition, speech development and more can be delayed and compound learning problems.

Parents simply can't underestimate the importance of early interventions. For that reason, Jewish Hospital Shelbyville and Frazier Rehab Institute have been proud to partner with the Spencer Redi-Fest, bringing important health services to the people in our extended community.

"IT'S NOT UNCOMMON TO FIND CHILDREN WITH CHRONIC HEARING ISSUES THAT HAVE BEEN UNDIAGNOSED,"

said Ann Banton.

"SINCE SPEECH SOUNDS ARE DIFFERENT FROM ENVIRONMENTAL SOUNDS, A CHILD MIGHT APPEAR TO HEAR WELL BUT COULD BE EXPERIENCING DISTORTION OR A WIDE ARRAY OF ISSUES. OFTEN, CHILDREN AREN'T ALWAYS AWARE OF FLUID IN THEIR EARS OR HEARING LOSS."



TO BRING
wellness, healing
& **HOPE**
to all

Shelbyville

Improving Numbers, One Person at a Time

While Shelby County tops a national ranking as one of the healthiest counties in the state, the percent of obese adults is significantly above the national average placing obesity among the greatest health concerns identified by community members. For that reason, Jewish Hospital Shelbyville identified the promotion of healthy eating and active living as a top priority for community outreach.

Included in hospital goals is the development of a weight-loss program at Jewish Hospital Shelbyville that features education on the risks of obesity and related chronic health issues. While outreach efforts have extended well into the community, one of the program's greatest success stories comes from a hospital employee.



Susan Cox

Susan Cox, a supervisor in Food & Nutrition Services at the hospital, had struggled with her weight and health for years. She had tried diet after diet, over-the-counter pills, and even physician-directed programs without success. At a high of 376 pounds, with rising blood pressure and other health challenges, Susan became seriously ill. It was at that time she decided she was too young to die.

Working around food all day in the hospital cafeteria had been a challenge in her previous weight-loss efforts. However, one of her favorite customers in the cafeteria line was Dr. Chris Theuer. Dr. Theuer and his partner, Dr. John Olsofka, had just begun to offer lap-band surgery

at Jewish Hospital Shelbyville and Susan decided to talk with Dr. Theuer about a professional visit.

Following a six-month physician-directed diet and nutrition counseling, Drs. Theuer and Olsofka performed a lap-band procedure on Susan. Since then, she has visited Dr. Theuer quarterly for follow-up care and maintained the diet and exercise routine required.

In early 2015, Susan celebrated her lifetime goal – good health! Having lost half of her body weight, her celebration included a shopping trip with her daughter. She laughed as she shared that she and her daughter can share clothes.

Susan is now an advocate for the health benefits that weight-loss brings, saying her journey was totally worth the effort. According to Susan, the reward of good health is so much better than the momentary reward of food. While 35 percent of Shelby County residents are still obese, Jewish Hospital Shelbyville continues to reach out to improve those numbers, one person at a time.

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