

WHERE MORGAN COUNTY BUSINESS COMES FIRST

BUSINESS LEADER[®]

MORGAN COUNTY

January 2019



PRE-SORT
STANDARD
U.S. POSTAGE
PAID
INDIANAPOLIS, IN
PERMIT NO. 1122

WITH AN EYE ON THE PRIZE

Dr. Miller celebrates 20 years of Mooresville Family EyeCare



Here to help you fight illness –
or prevent it in the first place



Franciscan
PHYSICIAN NETWORK

LEARN MORE! FranciscanDocs.org

Networking opportunities

Rotary Club: Martinsville meets every Tuesday at noon at the First Presbyterian Church, 240 East Washington Street, Martinsville.

Business Networking International: Morgan County Connections meets every Wednesday Morning at the Mooresville Public Library, 220 West Harrison Street, from 8:00am to 9:30am. For more information call Angela Kath at 317-445-9827.

Business & Professionals Exchange: This Hendricks County meeting takes place each Tuesday from 8:15-9:45 a.m. at Trine University, 7508 Beechwood Centre, Avon. More information at www.b-p-e.org.

Martinsville Chamber of Commerce: The regular monthly meeting on the third Friday at 11:30 AM at the Morgan County Administration Building, 180 South Main Street. For more info, please contact the Chamber office at (765) 342-8110 or visit its website: www.MartinsvilleChamber.com

Martinsville Noon Lions Club: Meets every Wednesday at Noon at the Wilbur Kendall Room at Morgan County Fairgrounds. For more, visit facebook.com/martinsvillenoonlions

Rediscover Martinsville: An Indiana Main Street U.S.A. Association. For information: PO Box 1123, Martinsville, IN 46151. 765-343-6303 or e-mail: rediscovermartinsville@gmail.com. Follow us on Facebook.

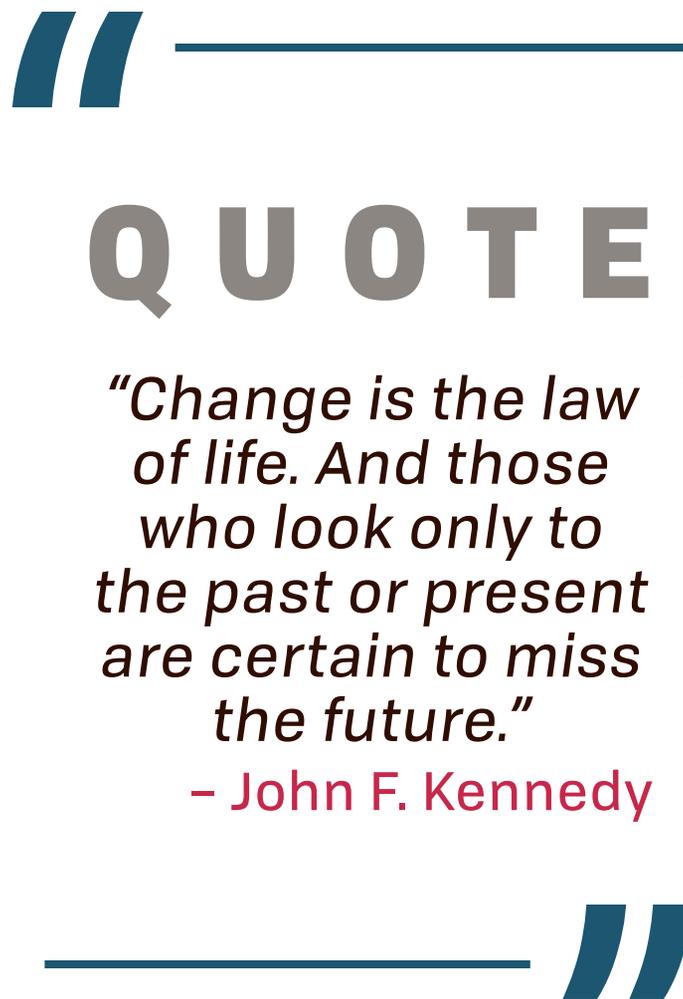
Morgantown Merchants Association: The Morgantown Merchants Association meets at the Fire Station on dates to be announced. For more information call Sharon Zimmerman at the Stitchery Mill at 812-597-5997 or on www.MorgantownIndiana.com.

Mooresville Chamber of Commerce: The regular monthly meeting on the third Thursday from 11:30 AM to 1:00 PM. The meeting location is Mooresville Eagles Lodge, 451 Samuel Moore Pkwy. Lunch is free. For more information call the Chamber office at 317/831-6509 or visit its website: www.MooresvilleChamber.com.

Networking Business Women of Morgan County: NBW of MC meets on the second Thursday at 11:30 AM at the Mooresville School Administration Building next to the Post Office on Carlisle Street. Bring your own lunch. For more information, call Patti Wilson at 317-856-9801.

Mooresville Chamber of Commerce Coffee Connections: Event the 4th Thursday of each month at Bran & Shorts Coffee House at 8:00am, located at 15 W Main Street in Mooresville. Please RSVP to mindy@mooresvillechamber.com, public welcome, do not need to be a Chamber member to attend.

Morgan County Toastmasters Club: Meets every Thursday at 6:30 p.m. at the Ivy Tech Mooresville Education Center.



MAXIMUM RELIABILITY,
EFFICIENCY AND COMFORT.

Economy
HEATING - AIR COND - PLUMBING

317-831-5279
ECONOMYHEATINGANDAIR.COM

ROMANS 12:10-11



TRANE[®]

It's Hard To Stop A Trane.[®]

No single right way to start or grow a business

The beginning of each New Year feels fresh and filled with opportunity, doesn't it? That means people begin to seriously consider starting a new business, or diversifying the line of products or services offered in an existing business. We all see that new choices and options are also accompanied by new risks and challenges.

New business owners are asking what the best way is to start their business. More experienced entrepreneurs might have some strategies established that work, but both feel the excitement – and nerves – that come with starting something new.

The truth is that there is no one right way to start a business.

For our cover subject, Michael Miller, he had a goal and spent years getting the education, skills, and experience in order to establish an optometry practice. He continued to build over the next twenty years. It is quite an accomplishment to be celebrating a 20th anniversary in a business, which he says has been achieved by his purposefully steady and well-considered path.

For Eddie Buttler, he had an interest that became a hobby. His hobby of rebuilding cars attracted attention, building him a reputation for his work, which attracted customers. Soon, he had a lucrative business on the side. With a full-time job as a safety net, he spent several years learning how to turn his side hustle into a business that could provide not just an income for him and his family, but for several others, too. He grew the company until it could give him the freedom and flexibility of a full-time livelihood.

The allure of a dream of a better life brought Erasmo Mendoza to America, and drove him

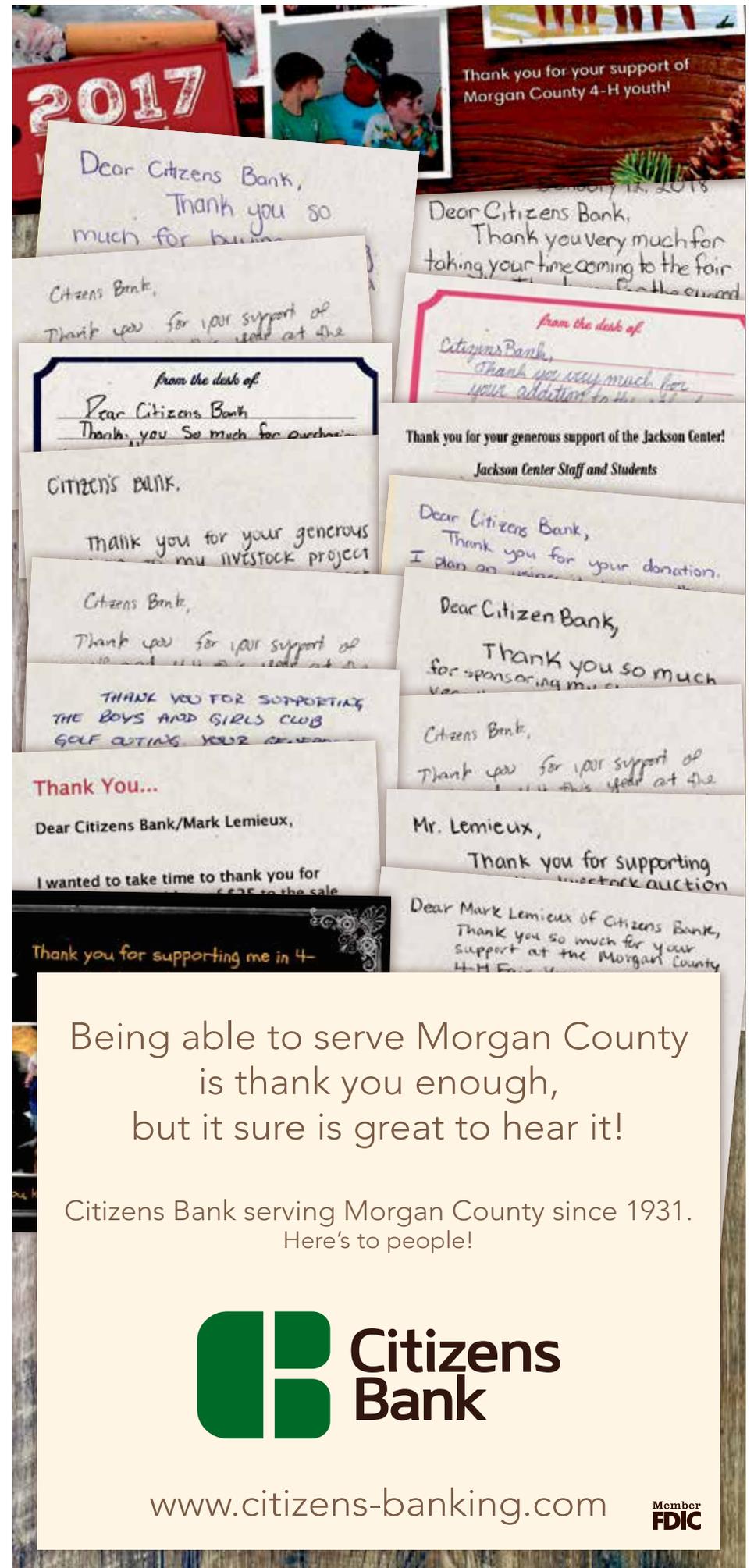


JIM HESS
From the Publisher

to envision a future. He started from nothing but that dream, working hard, and leaning into a future forging his own path. He looked for opportunity and seized it, along with the risks and unknown. He simply felt he had to do whatever he had to do to make it happen, learning and growing along the way.

There is no single one right way to start and grow a business. Success comes from taking the path that is best for you and your circumstances. You might be at a later time in life where you do not have the benefit of many years to build expertise or a foundation. Or, you might have the itch to be your own boss, but have not yet found the business that is perfect for you. Wherever you are, if small business ownership is in your destiny, you will find your way. The triggers, the options, and the ideas that motivate you may be different from those that drive others. But, just like others, with courage, dedication, and a little help from your friends, you can make it happen. And the Morgan County Business Leader will be here to share your story with the community.

We wish all the best to you, your family, and for success in all your business ventures in 2019.



Being able to serve Morgan County is thank you enough, but it sure is great to hear it!

Citizens Bank serving Morgan County since 1931. Here's to people!



www.citizens-banking.com

Member FDIC

BUSINESS LEADER

MORGAN COUNTY

"Declaring the good works being done"

For we are God's handiwork, created in Christ Jesus to do good works
Ephesians 2:10

ESTABLISHED 2006
Vol. 13, No. 8

Phone: (317) 418-7925

E-mail:

jim@morgancountybusinessleader.com

Publisher Jim Hess

Copy Editor Sherry Smith

Writer Elaine Whitesides

Writer Ariane Cagle

Design/Production Zachary Ross

No single right way to start or grow a business.....	3
Building more than cars.....	4
Five behaviors to ensure success in 2019.....	5
Time to talk to your financial advisor about diversification.....	6
Business continuity or disaster recovery - Which are you preparing for?.....	7
With an eye on the prize.....	9
Ambition, hard work, and a dream for the future.....	10
Top ten ideas for better health.....	11
Smoking, mental illness, and substance use disorders.....	12
How long sound it take to install a new furnace?.....	12
How to get seats assigned on your next business flight.....	13
Home Bank supports Churches in Mission in Martinsville.....	15
LifeSmart Youth receives Kendrick Foundation grant to empower Mooresville youth.....	15

The Morgan County Business Leader is published monthly and direct-mailed to Morgan County businesses free of charge. Subscribe at morgancountybusinessleader.com

Building more than cars

Unique Hot Rod and Upholstery

Eddie Buttler
10007 Bethel Road
Mooresville, IN 46158
Phone: 317-749-8400
Email: ebuttlrdet@gmail.com

By Elaine Whitesides

Morgan County Business Leader

What's the best way to start a business? The truth is that there are as many different ways as there are different entrepreneurs. For Eddie Buttler of Unique Hot Rod and Upholstery, the path was long, and eventually evolved into a well-considered, full-time business.

Buttler grew up in Indianapolis. Just as he was getting out of high school, his father bought him a 1966 Chevelle – that did not run. “We worked on it together about two years and it became my daily driver.” Not only did he get a way to get around town, Buttler discovered he had an interest in, and talent for, rebuilding cars. He and his dad bought several other vehicles, mostly Chevelles and a low-rider truck, which they rebuilt, restored and then sold off.

During those years, Buttler took a job selling auto parts and he and his wife, Monica, started a family. As children Travis and Amanda joined the family, Buttler devoted his time to the job and family instead of old cars and trucks. But then the kids got older and he found he had more time.

“Around 2009 I went to an auction and bought an old panel truck,” Buttler said. “It was different, and I was ready to build something again.” He and friend, Mike Sheldon, took it off the frame and re-built the truck replacing the late model to an LS engine with air ride and all aluminum inside. “We took it to car shows and won many awards with it.”

He was hooked again. It is not owning a car collection that excites him. “I usually build them, drive them for the summer and sell them,” Buttler said. Driving them for the summer meant driving them to car shows, and winning awards along the way.

He started taking on customers' vehicles of all makes and models from 1972 or older, rebuilding cars or projects such as converting brakes or updating vintage air conditioning systems.

Working out of his home in the beginning was a good thing, he says. Along with the safety net of a full-time job, he learned a lot about how to make this interest into a business. The main thing, he explained, was learning what customers expected and what they were looking for so by the time he went full-time with the business, he knew what was going to be expected from him. The downside, Buttler said, “was it made for a lot of hours, long days, and missed family time.”



Eddie Buttler

After six years of what was two full-time jobs, Buttler started planning a reduction in his work day. It took him 12 to 18 months to plan and make the final leap. He said, “I wanted to work for myself, make my own decisions, and help people fulfill their dreams of owning an old car.”

One of the strategic decisions he made was to incorporate upholstery work into the company. “I went to an automotive upholstery school for six months. Then I hired Wayne who has more than thirty years' experience in auto upholstery.”

“There can be a lot of unforeseen problems with older cars,” Buttler said. He likes the challenges of old, and new cars. They build kit cars from a pile of parts and pieces, adding new bits and put them together, including the upholstery, just like a puzzle.

Giving the business its own home

The first location outside his home garage for Unique Hot Rod and Upholstery happened in 2015 on the west side of Indianapolis near Gasoline Alley. It gave him room for the tools and equipment necessary to do the fabrication work. The cars his team built won many awards and he started going to larger shows like the Hot Rod Nationals, Good Guys, and World of Wheels. The wins for Best Upholstery and many individual class awards grew his reputation and customer base.

After three years, the Mooresville resident wanted to relocate someplace closer to home and in a place with a small-town atmosphere.

He found a shop on Bethel Road in Mooresville. “I was concerned about the location, being out of town in the country,” Buttler said. He has discovered there is a lot of traffic because the road is used as a bypass for Mooresville. More importantly, he discovered that his customers sought out his business and would make an effort to find him.

Making the business a success

“The passion of building something and showing it off, building something different, building different kinds of vehicles, it brings new challenges every day.” Keeping a balance between running a business that works and following his passion is one he accepts willingly. By taking care of the business he is able to maintain the friendships that have grown with his customers.

With a specialty business like his, Buttler says he needed to make it a one-stop shop with cost savings built into the process. When people bring their cars to him, he is able to do it all, contracting out the paint to talented experts who are reliable sub-contractors. While he loves the good feelings he gets when a car is done and the customer is out enjoying it, as a business owner he knows he has other responsibilities, too. “You have to watch everything,” Buttler said, “the overhead, parts buying, cash flow, and always remembering that there are four guys depending on me for a paycheck every week.”

“The people who work for you are really

important. You have to look at every employee and ask yourself if you would trust them with the keys to your business. I look deeper into the character of the person. I want to know they are thorough in their work and am continually making sure they do it right.”

Buttler says he is constantly finding ways to improve. Establishing a parts and supply room he says will improve work flow and completion time because he won't have to wait for deliveries of some parts and upholstery materials and supplies.

Buttler says the secret to his success is very simple. It is being fair with customers; asking a fair price and providing quality work. “It's very important in this line of work to be fair to customers on price or what they want to do,” Buttler said. “It's important to communicate that they are going to be taken care of with a high standard of work and the greatest standard in customer service. You have to treat them fair.” Buttler says it is easy to remember because he treats his customers the way he would want to be treated.

According to Buttler, it is one of the greatest compliments he can get when a customer says, “This is the car I want. Build it the way you would build it for yourself.” He appreciates the trust people place in him and the value of his work. Buttler said, “If I am out at a car show, there are lots of guys who know me and tell others, ‘he did my seats, my wiring, my car.’ That makes me very proud.”

Five behaviors to ensure success in 2019

There are a shelves and shelves of books about how to be successful I know I have read many of them over the years. A few stick out as favorites and others slip into vagueness of a memory. Here are some behaviors from some of my favorite books that are sure to help you get a good strong start on the new year. Five simple behaviors that if practiced consistently will return success. Certainly you will get more accomplished on purpose.

Here are the five:

1. Value of time
2. Having an Agenda
3. Focused Priorities
4. Being ruthless about waste
5. Obsessed with results

Let's look at each and see how we might apply them. Valuing your time is a must. You need to have some type of calendar system that you trust and that you can take with you wherever you go. Routines and blocks or chunks of time where you do the same thing each week so it can become a habit. Most entrepreneurial days are chaotic and hectic to say the least but having a routine to start the day and end the day will ensure that "things" don't slip through the cracks.

That is where having an agenda come in to play. Having an agenda is vital to a successful person because if you don't have an agenda you will fall prey to someone else's agenda. On your agenda should be your focused priorities. Those things you intend to make happen no matter what. They should be in writing and the order of their importance. John Maxwell says it this way, "You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."



So let's review what we have so far, An intense value of time and yet allowing enough time to complete each task or job so that a job isn't rushed and completed half right. My Dad used to have a catchy phrase for that but I can't use it here ... Next you have an agenda of what you want to accomplish on a daily, weekly, monthly basis. Additionally there should be an agenda per project or encounter so you know what the outcome is to be. Thirdly you have the things you want to get accomplished prioritized and all of these should be in writing, either electronically or the old fashioned way with pen and ink. The test here is that wherever you have your list, it should be kept in a place you absolutely trust. Meaning is can't be taken, erased or misplaced.

"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

Next being ruthless about waste of any kind is another facet that makes these five work so well. Don't waste time, resources and especially not relationships. A written plan and knowing exactly what success looks like goes along way to mitigate waste. As you implement your plan notice areas where you can conserve. Conservation of movement, effort and resources. Last but certainly not least, be obsessed with results. Too many times I have seen folks waste time, money and relationships with employees or clients because they are obsessed with the wrong things. It's the results that matter... so be obsessed there! If, by chance, you don't get the results you desire or expect try this thought from the NLP world ... Your communication can be judged by the results you get. If you didn't get the results you wanted, look to yourself first to see how you might have communicated what you wanted more clearly or at least in a different way.

Employee these five behaviors as you head into the new year and you'll have increased results. Start strong! Stay strong!

Grow Your Business™ Coaching founder Jack Klemeyer is recognized as a preeminent resource for business professionals. As a John Maxwell Certified coach, speaker, trainer and facilitator of Mastermind groups for business owners and professionals, his results-driven philosophy calls for action and accountability. He and his Grow Your Business™ team are dedicated to taking businesses and their owners to the next level. Jack can be reached at Jack@GYBCoaching.com or at 317-755-6963. Learn more at GYBCoaching.com.

Is Technology Torture Holding Your Business Back?

Have no fear. Endeavor is here.

Endeavor takes the torture out of technology providing IT solutions that are driven by efficiency, value and predictability; and are backed by the friendliest, most helpful service in Indiana. Endeavor brings to the table over 65 years of Telecommunications experience and our knowledgeable technicians hold industry certifications with several manufacturers including Cisco and Microsoft so rest assured the job will be done right.

Expert IT Services

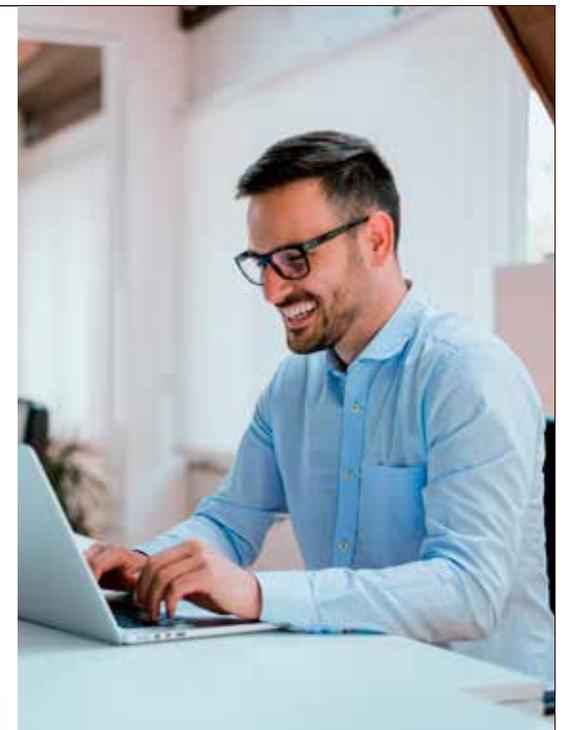
Our Endeavor E-TECHS provide reliable, professional IT services at affordable rates to help you surpass your business goals. Our expert IT services range from simple "Break & Fix" desktop support to large scale networking and server deployment to keep your office up and running. We even provide cloud services to store and protect valuable business data in case of a catastrophic event.

Business Wi-Fi Management

Need help setting up your business wi-fi? No problem. We'll install and test your router to ensure all of your devices are securely connected and working properly with minimal downtime to your business.

Give us a call today for all of your IT needs at 1-800-922-6677.

Have no fear. Endeavor is here.



So don't be tortured, visit Endeavor Communications today at: weEndeavor.com

Wireless – Internet – TV – Security

1-800-922-6677



Cancer care here at home.

Indiana University Health Cancer Center at IU Health Morgan.

Call **765.349.6533**.

IU Health Morgan,
2209 John R. Wooden Dr.,
Martinsville, IN 46151



Cancer Centers

© 2018 IU Health 12/11



Time to talk to your financial advisor about diversification

Markets were quite volatile the last couple of months of 2018. That's an understatement. It was not uncommon to see 2%,3%, or even 4% swings in the Dow Jones Industrial average not over the space of a few days, but sometimes INTRADAY.

Why?

Lots of reasons. Trump, Trump and more Trump. Trump and Mueller, Trump and Stormy, Trump and Cohen. Trumps Trade Tariff Tweet of the day. You name it. Trump continues to move markets. But let's peel back the onion a little bit and look for other reasons the market remained volatile. One area of volatility I want you to begin to pay attention to, if you aren't already is the volatility in interest rates. And volatility, in the case of the federal funds rate, in 2018 was almost always to the up side. The federal funds rate is the interest rate at which depository institutions (banks and credit unions) lend to other banks and credit unions to overnight, on an uncollateralized basis. On 12/31/2017 the fed funds rate stood at 1.33%. As of press time (12/12/2018) that rate sits at 2.19% That's a 65% increase in the cost of money in the last year. On 12/31/16 the rate was at .55%. Today's cost of money then is 298% higher than it was just two short years ago.

Why does that matter?

Because money isn't static. Money moves. Two years ago when interest rates were literally in the basement, it was easily justifiable to put money in the market. That's the ONLY place you could make a decent return on your investable assets. Now with interest rates substantially higher than 2 years ago, the perceived



JEFF BINKLEY
Finance

stability, safety, and security of interest bearing investments has again begun to appear more attractive than the wild rides the equity markets have been on these last few months.

So what is a prudent investor to do? Talk with your advisor about your diversification. If you haven't begun diversifying already, then start. If you have already begun then continue. Diversify. Diversify asset types and classes and maturities. Who knows how long this trend in rising interest rates will continue so make sure your diversification into interest bearing investments includes multiple maturities. Don't just go for yield. And if the recent increase in market volatility has made you fearful. Don't be. Just use that fear to motivate, converse, educate and reevaluate for 2019 and beyond.

Jeff Binkley is the Founder and Managing Director of Binkley Wealth Management Group LLC located in Avon. His firm is an Independent Fee-Only Indiana Registered Investment Adviser that has adhered to the fiduciary rule since its founding in 2010.

Now with interest rates substantially higher than 2 years ago, the perceived stability, safety, and security of interest bearing investments has again begun to appear more attractive.

Business continuity or disaster recovery – Which are you preparing for?

As we enter a new year, many business owners do their best to step back and look at their business from the high level perspective that gets lost amongst the weeds of day to day operations throughout the year. One of the areas of technology that many businesses will consider is disaster recovery and preparedness. A quick brainstorming session can quickly identify critical business systems, databases, and processes that a business cannot live without, but what should be done to prepare for a disaster that affects these technology components? That's where disaster recovery and business continuity planning come in.

What defines a "disaster" in the world of tech is a very subjective and case-by-case definition. In almost every case, a severe loss of data (either through physical loss, corruption, or theft) can cripple a business. Studies have found that 25% of businesses that experience a disaster of this nature never open their doors again. The loss of this information may put operations on hold, result in incurred fines or fees, or even expose critical business information and files to unwanted individuals that may use it in ways that a business can't recover from.

Disaster preparedness, however, isn't just about backups. Simply copying your files to a thumb drive every week or even automatically backing them up to the cloud in near-real time. While these steps are must do's for any business, this isn't all there is to it. In fact, the ease of backups to the cloud and the "outsourcing" of this responsibility to services such as Office 365 Email and Google Drive may have led many business leaders to become



CHET CROMER
Technology

overly confident in their state of preparedness.

What do you do when email goes down? Sure, you can pick up the phone... but what if email goes down for a week and your customers don't know about it? Or what would happen if your Google Drive becomes corrupted, accidentally wiped out by an employee, or deleted because you forgot to pay a bill. Do you know HOW you'd get this data back?

Over the next couple months, I'd like to dive deeper into

The loss of this information may put operations on hold, result in incurred fines or fees, or even expose critical business information and files to unwanted individuals that may use it in ways that a business can't recover from.

what disaster preparedness and business continuity mean to small businesses like yours and mine. We'll look at specifics that we can do here-and-now to be as prepared as WE choose to be for events that might affect our business. The key to starting this journey, of course, is to recognize it as important, identify your risks and objectives, and then take small, measured steps leading you to that end goal.

Chet Cromer is the president of C2IT Consulting, Inc., a Morgan County-based technology business that provides websites, mobile apps, and IT consulting/support to businesses across central Indiana. He can be reached at chetcromer@c2itconsulting.net or (317) 721-2248.

Forguites, Weimer and Hayden, LLC

Certified Public Accountant

Robert C. Weimer • bob@forguites.com

Our clients become friends very quickly, so our responsibility is to serve our friends to the very best of our ability and with tender loving care.

1040 S.R. 39 Bypass
Martinsville, Indiana 46151

765-342-2596
www.forguites.com

Set your business on
a course for success with

**SBA
financing!**



SINCE 1890
HomeBank^{SB}

There's no place like Home.

765.558.3822

wphelps@homebanksb.com

www.homebanksb.com



When is an SBA loan a good choice for me?

Loan programs with the Small Business Administration may bring greater optionality than conventional financing and can offer great potential for starting or expanding your business.

How can an SBA loan help my business?

Financing options are available for purchasing, constructing, or expanding your business, as well as debt refinancing, equipment acquisitions, leasehold improvements, and working capital.

Wade Phelps, Manager of SBA Lending at Home Bank, has over 30 years of experience in loans with the Small Business Administration.

Call Wade today!

HEALTHIER SCHOOLS. *Healthier Communities.*

Jennifer Wright, MSN, RN, CPN
Clinical Manager, School Nursing

Today's school nurses serve as Chief Medical Officers within the school, caring for children with a wide variety of chronic and acute medical concerns and providing critical health information to promote the well-being of students and staff. Hendricks At Work offers innovative solutions to help support school nurses and the pivotal role they play in creating healthy learning environments. Our team can employ and manage the nurses working within your school population to provide services such as recruitment, regulatory oversight and continuing education from our Magnet® accredited nursing team. Learn more at HENDRICKSATWORK.COM/SCHOOLS.



Hendricks
Regional Health

AT WORK

WITH AN EYE ON THE PRIZE

Dr. Miller celebrates 20 years of Mooresville Family EyeCare

By Elaine Whitesides

Morgan County Business Leader

It was 20 years ago, in November 1998, that Michael Miller came to live in Mooresville. He had graduated from the Indiana University School of Optometry in 1991. After several years with the Indiana Eye Clinic in Greenwood, he had decided he wanted a private practice of his own. He began the search for an optometrist who was ready to retire or sell his practice. He learned about Dr. Bill Kirby in Mooresville. Dr. Kirby had about four decades serving the Mooresville community.

Looking at the beginning

Miller grew up in a small town in northern Indiana called Plymouth. His mother had developed early onset macular degeneration and had been legally blind since the age of 28. He understood the challenges visually impaired persons faced on a daily basis. Driving, in particular, was an issue. She needed special permits and could only drive under certain restrictions. Living out in the country made it a more of a hardship. When Miller and his sister earned their driver's licenses, it was easier for the family.

The personal understanding of the importance of eyesight, along with his interest in science and mathematics, led him to the medical field, particularly relating to the study of sight and sight correction. He was not interested in medical school or actually performing surgery on eyes. With that in mind, and because all of his family, including himself, wore glasses or contacts, his thoughts turned to optometry. "We developed a really good relationship with the family eye doctor," Miller said. "He was very encouraging and supportive of me going into optometry."

Given that initial boost, Miller says that a series of little coincidences was proof that God was opening doors to make the process easy for him. The first was that his aptitude for the coursework and exams at IU School of Optometry was very good. He liked the work and it seemed natural to him. Comfortable enough that he was able to complete the coursework required in three years instead of the usual four years.

Looking forward to a private practice

Neither of Miller's parents were small business owners. His father was a meat cutter. Miller said, "I always wondered why he



couldn't work for himself." As Miller developed his skills and expertise, he considered business ownership and thought, "If others can, why can't I?"

Right after graduation Miller went to work in an ophthalmology practice to gain skills. He cared for patients with eye emergencies and co-managed the care of patients after surgeries, including refractive surgery patients. Knowing he wanted a practice on his own, he also made an effort to learn about the business side, especially how to work with staff.

His family history prompted him to envision a private practice where he says he could interact with families and individuals. He wanted to serve people of all ages; from children to their grandparents. "The business side of having a practice was also a draw," Miller said. "It was the independence of doing what I wanted to do instead of working under somebody. I can

see patients and make my own decisions."

The idea of being your own boss drives many small business owners, but in Miller's optometry practice, he has since learned that the business decisions are not limited to hours of operation, hiring, and business development. He saw that it also gave him the freedom to make other decisions, too. "I could decide how we can give back to the community in the business; how we can help others financially and work with our patients."

Eager to be an independent practitioner, another example of following God's plan appeared when Miller learned Dr. Kirby was interested in selling his practice. Miller had been considering a practice in Noblesville but felt the practice in Mooresville was a better opportunity. It seemed the decision was made when Dr. Kirby accepted an offer from someone before Miller was able to make his

Mooresville Family EyeCare

Dr. Michael Miller, Owner
258 E. High St.
Mooresville, IN 46158
Phone: 317-831-0725

Email:

info@eyecaremooresville.com

Web: eyecaremooresville.com

Hours of Operation:

Mon. and Thurs. 8 a.m. to 5:30 p.m.

Tues. 10 a.m. to 6:30 p.m.

Wed. 9 a.m. to 5 p.m.

Fri. 8 a.m. to 5 p.m.

Sun. Closed

own offer. However, the deal fell through, and Miller ended up taking over for Dr. Kirby in Mooresville.

Looking at living and working in Mooresville

At the time, Dr. Miller was married and had a small daughter, Shae. The young family settled into Mooresville. "We knew very little about the area at the time," Miller said. But very quickly this countryside-loving, small-town lover realized Mooresville was its own small town. "We would run into the same people at the local stores that were coming into the office. Seeing the same faces made it familiar and we fell right in and it was comfortable." Three years later son Jackson was added to the family.

When Dr. Kirby left, the staff consisted of himself and one other person. "Our No. 1 priority," said Miller, "was to increase staff, delegate, create systems and processes, and market to build the practice." He started slowly adding one or two people as needed. He increased the hours of service, added opticians and trained them for eyeglass fittings. "I was doing all the administrative work."

Miller said he learned to be patient with steady growth of the practice. "There was always plenty to do to keep us busy. Growing slowly was a blessing. It was the best way to get the practice set up and to learn how to run a business."

Continued on Page 14

Ambition, hard work, and a dream for the future

Los Patios Mexican Restaurant

Erasmus Mendoza, Owner
460 S. Indiana St.
Mooresville, IN 46158
Phone: 317-584-3557 or 317-961-4178
Email: erasmomc83@icloud.com
Facebook: www.facebook.com/LosPatiosMoorseville
Hours:
Sun. – Thurs. 11a.m. to 10 p.m.
Fri. and Sat. 11 a.m. to 10:30 p.m.

By Elaine Whitesides

Morgan County Business Leader

Determination and persistence were the paving stones on the path to ownership of five Mexican restaurants for Erasmus Mendoza. Determination to build a good life for himself and persistence to be patient and to combat the naysayers and doubters.

Without a high school diploma, or a command of English, Mendoza came to America with a dream. He was young, and ambitious, and knew only a handful of people in the United States. One was in Kentucky, which is where he went to secure a job as a dishwasher. “Nobody would take that job,” Mendoza said, “but me.”

He worked hard and after two months, a day came when the owners were short servers. He leapt at the chance. “I was told if there were any complaints,” Mendoza said, “I would be back washing dishes.” Instead of people complaining, he says the customers helped him to learn more English and how to do his job. It did not last long. After four months, he was pushed out.

Mendoza contacted a friend in Franklin Indiana asking if he knew of any jobs. The owners of the Mexican restaurant where his friend worked were opening a new restaurant and needed servers. When he met with the owners, they told him he was too young, that he needed to find someone to support and take care of him, go to school, or go back to Mexico. What that meant was no job. Mendoza began to feel he had made a big mistake, that being in America was not what he thought it would be.

But then one day the new restaurant was busy and needed help. The owners called his friend and asked if Mendoza was willing to help – just for the day.

The young man surprised his temporary employer. “They showed me how to work and they were happy with how well and hard I worked. They offered me a job as a server, even though I spoke little English, and was told I couldn’t touch or serve alcohol because I wasn’t old enough. I was OK with that.”

When the owner was ready to open another location in Wabash Indiana, Mendoza was asked if he would go as manager. At first, it was difficult with his co-workers, and with some customers and vendors, because he was so young. He stuck it out for five years, successfully learning to manage people and direct operations.

Entrepreneurial dreams

“I have always been a person who has imagined a future,” Mendoza said. “In the beginning, I was asking myself what I was going to do. I didn’t go to school and started questioning life.” He was ambitious but now felt the responsibility of a wife and family. “I saw a Mexican restaurant as an opportunity to get into business,” Mendoza said. “I knew it was a risk, but I felt I had to find out for myself. Finally, I just told myself that I was going to do it right, make it happen, and be successful. I started saving my money.”

He pursued partnerships. He first asked his employers and



they agreed they would partner with him – someday. Then he met a man whose family had sufficient funds, but no knowledge about restaurants. Mendoza eagerly began to teach him. “After two years,” Mendoza said, “he opened his own restaurant.”

When that restaurant took off, Mendoza was asked to partner with him on a second location. Mendoza jumped at the chance and was there for nine years. Even though the restaurant did well, Mendoza never made enough to go off on his own. However, he felt it was time.

“I started looking at locations,” Mendoza said. Opportunity surfaced in a vacant restaurant location in Danville. “They had left all the equipment, booths, and tables inside. I talked to the landlord and worked out a deal.”

Growing the dream

“The first Los Patios opened in December 2014 in Danville and it went well,” Mendoza said. “We are still very successful there.”

Mendoza said that success comes by making plans, hiring people to make the plans work, following the rules, and doing what is needed. With that mindset he opened a second location about a year later, then a third a few months later. He took a few months to get those operations running smoothly. About a year later he opened a fourth location and then nine months later, in October 2018, he opened the fifth Los Patios in Mooresville.

The Mooresville location is special to Mendoza “I used to drive past here when I worked in Franklin. I never told my boss about this location because I was saving it for myself. I would sit in the parking lot here and dream about opening my own space. I knew I wouldn’t be happy until I tried it.”

Growing the operations

Learning never stops for Mendoza. Not having a formal education does not stop him from increasing his knowledge. He hires people with expertise he needs. He uses the internet to an-

swer questions and teach him about everything from financials, customer service, and how to train employees. He uses it to keep current with new ideas and trends in business and restaurants. “I make mistakes, but if you don’t question, you never find out what you need to know.”

Another central element of his business model is that he and his family live frugally and he puts his profits back into the business. “One day I will see the fruits of my labors,” Mendoza said, “but now it is time to concentrate on making every location the best it can be.”

Mendoza sees both the positive aspects and the challenges of the fast growth of his business. “When I started, I saw my place as fresh and new. Now I feel I have to stop and breath and take care of the stores I have. I have to make them different from everyone else.”

He says the fast growth has stretched him and his resources thin. Spreading himself across five stores and staffing them is a challenge. But he says he is up to meeting it. “I want to standardize the processes and systems in order for my places to be known for great food and great service.” Like he has done in the past, he says he will train himself and then train people to rise with him.

Currently, Los Patios Mooresville employs about 15 people in addition to about 80 throughout all his stores. He believes employees need dreams and goals, and he seeks people with potential who are as ambitious as himself. He still has goals, not to have 100 stores, but have places that everyone wants to come to regularly.

After more than 20 years in America, Mendoza is still grateful to America and God for all the blessings and opportunity he has found in the United States. “I hope I continue to become a better person, a better business man, and a contributing member of the community and country.”

Top ten ideas for better health

Many of us see the start of a new year as an opportunity to make some much needed lifestyle changes. Dr. Michael Teague, a Primary Care physician at IU Health Morgan, provides readers with what he tells patients to prevent multiple chronic diseases such as heart disease, lung disease and diabetes. Here are ten ideas to help get you started on your quest toward better health in the New Year.

Stop using tobacco!

If you are currently a tobacco user, one of the best things you can do for yourself is to stop using any form. There are several medications and strategies so you don't have to go "cold turkey". For starters, call the 1-800-QUIT-NOW line to get support.

Start tracking your calorie intake.

Most people simply eat too many calories which results in gaining weight and developing obesity. Find a smart phone application or website to input your meals to track your calories. It's hard to lose weight if you don't know how to change.

Ensure you are using up as many calories as you are taking in.

This means either reduce your calorie intake by changing the amount of food you eat or increasing your activity level to use up more calories.

Change your diet to include nutritious foods from all food groups.

This includes fruits/vegetables, whole grains, low-fat dairy products, skinless poultry, fish, nuts/legumes, and non-tropical vegetable oils. Consider looking into the DASH diet or the Mediterranean Diet.

Attempt to limit red meat

If you do eat meat, make sure you are eating the leanest cuts with the lowest fat content.

Cut out the soda:

Soda or pop contains a tremendous amount of sugar and are useless calories. Even the diet sodas/pops have been shown to increase central fat distribution. So if you want to work on getting rid of that belly fat, replace your soda/pop with water.

Only drink alcohol in moderation.

For women this means no more than 1 alcoholic beverage per day and for men, no more than 2 alcoholic beverages per day. These



LARRY BAILEY
Wellness

too are empty calories that will also lead to weight gain.

Increase your physical activity.

The American Heart Association recommends 30 minutes of moderate physical activity per day to reduce your risk of developing heart disease. Try to use that as a goal, but if you are not exercising at all, just get up and do something. You have to start somewhere.

Consider volunteering for a local organization.

One of the best things you can do for your mental health is to start volunteering with a group to give back to your local community. We certainly want to help physical health, but can't forget our need for mental well-being also.

Make your annual wellness visit with your primary medical provider.

See him/her at least once per year to ensure you are on the right track. This allows your provider to catch problems before they become severe and to ensure you are up to date on health screenings and immunizations to prevent many illnesses. If you don't have a primary care provider, please find one and make an appointment. We have a variety of options available at IU Health Morgan and we would be happy to partner with you in your health.

Larry Bailey has been a member of Indiana University Health's staff since 1992 and currently serves as President of both IU Health Morgan and IU Health Paoli Hospital. He holds a Bachelor of Science degree in Business from Indiana University and completed his MBA through Morehead State University. He is a member of the American Institute of Certified Public Accountants and the American College of Healthcare Executives.

One of the best things you can do for your mental health is to start volunteering with a group to give back to your local community.

Bonded & Insured
Commercial & Residential
General Contractor
Fire - Smoke - Water
Wind - Hail
Design Build

JOSH SMALLING

Roofing and Restoration Co.

Building your future on a solid foundation

317.483.3093 ■ JDSBUILDS.COM

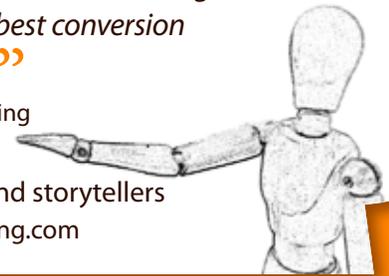
XACTIMATE.

Nearly 99% of ALL texts are opened

“ Our texting campaigns have been amazing. We have had some of the best conversion numbers we've ever seen. ”

– Chad Peddycord, iRIS Recruiting

jarbo marketing – the brand storytellers
317.834.6560 | jarbomarketing.com



Introducing our newest agent!

As your local independent agent, we're your neighbor - someone you can trust and someone who's here for you when it matters most.



Bobi Culver

MAYFIELD
INSURANCE, INC.
Established 1921

317-831-3575
www.mayfieldinsurance.com

LIFE • HOME • CAR • BUSINESS

Auto-Owners
INSURANCE

Smoking, mental illness, and substance use disorders

The CDC's Office on Smoking and Health released an article in the journal, *Nicotine & Tobacco Research*.

People living with mental health conditions are more likely to smoke cigarettes than people without these conditions, and are also likely to smoke more often, be more dependent on nicotine, have stronger withdrawal symptoms when trying to quit, and be overall less successful in quitting... This study shows that cigarette smokers with mental health conditions had increased quit attempts after reporting having seen the TV ad featuring Tips participant Rebecca, a former smoker living with depression.

Read the CDC's summary [online](#).

Quick facts

- Over 1 in 3 adults with mental illness in Indiana (38.8%) and the U.S. (36.1%) smoked cigarettes in 2009-2011.
- Individuals with mental illness or substance use disorder smoke nearly 40% of all cigarettes smoked in the United States.
- Over 1 in 3 Hoosier adults with frequent poor mental health (37.5%) were current smokers in 2016.
- Nationwide, smokers are more likely than non-smokers to report abuse of other substances such as alcohol and illicit drugs.
- Quitting tobacco use can greatly improve the health and quality of life of people with mental illness.

Smoking prevalence remains significantly higher among individuals with mental illness and substance use disorders than those without these conditions.

Smoking and other substance use

Nationwide, people who smoke report higher rates of abuse



JENNIFER WALKER

of other substances such as alcohol and illicit drugs.

Among people age 12 or older in the U.S. in 2016:

- 25.8% of current smokers reported any illicit drug use, compared with 7.0% of nonsmokers.
- 3.9% of current smokers reported heroin or other opioid misuse, compared with 0.7% of nonsmokers.
- 43.4% of current smokers reported binge drinking, compared with 19.7% of nonsmokers.

Poor mental health status and current smoking among Indiana adults

In addition to the higher prevalence of current smoking among adults with a diagnosable mental illness, Indiana adults reporting frequent poor mental health days (at least 14 poor mental health days in the past 30 days) have a higher smoking prevalence (37.8%) than adults who do not report frequent poor mental health days (19.0%).

Resources for quitting tobacco use

Quitting tobacco use can greatly improve the health and quality of life of people with mental illness. Tobacco users should contact a health care provider for assistance and call 1-800-QUIT-NOW or visit www.QuitNowIndiana.com for free, evidence-based support, advice, and resources.

For more information, please visit our website at www.readytoquit.org or email Jennifer Walker at jennifer@readytoquit.org. The Kendrick Foundation and Community Foundation of Morgan County are proud supporters and funders of Ready Set Quit Tobacco. To find more information on the Kendrick Foundation or CFMC visit cfmconline.org.

Smoking prevalence remains significantly higher among individuals with mental illness and substance use disorders than those without these conditions.

RECYCLE
with
Ray's
TRASH SERVICE

317.539.2024 • 800.531.6752
www.raystrash.com

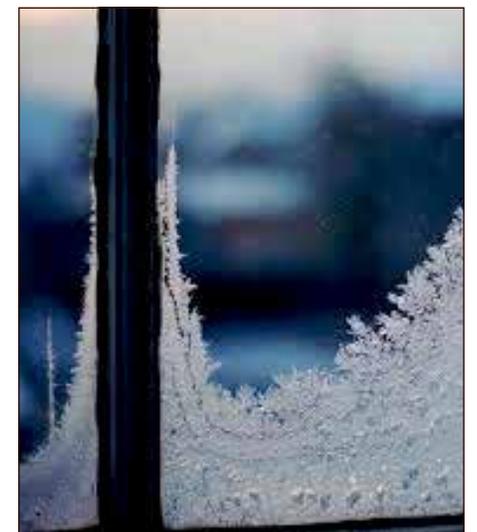
Frosted window panes?

These make romantic words in a Christmas song; but in real life, wet or frosted window panes can be damaging to our home. This is the result of moist air inside our home meeting the cold surfaces of our windows. Windows that don't seal well or are of poor quality can be part of the problem. When this cold surface is combined with higher than acceptable humidity levels inside our



Jod Woods

home, we have wet or icy windows. Humidity levels inside our homes can be directly influenced by temperatures and moisture levels



outside of our homes but can be controlled. Both older and newer homes are subject to this damaging condition. Call Alicia at 317-831-5279 to schedule an appointment to have one of our highly-trained technicians discuss humidity solutions for you.

Economy
HEATING • AIR COND • PLUMBING
317-831-5279

Please let me know if there are any topics that you would enjoy being discussed. I can be reached at 317-831-5279 or JodWoods@EconomyHVAC.com.

How to get seats assigned on your next business flight

What used to be a simple process has now become more complex with the introduction of basic economy fares, which don't allow you to pre-assign seats, upgrades, early bird seating, and many other changes. However, if you know a few tricks of the trade, getting assigned seats for your next flight does not have to be complicated.

Some airlines still offer free, pre-assigned seating, while other airlines charge for a seat assignment of any kind. Still others may charge for a seat assignment in a preferred spot on the aircraft (like a window or an aisle seat). Here are a few thoughts and tips on selecting seats!

Check with the airline. Do seat assignments right on the airline's website. You will need the Airline Reference number which is displayed on your itinerary as the "confirmation number", "PRN", "e-ticket #", or "record locator". You will be able to find a "Manage my Booking" section on most airline website that you can manage your own reservation. You will also need the name, normally last name, spelled exactly as it was booked and reads on your ticket. Once you are in your reservation, you will be able to select seats that are available for selection. Most airlines will also give you the option to "upgrade" your seats, of course for a fee. It is important to get your seats assigned once your flights have been ticketed.

You can also call the airline directly to see if they will let you request a pre-assigned seat. If you need a phone number for an airline, look at the bottom of each line's website for a "contact me" link. There are some airlines that do not participate in pre-assigned seating at all. In this case, passengers will need to wait until they arrive at the airport.



WILL GOTT
Business Travel

If your ticketed reservation has a schedule change. In the case of a schedule change, seats may need to be reassigned. Regardless if you purchased "upgraded" seat assignments or paid for seat assignment, you will need to check with the airline directly, or go to their website, to ensure you were re-accommodated. If you are moved to an aircraft with a different configuration, or if you are shifted to another existing flight it is quite possible that your seats will need to be reassigned or reselected.

Additional tips. If you are able to lock in your seats, there are a few things you may want to consider to help make their journey smooth and enjoyable. Seat Guru is a great resource for viewing airplane seat maps and finding information that might not be available on an airline website. Seats are color coded with green (good), red (poor) and yellow (beware: alerting you to a cautionary note like "less leg room"). The maps will show you bathrooms, emergency exits and much more.

Most airlines allow you to update your travel documents

within your reservation. It is a good idea to input your passport #, TSA information, and emergency contact information prior to your departure. This could speed up the check in process at the airport. If you need to update a name, such as a misspelling or providing your legal name vs. common name, most airlines will not allow you to do this online. You will need to call the airline directly and be prepared to pay a fee to make these changes. This is why it is extremely important to double check the names and spelling BEFORE you book your flights.

Will Gott is the owner of Magnified Vacations CruiseOne, a locally owned and operated full service Cruise and Leisure Travel Agency. Will, and his wife Nikki, specialize in helping families and couples reconnect by helping create memorable vacations. Email Will at wgott@cruiseone.com, or call (317) 451-4232 or via www.magnifiedvacations.com

Our Best Service is Our Customer Service!



6078 E. SR 144 Mooresville
317-831-6142
jakesbs@msn.com

Hoosier Tent & Party Rentals

Tents & Accessories
Tables & Chairs * Linens
Flooring & Staging
Food Preparation
Inflatables & Games

9943 E US Hwy 36, Avon
(317) 272-9746 • www.hoosiertent.com

2867 E. Main St. • 839-4886

Chick-fil-A
catering

Perfect for all Catering occasions!

www.chick-fil-a.com/plainfield • Check Facebook for Events and Promos

the **Y** YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

When you join the Y, you'll find a place to do what you love while finding togetherness. Join today and discover programs and activities that do more than promote better health—they strengthen the bonds of community.

For more than a workout. For a better us.

Keep your employees healthy and on the job. A Y membership can help improve employees health and lifestyle.

BARBARA B. JORDAN YMCA
2039 E Morgan St., Martinsville 765-342-6688 Visit us at bbjymca.org

After getting established, Miller completely remodeled the entire office, adding more space, more staff, and more equipment. A solid business decision, the remodel improved operations and increased business. “We could see more patients per day because of efficiencies,” Miller said.

Recognizing his limitations, Miller worked with a business consultant and then joined a network of independent optometrists called Vision Source. The purpose of the group, “to enrich lives by enabling independent optometrists to reach their full potential,” struck a chord with Miller because he knew that through an industry association, he would have other optometrists to learn from, people who would discuss issues and ideas, and resources that would be vetted and available for his practice. “They keep us up-to-date,” Miller said, “with the newest, biggest, and greatest in the industry. We wear so many hats; as the business owner, the doctor, the optician, and as the leader. And they give us the opportunity to learn and develop leadership skills.”

Miller understands the role of a business owner includes being a leader. Mooresville Family EyeCare currently employs eight people. He has mentored several employees who have gone on to become optometrists themselves. “It is rewarding to have an influence on younger people,” Miller said. “I share the business model with them and mentor them in running an optometry business, too.”

Other employees who were interested in the field were hired so they could make sure the career was right for them. Some went on to school to become optometrists, but others have learned to be opticians. To Miller, it all comes down to hiring the right people that fit in with the culture of the practice. “I would rather find the right person and train them rather than the wrong person who is already trained,” Miller



said. “Although it takes energy, time, and is a greater challenge, it is more important that we have the right, friendly, caring people here.”

Together, they care for patients in the private practice he has nurtured for 20 years. He makes sure the office has high quality instruments and equipment like retinal imaging equipment. He offers high quality frames and lenses that include top of the line scratch resistance, progressive lenses. And they refer to the best in the area for services they do not provide such as laser or cataract surgery. “I want to guide patients to the best outcome possible,” Miller said. “I want to do what’s right for the patient,” Miller said. “And it’s much easier to

do what is right for the patient when we have total control.”

Looking forward

It had always been a goal to add another optometrist to the practice, one which was achieved in 2018 with the addition of Dr. Rob-

inson. “It is nice to have someone to share in the clinical decision-making, sharing the caseload, and to grow the practice,” Miller said.

The industry, and Mooresville Family EyeCare, is changing and moving more into a model of preserving vision and the health of patient’s eyes. “We want to be a leading provider in the healthcare of eyes for people of all ages in the area,” Miller said. “In fact, we are very proud to see multi-generations in families in our practice. That is the whole concept of being family eye care service providers.”

Included in the preservation of eye health is the care of so many people with diabetes. “Early detection of diabetic retinopathy is critical,” Miller said. “We report to and work with family doctors of these patients.”

After 20 years, Miller says he always expected it to be successful, so that has not been a surprise to him. What continues to thrill him is easy for him to describe. He says, “There is always that patient encounter when you made that person feel better by helping them. It might have been an emergency or discomfort and we were able to make them feel better. I love hearing that patients are satisfied or say we gave them ‘the best pair of glasses they ever had.’”

Dr. Miller said, “I want a fulfilling practice,” he says. “that is definitely part of longevity and why we are celebrating 20 years. It’s not about being the biggest practice but being the best practice I can make it.”

MORGANCOUNTYBUSINESSLEADER.COM



CONNECT

READ PAST ISSUES

ADVERTISE

MORGANCOUNTYBUSINESSLEADER.COM

TOWN PLANNER
Your Community Calendar™

**Your business should be on display ...
24 hours a day ...
Everyday ...**

- Consistent advertising exposure
- High retentions and usage
- Targeting the demographics your business seeks



Proven ... Cost Effective ... Trusted

Jim Hess • 317-418-7925

Home Bank supports Churches in Mission in Martinsville



Home Bank has selected Churches in Mission as the recipient of a \$5,000 donation from its community gifting program. This gift was designated to support of CIM's outreach in Martinsville at 60 W. Pike Street.

"We are beyond thankful for the incredible generosity shown through this gift from Home Bank," said Dan Bradley, Executive Director of Churches in Mission. "The timing couldn't be better for us, with the Holiday season upon us and the great need for families here in Martinsville, and indeed, throughout all of Morgan County. It's because of partnerships with organizations like Home Bank that we are able to continue to do what we have done for the past three decades."



Vickie Clark (Home Bank Representative and Secretary of the Board of Directors for Churches in Mission), Terry Brock (Vice President, Board of Directors for Churches in Mission), Bank Bradley (Executive Director, Churches in Mission), Catina Angrick (Home Bank), and Ron Overton (Board of Directors for Churches in Mission)

Home Bank's gifting program allocates 10% of the bank's profits to non-profits addressing some of the greatest needs in the community. A committee of employees allocate these funds, donations of which now total in excess of \$650,000 since the program's start in 2012.

"Churches in Mission plays a critical role in our community here in Martinsville," said Dan Moore, Home Bank President/CEO. "In addition to helping families with daily needs, CIM's ministry helps individuals with programs and opportunities to build a better future. We are honored to provide support of this very important work." Home Bank SB was chartered in 1890 as a mutual institution which essentially means that it is owned by its depositors. Without private ownership or stockholders, the bank's profits are allocated entirely to its capital reserves, resulting in greater fiscal strength and resources for community support. Home Bank serves South Central Indiana with offices in Morgan, Hendricks and Johnson Counties.

LifeSmart Youth receives Kendrick Foundation grant to empower Mooresville youth

LifeSmart Youth is pleased to have received a \$35,000 grant from the Kendrick Foundation to continue education in Mooresville Consolidated Schools—empowering youth to develop risk-reduction behaviors for substance abuse prevention. This is LifeSmart Youth's fourth decade providing puberty, teen pregnancy and sexually transmitted disease prevention, and healthy relationships programs in Mooresville schools.

LifeSmart Youth programs help youth develop skills needed for setting boundaries, developing healthy relationships, and deal-



ing positively with peer pressure. Over the course of the 2018-19 school year, over 1,700 Mooresville students in 4th-7th grades will receive more than 3,000 hours of educational

and skill development programming. "Mooresville Schools teachers, staff, and parents are dedicated to ensuring youth have the skills and knowledge to live life smart, which is what makes our partnership an impactful one for each youth program participant," stated Tonja Eagan, CEO of LifeSmart Youth.

If you'd like to support LifeSmart Youth, please visit lifesmartyouth.org/donate or contact Tonja Eagan for more information about how you can help empower youth to lead healthy and safe lives.

About LifeSmart Youth

LifeSmart Youth fosters successful lives by empowering youth to make responsible choices and adopt healthy behaviors. We have served Indiana for over 75 years, believing that youth not only need to be book smart or street smart, but also life smart. Each year, LifeSmart Youth reaches over 25,000 youth in 100 schools across 10 counties and delivers over 75,000 hours of health education in Indiana.

For more information, please contact CEO, Tonja Eagan at teagan@lifesmartyouth.org or call 317-638-3628.

Rehab services unveils renovated, expanded complex at Franciscan Health Mooresville

Rehabilitation Services at Franciscan Health Mooresville has a new look, larger space and more options to better serve Morgan County patients.

Renovations were recently completed to the Specialty Services office, which is located at 1201 Hadley Road, Mooresville. Staff at the complex – the only multidisciplinary approach of its kind in Morgan County – offers a full range of care, including hand, occupational, physical and speech therapies.



"The ability to offer all services at one location allows our patients with neurologic conditions to obtain multidisciplinary care for those who have been diagnosed with Parkinson's disease, suffered a recent stroke and those who have balance-related health issues," said Reha-

bilitation Services Supervisor Jason Hutchison, PT, DPT.

The facility has nearly 4,000 square feet and provides a fully operational kitchen to help recovering stroke patients regain skills to prepare meals. It also provides special therapy equip-

ment and technology and enhanced hand and physical therapy services.

Franciscan Health Mooresville also has a 900-square-foot aquatic physical therapy pool serving more than 40 patients each month. It offers arthritic patients physical activity and avoids pain associated with more rigorous exercise. Staffed by a certified aquatic specialist, the pool also helps those with neurologic conditions adapt to balance issues and learn how to avoid falls.

Here to help you fight illness – or prevent it in the first place



Find Your Doctor.

At Franciscan Physician Network, we believe that keeping you on the path to good health is easier when we work together. Communication is a big part of this, both during your visit and after. This is why we offer services like MyChart – an easy-to-use site that keeps you and your doctor connected with 24-7 online access to appointments, prescription refills, medical records and more. Visit us online and get to know the doctors of Franciscan Physician Network.



Franciscan
PHYSICIAN NETWORK

[LEARN MORE! FranciscanDocs.org](http://FranciscanDocs.org)