



Ashtyn Koch RN

Any given day, laughter can be heard from the dining room of Rosewalk Commons as Clinical Director and Registered Nurse, Ashtyn Koch, visits with her residents over lunch, entertaining them with the latest stories of her son and pets at home. Ashtyn works to visit with each resident daily, managing their health and

“To effectively care for someone, you need their trust”

- Ashtyn Koch, RN

fostering friendships. Ashtyn is the clinical director at Rosewalk Commons,

an assisted and independent living community for seniors. As clinical director, she creates personalized care plans for each resident to promote independence. To ensure all residents’ needs are met, Ashtyn manages a team of home health aides and certified nursing assistants. She and her team provide six levels of assistance ranging from medication management, shower assistance and incontinence aid to full 24-hour care.

“To effectively care for someone, you need their trust. The staff and I work hard to develop

relationships with the residents and families so we know them on a personal level,” she says. “The residents have a lot of stories to share, and there is a lot you can learn from them.”

Ashtyn’s enthusiasm for working with seniors spans her entire career. Her background as a nurse in the medical surgical unit with specializations in dialysis and home health care positions her to provide quality assistance for the independent and acute residents at Rosewalk Commons. But it is her ability to empathize and personally invest in each resident that sets her apart.



Childhood friends, REUNITED AT ROSEWALK COMMONS



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*B*etty Ray and Edna Harner are quite the pair. They met as little girls, stayed friends as adults, and recently became neighbors, making new memories at Rosewalk Commons. They invite you to join in the fun and discover your next lifelong friend!

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INDEPENDENT LIVING



Katharine **Krol** MD

Erika **Ugianskis** MD

Interventional radiologists are doctors who specialize in minimally invasive, targeted treatments using imaging for guidance. They use their expertise in reading X-rays, ultrasound, CT, and MRI to guide tiny instruments, such as catheters, through blood vessels or the skin to treat diseases without surgery. Erika Ugianskis,

“...I can treat the tumor with great precision and minimize toxic side effects...”

- Erika Ugianskis, MD

MD, and Katharine Krol, MD, are interventional radiologists with Indiana University Health Arnett Physicians.

Ugianskis and Krol treat patients every day using minimally invasive techniques at IU Health Arnett. Ugianskis explains her area of interest is treating cancer patients, and specifically, cancers that have spread to the liver.

“I inject beads that contain a chemotherapy agent directly into the tumor through the vessel that feeds the tumor. By watching with live X-ray, I can treat the tumor with great precision and minimize toxic side effects to the rest of the body.”

Krol, who served as a national past president for the Society for

Interventional Radiology, specializes in treating Peripheral Arterial Disease (PAD), more commonly known as hardening of the arteries. This type of disease can affect many parts of the body. Krol treats PAD patients using balloon angioplasty, stents and other high-tech devices. For example, she often treats patients who have severe pain in the legs or sores that will not heal because of a lack of blood flow.

“Many of these patients do not have any surgical options and will continue to suffer or undergo amputation if I can’t get something open to improve flow, so this is a very rewarding part of my practice,” Krol says.





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IU Health Arnett Interventional Radiologists give women options when it comes to treating gynecological issues.

Dr. Katharine Krol and Dr. Erika Ugianskis are the only doctors in the region to perform uterine fibroid embolization (UFE) - a procedure for treating noncancerous fibroids without a hysterectomy. UFE has a shorter recovery time and after the procedure the woman retains her uterus, which means she can try to become pregnant. Offering the latest innovation and treatment options, we have the strength to make you better. Faster.

2010 U.S. News & World Report rankings



Arnett Physicians

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Brian Krown OD



As the sole optometrist at Eye Care Associates, Dr. Brian Krown has enjoyed the opportunity to see some of his patients grow from childhood to adulthood, and to being parents themselves. Dr. Krown has been the optometrist at the Earl Avenue office in Lafayette since 1982, when he graduated from the Indiana University School of Optometry in Bloomington.

He attributes the success of his business to two loyal optometric technicians— Pam James and Deb Moffatt—who have worked with him for 15 years. Patients come back year after year because they know

what to expect.

“...I enjoy learning about the lifestyles of my patients,”

- Brian Krown, OD

“They know not only are they going to see a familiar face in the exam room, but a couple of familiar faces out front. I think that is

very important to a lot of people.”

Krown covers all areas of optometry and all types of contact lens fitting, including rigid contact lenses. He became interested in optometry because he loved physics, and “optics is a branch of physics,” he explains.

One of the most engaging aspects of his job is working with students who are interested in optometry. One or two students work with him each semester.

“Often they ask me, ‘Why do I like my job so much?’ and I tell them that I enjoy learning about the lifestyles of my patients, and how to help them see what they need to see.”



Eye Care Associates of Lafayette



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Lynn Pestle DDS, MS

While serving in the U.S. Navy, Dr. Lynn Pestle cared for officers at Camp Pendleton in Oceanside, California and soldiers who were wounded in Vietnam. This experience helped him

“I have the satisfaction of being able to restore the quality of life for many of my patients,”

- Lynn Pestle, DDS, MS

decide that he wanted to become a prosthodontist to focus on procedures that include replacing missing teeth,

implants, bridges, and partial or full dentures.

“I have the satisfaction of being able to restore the quality of life for many of my patients, and I can also help them with self-esteem, and how they relate to friends and family through a renewed confidence in themselves,” says Dr. Pestle.

After his residency in the Navy, he completed two more years of training at the University of Missouri, Kansas City. “The training to become a prosthodontist involves learning

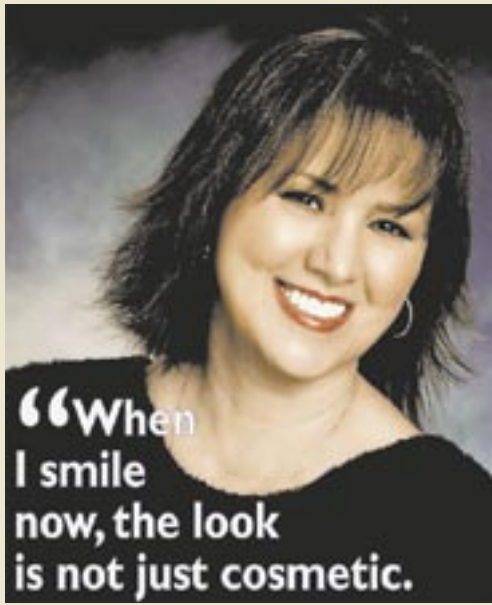
procedures to rehabilitate the bite, including cosmetic dentistry,” adds Pestle.

Dr. Pestle began serving the Lafayette community in a small office on State Street over 30 years ago. He and his staff relocated to their current location on Elmwood Avenue in 1982. To better reflect the full scope of services that are offered by Dr. Pestle, the business name was recently changed to Reconstructive and Cosmetic Dentistry of Greater Lafayette.





Reconstructive and Cosmetic Dentistry
of Greater Lafayette



It's real."

- Connie Swadley

"I was looking for more than some simple cosmetic touch-ups. That's why I chose Dr. Pestle's reconstructive practice," says Connie. "He and his staff provide state-of-the-art treatment in a personalized, caring, patient-friendly setting."

Dr. Pestle brings the Greater Lafayette community more than 30 years experience in the most advanced techniques in oral health care. The only Prosthodontist (complex restorative specialist) in the area, he holds a Masters of Science degree in Muscle Physiology to treat not only structural problems, but also related neuromuscular issues.

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Lynn Pestle, DDS, MS



Jason Rider

In 2006, Jason Rider and Michael Brouillette opened LifeLong Fitness located on Earl Avenue in Lafayette. Together they had a vision of developing a personal training studio that would be a comfortable environment to individuals of any fitness level.

“...LifeLong fitness gives people accountability, consistency, support and motivation in their workout routine.”

- Jason Rider

“Coming to our facility at LifeLong Fitness gives people accountability, consistency, support and motivation in their workout routine,” says Jason Rider, who is also an NASM Certified Personal Trainer.

At LifeLong Fitness clients work side by side with their personal trainer to meet their personal fitness goals. Current clients of LifeLong Fitness range from youth to individuals in their golden years. “Some of our clients are athletes who want to improve their performance while others

are mature adults who want to maintain mobility or improve their quality of life,” adds Rider. LifeLong Fitness also provides training for clients who want to focus on weight loss, strength training, or need rehabilitation.

“One of the distinguishing qualities of LifeLong Fitness is the care we take in recruiting, training and developing our personal trainers,” says Michael Brouillette. “Our trainers are college educated, professionally certified, and highly effective at bringing a personalized approach to achieving your fitness goals.”





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Kenneth Stone MD



With the new IU Health Arnett Hospital in place on McCarty Lane, most adult cardiovascular patients won't have to leave their home community to have surgery that includes the most current techniques, says Kenneth Stone, MD, who is the department chair of cardiothoracic surgery and division director of cardiovascular services. Although he has been a cardiothoracic surgeon in the Lafayette area since 1988, for the two years prior to the opening of the new hospital, Stone did all of his surgeries at IU Health Methodist Hospital in Indianapolis. In just two and a half years, Stone and his partners have performed more than 500 open heart surgeries at IU

"We have a seamless process to get the patients delivered into the appropriate hands in a timely fashion."

- Kenneth Stone, MD

Health Arnett Hospital with superior outcomes as compared to national benchmarks. Only a few types of cardiovascular surgery, such as transplantation and pediatric cardiovascular surgery are not

handled locally, but patients can be referred quickly to the right place. "We are part of the Indianapolis-based group called IU Health Cardiovascular Surgeons," explains Stone. "We have a seamless process to get the patients delivered into the appropriate hands in a timely fashion."

Stone performs open heart surgery and non-cardiac thoracic surgery, such as lung surgery. He also treats such conditions as aortic aneurysms, blockages in leg arteries, and blockages in neck arteries.

When he is not working, he is committed to keeping fit himself by exercising on an elliptical machine—for an hour a day—if he can. Other than that, he enjoys spending time with his wife, Nancy, and his four children and two grandchildren.





THE STRENGTH IT TAKES

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2010 U.S. News & World Report rankings



Arnett Physicians

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Stanley Weber MD



Reducing pain after surgery by using ultrasound imaging to numb the appropriate nerves is a state-of-the-art technique in the healthcare field, and one that Stanley Weber, MD — director of anesthesiology services at Indiana University Health Arnett Hospital — practices on a daily basis. By minimizing post-operative pain, it enables patients to conserve their energy for recovery and rehab, allowing them to totally focus on getting better, explains Weber.

“We couldn’t do it without the support of the hospital,” he says. “The technique requires dedicated equipment and sufficient anesthesia

“We treat patients from newborns to those at the very end of life and in all stages of health.”

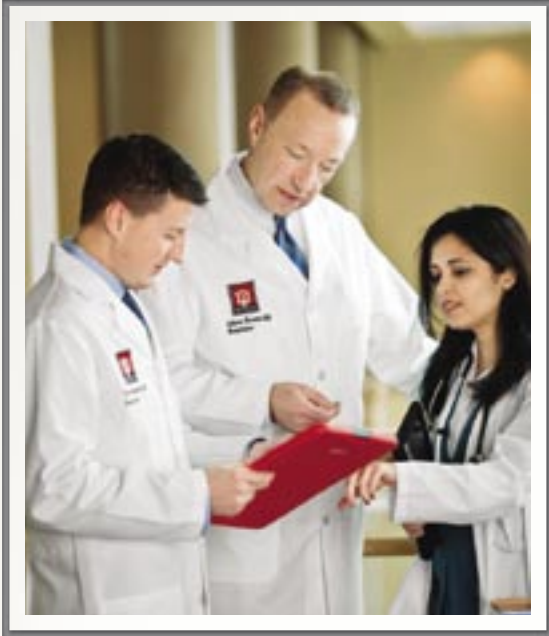
- Stanley Weber, MD

providers. The hospital has made an investment in improving the surgical experience for patients so that they have less pain and a better experience overall.”

Weber says what drew him to a career in anesthesiology was the range of conditions in which anesthesia must be used, something that provides intellectual diversity and broad exposure to practice and research.

“When I was in medical school, I did a summer internship at a large hospital in New York City, and I became keenly interested in the range of the field. We treat patients from newborns to those at the very end of life and in all states of health. Anesthesiologists have to conceive and carry out the proper plans and procedures to safely get patients through surgery. It’s a fascinating field.”





THE STRENGTH IT TAKES

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There is strength in our skilled physicians, who achieve a remarkable standard of excellence day after day. There is strength in our partnership with the IU School of Medicine, offering the latest innovations and treatment options. And in the most comprehensive team of primary care and specialty physicians in the state. But most of all there is strength in knowing that we'll do everything in our power to make you and those you love better.

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Arnett Physicians

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