



Foundation News...



IOWA HEART
Foundation



Iowa Heart Foundation - 2011 Year in Review

Programming Initiatives

Professional Education

- **20th Annual Cardiovascular Today Conference** (February). This conference is designed for Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses and healthcare professionals. Over 360 attended the program aimed at increasing knowledge on current cardiovascular research, diagnosis, and treatment.
- **Community Wellness Programming** Heart health programs provided to Des Moines Area Community College (DMACC) dental assistant students and Mercy College of Health Sciences faculty and staff.
- **Childhood Obesity Prevention (COP) Project** partnered with Albia, Chariton, Jefferson-Scranton, Seymour, Urbandale, and Waukee Community Schools for classroom/nutrition education display sessions and blood pressure screenings. 600 students, teachers and parents attended COP sessions.
- **Pharmaceutical Forums** (monthly). Iowa Heart Center physicians/staff attend forums on emerging research and patient information on pharmaceuticals and devices.

Charitable Healthcare Services

- **Nursing Scholarship Program** (July 2011). Awarded two Dr. David and Leticia Gordon Nursing Scholarships totaling \$500 for nursing students attending Grandview University and DMACC. Awarded four nursing scholarships from donors Karen and Craig Hawkins in memory of their parents, Erma M. Hawkins and C. J. Hawkins.

Community Service

- **AED Placement Program.** Iowa businesses and organizations receiving AEDs/funding include: Lucas County Health Center; Hope United Methodist Church, Marshalltown, Iowa; and Vrendenburg-Chariton Aquatic Center.

Funding Initiatives

- **Memorials and Gifts.** The generosity of patients, families, and friends support the ongoing work of Iowa Heart Foundation.
- **Iowa Heart Foundation Cookbooks.** The "Family Favorites" cookbook contains 350 "comfort food" recipes contributed by Iowa Heart Center physicians, employees and patients. The "Treasures From the Heart" cookbook features 150 healthier recipes (for additional details please see page 3).
- **Run/Walk for Your Life** (August 27, 2011). Our 4th annual 5K/10K run/walk event and 1 mile fun run/walk with proceeds designated for our AED placement program.

Volume 4, Issue 4
December 2011



Special points of interest:

- Iowa Heart Foundation 2011 Year in Review

Inside this issue:

AED Device Placement	2
Memorial and Honorary Donations	2
Volunteers with a Heart	3
Holiday Gift Ideas	3
Iowa Heart Foundation Board of Directors & Contact Information	4
2012 Iowa Heart Foundation Events	4

On behalf of the Iowa Heart Foundation Board of Directors, we gratefully thank our supporters for the faith placed in us to promote heart health in Iowa communities!



AED Device Placement



Iowa Heart Foundation donated two Automatic External Defibrillators (AEDs) this quarter in Iowa communities. Since the AED Placement Program began in Fall 2008, funding for 14 AED placements throughout Iowa has been generated during the Run For Your Life event held annually in August.

AED donations this quarter include Hope United Methodist Church in Marshalltown Iowa on 9-30-11. Bill Martin accepted the donation on behalf of the church. John Peterson from the Vrendenburg-Chariton Aquatic Center in Chariton Iowa accepted the donated AED on 11-8-11. AEDs are important links in the chain of survival in the event of a sudden cardiac arrest.



Hope United Methodist Church members accept AED on September 30, 2011

Pictured Center: Bill Martin and Warangkana Chokesuwattanasukul, MD Iowa Heart Center, hold the donated AED from Iowa Heart Foundation

Memorial and Honorary Donations



Memorial Donations

Generosity and kindness are cornerstones of the Iowa Heart Foundation. Memorial donations support the Iowa Heart Foundation mission and services. Iowa Heart Foundation extends our gratitude to the individuals who generously chose to memorialize their loved one, friend, or family member. Our sympathy is extended to those who suffered a recent loss.

- Doreen Wiltsie

"In Honor of" Donations

Donations from generous individuals highlighting the impact of a mentor, coach, or dear friend who imprinted the lives of other people. The following individuals have been honored in 2011:



- Matthew A. Flemming, MD
- David Gordon, M.D.
- Penney Valley
- Barry Uretsky, M.D.

Donations

We gratefully welcome donations for those wishing to memorialize or honor a loved one to support the programs and services of Iowa Heart Foundation.

Donations may be mailed to:

Iowa Heart Foundation
5880 University Ave, Suite 101
West Des Moines, IA 50266

Thank you for your generosity and kindness in assisting us to serve Iowans and their communities!

Your donation is tax-deductible with 100% of funds remaining in Iowa. Acknowledgement letters are provided confirming donations.



Volunteers With A Heart



Volunteering impacts peoples lives!

During 2011 the Iowa Heart Foundation was a benefactor of many committed volunteers sharing their time and talent in service. We gratefully acknowledge the following volunteers:

- Barnett, Larry
- Behnke-Schaad, Pam
- Bentz, Amy
- Brosseau, Becky
- Coffman, Nancy
- Conroy, Cindy
- Cooney, Tomi
- Corliss, Mandy
- Coulson, Teresa and Nick
- DeBruin, Lori
- Douglas, Jason
- Erdmann, Nancy
- Foura, Cheryl
- Frampton, Joan
- Furnish, Debbie

- Gaulke, Pam
- Goetz, Kathy
- Graves, Carol
- Hale, Barb
- Harker, Tina and Lee
- Held, Jenny
- Henry, Cindy
- Henscheid, Joan
- Jones, Minnie
- Kellogg, Polly
- McClatchey, Al
- McIlhon, Diane, Emma, Melissa, and Molly
- McKimpson, Darl
- Mitchell, Tisha
- Mourlam, Jeremy
- Nerhus, Randall
- Noyes, Carol
- Oswald, Donna
- Oswald, Kim
- Peterson, Heidi

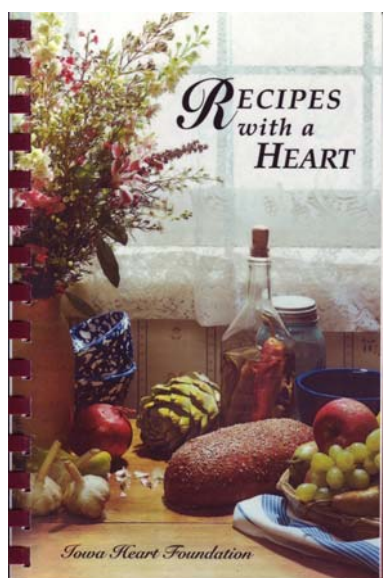
- Roberts, Jackie
- Rohe, Karla
- Runkel, Jolene
- Sajnova, Karolina
- Scavo, Rhonda
- Scholer, Debbie
- Smith, Ketra
- Vance, Aaron
- Verhofste, Robbe
- Walden, Beckie
- Walters, Chris and Gary
- Wernli, Deb and Dennis
- White, Brady
- Younger, Julie

The following assist with sales of cookbooks at Iowa Heart Center offices:

- Fetters, Kate—Pleasant
- Hanson, Rhonda—Ames
- Henry, Cindy—West University
- Rohe, Tracey—Carroll
- Veasman, Tammy—West University
- Rohe, Tracey—Laurel
- Zeka, Susan—Fort Dodge



Holiday Gift Ideas



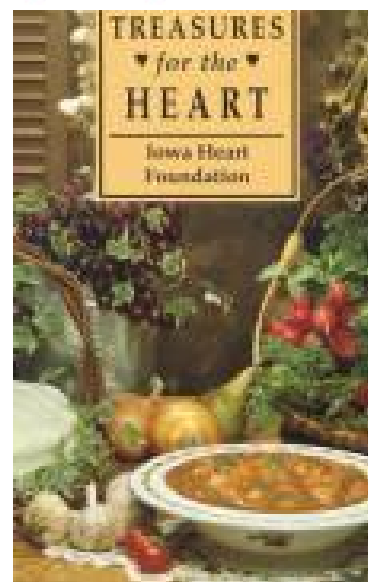
Cookbooks make **Heartwarming** gifts!

Recipes with a Heart
(350 comfort food recipes)
\$15.00

Treasures for the Heart
(150 healthier recipes)
\$10.00

Cookbook Set = \$20.00
(both cookbooks)

Order forms available at
www.iowaheartfoundation.org





IOWA HEART Foundation

Iowa Heart Foundation Board of Directors

Julie Younger, President
T.M. Brown, M.D., Chairman
Jose Borromeo, M.D., Vice Chairman
W. Ben Johnson, M.D., Treasurer/Secretary
David Gordon, M.D.
L. A. Iannone, M.D.
Terrence Slattery, M.D.
William Wickemeyer, M.D.
Kathy Goetz, RN
Kim Oswald, Ed.D., Executive Director

Upcoming Events

- December 6, 2011 - Iowa Heart Foundation Board meeting
- January 11, 2012 - Education Forum (West U)
- February 4, 2012 - 21st Annual Cardiovascular Today (HyVee Conference Center)
- February 22, 2012 - Education Forum (Lauvel)
- February 29, 2012 - Education Forum (Fort Dodge)

The Iowa Heart Foundation is a non-profit 501(c)(3) organization dedicated to serving Iowans and their community.

Contributions which are made to the Iowa Heart Foundation are tax-deductible with 100% of funds remaining in Iowa.

Iowa Heart Foundation Contact Information

Address: 5880 University Ave., Suite 101,
West Des Moines, Iowa 50266
Phone: (515) 633-3555
Website: www.iowaheartfoundation.org
Email: koswald@iowaheart.com or
cconroy@iowaheart.com



"Iowa Heart Foundation is passionate about promoting cardiovascular health in Iowa."

2012 Iowa Heart Foundation Events



Events highlighted in 2012 will include:

- **21st Annual Cardiovascular Today**
Saturday, February 4, 2012 at the HyVee Conference Center in West Des Moines, Iowa. This program is open to physicians, Nurse Practitioners, Physician Assistants and allied healthcare workers. CMEs and CEUs will be awarded. Registration fee is \$35. Registration/exhibit display opens 7:00am. The conference will be held 8:05am-3:30pm. Continental breakfast and lunch provided.



• Run For Your Life

Saturday, August 25, 2012 at Des Moines Waterworks Park. This run/walk event is open to the public. Funds raised from this event are dedicated to the placement of Automatic External Defibrillators (AEDs) in Iowa communities.



• Nursing/Medical Assistant Conference

Saturday, October 6, 2012 at the Iowa Heart Center office. This education program is open to Nurse Practitioners, Physician Assistants, Registered Nurses, and Medical Assistants. CEUs and AAMA education credits will be awarded.



Program brochures and event details may be found on the Iowa Heart Foundation website under "Upcoming Events" at www.iowaheartfoundation.org or by calling (515) 633-3555