

# Foundation News...



**IOWA HEART**  
*Foundation*



## Iowa Heart Foundation - 2012 Year in Review

### Programming Initiatives

#### Professional Education

- **21st Annual Cardiovascular Today Conference** (February). This conference is designed for Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses and healthcare professionals. 400 attended the program aimed at increasing knowledge on current cardiovascular research, diagnosis, and treatment.
- **Community Wellness Programming**  
Heart health program provided to Des Moines Area Community College (DMACC) dental assistant students.
- **Childhood Obesity Prevention (COP) Project** partnered with Albia, Jefferson-Scranton-East Greene, and Urbandale Community Schools for classroom/nutrition education display sessions and a cooking contest. 180 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 2012). Awarded Dr. David and Leticia Gordon Nursing Scholarship for nursing student attending Grandview University. Awarded two Nursing Scholarships to nursing students attending Iowa Central Community College in Fort Dodge. 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 include: Johnston Soccer Club, Kids Life Discovery Center in Chariton, Boys & Girls Club of Story County, Mainstream Living in Des Moines/Ames, Childserve in Ames, Springbrook Conservation Education Center in Guthrie County, and Des Moines Figure Skating Club/Des Moines Metro Ice Facility.

### 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 25, 2012). Our 5th annual 5K/10K run/walk event and 1 mile fun run/walk with proceeds designated for our AED placement program.

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!

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December 2012

#### *Special points of interest:*

- Iowa Heart Foundation 2012 Year in Review

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# AED Device Placement



Iowa Heart Foundation donated one Automatic External Defibrillator (AED) this quarter in Iowa communities. Since the AED Placement Program began in Fall 2008, funding for 21 AED placements throughout Iowa has been generated during the Run For Your Life event held annually in August.

An AED was placed this quarter at the Des Moines Metro Ice Arena/Des Moines Figure Skating Club on October 6, 2012. Brett Kaszinski accepted the donation on behalf of the skating club and ice arena. AEDs are important links in the chain of survival in the event of a sudden cardiac arrest. Any Iowa business or community organization with a determined financial need interested in obtaining an AED is encouraged to

contact the Iowa Heart Foundation at 515-633-3555 to obtain an application form.



Des Moines Metro Ice Arena staff members and volunteers accept AED on October 6, 2012.

# 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.

- Joan McGaughey
- Michael Wynn
- John W. Zady



## "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 2012:

- David Gordon, M.D.
- John and Esme Marcus
- Iowa Heart Center Employees



## 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 2012 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
- Bentz, Amy
- Biederman, Sherrie
- Boyd, Jeff
- Conroy, Cindy
- Corliss, Mandy
- Coulson, Teresa and Nick
- Douglas, Jason
- Drabek, Barb
- Erdmann, Nancy
- Fredericks, Katie
- Furnish, Debbie
- Gaulke, Emily and Pam
- Goetz, Kathy and Katie
- Hagenbucher, Katelyn

- Hale, Barb
- Harker, Tina and Lee
- Henry, Cindy
- Hill, Janet
- Hughes, Linda
- Jensen, Gina
- Jones, Minnie
- Kellogg, Polly
- Martin, Brandon
- Matheny, Sue
- McClatchey, Al
- McIlhon, Diane, Melissa, and Molly
- McKimpson, Darl
- Mourlam, Jeremy
- Nerhus, Randall
- Oswald, Kim
- Peterson, Heidi
- Peterson, Meg
- Raasch, Katie
- Roberts, Jackie
- Runkel, Jolene

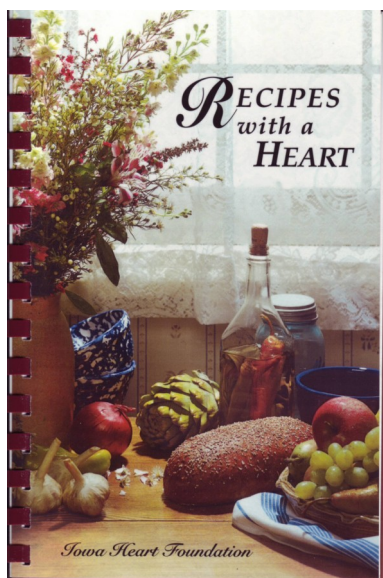
- Sajnova, Karolina
- Simplot, Sara
- Scholer, Debbie
- Sorrentino, Denise
- Thompson, Tracy
- Vance, Aaron
- Veasman, Tammy
- Walters, Chris and Gary
- Wojtoswicz, Jennifer
- Younger, Julie
- Zeff, Robert

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
- Zeka, Susan—Fort Dodge



# Holiday Gift Ideas



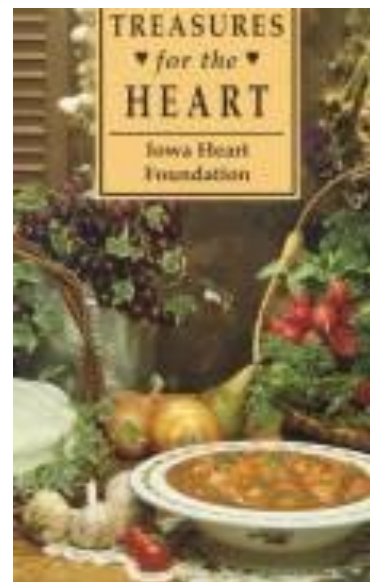
Cookbooks make **Heartwarming** gifts!

**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](http://www.iowaheartfoundation.org)





# IOWA HEART Foundation

## Upcoming Events

- January 9, 2013 - Education Forum 11:30am-1:00pm, West U
- February 2, 2013 - 22nd Annual Cardiovascular Today Conference, 8:00am-3:30pm, HyVee Conference Center, West Des Moines
- February 27, 2013 - Education Forum 11:30am-1:00pm, Laurel
- March 5, 2013-Board of Directors Meeting, 7:00am-8:00am, Board room, West U
- March 12, 2013-Education Forum, 11:30am-1:00pm West U
- March 27, 2013-Education Forum, 11:30am-1:00pm, Laurel



**“Iowa Heart Foundation is passionate about promoting cardiovascular health in Iowa.”**

## Iowa Heart Foundation Board of Directors

- Julie Younger, President
- T.M. Brown, M.D., Chairman
- Jose Borromeo, M.D., Vice Chairman
- W.J. Wickemeyer, M.D., Treasurer/Secretary
- David Gordon, M.D.
- L. A. Iannone, M.D.
- W.B. Johnson, M.D.
- Denise Sorrentino, M.D.
- Kathy Goetz, RN
- Cindy Conroy, MA, RD, LD, CLS, FNLA, Program Coordinator

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](http://www.iowaheartfoundation.org)  
Email: [cconroy@iowaheart.com](mailto:cconroy@iowaheart.com)

## 2013 Iowa Heart Foundation Events



Events highlighted in 2013 will include:

- 22nd Annual Cardiovascular Today**  
 Saturday, February 2, 2013 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 7:50am-3:30pm. Continental breakfast, lunch and materials provided.
 
- 6th Annual Run For Your Life**  
 Saturday, August 24, 2013 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.
 
- 5th Annual Nursing/Medical Assistant Conference**  
 Saturday, October 12, 2013 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](http://www.iowaheartfoundation.org) or by calling (515) 633-3555**