

Foundation News...



IOWA HEART
Foundation



2010 Nursing Symposium Schedule Announced

The Iowa Heart Foundation second Annual Nursing Symposium is scheduled on Saturday, September 18, 2010 at the Iowa Heart Center office in West Des Moines. This year's program focuses on hypertensive heart disease and is open to Nurse Practitioners, Physician Assistants, and Registered Nurses.

Program topics and speakers will include:

- **“Moving the Goal Posts for Blood Pressure Treatment: Why and How Far?”** by Carol Mason, ARNP, CLS, FAHA, FPCNA VP, Clinical Director of the Division of Preventive Cardiology, University of South Florida College of Medicine, Tampa, Florida
- **“Therapies to Improve Blood Pressure Management: Diet, Exercise and Stress Management”** by Diane McIlhon, RD, LD, Iowa Heart Center; Jen Peterson, BS, Exercise Specialist, Mercy Medical Center and Peggy Palmer Johnson, MSW, LISW, Social Worker, Mercy Medical Center
- **“Medical Management of Hypertension—A 2010 Update”** by Carol Mason.
- **“Improving Patient Adherence with Motivational Interviewing”** by CoraLynn Trewet, MS, Pharm D, BCPS, FNLA, Assistant Professor (Clinical)/Director of Continuing Education, University of Iowa and Broadlawns Family Health Center, Des Moines, Iowa.

The program is scheduled from 8:15am to 12:45pm and will be held in the Iowa Heart Center Auditorum located at 5880 University Avenue in West Des Moines, Iowa. Nursing CEUs will be provided.

Pre-registration is required due to limited seating for this program. Deadline for registering is Friday, September 10, 2010. The registration fee for this program is \$30. Registration forms may be located on the Iowa Heart Foundation website at www.iowaheartfoundation.org or by calling (515) 633-3555.



Iowa Heart Foundation 2010 Annual
Nursing Symposium
Saturday, September 18, 2010

June 2010
Volume 3, Issue 2

Special points of interest:

- 2010 Nursing Symposium Schedule Announced

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Free "Friends and Family" CPR Class A Success

Saturday, April 10, 2010

In only a few hours Iowans learned the skill of Cardiopulmonary Resuscitation (CPR) during the Iowa Heart Foundation annual free training event. Cardiac patients, family members and the public participated in the class held on April 10, 2010 at Iowa Heart Center offices in West Des Moines. Each participant learned CPR through hands-on experience and interactive classroom trainings. Instructors for the class interacted with participants to support learning how to respond effectively in the event of an emergency.

Participants learned how to activate the emergency response system in the event of an emergency, to provide CPR for an

adult and child victim, and how to respond to someone who is choking. An introduction was also provided on the role of an Automatic External Defibrillator or AED.

Feedback from the program was positive with comments such as, "This class was very helpful. All my questions were answered clearly" and "Great class!"

Iowa Heart Foundation remains committed to offer annual free CPR training for Iowans. The next free "Friends and Family" CPR class will be held on Saturday, April 9, 2011 at the Iowa Heart Center office in West Des Moines. Please watch upcoming newsletters for additional information about classes.



Iowa Heart Foundation Annual Free CPR "Friends and Family" Class on Saturday, April 10, 2010

COP Project Grows!



The Childhood Obesity Prevention (COP) Project has recently completed its second year in Iowa schools with 9 school districts and more than 2000 students and faculty in attendance. The project focuses on cardiac risk factors, nutrition education, and the role of increasing activity in Iowa middle school children to combat the development of obesity and heart disease.

Education sessions were provided by Cindy Conroy, registered, licensed dietitian, to students in the following school districts: Adel-Desoto-Minburn (ADM), Albia, Chariton, Jefferson-Scranton, Lineville-Clio, Seymour, Urbandale Rolling Hills, Wayne (Corydon), and Waukee. Lunch time education displays were also provided at the Albia elementary and the Waukee middle school. Partial funding was received from Monroe County Community Foundation (Albia), Pamida Foundation (Jefferson-Scranton), and the South Central Iowa Community Foundation-Lucas County (Chariton) to support the programming in those communities.

Schools interested in participating in the project in the 2010-2011 school year should contact Cindy Conroy, COP Project Coordinator, at cconroy@iowaheart.com.



Albia Students examine COP Project Lunch Display



Iowa Heart Foundation Announces 1st Annual Medical Assistant Conference

Iowa Heart Foundation will host our First Annual Medical Assistant Conference on Saturday, October 16, 2010 at Iowa Heart Center offices in West Des Moines, Iowa. This educational program is developed based upon numerous requests from local medical assistants who share a desire to learn more about cardiovascular disease.

The planned agenda includes the following topics and speakers:

- **“Cardiovascular Risk Factors: What Does This Mean for Women?”** by Rachel Onsrud, ARNP, Iowa Heart Center. Rachel will share her knowledge on three modifiable risk factors for heart disease and two screening tools to assess the risk for cardiovascular disease.
- **“Women Heart”** by Terri Harris, RN, BSN, MHA, Iowa Heart Center. Terri will share her knowledge on community services for women with heart disease including the WomenHeart organization.
- **“Coding Update 2010”** by Terri Harris, RN, BSN, MHA, Quality Improvement Director for Iowa Heart Center. Terri will discuss basic evaluation and management coding services in the medical office setting.
- **“Vitamin D Deficiency: Who is at Risk?”** by Beth Chia, ARNP, Iowa Heart Center. Beth will outline the

impact of Vitamin D on general health issues and identify two forms of Vitamin D deficiency therapy.

The program begins at 8:15am, includes a beverage break, and closes at 12:45pm.

The Medical Assistant Conference has been approved by the AAMA for 3.0 CG and 1.0 AC education units. A registration fee of \$30 covers program materials, beverage break, and education credits. Due to room size, registration is limited to 65 medical assistants.

Any medical assistant interested in attending is encourage to obtain a conference brochure on the Iowa Heart Foundation website at www.iowaheartfoundation.org. Registration forms are found in the conference brochure.

Additional information about this conference may be obtained by calling Iowa Heart Foundation at (515) 633-3555.



Iowa Heart Foundation
Medical Assistance Conference
Saturday, October 16, 2010



In Memory



Generosity and kindness are cornerstones of the Iowa Heart Foundation. Memorials received support the work of the Iowa Heart Foundation. Our sympathy is extended to family and friends who suffered a recent loss. The Iowa Heart Foundation would like to extend our gratitude to the individuals who generously chose to memorialize their loved one, friend or family member. Our thoughts are extended to the family and friends who suffered the loss of:

- Ivan Hunter**
- Harold Manders**
- Sharon Hixson-Mersch**
- Grace Ellen Rees**
- Harvey Taylor**
- Donna Koch**



“Those we love truly never leave us, they live on in the love they brought into our lives.”





June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Schedule of Events

- June 2, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- June 9, 2010 - Annual Board Meeting, 7:00-8:00am, West U Board Room
- June 23, 2010 - Pharmaceutical Forum 11:30am-1:00pm, Fort Dodge
- June 30, 2010 - Pharmaceutical Forum 11:30am-1:00pm, Laurel
- July 14, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- August 11, 2010 - Board Meeting, 7:00-8:00am, West U Board Room
- August 28, 2010 - Run For Your Life, 8:00am, Des Moines Waterworks Park

Iowa Heart Foundation "Volunteer in Service"



The success of Iowa Heart Foundation centers on our volunteers. Volunteers support the life of the Foundation through their service making fundraising events and educational programs possible in Iowa communities. In July 2009, Iowa Heart Foundation launched its "Volunteer in Service Program." The VS program recognizes individuals who embody the volunteer spirit and support the work of our Iowa Heart Foundation.

Iowa Heart Foundation recognizes Patricia Jackson as the outstanding service volunteer for the second quarter of 2010.

Pat is recognized for her contribution as a Cardiopulmonary Resuscitation (CPR) Instructor at the Free Community CPR Training Day held April 10, 2010. Pat donated her time to train participants on the life-saving skill of CPR.

On behalf of the Iowa Heart Foundation our gratitude is extended to Pat for her outstanding service!



Iowa Heart Foundation 2010 2ndQuarter
"Volunteer in Service"

Patricia Jackson





IOWA HEART *Foundation*

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**“Dedicated to promoting
cardiovascular health.”**



**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 100% tax-deductible.**

**Iowa Heart Foundation
Board of Directors**

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AED Placement Program Update



Automatic External Defibrillators (AEDs) may save the life of an individual who suffers a sudden cardiac arrest. Annually, Iowa Heart Foundation awards AEDs to Iowa businesses and communities with an identified need who have submitted applications and met financial guidelines. In May 2010 the Iowa Heart Foundation Board of Directors approved the following organizations AEDs:

- Windsor Heights Lutheran Church, Windsor Heights, Iowa
- Saint John and Paul Catholic Church, Altoona Iowa

Placement and training are provided as part of the AED program. Interested organizations may download a copy of the AED Placement Program application on www.iowaheartfoundation.org

Iowa Heart Foundation Memorials or Donations

If you wish to memorialize a loved one or if you have the financial means to assist those who cannot afford cardiac care or medications, we would gratefully welcome your donation.

Feel free to mail your donation to the Iowa Heart Foundation at 5880 University Avenue, West Des Moines, IA 50266. You may also download a donation form on our website at www.iowaheartfoundation.org

Your memorial or donation is 100% tax deductible. An acknowledgement letter will be mailed to confirm your tax-deductible gift. We wholeheartedly thank you for your generosity and kindness in helping us serve Iowans and their communities.

