

# Foundation News ...



## “Giving To Our Community” - La Clinica Medica Latina

The Iowa Heart Foundation and Toshiba America Medical Systems recently coordinated efforts to assist Iowans. After 3 months of planning to locate an appropriate recipient and completion of necessary paperwork, added services have been brought to the Des Moines community. On June 4, 2008, an echocardiography machine was donated to the La Clinica Medica of Des Moines. Dr. David Laughrun, MD donates his time to examine patients at the clinic using the Aplio machine. He began by self-learning Spanish to help fill the gap of care existing in the Latin American population in Iowa. Four patients were seen by Dr. Laughrun the first day of clinic with anticipated future expansion of services. Dr. Laughrun states the Toshiba Aplio Echo machine is a “state-of-art machine able to conduct a no risk study yielding extremely useful information about the heart.” Additional Iowa Heart Center physicians who will be donating time at the clinic to include: T.M. Brown, MD, S.V. Advani, MD and W. Ben Johnson, MD and Jeffery Boyd, MD. The clinic is open the first Wednesday of each month from 1:00pm-5:00pm. Ava Eagles, ARNP, has been instrumental in coordinating space and scheduling patients states Dr. Laughrun. Eagles acknowl-



Ava Eagles, ARNP; David Laughrun, MD; Gordon Parhar, & Eric Rine, Toshiba; Pat Dermody

edges the expanded services will fill a needed gap in the care of her patients by stating, “The clinic is so grateful and thankful to the Iowa Heart Foundation and Toshiba for being so generous and improving the quality and access to heart care for the Latina population.” Dr. Jose Angel and Eagles are co-owners of the clinic located at the Capitol Medical Office Building, 1300 Des Moines, Suite 106, Des Moines, IA, 50309. The clinic phone number is (515) 265-8200. Kim Oswald, Executive Director of the Iowa Heart Foundation stated, “Many generous, dedicated and caring people came together to provide needed equipment and clinical expertise for opening day. Our gratitude is extended to Dr. Laughrun for his time and compassionate patient care; Gordon Parhar from Toshiba in locating and donating the machine; Eric Rine and Pat Dermody for their expertise in programming the machine; Ava Eagles for her enthusiasm in the project; and Sue Tierney, Iowa Heart Center Ultrasound Director for her assistance. It was truly a privilege to work with this fine team of people to fulfill a need.”



The first patient seen at the clinic, Andres Lozano, Dr. Laughrun, and the Aplio echocardiography machine.

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### Special points of interest:

- Giving To Our Community



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## Iowa Heart Foundation Elects Board Members

The Iowa Heart Foundation was restructured in April 2007 focused on a renewed commitment to Iowans and Iowa communities. This is witnessed by the promotion of cardiovascular health through increasing awareness, providing access to information, and assisting those in need. Over the past year, key Iowa Heart Foundation initiatives focused on charitable healthcare services, professional education, and community service initiatives. Recently during the June 19, 2008 annual meeting, members of the Iowa Heart Foundation elected new Board members:

- **President: Julie Younger**
- **Chairman: T. M. Brown, MD**

- **Treasurer/Secretary: W. Ben Johnson, MD**
- **Board Members: David Gordon, MD; L. A. Iannone, MD; William Wickemeyer, MD; Kathy Goetz, RN**
- **Executive Director: Kim Oswald, Ed.D, RN, MSN**

The newly elected Board is excited about future opportunities to promote cardiovascular health. The Foundation will be completing a strategic plan and identifying key initiatives for the 2009 year. The ongoing message of the Iowa Heart Foundation remains focused commitment and service.

For additional information on how you may become involved with the Iowa Heart

Foundation or to find current information and news, please visit our website at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)

*"Service to others is the rent you pay for your room here on earth."*

*Muhammad Ali*



## How May I Give to the Iowa Heart Foundation?

Through the ongoing generosity of individuals and organizations, contributions made to the Iowa Heart Foundation support Iowans and their communities. Each month the Iowa Heart Foundation receives inquiries on how someone may help support the Foundation. Kim Oswald, Executive Director states, "My initial answer is how do you do you wish to share....might it be through the giving of your time, your talent or your resources?"

Giving of **TIME** is an excellent method to share your gifts. Activities such as volunteering at fundraising events, offering to be a spokesperson at a community program on heart health or speaking with children about heart disease at local schools all support the mission of the Iowa Heart Foundation. Monthly requests are received for clinically trained speakers to share knowledge on heart disease in Iowa communities. "If you enjoy public speaking or are creative and wish to participate in fundraising events, we have a special spot for you as a volunteer in our Foundation," states Oswald.

A second way you may give is the sharing of your **TALENT**. Each of us has been

given wonderful skills and abilities to share with others. For example, you may be an artist with an ability to develop artwork promoting an event, a talented writer who enjoys producing articles, a gifted interviewer who may speak with people attending programs or you might be a photographer who enjoys capturing pictures to commemorate a special moment. If so, we have a place for your unique gifts in the variety of Foundation activities.

Giving of **RESOURCES** often comes to mind through making a tax-deductible, charitable contribution. Examples of giving of ones resources include donations, memorials, and gifting which are all key aspects of any non-profit organization. Through donations, one may give a charitable gift delivering immediate assistance to those in need of cardiac care. Memorial gifts are a wonderful way to honor of a special person, a loved one, friend, or relative. Gifting is another special way to make a tribute in celebration of a significant event or special occasion, acknowledgment of an individual you admire, recognition of an accomplishment or simply say "thank you"

for a kind act. Giving resources may be easily tailored to any event.

Generosity and kindness are the cornerstones of the Iowa Heart Foundation. If you have time, talent, or resources and wish to become a part of our Foundation, please give contact us at (515) 633-3555. You may make a special difference in the lives of Iowans through many forms of giving.



**Giving and sharing are a key part of human nature.**  
**Giving begins with compassion.**

## “Run For Your Life”

Runners and walkers from Iowa, Kansas, and Minnesota gathered on August 16, 2008 at Water Works Park to raise funds for charitable cardiac healthcare services. The event was organized through cooperative efforts of Iowa Heart Foundation and Mercy Heart Hospital volunteers. A 3K or 5K run and a 1 mile walk was perfectly suited for the advanced runner or the beginning walker. 266 people including cardiac patients, the public, and employees from Iowa Heart Center and Mercy Heart Hospital participated in the fundraising event. Pharmaceutical and device companies provided cardiac information at booth displays during the event. Refreshments and the band Wrong Side Out encouraged

participants to the finish line. “We began this project on the inspiration of Jo Kajsowski, Mercy Cath lab, who had a ‘vision’ to increase awareness about cardiac disease. Countless numbers of kind individuals and generous organizations and sponsors came together to make the fundraising event a success. It is inspiring to see creative people working together with dedicated compassion to help Iowans,” stated Oswald, Executive Director. Over \$10,000 was raised to assist patients with an identified financial need. To view pictures from the event, please visit the Iowa Heart Foundation website at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)



**Run For Your Life Mascot**

## Treasures for the Heart Cookbook



Iowa Heart Foundation Healthy Cookbooks will begin appearing at all Iowa Heart center offices in November 2008. The second Foundation cookbook is entitled, “Treasures for the Heart.” Based upon requests from Iowa Heart Center patients the cookbook features lower fat, lower sodium recipes contributed by physicians, employees and patients. The book is filled with delicious, kitchen-tested recipes. Analysis of the recipes was conducted by Cindy Conroy, Licensed Registered Dieti-

tian who stated, “Most recipes can be modified to lower fat and sodium content while being mindful of serving size and how often the food is eaten.” Recipes list calories, fat, carbohydrate, sodium and fiber per serving. The cookbooks will make wonderful gifts for any occasion whether it be a birthday, wedding, or a holiday gift. Employees may purchase the \$10 cookbooks through payroll deduction by calling the Iowa Heart Foundation at (515) 633-3555.

## Spring Clean Up . . . Garage Sale!



“One person’s junk is another person’s treasure” may be heard from the Iowa Heart Foundation

spring garage sale at the Iowa Heart Center West University office. Whether a shopper or a donor, spring 2009 will be the perfect time to clean in preparation for summer. Mark your calendars for spring 2009 when donations will be accepted.

Donors will receive a tax receipt for all contributions. Items which will be gratefully accepted are asked to be in **clean** and **working order** such as:

- **Clothing: Pants/jeans, sweaters, dresses, shirts/tops, jackets, etc.**
- **Furniture and small appliances. (no large appliances please)**
- **Kitchen, bath, recreational items**

- **Household items, knick-knacks**
- **Jewelry, collectibles, artwork**

We request no computers/monitors, flammable liquids, cleaners, broken items, or anything which may be harmful or requiring special disposal procedures.

Watch for details in the December issue of Foundation News for details on donations and volunteer opportunities.

### September 2008

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				

### October 2008

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	

### November 2008

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						

**Schedule of Events**

*September 3—Board Meeting*

*September 5—Foundation Friday*

*September 17—Education Forum (West U)*

**Schedule of Events**

*October 1 & 8—Board Meetings*

*October 3—Foundation Friday*

*October 15—Education Forum (West U)*

*October 28—Ames Foundation Meetings*

**Schedule of Events**

*November 5—Board Meeting*

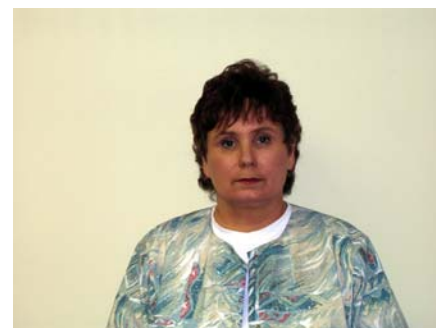
*November 7—Foundation Friday*

## Kate Fetters Makes a Difference

Working in the Foundation provides ample opportunity to witness “good work” by countless individuals. Kate Fetters, Patient Service Representative at the Pleasant office, is an outstanding example of an employee who took a moment to make a difference in the lives of Iowans. While working at the Pleasant office front desk, two daughters of a former patient approached Kate. They stated as part of their mothers last wishes, memorial donations be designated for the Iowa Heart Center. Being unsure of how to accomplish this, they inquired on how they may best provide a memorial donation in their mothers name. Kate rose to the occasion mentioning, “We have an Iowa Heart Foundation where funds are used for patient education and indigent care.” Kate graciously offered the daughters an Iowa Heart Foundation brochure describing foundation activities and

a moment to discuss options and review the brochure. Kate offered them a seat in the Pleasant office waiting area to discuss and make their decision. After spending time reviewing the brochure, both daughters felt making a memorial donation to the Iowa Heart Foundation would respect their mothers wishes. A generous donation was received through the kindness of two former patients daughters and Kate’s willingness to share her knowledge about our Foundation. Thank you, Kate, for volunteering your time and service with the Iowa Heart Foundation to make a difference in the lives of Iowans.

In recognition of her service, a Certificate of Achievement was awarded to Kate in August 2008 for her service and dedication. Great job, Kate!



**Kate Fetters, Patient Service Representative at the Pleasant office, assisted family members making a memorial donation to the Iowa Heart Foundation.**



*Iowa Heart Foundation  
Quarterly Newsletter*

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**"Dedicated to promoting  
cardiovascular health."**



**Iowa Heart Foundation  
Board of Directors**

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

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.

**Mark Your Calendars for "Scarlet 2009"**



Mark your calendars and reserve a date with a friend or loved one to attend the 2nd annual "Scarlet: A Fashion and Hair Show" scheduled on March 14, 2009. The

show is designed to increase awareness on the impact of heart disease on individuals, families, and communities. Funding from this event have been dedicated to the our childhood obesity program. Runway models, makeovers, ballerinas, heart-themed music, heart healthy food and refreshments make this event a unique and exciting experience. A large silent auction with donated items from local businesses and organizations offer the consummate shopper a variety of gifts, jewelry, electronic, and restaurant items. All purchases are tax-

deductible with proceeds going to the Iowa Heart Foundation. Tickets will go on sale in February 2009. For details, visit the Iowa Heart Foundation website under "Upcoming Events" at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org). You may also call the Iowa Heart Foundation at (515) 633-3555.

**Iowa Heart Foundation Memorials and 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](http://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.

