

Foundation News...



IOWA HEART
Foundation



Scholarships: Investing in the Future of Healthcare



The Iowa Heart Foundation commits to supporting the training and development of competent healthcare workers to meet the healthcare needs of cardiac patients. In 2008, the Board of Directors launched the Scholarship Program for qualified nursing students entering the field of cardiac or critical care nursing. Criteria for consideration of a nursing scholarship included academic achievement, financial need, and a commitment to practice nursing in Iowa in critical care or cardiac nursing. Five nursing scholarships were approved for Fall 2010 at three local colleges/universities to include:

- **Three (3) scholarships at Mercy College of Health Sciences in the amount of \$1,000 each.**
- **One (1) scholarship at Grandview University in the amount of \$1,000.**
- **One (1) scholarship at Des Moines Area Community College in the amount of \$500.**

Awarding of Scholarships

The Iowa Heart Foundation Board of Directors reviewed scholarship applications during the April 2009 Board meeting to determine eligibility. During May 2009, financial parameters were reviewed to determine the extent of student need. Scholarships funds will cover student tuition expenses.

Scholarship Recipients

On May 26, 2009 the Iowa Heart Foundation approved scholarships for the following nursing students:

Mercy College of Health Sciences

Elizabeth Mulholland awarded Dr. David and Leticia Gordon \$1,000 scholarship.

Kiara Whitney awarded Erma M. Hawkins \$1,000 Memorial scholarship.

Nicholas Berte awarded C. J. Hawkins \$1,000 Memorial scholarship.

Grandview University

Megan Croghan awarded Dr. David and Leticia Gordon \$1,000 scholarship.

Des Moines Area Community College

Monica Thilges awarded Dr. David and Leticia Gordon \$500 scholarship.

For background information on the recipients, see p. 2.

A Scholarship Tea will be held on Monday, August 24, 2009 from 4:00-5:00pm at the Iowa Heart Center West University Auditorium honoring the scholarship recipients. For more information about future scholarship opportunities, please contact the Iowa Heart Foundation at (515) 633-3555.

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Special points of interest:

- Scholarships: Investing in the Future of Healthcare

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Iowa Heart Foundation Scholarship Recipients

Five Iowa students have been awarded Iowa Heart Foundation nursing scholarships for Fall 2009. As a portion of their application process, each student provided a written response to four questions concerning their views on healthcare, their volunteer service in the community, and future aspirations as a nurse. Highlights of the applicants responses demonstrate they are indeed worthy of receiving scholarship funding to advance their future nursing careers.

Kiara Whitney attends Mercy College of Health Sciences. Kiara believes providing outstanding care for patients is very important. She is in her first year and is committed to community service volunteering for many organizations including the Easter Seals, Variety Club, Wesley Acres, Meals-on-Wheels, as well as a Presidential campaign volunteer and an Iowa Youth Congress Representative. Kiara currently works on the cardiac telemetry floor at Mercy with goals of becoming a Nurse Practitioner. Kiara has been awarded the Erma M. Hawkins Memorial Scholarship.

Nicholas Berte will be starting nursing at Mercy College of Health Sciences in the Fall of 2009. He currently is an Eagle Scout and completed his C.N.A. during his junior year in high school. During his senior year of high school he worked at his local hospital. Nicholas has completed over 200 hours in community service including Assistant Scout Master, bell ringer for Salvation Army, and entertaining patients at the local hospital singing and playing piano for hospitalized patients. He also has made oil paintings for his local hospital and library. Nicholas plans to complete his Bachelor of Science degree in nursing, work in an Iowa hospital, and provide compassionate care to make a difference in the lives of those who are ill. Nicholas has been awarded the C. J. Hawkins Memorial Scholarship.

Elizabeth Mulholland is currently attending her second semester in nursing at Mercy College of Health Sciences after graduated from the University of Northern Iowa. Elizabeth is committed to help people evidenced by her work with Native Americans in South Dakota. She also spent time in St. Lucia working with doctors, nurses, and health educators delivering information on health related topics to the community. Elizabeth is committed to become a considerate, caring and responsible nurse. Her interests include working in the intensive care or the neonatal unit. Elizabeth has been awarded the Dr. David and Leticia Gordon Nursing Scholarship.

Megan Croghan currently is in her second semester in nursing at Grand View University. She believes healthcare involves individuals who sincerely want to improve the health and lifestyles of every patient that they treat. She is a Presidential Scholar at Grand View as well as a member of the Nursing Student Association (NSA). Megan plans to graduate with her Bachelor of Science degree in nursing. Future goals focus on working in an Iowa hospital in either a medical surgery unit or the emergency room. Megan has been awarded the Dr. David and Leticia Gordon Nursing Scholarship.

Monica Thilges will be attending her second year in nursing at Des Moines Area Community College. Monica is committed to effectively communicate with each and every patient to fully understand their particular circumstance. She currently works as a surgical technologist while attending school. Her volunteer work includes President and Founding Member of her schools Surgical Technology Associations as well as volunteer for the Young Women's Resource Center and the Lutheran Hospital Adolescent Psych Unit. Monica plans to work as a registered nurse in the ICU, ER, Cath Lab or as a flight nurse offering a faster paced environment where she may utilize her critical thinking skills. Future goals include becoming a Nurse Practitioner.

On behalf of the Iowa Heart Foundation, we wish to congratulate each of these fine individuals as they continue their studies to become compassionate, competent and caring nurses.





Childhood Obesity Prevention (COP) Program

The Childhood Obesity Prevention (COP) Program focuses on cardiac risk factors, nutrition education, and the role of increasing activity in rural Iowa middle school children to combat the development of heart disease. The program includes education sessions provided by the Iowa Heart Center's professional staff on topics chosen by each school's health teacher.

The COP Program provided nutrition education sessions to approximately 175 students during April for Adel-Desoto-Minburn, Creston, and Seymour community schools. Presentations by registered, licensed dietitian Cindy Conroy, included "Portion Distortion" and "Superfoods for Your Health."

Schools interested in participating in the project in the upcoming school year may contact Cindy Conroy, Program Coordinator at cconroy@iowaheart.com



Lineville-Clio Students participated in "Portion Distortion" of the COP Program

Kindness in Action: Seneca Companies

Seneca Companies recently completed their first "Biggest Loser" program focused upon wellness. The contest was held for 10 weeks with employees losing nearly 250 pounds. During the program employees raised \$800 for the Iowa Heart Foundation's Childhood Obesity Prevention (COP) program. On April 8, 2009 Susan Gonzaga, Marketing Manager of Seneca Companies, Inc. presented Cindy Conroy, Program Coordinator with their donation.

The COP program promotes nutrition education and increased activity in rural Iowa middle school children to combat obesity and promote heart health. During the 2008-2009 school year, approximately 630 rural Iowa students participated in nutrition education sessions in eight (8) school districts. The program is supported by generous donations from organizations such as Seneca Companies and their employees.



Cindy Conroy, RD, LD, COP Program Coordinator is presented with a donation from Susan Gonzaga, Marketing Manager, Seneca Companies



2nd Annual Scarlet: Show with A "Heart"



The 2nd annual "Scarlet" Hair and Fashion show was held on March 14, 2009 at the Scottish Rite in Des Moines. The silent auction began at 6:30pm with the show from 8:00-10:00pm. Over 300 people attended the event raising funds for the Iowa Heart Foundation Childhood Obesity Prevention (COP) Program. "Our partnership with Aveda Salons offers a unique evening of "New York" fashions, beautiful models, and many generous volunteers all coming together to make a difference in the lives of Iowans, states Oswald, Executive Director. This year was especially exciting because our new location offered ample seating and a lovely venue for the silent auction event. Each year we look forward to working with the Aveda salons in planning the event. We feel extremely fortunate to be a part of Scarlet," states Oswald. The Iowa Heart Foundation would like to extend a special note of gratitude to Jana and Doug VanPolen, Emily Schultz, Alison Pringle, and all the talented Aveda stylists for their many hours of dedicated work.

This year the three act show included Iconic Singers, the Wizard of Oz, and Iowa Heart Foundation before/after models. The silent auction with many contributions from Iowa businesses, delicious, heart-healthy appetizers, and ballerinas topped off the evening. For details on the event and photos, please visit: www.iowaheartfoundation.org or www.scarlethairshow.com



Iowa Heart Center Makeover Models
 Back Row (left to right): Rick Tierney, Sue Tierney, Barb Drabek, Jeanne Dwyer, Dani Dwyer, Sharon Haag

Front Row (left to right):
 Brittney Drabek, Jeanine Lise



Wizard of Oz Model



Heart Healthy Appetizers



Silent Auction Sports Memorabilia

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 the 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 and family member. Our thoughts are extended to the family and friends who suffered the loss of:

- Sharon Brown**
- Hubert Goetsch**
- Art Gretelman**
- Dee Court Hammitt**
- Peter Johnson**
- William Scott Stroud**
- Arral Thompson**



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





June 2009

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 2009

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 2009

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 17, 2009- Pharmaceutical Forum 11:00am-1:00pm, West U
- June 17, 2009 - Pharmaceutical Forum 11:00am-1:00pm, Fort Dodge
- June 23, 2009 - Iowa Heart Foundation Annual Board Meeting
- July 15, 2009 - Pharmaceutical Forum 11:00am-1:00pm, West U
- July 17, 2009- Pharmaceutical Forum 11:00am-1:00pm, Laurel
- August 6, 2009 - Iowa Heart Foundation Board Meeting
- August 17-29, 2009 - Iowa State University Dietetic Intern works with the Foundation to develop community education materials
- August 24, 2009- Iowa Heart Foundation Nursing Scholarship Awards Tea
- August 29, 2009 - Run for Your Life, Waterworks Park

Save the Date - "Run for Your Life"

This summer, the Iowa Heart Foundation will be hosting its 2nd annual "Run for Your Life" event. The Run/Walk is scheduled to be held on Saturday, August 29, 2009 at Des Moines Waterworks Park.

The event will offer an opportunity to become more active for avid runners to the beginning walkers. The event will highlight heart healthy activities with vendors and snacks.

In 2008 the event raised funds to place eight (8) Automatic External Defibrillators (AEDs) within Iowa communities. Each year, the Iowa Heart Foundation Board of Directors determines areas to promote cardiac health by assist Iowans and Iowa communities. Watch for more

details on our website on how you can become involved at www.iowaheartfoundation.org

Lace up your shoes and join us in this fun, heart healthy event!

Mark your calendars to Save the Date!

**Run for Your Life
Saturday, August 29, 2009**



TM



Iowa Heart Foundation



IOWA HEART Foundation

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Phone: 515-633-3555
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Website: www.iowaheartfoundation.org

**“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, RN, MSN, 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.**

Iowa Heart Foundation Cookbooks in Demand!

The Iowa Heart Foundation Cookbooks are currently available for purchase at most Iowa Heart Center offices or on the website located at www.iowaheartfoundation.org. Cookbooks make wonderful personalized gifts for birthdays, wedding's or anniversary's, Mother's Day, or any special occasion. 100% of funds raised from cookbook sales fund professional education, community service, and charitable healthcare services within Iowa communities. Our signature cookbooks include "**Recipes With A Heart**," a collection of 350 family favorite recipes compiled by the physicians and staff of the Iowa Heart Center. "**Treasures For the Heart**" is a collection of 150 healthier recipes which are lower in calories, fat, carbohydrate, and/or sodium. An example recipe is provided below:

Chicken Baseballs by Susie Carlson:

Ingredients: 3 oz. fat free cream cheese; 2 tsp. light margarine, melted; 1/4 tsp. black pepper; 2 T. skim milk; 2 T. chopped onion; 2 c. cubed cooked chicken; 1 (8oz.) pkg. reduced fat crescent roll dough.

Directions: In a blender, combine cream cheese, margarine, pepper, milk, and onion. Pour over chicken and stir. (Cooked, chopped broccoli or sliced mushrooms may also be added). Separate crescent roll dough into 4 rectangles and seal perforations. Spoon 1/2 c. chicken mixture into center of each triangle. Fold opposite corners of dough to center and seal. Place on un-greased cookie sheet and bake at 350 degrees for 20 minutes. Serves 4.

Nutrition per Serving: 347 calories, 12 gm fat, 26 carbohydrates, 650 sodium, 1 gm fiber.

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

