

Foundation News...



IOWA HEART
Foundation



Iowa Heart Foundation - 2009 Year in Review

In 2009, the Iowa Heart Foundation has witnessed unprecedented growth impacting the cardiac health of Iowans. Our 2009 successes may be seen in the following areas:

Professional Education

- **Community Wellness Programming** (February, March, and April 2009). The presentation "Portion Distortion" was presented to five community groups in the Des Moines area including Seneca Company employees, Zion Lutheran Church seniors, and DART employees in addition to DMACC dental assistants and Aveda Institute students/staff.
- **Childhood Obesity Prevention (COP) Project** focused in rural Iowa communities targeting middle school youth educating on cardiac risk factors, nutrition education, and increased activity. Partnered in 2009 with PE/Health teachers in Adel-DeSoto-Minburn (ADM), Chariton, Creston, Jefferson-Scranton, Lineville-Clio, Saydel, Seymour, Rolling Hills Elementary (Urbandale), Wayne Community (Corydon) and Prairie View (Waukee). Grants received from Pamida Foundation, Wayne Community Foundation, and the South Central Iowa Community Foundation-Lucas County supported the distribution of resource kits (valued at more than \$300 each) to schools in Jefferson-Scranton Community Schools, Wayne and Lucas counties. More than 900 students have attended the presentations in ten schools.
- **ISU Dietetic Intern Program** (March 2009 and August 2009). Students support the Foundation through volunteer hours to assist in the fundraising efforts and in the development of education tools for the COP

project.

- **Pharmaceutical Forums** (monthly). Iowa Heart Center physicians/staff attend forums on emerging medical information related to pharmaceuticals and devices.

Charitable Healthcare Services

- **Nursing Scholarship Program** (July 2009). Awarded three Dr. David and Leticia Gordon Nursing Scholarships totaling \$2500 for nursing students who met application guidelines attending Mercy College of Health Sciences, Grandview University, or Des Moines Area Community College (DMACC).
- Awarded two nursing scholarships from donors Karen and Craig Hawkins in memory of their parents Erma M. Hawkins and C. J. Hawkins.

Community Service

- **Free CPR Training** (April 2009) provided to patients/public to increase awareness by providing "hands on" training of this life-saving skill and use of an AED.
- **AED Placement Program.** The Iowa Heart Foundation fundraising projects generated funds for the training and placement of Automatic External Defibrillators in Iowa area businesses and organizations who met application guidelines. Businesses receiving AEDs in 2009 include: Albia School, North Side Senior Center, Camp Collins Boy Scouts, St. Thomas Moore, Prairie City Fire Dept., Adel Public Library, and Des Moines Water Works Park. Assisted donor in the placement of an AED at Knoxville Methodist Church.

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Special points of interest:

- Iowa Heart Foundation 2009 Year in Review

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2009 Service Volunteers—Debra and Dennis Wernli

Debra and Dennis Wernli have been awarded the 2009 Iowa Heart Foundation Service Volunteer Award for their team effort and “can do” attitude during the Run For Your Life Event held in August 2009. When asked if they would be willing to volunteer their expertise and time for the annual run/walk event, they both willingly committed their personal golf cart to transport volunteers and monitor the event route as the “eyes and ears” for a safe and effective race.

Even a flat tire on the golf cart at 6:00am prior to the race would not deter Dennis as he rushed off to gather supplies to make a repair to the tire. Dedication is a wonderful gift exemplified by Debra and Dennis

as they shared their team spirit providing invaluable service for the run/walk event. The Iowa Heart Foundation gratefully extends appreciation to Debra and Dennis for their kindness exemplifying outstanding volunteer spirit during 2009.



Debra and Dennis Wernli

“2009 Iowa Heart Foundation Service Volunteer Award”

Funding - 2009 Year in Review

The Iowa Heart Foundation receives funding from a variety of sources to support our mission to promote heart health. Funding was received during the 2009 year through the following fundraising events:

- **Scarlet:** A Fashion Show from the Heart (March 2009)
- Iowa Heart Foundation “**Family Favorites**” cookbook (launched November 2007; reprinted September 2008; reprinted October 2009). The book contains 350 recipes from physicians, employees and patients at the Iowa Heart Center. Recipes are heartwarming creations and “comfort foods” filled with tasteful ingredients.
- “**Treasures From the Heart**” cookbook (launched October 2008; reprinted October 2009) featuring 150 healthier recipes such as lower sodium, lower calorie, lower fat, vegetarian, and gluten-free choices.
- **Run/Walk For Your Life** (August 29, 2009). Our second annual run/walk event including patients, the public,

and Iowa Heart Center physicians and employees to promote heart health.

- **Foundation Fridays** (January 2009). Iowa Heart Center employees generously donate to the Iowa Heart Foundation. In return, each employee receives a Foundation Friday button and the ability to wear jeans on the first Friday of each month.
- **Education Forums** (2009) Iowa Heart Center Physicians and clinical staff participated in ongoing education forums supported by pharmaceutical and device representatives. This open forum/discussion format provides ongoing education on emerging technologies and devices related to cardiovascular care of patients.
- **Memorials and Gifts.** The generosity of our patients, families, and friends support the ongoing work at the Iowa Heart Foundation. This year our “Iowa Heart Family” provided donations to the Foundation in memory of loved ones and to honor a special friend or person. It is amazing to

witness the generosity of the community by providing resources to support cardiac health.

If you would like more information about any of the listed funding opportunities, please contact us at (515) 633-3555.



“It is amazing to witness the generosity of the community by providing resources to support cardiac health.”

Volunteers With A Heart



Volunteering impacts peoples lives!

During 2009 the Iowa Heart Foundation was benefactor of many committed volunteers sharing their time and talent in service. We grateful acknowledge:

Agee, Julie (Scarlet)
Ball, Katie (Run for Your Life)
Barker, Pam (Scarlet)
Bell, Staci (Scarlet)
Bissing, Pam (Scarlet)
Brown, Dr. David and daughter, Grace (Scarlet)
Burch, Vicky (Run for Your Life)
Birkett, Nicole (Scarlet)
Byal, Cindy (Run for Your Life)
Chapman, Lisa (Scarlet)
Conroy, Cindy (Scarlet)
Cook, Cyndi (Scarlet)
Cooney, Tomi (Run for Your Life)
Cownsby, Cindy (Scarlet)
Day, Scott (Run for Your Life)
DeBruin, Lori (Run for Your Life)
Dingman, Andrea (Run for Your Life)
Dingman, Carrie (Run for Your Life)
Dingman, Michelle (Run for Your Life)
Doubrava, Melanie (Run for Your Life)
Douglas, Jason (Scarlet; Run For Your Life)
Drabek, Barb and Leonard (Scarlet, Run For Your Life)
Drabek, Brittany (Scarlet)
Dwyer, Dani (Scarlet)
Dwyer, Jeanne (Scarlet)
Erdmann, Nancy (Run for Your Life)
Flatt, Jerry (Scarlet)
Franck, Christine and Don (Scarlet)
Haag, Sharon (Scarlet)
Hale, Barb (Run for Your Life)
Hanson, Linda (Run for Your Life)

Harker, Lee (Run for Your Life)
Harper, Karolyn (Run for Your Life)
Haus, Amy (Run for Your Life)
Henscheid, Joan (Run for Your Life)
Held, Jenny (Scarlet; Run for Your Life)
Hillenga, Diane (Run for Your Life)
Holcomb, Sara (Run For Your Life)
Jackson, Pat (Scarlet)
Jayasankar, Christine and daughter Hope (Scarlet)
Johnson-Brown, Susan (Run for Your Life)
Kaldenberg, Shelly and Zach (Run For Your Life)
Kajewski, Jo (Run For Your Life)
Klumpers, Ryan and Scott (Run For Your Life)
Lester, Melissa (Run for Your Life)
Lickett, Laura (Run for Your Life)
Lise, Jeannine (Scarlet)
Loss, Brent (Scarlet)
Luther, Kim (Run for Your Life)
Luetje, Kathy (Run for Your Life)
Lundstrom, Deb (Run for Your Life)
Mahrt, Amber (Scarlet)
Matheny, Sue (Scarlet)
Matheny, Tiffany (Run for Your Life)
McClatchey, Al (Run for Your Life)
McIlhon, Diane (Run for Your Life)
McKimpson, Darl (Scarlet; Run for Your Life)
McMahon, Scott (Run for Your Life)
Miller, Susan (Run for Your Life)
Moist, Brad (Run for Your Life)
Mourlam, Jeremy (Run for Your Life)
Murphy, Jeanie (Run for Your Life)
Nissen, Krista (Run for Your Life)
Oswald, Donna (Nursing Symposium)
Peterson, Heidi (Run for Your Life)

Roberts, Jackie (Run for Your Life)
Robinson, Holly (Scarlet)
Ross, Gayle (Scarlet)
Runkel, Jolene (Run for Your Life)
Salgado, Laura (Scarlet)
Sexton, Kris (Run for Your Life)
Sisson, Jean (Run for Your Life)
Sorbet, Gail (Run for Your Life)
Tierney, Sue and Rick (Scarlet; Run for Your Life)
VanWyk, Jean (Run for Your Life)
Walden, Beckie (Run for Your Life)
Wernli, Deb and Dennis (Run For Your Life)
Williams, Pam (Run for Your Life)

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

Farlow, Mollie—Pleasant
Fetters, Kate—Pleasant
Fessler-Boylan, Frankie—E. 9th
Hanson, Rhonda—Ames
Havick, Amy—Laurel
Henry, Cindy—West University
Schneider, Mollie—Pleasant
Sexton, Kris—Laurel
Rohe, Tracey—Carroll
Veasman, Tammy—West University
White, Kala—Marshalltown
Zeka, Susan—Fort Dodge

The following contribute daily to our Iowa Heart Foundation:

Julie Younger
Kathy Goetz
Amy Bentz
Mandy Corliss
Cindy Conroy
Kim Oswald



Phone Call Changes Lives



A phone call from a generous donor has changed lives in the Knoxville Methodist Church. The Iowa Heart Foundation received a call in May 2009 from a donor inquiring if we would consider assisting in the placement of an Automatic External Defibrillator (AED). The donor shared he made multiple calls throughout the state to locate someone who would be willing to assist in placing a AED in memory of his spouse. The donor recounted their inability to find an organization or person who might be able to assist them with their wish. As a last resort he looked in the phone book calling the Iowa Heart Center because of the name which seemed to indicate a heart connection.

The Iowa Heart Center office communication coordinator transferred the call the Arrhythmia Department who were aware of the Iowa Heart Foundation AED program. An email was then sent to the Iowa Heart Foundation asking if we might be willing to assist the potential donor. As part of the Iowa Heart Foundation AED Placement program devices are provided to local businesses and organizations in an effort ensure AEDs are readily available in the event a person suffer a cardiac arrest.

In June 2009, after multiple phone calls with the donor, the details of the AED placement were finalized and the AED was ordered as requested. An exciting day for the Knoxville Methodist came on November 3, 2009 when the AED arrived at the

church and staff completed training on their new device. The dedication and generosity of the donor now ensures an AED is available at the Knoxville Methodist church should someone need assistance in the event of an emergency.

Phone calls requesting assistance in donating in memory or honor of a family member are not uncommon as individuals attempt to locate non-profit organizations in which they many donate to make a difference in the lives of Iowans. "It is touching to witness how dedicated this donor was as he described his desire to place an AED in a local church, states Oswald, Executive Director of the Iowa Heart Foundation. The donor almost gave up locating someone to assist him in placing an AED in the Knoxville community. Once the connection was made, all pieces easily fell into place. Today there is another Iowa location with trained individuals who are able to assist someone should they suffer a cardiac arrest."



Anyone interested in exploring donor opportunities is invited to contact Iowa Heart Foundation at (515) 633-3555.



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 the loss of loved ones during 2009.

The Iowa Heart Foundation would like to extend our gratitude to the family and friends who generously chose to memorialize their family member or friend in the last quarter of 2009. Our thoughts are ex-

tended to the family and friends who suffered the loss of:

- Harriett Beatty
- Carl Block
- Joseph Knezevich
- Margaret Olson
- Lawrence Gardner





December 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		

January 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
24/31	25	26	27	28	29	30

February 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						

Schedule of Events

- December 25, 2009 - Office Closed
- January 1, 2010 - Office closed
- January 6, 2010 - Iowa Heart Foundation Board meeting
- January 13, 2010 - Education Forum (West U)
- February 6, 2010 - Cardiovascular Today, HyVee Conference Center
- February 24, 2010 - Education Forum (Laurel)

Childhood Obesity Prevention Project (COP)

The **Childhood Obesity Prevention (COP)** project focuses on cardiac risk factors, nutrition education, and the role of increasing activity in rural Iowa middle school children at risk for heart disease. The program has witnessed extensive growth beyond the pilot program in 2008 at Adel-Desoto-Minburn to include ten schools with more than 900 students participating in the education sessions during 2009.

The project includes providing a "cardiac resource kit" to each school district containing heart, artery, and body fat models; cardiac, body systems and nutrition posters; and nutrition related education materials including handouts on "Portion Distortion" and label reading. Topics presented during the spring and fall semes-

ters by Cindy Conroy, Registered, Licensed Dietitian, have included "Portion Distortion" and "Superfoods." Schools interested in participating in the project in 2010 may contact Cindy Conroy, COP Program Coordinator.



Cindy Conroy, Registered, Licensed Dietitian
Project Coordinator
(515) 633-3555 or at conroy@iowaheart.com



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

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

2010 Upcoming Iowa Heart Foundation Events



2010 events offer opportunities to participate or volunteer at many of the Iowa Heart Foundation programs such as:

- **Cardiovascular Today** on Saturday, February 6, 2010 at the Hy Vee Conference center in West Des Moines. This program is open to physicians and allied healthcare workers.
- **“Scarlet: A Fashion and Hair Show”**
The second annual “Scarlet: A Fashion and Hair show” event scheduled on Saturday, March 6, 2010. Funds raised from this event are dedicated to Childhood Obesity Prevention (COP) Project.
- **Run For Your Life** being held on Saturday, August 28, 2010 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 Symposium** scheduled for Saturday, September 18, 2010 at the Iowa Heart Center office. This education program is open to Nurse Practitioners, Physician Assistants, and Registered Nurses.

Details on any of the programs, are found on the Iowa Heart Foundation website under “Upcoming Events” at www.iowaheartfoundation.org or call (515) 633-3555.

Iowa Heart Foundation Memorials or Donations

We gratefully welcome donations for those wishing to memorialize a loved one or having financial means to assist those who cannot afford cardiac care or medications.

Donations may be mailed to the Iowa Heart Foundation at 5880 University Ave, Suite 101, West Des Moines, IA 50266. Donation forms are on our website at www.iowaheartfoundation.org



Your memorial or donation is 100% tax deductible. Acknowledgement letters are mailed to confirm your tax-deductible gift. We wholeheartedly thank you for your generosity and kindness in helping us serve Iowans and their communities.