

# Foundation News...



**IOWA HEART**  
*Foundation*



## Iowa Heart Foundation - 2010 Year in Review

### **Programming Initiatives**

#### **Professional Education**

- **Community Wellness Programming** (February, May, August 2010). Heart health programs provided to Nationwide Insurance employees, Iowa Caregivers Association, and DMACC dental assistants.
- **Childhood Obesity Prevention (COP) Project** partnered with Adel-Desoto-Minburn (ADM), Albia, Chariton, Jefferson-Scranton, Seymour, and Waukee Community Schools for classroom/nutrition education display sessions and blood pressure screenings. Grants were received from Pamida Foundation (Jefferson-Scranton) and South Central Iowa Community Foundation-Lucas County (Chariton). More than 2000 students, teachers and parents attended the COP sessions.
- **ISU Dietetic Intern Program** (March and August 2010). Students support the Foundation through the development of education tools for COP project.
- **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 2010). Awarded three Dr. David and Leticia Gordon Nursing Scholarships totaling \$1500 for nursing students attending Grandview University. 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 2010) provided to patients/public "hands on" training class on the life-saving skills of CPR.
- **AED Placement Program.** Businesses receiving AEDs include: Windsor Heights Lutheran Church, Saints John and Paul Catholic Church, and Christ the King Catholic Church.

### **Funding Initiatives**

- **Memorials and Gifts.** The generosity of patients, families, and friends support the ongoing work of Iowa Heart Foundation. This year unprecedented growth was witnessed in memorial donations.
- **Iowa Heart Foundation Cookbooks.** The "Family Favorites" cookbook (published in 2007) contains 350 "comfort food" recipes contributed by Iowa Heart Center physicians, employees and patients. The "Treasures From the Heart" cookbook (published 2008) features 150 healthier recipes (see page 3).
- **Run/Walk for Your Life** (August 28, 2010). Our 3rd annual 5K/10K run/walk event and 1 mile fun run/walk with proceeds designated for our AED placement program.
- **Foundation Fridays** (January 2010). Iowa Heart Center employees generous donations support the COP project.
- **Education Forums** (monthly). Education events held in an open forum/discussion format on emerging pharmaceuticals and devices related to cardiac care of patients.

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#### *Special points of interest:*

- Iowa Heart Foundation 2010 Year in Review

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## 2010 4th Quarter Volunteers: The McIlhon Family

Diane McIlhon and daughters Melissa (age 14), Molly (age 12), and Emma (age 10) have been awarded the 4th quarter 2010 Iowa Heart Foundation Volunteer Awards for their family support during the Run For Your Life Event held in August 2010. The family donated their time to prepare the refreshments for the run/walk participants, assisted at the water stations, and cleaned up after the event.

Diane serves as a role model in her philanthropic volunteerism. It is apparent her daughters are modeling similar traits in giving back to the community including arriving at the event by 6:15am on a Saturday morning. Iowa Heart Foundation gratefully extends appreciation to the McIlhon's for their volunteer spirit.



"2010 4th Quarter Volunteer Award"

McIlhon Family (back row left to right) Molly, Diane, Melissa; (front row) Emma

## 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.

- Harrison "Chip" Goehring
- Bob McFarlins
- Bill McKibben



### "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 2010:



- Jacqueline T. Armbruster
- Sister Rosemary Dobler
- Alvin and Dorothy Kirsner
- David Gordon, M.D.
- Barry Uretsky, M.D.

### 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.

**Your donation is tax-deductible with 100% of funds remaining in Iowa.**

**Acknowledgement letters are provided confirming donations.**

Thank you for your generosity and kindness in assisting us in serving Iowans and their communities!



## Volunteers With A Heart



### Volunteering impacts peoples lives!

**During 2010 the Iowa Heart Foundation was a benefactor of many committed volunteers sharing their time and talent in service. We gratefully acknowledge the following volunteers:**

Bentz, Amy

Blubaugh, Cindy

Burch, Vicky

Cooney, Tomi

Corliss, Mandy

Coulson, Teresa

Day, Scott

Doster, Shelly

Douglas, Jason

Drabek, Barb and Leonard

Drzycimski, Kim

Goetz, Kathy

Graves, Carol

Hale, Barb

Harker, Tina and Lee

Held, Jenny

Henscheid, Joan

Hillenga, Diane and Kelli

Jackson, Pat

Johnson-Brown, Susan

Kaldenberg, Shelly and Zach

Luetje, Kathy

McClatchey, Al

McIlhon, Diane, Emma, Melissa, and Molly

McKimpson, Darl

Mourlam, Jeremy

Nerhus, Randall

Noyes, Carol

Oswald, Donna

Peterson, Heidi

Raasch, Katie

Roberts, Jackie

Robuck, Staci

Runkel, Jolene

Scholer, Debbie

Severson, Dan

Smith, Ketra

Vance, Aaron

Walden, Beckie

Walters, Chris

Weiland, Haley

Wernli, Deb and Dennis

Williams, Pam

**The following assist with ongoing 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

**The following contribute daily to the Iowa Heart Foundation:**

Amy Bentz

Cindy Conroy

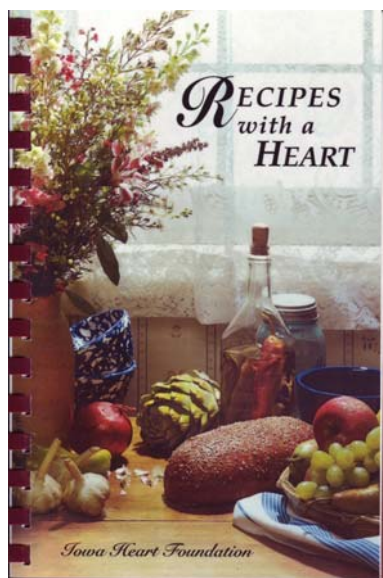
Sue Matheny

Kim Oswald

Julie Younger



## Holiday Gift Ideas



Cookbooks make **Heartwarming** gifts!

**Recipes with a Heart**

(350 comfort food recipes)

**\$15.00**

**Treasures for the Heart**

(150 healthier recipes)

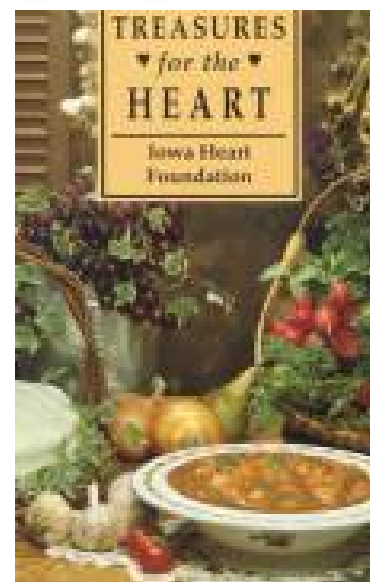
**\$10.00**

**Cookbook Set = \$20.00**

(both cookbooks)

**Order forms available at**

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





# IOWA HEART Foundation

## Iowa Heart Foundation Board of Directors

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

## Upcoming Events

- December 7, 2010 - Education Forum (Ames)
- December 8, 2010 - Iowa Heart Foundation Board meeting
- December 24, 2010 - Offices closed
- December 31, 2010 - Offices closed
- January 12, 2011 - Education Forum (West U)
- February 5, 2011 - 20th Annual Cardiovascular Today (HyVee Conference Center)
- February 23, 2011 - Education Forum (Laurel)

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: [koswald@iowaheart.com](mailto:koswald@iowaheart.com) or  
[cconroy@iowaheart.com](mailto:cconroy@iowaheart.com)



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

## 2011 Iowa Heart Foundation Events



2011 events offer opportunities to participate or volunteer at many of the Iowa Heart Foundation programs such as:

- **20th Annual Cardiovascular Today** on Saturday, February 5, 2011 at the HyVee Conference Center in West Des Moines. 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 8:05am-3:30pm. Continental breakfast and lunch provided.



- **CPR Class**—Free Friends and Family Cardiopulmonary Resuscitation Class (CPR) scheduled for Saturday, April 9, 2011 at the Iowa Heart Center office in West Des Moines. This class is designed for cardiac patients and their family members and is open to the public.
- **Run For Your Life** being held on Saturday, August 27, 2011 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/Medical Assistant Symposium** scheduled for Saturday, September 17, 2011 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.**