



Foundation News...



IOWA HEART
Foundation



Iowa Heart Foundation - 2014 Year in Review

Programming Initiatives

Education

- **23rd Annual Cardiovascular Today Conference** (February). This conference is designed for Physicians, Non-Physician Providers, Nurses and healthcare professionals. 346 attended the Saturday program aimed at increasing knowledge on current cardiovascular research, diagnosis, and treatment.
- **6th Annual Fall Conference** (November). This conference is designed for nurses, EMS providers, and medical assistants with 56 attending the half day program.
- **Community Education Programming**
A community education event featuring Caldwell Esselstyn, M.D. was held for 200 attendees in May. Heart health programs were provided to Des Moines Area Community College dental assistant students, Nationwide Insurance employees, Lucas County Hospital Healthy University attendees, and Jordan Creek Women's Club.
- **Childhood Obesity Prevention (COP) Project** partnered with Albia Community Schools for classroom/nutrition education display sessions and a cooking contest. 200 students and teachers attended COP sessions.
- **Pharmaceutical Forums**
Physicians/staff attend forums on emerging research and current information on pharmaceuticals and devices.
- **Electronic Education Tools** Six tablets and two ipads were provided to clinics to use in patient/family education. Education

videos on risk assessment, cardiovascular disease, cardiovascular procedures and healthy lifestyle were loaded onto the electronic equipment for patient/family viewing.

Charitable Healthcare Services

- **Nursing Scholarship Program** (July 2014). Awarded Dr. David and Leticia Gordon Nursing Scholarship for nursing student attending Grandview University. Awarded one Nursing Scholarship to nursing student attending Des Moines Area Community College in Ankeny. Awarded four nursing scholarships at Mercy College of Health Science from donors Karen and Craig Hawkins in memory of their parents, Erma M. Hawkins and C. J. Hawkins.

Community Service

- **AED Placement Program.** Iowa businesses and organizations receiving AEDs include: Meals from the Heartland, Veterans Memorial Aquatic Center in Indianola, Arcadia Legion Post 694, Adair County Health System Cardiopulmonary Rehab in Greenfield, Decatur County Public Health & Home Care in Leon, and St. Mark's Lutheran Church in West Des Moines.

Funding Initiatives

- **Memorials and Gifts.** The generosity of patients, families, and friends support the ongoing work of Iowa Heart Foundation.
- **Run/Walk for Your Life.** The 7th annual run/walk event was cancelled due to storm conditions. Donations have been designated to placement of three AEDs in Iowa communities.

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December 2014

Special points of interest:

- Iowa Heart Foundation 2014 Year in Review

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On behalf of the Iowa Heart Foundation Board of Directors, we gratefully thank our supporters for the faith placed in us to promote heart health in Iowa communities!



AED Device Placement 6th Annual Fall Conference

Iowa Heart Foundation placed an Automatic External Defibrillator (AED) this quarter in one Iowa community. Since the AED Placement Program began in Fall 2008, funding for 34 AED placements throughout Iowa has been generated during the Run For Your Life event held annually in August.

An AED was placed this quarter at St. Mark's Lutheran Church in West Des Moines. Any Iowa business or community organization with a determined financial need interested in obtaining an AED is encouraged to contact the Iowa Heart Foundation at 515-633-3555 to obtain an application form.



The annual Fall conference was held on Saturday, November 15, 2014 at the Iowa Heart Center West University office with 56 nurse practitioners, nurses, medical assistants dietitians and EMS providers in attendance. The program focused on electrophysiology and stress management for the healthcare professional. The conference also included an opportunity for attendees to view five pharmaceutical and/or device displays.

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

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 loss in 2014.



Donations

We 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

Please see donation tab at www.iowaheartfoundation.org

"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 2013:

- Jack Diesch
- Audrey Enders
- Gerald (Jerry) Fisher
- Linda L. Frericks
- Jim Gronewold
- C.J. Hawkins
- Erma Hawkins
- Irvin Huyser
- Fred Lauffer
- Patricia Slack
- Erma Mae Speck
- Lonnie Tait

- Suzie Glazer Burt
- David Gordon, M.D.
- Iowa Heart Center Employees
- John & Esme Marcus
- Al McClatchey
- Dr. & Mrs. Michael Stein

Your donation is tax-deductible with 100% of funds remaining in Iowa. Acknowledgement letters are provided confirming donations.



Volunteers With A Heart



Volunteering impacts peoples lives!

During 2014 the Iowa Heart Foundation was a benefactor of many committed volunteers sharing their time and talent in service. We gratefully acknowledge the following volunteers:

Advani, Shakun

Aldrich, Pat

Barnett, Larry

Bear, Philip

Biederman, Sherrie

Birkett, Nikki, Ella, and Madelynn

Borromeo, Bobby

Brown, Susan Johnson

Brown, T.M.

Cavanaugh-Battleson, Pat

Chia, Beth

Christianson, Angie

Coffman, Nancy

Conroy, Cindy

Corliss, Mandy

Cunningham, Dan and Deb

Douglas, Jason and Sharon

Drzycimski, Emma

Drzycimski, Kim

Erdmann, Nancy

Fetters, Kate

From, Joel

Fukushima, Alan

Furnish, Debbie

Gassmann, Ruth

Gordon, David

Hanson, Rhonda

Henry, Cindy

Hollister, Veronica

Jones, Minnie

Kellogg, Polly

Kerr, Karla

Loss, Amy Bentz

Martin, Eric

Matheny, Sue and Mike

McClatchey, Al

Melssen, Lee

Mercer, Linda and Isaac

Mercer, Megan

Mitchell, Tisha

Nagel, Alison

Nordhagen, Jen

Onsrud, Ben and Rachel

Peterson, Heidi

Raasch, Katie

Roberts, Jackie

Runkel, Jolene

Runkel, Pat

Sayonkon, Eboni

Schmitt, Jean

Sorrentino, Denise

Stogdill, Sandi

Stone, Rita and Kirk

Sutton, Amanda and Brandon

Tannenbaum, Mark

Ulveling, Kyle and Onica

Vance, Aaron

Walters, Chris

Wickemeyer, William

Younger, Julie

Zeka, Susan

Cookbooks make Heartwarming gifts!

Recipes with a Heart

(350 comfort food recipes)

\$15.00

Treasures for the Heart

(150 healthier recipes)

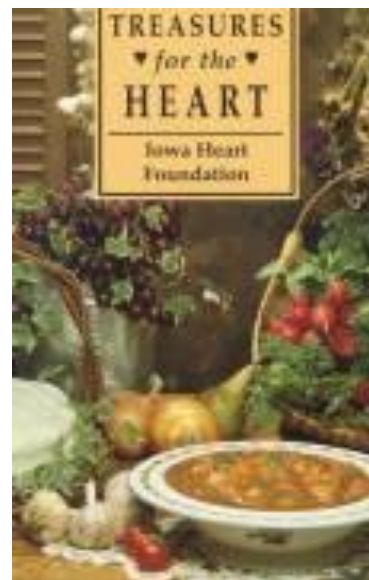
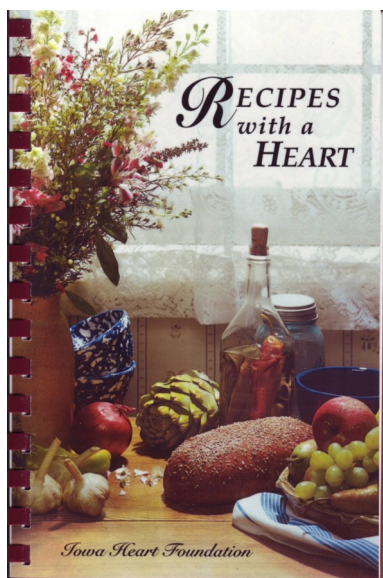
\$10.00

Cookbook Set = \$20.00

(both cookbooks)

Order forms available at

www.iowaheartfoundation.org





IOWA HEART Foundation

Upcoming Events

- *January 12, 2015 –Board of Directors Meeting, 5:30pm-6:30pm, Laurel Atrium Conference Room*
- *January 14, 2015 - Education Forum, 11:30am-1:00pm, West U*
- *January 28, 2015 –Education Forum, 11:30am-1:00pm, Laurel*
- *February 7, 2015 - 24th Annual Cardiovascular Today Conference, 8:00am-3:30pm, HyVee Conference Center, West Des Moines*
- *March 10, 2015 –Education Forum, 11:30am-1:00pm West U*
- *March 25, 2015-Education Forum, 11:30am-1:00pm Laurel*
- *April 8, 2015-Education Forum, 11:30am-1:00pm, West U*

Iowa Heart Foundation Board of Directors

- Julie Younger, President**
- T.M. Brown, M.D., Chairman**
- Jose Borromeo, M.D., Vice Chairman**
- W.J. Wickemeyer, M.D., Treasurer/Secretary**
- David Gordon, M.D.**
- Denise Sorrentino, M.D.**
- Mark Tannenbaum, M.D.**
- Kyle Ulveling, M.D.**

Cindy Conroy, MA, RD, LD, CLS, FNLA, Program Coordinator

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
Email: cconroy@iowaheart.com



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2015 Iowa Heart Foundation Events



Events highlighted in 2015 will include:

- **24th Annual Cardiovascular Today**
Saturday, February 7, 2015 at the HyVee Conference Center in West Des Moines, Iowa. This program is open to physicians, nurse practitioners, physician assistants, nurses, EMS providers, billing/coding specialists, and allied healthcare workers. CMEs and CEUs will be awarded. Registration fee is \$35. Registration/exhibit displays open 7:00am. The conference will be held 8:15 am-3:30 pm. Continental breakfast, lunch and materials provided. **Registration is available on-line or by mail by 12:00 noon January 30, 2015.**



- **8th Annual Run For Your Life**

Saturday, August 29, 2015 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. **On-line registration is available.**



- **7th Annual Fall Conference**

Saturday, November 7, 2015 at the Iowa Heart Center office. This education program is open to Nurse Practitioners, Physician Assistants, Nurses, EMS Providers and Medical Assistants. CEUs will be requested for nursing, medical assistants, and EMS providers.



Program brochures and event details may be found on the Iowa Heart Foundation website under “Upcoming Events” at www.iowaheartfoundation.org or by calling (515) 633-3555.