

Foundation News...



IOWA HEART
Foundation



2010 Nursing Scholarship Recipients

On August 23, 2010 Iowa Heart Foundation hosted its annual Nursing Scholarship Award Tea. This annual event brought together donors, board members and scholarship recipients. Iowa Heart Foundation provides scholarships to nursing students in good academic standing with a financial need entering the cardiac or critical care field of nursing. This year a total of \$5,500 in scholarships were renewed and/or awarded to the following:

- **Nicholas Berte** attending Mercy College of Health Sciences awarded a renewed \$1,500 C. J. Hawkins Memorial Scholarship
- **Kiara Whitney** attending Mercy College of Health Sciences awarded a renewed \$1,500 Erma M. Hawkins Memorial Scholarship
- **Mary Hackbarth** attending Grand View University awarded a \$500 David and Leticia Gordon nursing scholarship
- **Lisa Higens** attending Grand View University awarded a \$500 David and Leticia Gordon nursing scholarship
- **Mark Boswell** attending Grand View University awarded a \$500 David and Leticia Gordon nursing scholarship
- **Cory Wiederin** attending Mercy College of Health Sciences awarded a \$1,000 nursing scholarship

The scholarships were awarded by Kim Oswald, Iowa Heart Foundation Executive Director. Board members extended their gratitude to the students for their dedication and commitment to provide quality care for their patients.

“Each year Iowa Heart Foundation is excited to offer this opportunity to Iowa students, states Oswald. It is a pleasure getting to know each student through the application process. We are delighted for this opportunity to support the development of quality nurses who will care for our patients and the Iowa community.”

Applications for the 2011 academic year will be posted in December 2010 to the website at www.iowaheartfoundation.org. For information related to the scholarship program, please contact Iowa Heart Foundation at (515) 633-3555.



**Iowa Heart Foundation Scholarship
2010 Recipients:**

From left: Nicholas Berte, Lisa Higens, Cory Wiederin, Kiara Whitney, and Mark Boswell.



From left: Karen Hawkins, Donor and Scholarship Recipient Kiara Whitney; Scholarship Recipient Nicholas Berte and Craig Hawkins, Donor

September 2010
Volume 3, Issue 3

Special points of interest:

- Nursing Scholarship Recipients

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3rd Annual Run For Your Life Event A Success!



The third annual "Run For Your Life" fundraising event was held on a beautifully sunny, 65 degree morning Saturday, August 28, 2010 at Des Moines Water Works Park. 150 runners and walkers participated in the 10K run/walk, 5K run/walk, and 1 mile run/walk. Award medals were presented to the top 3 finishers in the following age and gender groups: 18 and under, 19-29, 30-39, 40-49, 50-59, and 60+. T-shirts were provided to those who pre-registered for the event.

Iowa Heart Foundation event volunteers graciously contributed their time and talent to ensure a safe and organized event. In total over 50 volunteers donated time to support this event.

Each year funds raised from this event are allocated to purchase Automatic External Defibrillators (AEDs). The AEDs are then placed in Iowa businesses and organizations with an established need.

Additional event pictures may be seen on www.iowaheartfoundation.org

Our gratitude is extended to our Event Sponsors!

Gold Sponsors: Abbott, Boston Scientific, Daiichi Sankyo, Medtronic, St. Jude Medical

Silver Sponsor: Possis

Contributing Sponsors: Dr. Advani, Bracco, Fitness Sports, Iowa Heart Center, Hy-Vee, Mercy EMS, Mercy Medical Center, Strawberry Patch

Our gratitude is extended to our wonderful Volunteers!

Larry Barnett, Amy Bentz, Cindy Blubaugh, Vicky Burch, Cindy Conroy, Tomi Cooney, Mandy Corliss, Scott Day, Jason Douglas, Barb and Leonard Drabek, Kathy Goetz, Carol Greaves, Barb Hale, Tina and Lee Harker, Jenny Held, Joan Henscheid, Diane and Kelli Hillenga, Sara Holcomb, Susan Johnson Brown, Shelly and Zach Kaldenburg, Kathy Luetje, Diane, Emma, Melissa, and Molly McIlhon, Darl McKimpson, Jeremy Mourlam, Randall Nerhus, Kim Oswald, Carol Noyes, Heidi Peterson and the Cath Lab staff, Jackie Roberts, Jolene Runkel, Katie Raasch, Dan Severson, Ketra Smith, Beckie Walden, Chris Walters, Haley Weiland, Deb and Dennis Wernli, Pam Williams



The Borromeo Family participated in the 2010 Run For Your Life



2010 Run For Your Life Allison and Mary Betty



2010 Run For Your Life The Marcus Family Medal Winners



A Life-Saving Gift



Automatic External Defibrillators (AEDs) may save the life of an individual suffering a sudden cardiac arrest. For the past three years Iowa Heart Foundation has awarded AEDs to Iowa businesses and communities with an identified need. This past spring AED donations and associated training were presented to the Windsor Heights Lutheran Church, and Saint John and Paul Catholic Church.

Generous donors also fund the placement of AEDs in their community. Dr. Terrence Slattery and his wife Jennifer Slattery graciously donated an AED and participated in the associated AED training to their church. On July 7, 2010 Christ the King Catholic Church received their AED and training on the use of the device and how to respond appropriately in the event of an emergency event.

AEDs are designed for any individual to respond quickly in an emergency event because time is critically important. Each minute that passes without resuscitative measures such as Cardiopulmonary Resuscitation (CPR) and the use of an AED decreases the chance of saving a life.

Recent advancement in AED technology provide an optimal chance for survival when an individual suffers a cardiac arrest. The AED placed at Christ the King church is equipped with Rescue Coach technology and CPR metronome technology to pace chest compressions. These supportive measures ensure appropriate use of the AED and remove the "guess work" in using the device.

"An ongoing need exists to place AEDs



Dr. Terrence Slattery and his wife Jennifer Slattery (center) present AED to Christ the King Church members

within our communities, businesses and neighborhoods, states Kim Oswald, Iowa Heart Foundation Executive Director. "Donors such as the Slattery's are an example of compassionate care within our communities. It is inspiring to witness the kindness of such individuals as they commit to making a difference in the future of their church community."

The Iowa Heart Foundation AED Placement Program relies upon fundraising events such as the annual Run For Your Life event held in August and individual donations. If you are interested in becoming a part of our AED program or would like further information please call (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 to 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 or family member. Our thoughts are extended to the family and friends who suffered the loss of:

- Paul Gomis**
- Ken Sinnwell**
- Betty Ritter**



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



September 2010

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| 26 | 27 | 28 | 29 | 30 | | |

October 2010

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24/31 | 25 | 26 | 27 | 28 | 29 | 30 |

Schedule of Events

- September 1, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- September 18, 2010 - Nursing Symposium 8:00am-12:45pm, West U
- September 22, 2010 - Pharmaceutical Forum 11:30am-1:00pm, Fort Dodge
- September 28, 2010—Pharmaceutical Forum 11:30am-1:00pm, Ames
- September 29, 2010 - Pharmaceutical Forum 11:30am-1:00pm, Laurel
- October 13, 2010 - Board Meeting, 7:00-8:00am, West U Board Room
- October 13, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- October 16, 2010 - Medical Assistant Conference 8:15am-12:45pm, West U
- November 10, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- November 13, 2010 - Younkers Community Day Event

November 2010

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| 28 | 29 | 30 | | | | |

Iowa Heart Foundation "Volunteer in Service"



Success of Iowa Heart Foundation centers on the support of our generous volunteers. Volunteers support the life of the Foundation through their service making fundraising events and educational programs possible in Iowa communities. In July 2009, Iowa Heart Foundation launched its "Volunteer in Service Program (VS)." The VS program recognizes individuals who embody the volunteer spirit and support the work of our Iowa Heart Foundation.



Iowa Heart Foundation recognizes Aaron Vance as the outstanding service volunteer for the third quarter of 2010.

Aaron is recognized for his contributions in the development of the foundation website. His gift for developing a user friendly website with the posting of pertinent information makes Aaron's contributions a key link in the Foundation's communication strategic plan. Thanks to Aaron, communication has been taken to a new level throughout Iowa and the world.

On behalf of the Iowa Heart Foundation our gratitude is extended to Aaron for his creativity and outstanding service!



Aaron Vance, Website Developer

Iowa Heart Foundation
2010 Third Quarter
"Volunteer in Service"

Iowa Heart Foundation website located at
www.iowaheartfoundation.org

Iowa Heart Foundation



IOWA HEART *Foundation*

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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
Jose Borromeo, M.D., Vice Chairman
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William Wickemeyer, M.D.
Terrance Slattery, 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 made to the
Iowa Heart Foundation**



Donations, Memorials, Gifts



If you would like to memorialize a loved one, provide a gift in honor of someone, and/or financially support the work of our Foundation we would gratefully welcome your kind donation.

Feel free to mail your donation check to Iowa Heart Foundation at 5880 University Avenue, Suite 101, West Des Moines, IA 50266.

You may also download a donation form from our website at www.iowaheartfoundation.org

Your memorial, gift, 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.

***On behalf of the Iowa Heart Foundation Board of Directors we
thank you for supporting our work in Iowa communities.***

