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Boone, Iowa 50036

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To your Health

a newsletter for the community



Reach Out and Read

Children ages six months to six years attending a well child exam at Boone County Family Medicine (BCFM) in Boone will now receive a children's book to help foster an early introduction to reading and literacy.

The new clinic initiative is part of the Reach Out and Read Program, a nationwide program that prepares America's youngest children to succeed in school by partnering with doctors to provide books and encourage families to read together. Doctors, nurses and other health professionals incorporate Reach Out and Read's evidence-based model into regular pediatric check-ups by advising parents about the importance of reading aloud and giving developmentally appropriate books to children.

"We became involved in the program because our physicians have always believed reading to children helps develop their dialog and promotes good communication between the child and parent," says Angi Ellsworth, RN, BCFM Clinic Manager. "Partnering with the Ericson Public Library and the Reach Out and Read Program has followed the activities our providers have promoted all along. Thanks to donations from the Boone Lion's Club, we are able to provide each child beginning at six months of age to six years a new book at their well child visit."



Thanks to the generous donation from the Boone Lion Clubs, approximately 500 books have been purchased which should last the clinic about one year.

Pictured: Dr. Scott Thiel with Avery Anderson, Dr. Joshua and Myra Anderson's daughter, look through the new books



Fall 2015

When it comes to your health and the health of your family, providing convenient access to specialized medical services is important to Boone County Hospital (BCH). The Specialty Clinic at BCH offers a broad range of health care services in one comfortable location. Visiting physicians from clinics outside of Boone rotate through the clinic holding office hours throughout the month. Whether you need to see an allergist, a cardiologist or an orthopedic surgeon, the Specialty Clinic offers nearly 20 specialties with 30 providers, all in Boone, and all for your convenience!

“Our Specialty Clinic is a major perk for Boone County Hospital,” says Heather Cook, RN, CRNI, BCH Specialty Clinic Director. “Many people don’t realize the variety of healthcare services we have available. We essentially offer as many services as the bigger healthcare systems, and we have some of the best providers in central Iowa coming here to provide care to the residents from in and around our community.”

The Specialty Clinic has been a service at BCH for more than 20 years, and the spectrum of services and providers continues to grow. In the past five years, hepatology, the branch of medicine that incorporates the study of liver, gallbladder, biliary tree, and pancreas, and additional dermatology services have been added. Also, three additional orthopedic surgeons joined the clinic to make a total of four, in the summer of 2014, all of which have surgery privileges at BCH. Along with the visiting physicians that practice through the Specialty Clinic, BCH offers outpatient infusions for patients. Infusions include fluids for dehydration, osteoporosis, antibiotics, chemotherapy, and more. To bring a higher level of knowledge to the department and her profession, Heather recently passed an exam to become a Certified Registered Nurse Infusionist. There are only a few RNs at BCH that have this designation.

“We are lucky to have a great working relationship with the physicians and staff that come to the hospital each month,” says Heather. “The providers, who come from Ames, Des Moines, Fort Dodge and Newton, work nicely together to keep patients in Boone, so they do not need to travel out of town to the home office of the physician. The providers also work well with the BCH Medical Staff.”

Other services offered by the Specialty Clinic are free blood pressure checks each Friday morning in the clinic and a Cancer Support Group the third Tuesday of each month, 6:30 p.m., in the BCH 1st Floor Conference Room.

For a complete listing of Specialty Clinic physicians, refer to page 7 and/or log on to www.boonehospital.com for additional information about each physician. To schedule an appointment at the BCH Specialty Clinic, call (515) 433-8300.

Pictured, cover: Lou Greco receives infusion therapy from nurse Heather Cook; above: Dr. Craig Mahoney, orthopedic surgeon, discusses Gail Linderblood’s torn meniscus



Specializing
in You



MEDICAL STAFF

Anesthesia

- Beth Brady, CRNA, MS, ARNP
- Genev Calek, CRNA, MS, ARNP
- Rebecca Clark, CRNA, MS, ARNP

Clinical Psychology

- William Martin, Jr., Ph.D. ...433-0343

Emergency

- Tammy Chance, D.O., ED Medical Director
- Kimberly Bina, D.O.
- Timothy Evert, D.O.
- Katie Howe, D.O.

Family Practice

- Joshua Anderson, D.O.432-2335
- Devi Dunker, D.O.432-2335
- Trishia Filipiak, M.D.432-4444
- Caleb Glawe, M.D.275-2417
- Brian Mehlhaus, M.D.432-4444
- Sascha Parsons, M.D.432-4444
- Eric Peterson, M.D.432-2335
- Jason Sheffler, D.O.432-2335
- Scott Thiel, M.D.432-2335
- Alexandra Vander Meide, M.D.432-4444

- Joel Vander Meide, D.O.432-4444
- Richard Vermillion, D.O. ...275-2417
- Melinda Altman, ARNP.....432-8740
- Alison Good, ARNP275-2417
- Mel Hilsabeck, ARNP795-4300

General Surgery

- Jeffrey Maire, D.O.433-8500
- Richard Unger, D.O.433-8500

OB/Gyn

- Tracey McIntire, D.O.432-7766

Pain Clinic

- Christopher Hanson, CRNA, MS, ARNP212-2420

Pathology

- Christopher Johnson, M.D.239-4448
- Trisha Schlick, D.O.239-4448
- Jamie Weydert, M.D.239-4448

Radiology

- Tom Gleason, D.O.433-8160

BCH OUTREACH SERVICES

Podiatry

- Todd Miller, D.P.M.433-8500

Ophthalmology

- Nicolas Hamouche, M.D.239-4460

BCH SPECIALTY CLINIC

433-8300

Allergy

- Jay Brown, M.D., McFarland Clinic

Audiology

- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Magdi Ghali, M.D., Iowa Heart
- Amar Nath, M.D., UnityPoint Cardiology
- Rakshak Sarda, M.D., Iowa Heart Center

- Robert Shapiro, M.D., McFarland Clinic

Dermatology

- Kathy Cook, M.D., Skin Solutions Dermatology
- Scott Green, M.D., Mid-Iowa Dermatology
- Katherine Blomgren, PA-C, Mid-Iowa Dermatology

Ear, Nose, Throat

- Cory Mineck, M.D., Mercy ENT
- Matt Morgan, M.D., Mercy ENT

Hepatology

- Donald Hillebrand, M.D., UnityPoint

Nephrology

- Jacob Alexander, M.D., McFarland Clinic

Neurology

- Michael Kitchell, M.D., McFarland Clinic

Oncology

- Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

- Louis Scallon, M.D., Wolfe Eye Clinic

Orthopedic Surgery

- Steven Aviles, M.D., Iowa Ortho
- Timothy Kenney, M.D., Iowa Ortho
- Craig Mahoney, M.D., Iowa Ortho
- Benjamin Paulson, M.D., Iowa Ortho

Pain Management

- Clay Ransdell, D.O., Metro Anesthesia & Pain Management

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic and Reconstructive Surgery

- Michael Carlisle, M.D., Mercy Plastic Surgery

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic

- Mark Wetzels, D.P.M., Foot & Ankle Center

Pulmonary Medicine

- Greg Hicklin, M.D., The Iowa Clinic
- Katrina Guest, M.D., The Iowa Clinic

Spine Surgery

- Daniel McGuire, M.D., Iowa Spine Care

Urology

- Brian Gallagher, M.D., The Iowa Clinic

Vascular Surgery

- Doug Massop, M.D., Iowa Clinic



To your



HEALTH



Programs



& Services

Blood Pressure Checks, FREE
BCH Specialty Clinic Every Friday, 8 a.m. to Noon, BCH.

Boone Blood Drive
Second Monday of each month, 1 to 6 p.m., location alternates between Boone County Hospital and Central Christian Church. To schedule an appointment to give blood, call (800) 287-4903. Sponsored by the BCH Auxiliary.

Boone County Caregiver Support Group
First Tuesday of every month, 6 p.m., Westhaven Chapel. Every other meeting will have a speaker; alternate meetings attendees will have the opportunity to share their thoughts and experiences, if they wish. A complimentary meal will be provided. Please register if you would like a RSVP respite volunteer to watch over your loved one. For questions, call Sue Pratt, (515) 433-7836.

Boone County Nutrition Programs
Boone County provides meals to individuals 60-plus and older throughout the county. For more information on the Home Delivered Meal and Congregate Meal Programs, call (515) 432-1127.

Breakfast with Santa
December 12, 8 to 10:30 a.m., BCH Atrium. Refer to page 5 for details.

CPR Classes
CPR classes are available to the public by a certified 1st aid/CPR trainer. To register for CPR, call Rick Petersen at (515) 433-8611.

Car Seat Safety Checks
If you would like a car seat safety technician to check your child's car seat and make sure it's installed correctly, call (515) 433-8196 to schedule a time.

Childbirth Education
December 2 and 9, BCH 4th Floor Conference Room. Covered topics are childbirth preparation, infant care and breastfeeding. Call the Family Birth Center at (515) 433-8400 to register.

Diabetes Support Group
November 19, 4 p.m., BCH 4th Floor Conference Room. "Seeing Diabetes Clearly" will be presented by Casey Roelfs, O.D., Boone Vision Center. One of the biggest complications of diabetes is eye disease. See what doctors look for and learn about new eye treatments.

Educating & Empowering U
November 17, noon, BCH 4th Floor Conference Room. The program topic "Alzheimer's Basics" will be presented by Susan Callison, Program Specialist, Alzheimer's Association Greater Iowa Chapter. Learn about the differences between Alzheimer's and dementia, risk factors, symptoms, and the benefits of early detection. Complimentary lunch. To register, call Sara Behn at (515) 433-8470.

F. William Beckwith Adult Day Services
Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals and individualized care for adults 55 years of age and older who do not need 24 hour care, but cannot be left alone for long periods of time. Call (515) 432-2275.

Festival of Trees and Holiday Open House
November 14, 9 a.m. to 4 p.m., and November 15, 11:30 a.m. to 4 p.m. Bid on beautiful trees through a silent auction until November 21. Enjoy 20% off in Gifts Galore during the open house, see Santa Claus, and enjoy homemade treats and holiday music.

Living with Cancer
The third Tuesday of each month, 6:30 p.m., BCH 1st Floor Conference Room. The support group is for anyone affected by cancer. It is a time for people to discuss their situations, experiences, coping strategies and hopes. Educational programs will also be a part of the program. For questions, call Heather Cook, (515) 433-8300 or Konnie Carlson, (515) 241-4234.

Sibling Class
December 30, 6 p.m., BCH 4th Floor Conference Room. This sibling class for 2 to 10 year olds helps children prepare and accept the arrival of a newborn. To register, call the Family Birth Center at (515) 433-8400.

Congratulations to Our Healthcare Heroes

Congratulations to the Boone County Hospital Foundation's Healthcare Heroes who have gone above and beyond and have reached milestone nominations.

Mel Bloomquist works on the Medical/Surgical floor and has been nominated five times. "She is always so happy. She lights up the room. She made sure my visitors were satisfied as well as myself," says one patient. Another patient says, "Melanie was such a big help to me after surgery. She was very efficient and very cheerful. If she could help me in any way, she was there, and if she said she would take care of



Offering patients and families a way to say **Thank You!**

something for me, she took care of it right away. She is a wonderful, loving caretaker...My Hero!"

The Family Birth Center has reached 15 nominations and will receive a special award/recognition for this monumental achievement.

"From check-in, to delivery, to post-partum care, we cannot imagine having better care. All of the OB nurses were over-the-top helpful,

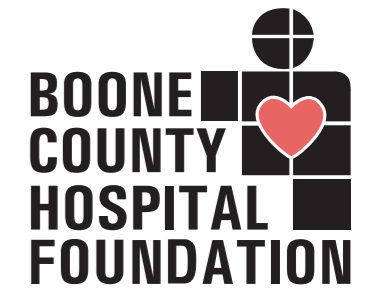
friendly and kind. Dr. McIntire was extremely friendly, knowledgeable and efficient. A special thanks to Chris Hanson for the laughs and kindness during surgery. Thank you all! Boone County Hospital rocks!" says a grateful patient and her husband.

Pictured above: Mel Bloomquist; left, front left to right: Molly Klatt, Patsy Riedesel; back: Mindy Green, Jamie Fox-Clayton, Autumn Schmoker, Chris Hanson, Katie Rotschafer, Dena Sytsma, Sarah Droste, Kaci Stoneburner; not pictured: Shannon Hill, Theresa Sheer, Becca Schultes



New Providers

EVENTS



Fundraising for the good of the hospital

Boone County Hospital (BCH) is pleased to welcome several new physicians to the hospital.

Kim Bina, D.O., has begun working in Emergency Services part-time; she will provide care full-time beginning in January 2016.



Kim Bina, D.O.

Dr. Bina received her Doctor of Osteopathic Medicine from Des Moines University-Osteopathic Medical Center, and completed a Family Practice Residency at Mercy/Mayo Family Practice.

Dr. Bina joins Dr. Tammy Chance, Dr. Timothy Evert and Dr. Katie Howe. All four of these physicians are on the BCH Medical Staff.

Michael Carlisle, M.D., Plastics and Reconstructive Surgery, has joined the Boone County Hospital Specialty Clinic. Dr. Carlisle's practice is at Mercy Plastic Surgery, Des Moines. He is in the Specialty Clinic the third Monday of each month.



Michael Carlisle, M.D.

Dr. Carlisle received his Medical Degree from Wayne State University School of Medicine. He completed a Residency in Otolaryngology - Head and Neck Surgery at the University of Kansas Medical Center, and one in Plastic and Reconstructive Surgery at the Cleveland Clinic Foundation.

Call (515) 643-5455 to schedule an appointment with Dr. Carlisle.

Robert Shapiro, M.D., Cardiology, has also joined the BCH Specialty Clinic. Dr. Shapiro comes from McFarland Clinic, PC, Ames. He is in the Specialty Clinic the second and fourth Tuesday of each month.



Robert Shapiro, M.D.

Dr. Shapiro received his Medical Degree from Medical University of South Carolina. He completed a Residency in Internal Medicine from the University of Virginia, and a Fellowship in Cardiovascular Diseases and Interventional Cardiology from Washington University/Barnes-Jewish Hospital.

Appointments with Dr. Shapiro can be scheduled by calling (515) 239-4472.

*Holiday Open House
and Festival of Trees*

November 14th, 9:00 to 4:00, & 15th, 11:30 to 4:00
Boone County Hospital Atrium

Bid on beautifully decorated trees through a silent auction, and enjoy 20% off in Gifts Galore. Bring the kids to see Santa, and enjoy holiday music and homemade treats. Sponsored by the BCH Auxiliary.



sponsors, gift givers, attendees, and all who made the evening a success. Congratulations to the raffle ticket winners: Reggie Graeve, \$250, Doug Thompson, \$500, Christina Bennett, \$750, and Jim Henkel, \$1,000.

Pictured above: Gloria and Rich (BCHF Board member) Stearns. Above right: BCH employees Mindy Mills, Sarah Hoffman, Kelli Niles, Carrie Bristle

An entertaining evening of philanthropy and fun was had by the 130 in attendance at the 8th Annual Harvest Festival in support of the Boone County Hospital Foundation (BCHF).

Net profits are estimated at over \$12,000 to benefit the BCHF. Thank you to the BCH Nutrition Services for the appetizers, Burnin' Sensations for the live music, the Noon Kiwanis for the casino games, Seven Oaks Recreation Center, the many



..... Breakfast with Santa

December 12, 8 to 10:30 a.m.
Boone County Hospital Atrium

Pre-register by December 1 to receive a personal invitation from Santa in the mail. Before December 1, cost is \$10 per child, \$3 per adult; December 1 to 12, the cost is \$13 per child; \$4 per adult. The price per child includes breakfast, a photo with Santa and a craft. Adult price includes breakfast only. No one will be turned away based on inability to pay.

Tickets are available by calling the Boone County Hospital Foundation office at (515) 433-8470 or by emailing sbehn@bchmail.org. Checks are payable to the BCH Foundation.

All proceeds from the Boone County Hospital Foundation events and its projects benefit the hospital. To receive updates about the BCH Foundation, "like" us on Facebook, follow us on Twitter @bchfoundation or visit www.boonehospital.com.

