

VA Funding for Adult Day

F. William Beckwith Adult Day Services, an affiliate of Boone County Hospital, now has funding available for eligible veterans who are in need of an adult day program.

To learn about eligibility, call F. William Beckwith Adult Day Services to find out if you or your loved one is eligible for coverage for adult day services through the Veterans Affairs (VA). If eligible, that individual will receive funding for three partial days (up to 4 hours per day) or two full days (up to 8 hours per day) of coverage per week.

Adult Day Services is a certified program available to adults, Monday through Friday, who do not need 24-hour care, but who cannot be left alone for long periods of time. Staff consists of a nurse and certified nursing assistants.

The program is helpful to individuals who would like their loved one to remain at home as long as possible, but need additional support during the week days. Adult Day offers participants the opportunity to enjoy a variety of activities based on their own interests.

Individuals that may be in need of Adult Day Services are those with a decreased

ability to do things for themselves, memory problems, unsteadiness or frequent falls, physical challenges, personality changes, difficulty enjoying life, lack of socialization, and conditions that affect independence such as Alzheimer's, dementia, heart problems, arthritis or stroke.

Other possible options for adult day funding are the waiver programs through Medicaid and grant money. To learn more, call F. William Beckwith Adult Day Services at 432-2275 or log on to www.boonehospital.com.



To your Health

Spring 2016

a newsletter for the community



Rural Health
Clinic Designation

Read more
inside...

Rural Health Clinic Designation

Increases Access to Primary Care Services

Boone County Family Medicine (BCFM), Ogden, and the Madrid Family Practice Clinic (MFPC), Madrid, have been designated as Rural Health Clinics (RHC) and were accredited for this achievement in January 2016.

A RHC is a clinic located in a rural, medically underserved area in the United States that has a separate reimbursement structure from the standard medical office under the Medicare and Medicaid programs. Ogden and Madrid were considered underserved and the clinics were able to apply for this designation; Boone does not qualify as being a medically underserved area. The program was established to address an inadequate supply of physicians serving Medicare beneficiaries and Medicaid recipients in rural areas and to increase the utilization of non-physician practitioners. Currently, about 4,000 RHCs nationwide furnish primary care and preventive health services in rural and underserved areas.

To meet RHC requirements, the clinic must be located in an area that is defined as non-urban by the United States Census Bureau and defined as medically underserved. Like other medical providers, RHCs must provide certain services in order to qualify for the program. In

addition, a RHC must employ a nurse practitioner (NP) or a physician assistant (PA) and have a NP, PA, or certified-nurse midwife available at least 50 percent of the time the RHC operates. In the fall of 2015, Alison Good, ARNP, joined the staff at BCFM, Ogden, three days a week, as well as the Wound and Hyperbaric Center at Boone County Hospital one day a week; and in the fall of 2014, Mel Hilsabeck, MFPC, completed her ARNP designation. Mel works at the Madrid Clinic four days a week.

According to Keith Vermillion, BCFM, Ogden, Clinic Manager, both clinics also had to demonstrate they provide quality services and safe care. "The rural health status means affordable care, as well as high quality care," says Joe Devin, Boone County Hospital CFO. "It offers us the stability we need to stay in the community. It also allows us to recruit and retain providers, as well as grow." Vermillion adds, "Financially it's huge for the Ogden and Madrid communities because it allows us to keep clinics in smaller towns."

In addition to the RHC designation, both Ogden and Madrid offer inexpensive wellness profiles every day. If you want to know your blood type, your cholesterol level or if you have concerns such as diabetes, anemia or prostate cancer, the profile is easy and convenient. All blood draws are taken to Boone County Hospital for results.

Both clinics are welcoming new patients and can get patients in to see a provider in a timely manner. If you would like to make an appointment in Ogden, call (515) 275-2417; in Madrid, call (515) 795-4300. For more information about these clinics or the services provided by Boone County Hospital, log on to www.boonehospital.com.

Pictured, cover: Dr. Caleb Glawe and Alison Good, ARNP, BCFM, Ogden; right Mel Hilsabeck, ARNP, MFPC, Madrid



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.O432-4444
- 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
- ### OB/Gyn
- Tracey McIntire, D.O.....432-7766
 - Elizabeth Temple, M.D..432-7766

Pain Clinic

- Christopher Hanson, CRNA, MS, ARNP212-2420

Pathology

- Christopher Johnson, M.D239-4448
- 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

- Blake Williams, ARNP, 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

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



**BOONE COUNTY
HOSPITAL**

To *your*

HEALTH

Programs

& Services



\$5 Masquerade Jewelry Sale
April 19, 9 a.m. to 5 p.m., BCH Atrium. All jewelry and other items are \$5 each. The event is sponsored by the BCH Auxiliary.

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.

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
May 5 and 12, 6 to 9 p.m., 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
April 21, 4 p.m., BCH 4th Floor Conference Room. "Sleep Disorders and Your Diabetes" will be presented by Liz Mannion, RPSGT, UnityPoint. Learn about sleep disorders, and how sleep and diabetes affect each other. No pre-registration is required.

Educating & Empowering U
April 26, noon, BCH 4th Floor Conference Room. "Blessings from the Inside Out: Lessons Learned from Parenting a Child on the Autism Spectrum" will be presented by Wendy Johnson, wife, mother, teacher, advocate. Enjoy a complimentary lunch. To register, call Sara Behn, BCH Foundation, 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 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.

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. For questions, call Heather Cook, (515) 433-8300 or Konnie Carlson, (515) 241-4234.

Sibling Class
April 20, 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.



Expect . . .

Exceptional Care

Boone County Hospital (BCH) is pleased to introduce a new provider. Elizabeth Temple, M.D., joined the BCH Medical Staff in February and is providing obstetrics and gynecology care. She is practicing with Dr. Tracey McIntire who has been with BCH since 2006.

Dr. Temple received her Medical Degree from the University of Iowa, Iowa City. She completed a Residency at Lehigh Valley Hospital Center, Allentown, Pennsylvania. Prior to joining BCH, Dr. Temple worked in a general obstetrics and gynecology practice in Moline, Illinois for 16 years.

Experience exceptional care firsthand! Whether you want to add a new addition to your family, you need an annual exam or you have health concerns, Dr. McIntire and Dr. Temple will provide you with the outstanding care you deserve and trust.

In addition, if you have decided to start a family or expand your

family, the BCH Family Birth Center will pamper you. Your entire birthing experience will be personalized to meet your needs. BCH provides a warm and welcoming environment with the latest technology to enable us to care for you and your newborn. Pain management including natural methods to 24/7 anesthesia coverage are also available. In addition, should the unexpected occur, BCH has a state-of-the-art operating room with surgery staff ready to take care of a patient at a moments notice. We also have classes to prepare you for the arrival of your new addition.

It's comforting to know the finest in obstetrical and maternity care is available at Boone County Hospital.

If you would like to schedule an appointment with Dr. McIntire or Dr. Temple, call (515) 433-8700. For additional information about these two doctors or information about the Family Birth Center, log on to www.boonehospital.com.



Tracey McIntire, D.O.



Elizabeth Temple, M.D.

Orthopedic Services

An Array of Specialties for Your Convenience



Pictured, left to right: Dr. Aviles, Dr. Paulson, Dr. Kenney, Dr. Mahoney

The need for orthopedic surgeons in Boone has been evident in the success of the four providers from Iowa Ortho that come to the Boone County Hospital (BCH) Specialty Clinic each month. These four Iowa Ortho physicians are included in an elite group of physicians that are part of an Orthopedic Center of Excellence. They provide the most comprehensive medical evaluations, plan of action, and in-depth medical care available.

Since summer 2014, orthopedic surgeons Dr. Steven Aviles, Dr. Timothy Kenney, and Dr. Benjamin Paulson all became familiar faces at BCH; Dr. Craig Mahoney was already a familiar face to Boone residents in need of orthopedic care as he's been offering services in the Specialty Clinic for nearly 14 years.

"There is a high demand for orthopedic services in our community," says Joe Smith, BCH CEO. "Now with four surgeons, we can provide more complete coverage to our patients, including surgeries that are done right at our hospital. Doctor's appointments are more convenient for local residents and if they end up having surgery, not only can most of the surgeries be done here, but follow-up care can be done here as well. We are very happy to be able to offer this level of service to the residents that live in and around Boone."

The surgeons offer a wide range of specialties including, but not limited to: shoulder, sports medicine, hip, knee, elbow, orthopedic surgery, hamstring repair, general orthopedics, and hand and upper extremity. For a complete listing of specialties, log on to www.boonehospital.com and click on Physicians.

Since this group of orthopedic surgeons began coming to Boone, demand for their services has grown steadily. Drs. Aviles, Paulson, and Mahoney have all added additional clinic and surgery time in Boone to their schedules. Drs. Paulson and Aviles are currently performing hand and sports medicine procedures at BCH that were not available before their arrival. This arrangement allows Boone residents to have "Center of Excellence" quality medical care, once available only in Des Moines, here at home.

To schedule an appointment with one of these physicians, call Iowa Ortho at (515) 247-8400 and let them know you would like to be seen at the Boone County Hospital Specialty Clinic.

Healthcare Heroes

Congratulations to our most recent Boone County Hospital Foundation Healthcare Heroes. Bill Greenley and his wife, Donna, moved to Boone in 2012 from Ottumwa where he worked as an Engineer with Amtrak. Bill was recently a patient at Boone County Hospital for three days for something he says was initially difficult to diagnose. Bill shares, "My health concern went from minor to major upon an innovative and brilliant diagnosis from Dr. Brian Mehlhaus. I had a life threatening blood clot that presented a simple pain in my low back." Bill felt Dr. Mehlhaus and the Special Care Unit (SCU) nurses were angels in disguise because without them, he knows he would not be here today to enjoy life. Bill is retired and enjoys woodworking. As

a thank you for each of the nurses and Dr. Mehlhaus, he carved each of them an angel ornament. Bill shared his story on the Boone community Facebook page. He wanted the community to know

what a great experience he had. Bill's nomination includes, "From check-in to the SCU, my visit was excellent in every way. Thank you, thank you, thank you."

Pictured, back, left to right: Debbie Shaw, RN, Dr. Brian Mehlhaus, Lynette Lantz, RN; front: Peg King, RN, CCRN, Bill Greenley; not pictured: Rebecca Mayes, RN



2nd Mike Scheuermann Memorial Golf Tournament

**July 12th, 10 a.m. tee-off
Cedar Pointe Golf Course, Boone**

\$100 per player—Includes two meals, door prizes, cash prizes and more!
Registration for teams will open online at www.boonehospital.com on May 20th until full. Sponsorship opportunities are available. Contact Sara Behn at sbehn@bchmail.org OR (515) 433-8470.

Endowment Campaign

“Do Better by Doing Good” Update

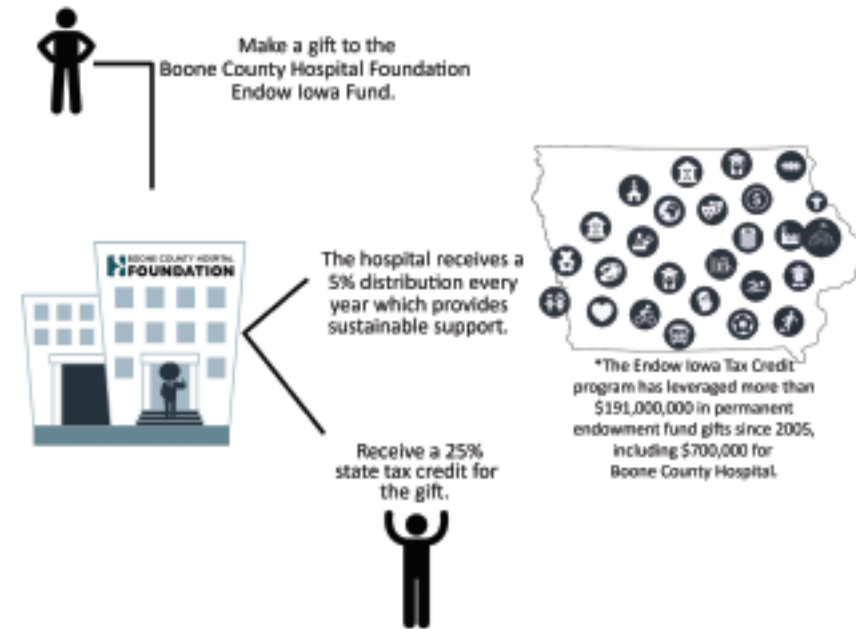
The Boone County Hospital Foundation (BCHF) is committed to supporting the healthcare services provided by Boone County Hospital today and for future generations. To develop sustainable support for this critical community resource, the BCHF started an Endowment Campaign called “Do Better by Doing Good.” To date, over \$677,000 has been secured of the \$1 million cash goal. Additionally, eight planned gifts have been secured.

Prior to the BCHF kicking off the campaign, they partnered with the Boone County Endowment to establish the BCHF Endow Iowa Fund.

Thanks to the Endow Iowa Program, available exclusively through



qualified Iowa community foundations, donors can make a single gift and support the hospital for years to come. They can also receive the Endow Iowa Tax Credit, an exclusive 25 percent state tax credit. The BCHF Endow Iowa Fund provides sustainable



support for the needs of the hospital by making 5 percent of the fund’s balance available annually to address the hospital’s most pressing needs. Additionally, the fund’s assets are invested so they continue to grow and provide ongoing support.

Thanks to this innovative and unique program charitable gifts can go further. According to Stan Moffitt, Boone resident, “Boone County Hospital provides vital local healthcare services and is an important organization to support. After learning about the benefits of giving to the BCHF Endow Iowa Fund, we discovered we could give more financial support to the hospital, for the same cost, thanks to the additional tax benefits.”

This innovative and forward thinking partnership is ensuring that Boone County Hospital will be able to maintain current services while also developing new programs and services to meet unmet needs. Thanks to the Boone County Endowment’s affiliate relationship with the Community Foundation of Greater Des Moines, the BCHF Endow Iowa Fund is able to accept a variety of charitable gifts that may best fit giving and financial goals which could include gifts of appreciated stock, grain, closely held corporations, retirement accounts, life insurance, farmland and more.

To learn more about how to support Boone County Hospital for generations while receiving a 25 percent state tax credit, contact Sara Behn at (515) 433-8470 or sbehn@bchmail.org.

In the past year, Rehabilitation Services at Boone County Hospital (BCH) has implemented two new programs to offer to BCH patients.

Rehab Services now offers **Functional Dry Needling**, a skilled technique performed by a physical therapist using filiform needles to penetrate the skin and/or underlying tissues. The technique affects change in body structures and functions for the evaluation and management of neuromusculoskeletal conditions, pain, movement, impairments, and disability. Trigger points can be found in



Clinical Excellence Award

The Boone County Hospital (BCH) Wound and Hyperbaric Center, a Healogics service, the nation’s largest provider of advanced wound care services, was awarded the Center of Distinction Award in March. The Center achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction higher than 92 percent, and a minimum wound healing rate of at least 91 percent within 30 median days to heal. There were 512 Centers eligible for the Center of Distinction award, but only 221 achieved the honor.

“We are very pleased to receive this award,” says BCH CEO Joe Smith. “Since the center opened in August of 2014, we have been very happy with the wound healing rates of our patients. The addition of two hyperbaric chambers has a lot to do with our success, as well as the outstanding staff we have in the center. The staff would agree that their patients are more like family when they leave the center.”

The Wound and Hyperbaric Center offers highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds which have not healed. For more information, log on to www.boonehospital.com.

New Services

many places on the body.

Dry needling is not acupuncture. A referral is not required for dry needling, but it is preferred. Patients will receive a full assessment and the physical therapist will decide if it will benefit you. This form of manual therapy is not a “quick fix”, but will be used in association with other treatments to achieve your goals. A typical treatment will last 15 to 30 minutes, and in some rare cases up to an hour. The current charge for dry needling is \$35. At this time insurances are not covering this modality.

Since early last year, Rehab Services has been offering a **Running Therapy Program**. Dana Schmidt, DPT, can help runners improve form, heal injuries and prevent further problems, while guiding them to become a healthier and stronger runner.

The Running Therapy Program is available to all ages whether the runner is just beginning or a seasoned athlete that has run for years. Dana will see an injured runner or someone that isn’t injured but would like to start a running program or would like to run to their full potential.

A referral is not required to take part in the program if you are injured, but is preferred. Most insurance companies will cover an initial physical therapy evaluation, but it’s always a good idea to contact your insurance company ahead of time to make sure.

For more information about the BCH Running Therapy Program, call (515) 432-7729 and ask for Dana; for more information on Dry Needling, ask for Jake or Brian.

BCH Financials

Year Ending June 30, 2015

Patient Revenue	38,072,584
Property Tax Revenue	1,774,260
Electronic Health Record Incentive Revenue.....	5,268,552
Total Revenue	45,115,396

Expenses

Salaries	20,460,254
Supplies	5,179,405
Other.....	11,283,945
Depreciation	3,265,395
Bad Debt.....	2,233,574
Charity	370,893
Total Expenses	42,793,466

Operating Income.....	2,321,930
Other Income	32,262
Net Income.....	2,354,192

FISCAL YEAR 2013-2014 2014-2015

Inpatient Admissions	1,106	1,023
Births	148	104

Department Statistics

Ambulance Trips	2,338	2,464
Emergency Room	8,358	9,387
Home Health	13,979	13,255
Laboratory	108,296	109,573
Physical Therapy.....	36,103	39,415
Radiology		
CT Scans	1,821	1,979
MRI	738	720
Nuclear Medicine	195	219
Radiographic Procedures	11,103	12,144
Ultrasound	2,022	2,209
Specialty Clinic	8,281	9,391
Surgery	1,694	1,865
Technical Services		
Cardiology Tests	2,659	2,640
Respiratory Tests	8,494	9,035
Stress Tests	203	205

New Logo



After almost 30 years, our Boone County Hospital (BCH) logo has become an easily identified and well-known symbol of our hospital and the care we provide. It has served us well through many changes, improvements and renovations.

However, it's hard to think back over the past three decades and not think of how much our hospital has changed over the years. These changes include growth in the size and expertise of our medical staff, growth in new services and equipment, growth and renovation in Ogden and Madrid, and growth in the quality and training of our staff.

In order to recognize these changes and celebrate them, the BCH Board of Trustees approved a new logo for our hospital with a fresh, new look. The two curves in our new logo represent the many roads or paths our patients might take to our facility, whether it's through a new service like our Wound and Hyperbaric Center, Emergency Department, or one of our six physician offices.

The logo was unveiled at our employee open forums in February and is now being used in all our advertising and communication materials.

So, whether its Home Care Services, Adult Day Care, Boone County Family Medicine in Boone or Ogden, the Madrid Family Practice Clinic, Surgery, Obstetrics/Gynecology, or the umbrella of services offered at BCH we hope our new logo will soon become as recognizable for high quality services, close to home, as our old logo.



2016 Corporate Sponsors



7th Annual Trestle Hustle

This event includes a duathlon, 5k, 10k, 20k and kids fun run. June 11th, 7 a.m. registration/check-in; 8 a.m. race start; 10 a.m. kid's fun run High Trestle Trail 304 South Madison Street, Madrid



Early bird price is \$40 from April 1st through May 19th and \$50 from May 20th through June 11th. \$10 for the kids fun run which includes a t-shirt. The duathlon is a 2 mile run, 13 mile bike ride and a 2 mile run out and back; the 5k is 3.1 miles out and back (it does not go over the bridge); the 10k is 6.2 miles out and back; and the 20k is 12.4 miles out and back. For more information and to register, log on to www.boonehospital.com OR contact Sara Behn, BCH Foundation Director, at events@bchmail.org or (515) 433-8470.