

# To Your HEALTH



**ALSO IN THIS ISSUE:**

- Health Coach
- Foundation Update
- Health Services
- Medical Staff
- Walk-in Clinic

A close-up photograph of a person's knee visible through a large, irregular hole in a pair of blue denim jeans. The frayed edges of the denim are prominent around the opening.

## NEW ROBOTIC TECHNOLOGY

**A better option for  
damaged knees**

**See page 2**



Pictured next to the NAVIO Surgical System, left to right: Samantha Gaskill, PCT, Casey Howe, PA-C, Katie Laux, RN, Jess Harrison, RN, Dr. Mahoney, Lori Woodcock, CST, Mary Stockman, RN

3



## Project Updates 2018-2019

### PATIENT ROOM REMODEL

The room remodel project was ignited in 2017 by a \$20,000 private gift from a Boone couple. The Foundation continued the fundraising efforts to remodel the entire patient unit, and to-date has secured over \$200,000 toward completion of 14 of the 20 rooms. The updates include new flooring (in hallways), new patient beds, new bedside tables, over bed tables, recliners, and window treatments. A number of gifts have been made in memory or in honor of an individual or family. If you would like more information about sponsoring a patient room remodel, please contact Sara Behn at (515) 433-8470 or [sbehn@bchmail.org](mailto:sbehn@bchmail.org).



### SOUTH GARDEN POND REVITALIZATION

In 2018, the Foundation was approached by Eric Twigg of Aquatic Sphere Construction and Design about revitalizing the pond in the south garden. Two donors have contributed to help in this revitalization project to make the garden a sanctuary for patients and visitors to go to while visiting the Hospital. The pond was completed in the fall, with plans to refresh the rest of the garden space in the spring. The pond will be operational and even house koi fish for visitors to enjoy while visiting. Thank you to Eric and our donors who made this esthetic update possible. Watch for the finishing touches in the spring!

### NEW AMBULANCE

From 2014 to present, the Foundation has grown its endowment to over one million dollars thanks to the support of the Boone County community. The purpose of the endowment is to draw down only the interest from this fund and use it toward a significant project that has been identified for the Foundation to financially support. In 2017, the Foundation gave over \$100,000 toward 3D mammography equipment for Radiology. In 2018, the Foundation purchased a new echocardiogram for Technical Services. In 2019, the Foundation has secured over \$100,000 toward the purchase of a new ambulance.

Boone County Hospital (BCH) serves all of the communities within Boone County as well as providing mutual aid response to

surrounding Dallas and Story Counties. According to the U.S. Census Bureau, Boone County has a total area of 574 square miles and 26,306 residents.

Over the last 40 years, the Ambulance Department's volume has increased from 1,746 runs per year to 2,828 in 2018. There has been no increase to the number of full time equivalents (FTE) or ambulances during the life of the ambulance service, yet the service volume has nearly doubled.

A video from the Harvest Festival event this year can be found on YouTube that demonstrates personal testimonials of the ambulance service. YouTube search:

**BCH Foundation** [www.youtube.com/watch?v=ce5Jf1kt1k4](https://www.youtube.com/watch?v=ce5Jf1kt1k4)



Interested in Being a 2019 Corporate Sponsor?

Please contact Sara Behn at [sbehn@bchmail.org](mailto:sbehn@bchmail.org) or 515.433.8470.

## 2019 Corporate Sponsorship Opportunities

### HELP US ENHANCE AND IMPROVE OUR HOSPITAL

Our events help us provide resources to Boone County Hospital for equipment, programs and services that otherwise would not be available. These gifts purchase items that bring increased comfort, quality and safety to our patients.

**2017 - 3D Mammography**   **2019 - Ambulance**

**2018 - Echocardiogram**   **2020 - TBD**

**One-Time Sponsorship** – There is an opportunity to support all our events throughout the year that will benefit the Foundation, as well as your business. There are numerous opportunities for advertisement of your business in conjunction with our events, newsletter and digital ads. Thousands will see your business name and logo from these multiple exposures throughout the year. Additionally, your business is provided the opportunity to attend these events included in the sponsorship.

Sponsorship Levels:

**Gold Sponsor - \$2,000**

**Silver Sponsor - \$1,000**

**Bronze Sponsor - \$500**

**Each level receives great benefits; such as free tickets to events, multiple advertising opportunities and more!**

### SCHEDULE OF 2019 FOUNDATION EVENTS

**Educating & Empowering U** – Join us each month for a new workshop as guest speakers discuss community health-related topics over the lunch hour. A complimentary meal will be provided. **EEU 2019; Mar 26, Apr 16, May 21, Jun 12, Jul 16, Aug 20, Sep 20, Oct 15, Nov 12, Dec 17; BCH 4th Floor Conference Room**

**Collective Goods** – Shop for great items at the Collective Goods sale. Proceeds benefit the Boone County Hospital Foundation. **Collective Goods Sale 2019; Jul 31-Aug 1, Dec 17-18; BCH Atrium**

**Trivia Night** – Join us for our first Trivia Night! Get your team of eight together and see how much you know. **Trivia Night 2019; Friday, March 29; Blomgren Seed (one table left)**

**Scratch Cupcake Sale** – The Foundation will once again host the Scratch Cupcakery Fundraiser. Opportunities to place orders begin May 13 in the BCH Atrium. Cupcakes will be delivered June 21. **Scratch Cupcake Sale 2019; May 13-31; BCH Atrium**

**Trestle Hustle** – Join us for the 10th Annual Trestle Hustle June 15 at the High Trestle Trail in Madrid. Choose to do a Duathlon or a 5K or 10K run. Participants will receive a shirt and goodie bag. **Trestle Hustle 2019; Saturday, June 15; Madrid High Trestle Trail**

**Mike Scheuermann Memorial Golf Tournament** – The 5th Annual Mike Scheuermann (MAS) Memorial Golf Tournament will be July 25 at Cedar Pointe Golf Course. Enjoy breakfast, walk-thru lunch, dinner as you come in off the course, goodies, giveaways and a great day.

**MAS Golf Tournament 2019; Thursday, July 25; Cedar Pointe Golf Course**

**Harvest Festival** – Spend a “Night at the Oscars” at the 11th Annual Harvest Festival on October, 11 at Boulders Inn & Suites. Enjoy a buffet dinner/dessert, live/silent auctions, raffle, and musical entertainment. Proceeds from the event will assist with equipment needs for the hospital. **Harvest Festival 2019; Friday, October 11; Boulders Inn & Suites.**

**Breakfast with Santa** – Spend the morning at our 6th Annual Breakfast with Santa on December 14. Children can visit with Santa and have their picture taken. **Breakfast with Santa 2019; Saturday, December 14; BCH Atrium**

**Want More Info About Our Events?**  
Follow us on Social Media!





# Programs & Services

► **Blood Pressure Checks**

Every Tuesday, 8 a.m. to 11:30 a.m., Boone County Hospital Outpatient Infusion Center. No appointment is necessary.

► **Boone Blood Drive**

May 13, 1 to 6 p.m., Central Christian Church. If you are interested in donating blood, call (800) 287-4903. Sponsored by the Boone County Hospital Auxiliary.

► **Boone County Caregiver Support Group**

First Tuesday of every month, 6 p.m., Westhaven Chapel. The program topics vary each month. Register if you would like a RSVP respite volunteer to watch over your loved one by calling (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 install your child's safety seat correctly, call (515) 433-8196.

► **Childbirth Education**

April 11 and 18, 6 to 9 p.m., Boone County Hospital 4th Floor Board Room. Covered topics are childbirth preparation, infant care and breastfeeding. Snacks provided. Call the Family Birth Center at (515) 433-8400 to register.

► **Diabetes Support Group**

April 18, 4 p.m., Boone County Hospital 4th Floor Conference Room. Program topic will be "Skin Complications" and presented by Kathy Moen, RDN, LDN, CDE, Diabetes Center. For more information, call (515) 433-8624.

► **Educating and Empowering U**

March 26, Noon, Boone County Hospital 4th Floor Conference Room. The program topic will be "Physical Activity and Aging Study" and will be presented by Master's and PhD students from the ISU Physical Activity Epidemiology Lab. They will share how physical activity influences healthy aging, chronic disease prevention and longevity. A complimentary meal is provided. RSVP by calling (515) 433-8470 or email sbehn@bchmail.org. Sponsored by the Boone County Hospital Foundation.

► **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.

► **Gifts Galore**

Open Monday through Friday, 9 a.m. to 4 p.m., (515) 433-8190.

► **Home Care Services**

Provides a wide range of home care and health promotion programs to better the community's health. For more information, call (515) 432-1127.

► **Lab Wellness Profiles**

Offered seven days a week, 7 to 10:30 a.m., BCH Lab. A variety of blood tests are available. Cost is low; no insurance filed. For a listing of blood tests that are available, log on to [www.boonehospital.com](http://www.boonehospital.com) and click on Lab.

► **Masquerade \$5 Jewelry Sale**

March 25, 9 a.m. to 4 p.m., Boone County Hospital Atrium. Enjoy jewelry and miscellaneous items, all for \$5 each. Sponsored by the Boone County Hospital Auxiliary.

► **Outpatient Nutritional Services**

A BCH dietitian can provide you with a nutritional needs assessment, help you develop healthier eating habits, plan healthy menus and lose weight. Call (515) 433-8624.

► **Pain Management Support Group**

First Wednesday of the month, 9:30 to 11 a.m., Boone County Hospital 3rd Floor Pain Clinic Waiting Room. This group is for individuals with chronic pain. For questions, call (515) 212-1594.

► **Sibling Class**

April 24, 6 p.m., Boone County Hospital 4th Floor Conference Room. This sibling class for 2 to 10 year olds helps children prepare and accept the arrival of a newborn. The next class will be April 24. To register, call the Family Birth Center, (515) 433-8400.

► **Valet Services**

Monday through Friday, 8 a.m. to noon and 1 to 3 p.m.

# Medical Staff



**Anesthesia**

Genev Calek, CRNA  
Kayla Campbell, CRNA  
Rebecca Clark, CRNA

**Clinical Psychology**

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

**Emergency**

Tammy Chance, D.O.,  
ED Medical Director  
Timothy Evert, D.O.  
Katie Kuehner, D.O.  
Jason Sheffler, 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  
Alexander Kalenak, M.D. 432-4444  
Brian Mehlihaus, M.D. 432-4444  
Eric Peterson, M.D. 432-2335  
Rienera Sivesind, M.D. 432-4444  
Melinda Altman, ARNP  
Josh Chrisopulos, PA-C 795-4300  
Mel Hilsabeck, ARNP 795-4300  
Maria Theresa Latoja Lovan, ARNP  
Mindy Royster, ARNP  
Dawn Tingwald, ARNP 275-2417  
Chelsea Wickman, ARNP

**General Surgery**

Jeffrey Maire, D.O. 433-8500  
Jay Seligman, D.O. 433-8500

**OB/Gyn**

Tracey McIntire, D.O. 433-8700  
Rienera Sivesind, M.D. 432-4444

**Pain Clinic**

Christopher Hanson, CRNA, MS, ARNP  
212-2420

**Pathology**

Christopher Johnson, M.D.  
Trisha Schlick, D.O.  
Jamie Wedert, M.D.

**Podiatry**

John Erickson, D.P.M., AACFAS  
433-8500

**Radiology**

Randy Anderson, M.D.  
Grant Goldsberry, M.D.  
Dean Gute, M.D.  
Douglas Lake, M.D.  
David Larson, M.D.  
Charles Olson, M.D.  
David Sosnouski, M.D.

**Wound Clinic**

Scott Thiel, M.D.

**BCH OUTREACH SERVICES**

**Ophthalmology**

Nicolas Hamouche, M.D., McFarland Clinic

**BCH SPECIALTY CLINIC 433-8300**

**Allergy**

Jay Brown, M.D., McFarland Clinic

**APO**

Rick Volk, CO, CL, American Prosthetics

**Audiology**

Lisa Gardner, MS, CCC-A, Mercy ENT

**Cardiology**

Amar Nath, M.D., UnityPoint Cardiology  
Rakshak Sarda, M.D., Iowa Heart Center  
Robert Shapiro, M.D., McFarland Clinic

**Dermatology**

Scott Green, M.D., Radiant Complexions  
Janeen Busch, ARNP, Radiant Complexions

**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  
Todd Harbach, M.D., Iowa Ortho  
Timothy Kenney, M.D., Iowa Ortho  
Craig Mahoney, M.D., Iowa Ortho  
Benjamin Paulson, M.D., Iowa Ortho  
Jared Carter, PA-C, Iowa Ortho  
Kraig Holtorf, PA-C, Iowa Ortho  
Casey Howe, PA-C, Iowa Ortho

**Physical Medicine and Rehab**

Todd Troll, M.D., Iowa Clinic

**Podiatry**

Todd Miller, D.P.M.

**Pulmonary Medicine**

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

**Urology**

Brian Gallagher, M.D., The Iowa Clinic

**Vascular Surgery**

Hazem El-Arous, M.D., Ph.D.,  
Iowa Clinic



## What Conditions Can Be Seen in the Walk-in Clinic?

**S**ince opening its doors in the summer of 2016, the Walk-in Clinic has proven to be a benefit to the Boone community for individuals in need of prompt medical care.

The clinic, located at 120 South Story Street, is open seven days a week: 9 a.m. to 8 p.m., Monday-Friday; 9 a.m. to 7 p.m., Saturday; and 9 a.m. to 5:30 p.m., Sunday.

### **Conditions that can be treated:**

- Sore throat and sinus infection
- Nausea, vomiting, diarrhea
- Sprains and strains
- Splint application
- Urinary tract infection
- Migraine
- Upper respiratory infection
- Simple wounds and lacerations
- Skin rash and infections
- Nose bleed packing
- Cuts and minor burns
- Allergic reaction to a bug bite
- Ear infection
- Superficial foreign body removal

There are certain conditions that should not be seen in the Clinic and patients with these conditions should schedule an appointment with their primary care provider or if it's an emergency, go straight to the Emergency Room at Boone County Hospital. The staff in the Clinic does not have the capabilities to manage the following illnesses/situations and are not the appropriate level of care.

### **Included are:**

- Anxiety/depression
- Follow-up care
- Second opinions
- Suspected cardiac chest pain
- Suspected stroke symptoms
- Medication refills or prescribing of narcotic pain medications

**For more information on the Walk-in Clinic or Boone County Hospital, log on to [www.boonehospital.com](http://www.boonehospital.com).**

