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Boone, Iowa 50036

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To your Health

a newsletter for the community

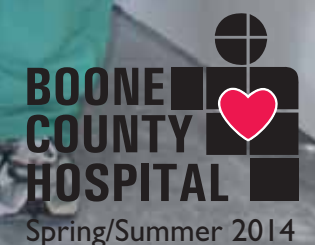


New Wound and Hyperbaric Center

Opens in August

In this issue:

- New Health Portal for Patients
- CT Scanner Provides Faster Exams
- New Board Members
- BCH Foundation Healthcare Heroes



Spring/Summer 2014

Check out our new WEBSITE

Boone County Hospital (BCH) launched a new website in March. Learn all you need to know about the latest in hospital and BCH Foundation events, physicians, services, available jobs, and more. Send a greeting card to a loved one, pay a bill online, check out the upcoming program/events, or if you are a student, take advantage of available scholarships. There are many options available to benefit you!

Check us out at www.boonehospital.com and don't forget to "like" us on Facebook!

Boone County Hospital Bettering Our Communities Healthcare

HOME | PHYSICIANS | PATIENTS & VISITORS | SERVICES | CAREERS & VOLUNTEERS | ABOUT US | FOUNDATION

"You were all amazing during the birth of our daughter. Each one of you did your part to ensure the delivery as well as the recovery was as easy as possible. We cannot express how much that meant at the most important time in our lives."

~ Grateful patient

Hospital News & Events	Foundation News & Events	Quick Links
<ul style="list-style-type: none"> May 28 BCH Anesthesia and Volunteers Team Up May 14 BCH Employee Receives IHERF Scholarship May 1 Dr. John Cook Retires April 30 New Pathology Services at BCH April 28 BCH Welcomes Two New Board of Trustees April 23 Boone Chamber Ambassadors Visit Ogden Clinic April 17 BCH Installs Innovative CT System 	<ul style="list-style-type: none"> May 28 Register for the BCH Foundation Annual Golf Event May 5 BCH Foundation Calendar of Events Mar 1 Business Sponsors 	<ul style="list-style-type: none"> Cafe Menu Pay My Bill Programs & Services Greeting Cards Maps & Directions Scholarships Gift Shop Welcome Video Say Thank You Ways to Give

Boone County Hospital
1015 Union Street
Boone, IA, 50036
T: (515) 432-3140
F: (515) 433-8926
Email: techmidt@bchmail.org

About Us
Boone County Hospital is a 25-bed critical access hospital that has been serving the healthcare needs of Boone County and the surrounding communities since the early 1900s. Boone County Hospital's mission of "Bettering our communities healthcare" is evident in the wide array of services and programs available, the state-of-the-art technology, and the quality physicians and staff.

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BCH is slated to open a new Wound & Hyperbaric Center

Offering leading edge
treatments using
state-of-the-art technology

More than 8 million people in the United States suffer from chronic wounds of which healing has been impeded by such diseases and conditions as diabetes, obesity, aging and the late effects of radiation therapy.

Boone County Hospital (BCH) is thrilled to be opening a new Wound and Hyperbaric Center in August 2014. The opening of the new center brings the community state-of-the-art treatment and protocols to treat chronic wounds including hyperbaric oxygen therapy, negative pressure therapies, bioengineered tissues and biosynthetics. Studies have shown these types of therapies can improve and speed up wound healing.

Wound care has been available by wound care nurses through the BCH Wound Clinic for more than 25 years. These nurses are nationally known for the care they provide and the presentations they make each year at wound care conferences. The nurses perform wound assessments and determine treatment plans under the direction of Dr. Richard Unger, Wound and Hyperbaric Center Medical Director. In addition to wound care nurses Mary Lynn Papin, RN, BSN, CWOCN, and Cathy Wetzeler, RN, BSN, CWOCN, Lesa Maring, BSN, MHA, is the new Program Director and Tara Loecker,

RN, is the new Clinical Coordinator.

"BCH Administration and the wound care staff are excited to be offering a service of this magnitude to Boone County," says Howard Eikenberry, BCH Assistant Administrator. "Individuals in need of this type of wound healing can now be close to home for their treatment saving them time and miles. Currently, the closest wound care/hyperbaric center is 50 miles away."

Construction on the new center located on the third floor of BCH began earlier this year to allow for more space, additional treatment rooms and room for two new hyperbaric chambers. Each chamber weighs 1,992 pounds and is 9 feet by 4 feet by 5 feet in size. Staff will transition to their new location in late July.

"I am so happy to play a role in this new endeavor for Boone County Hospital," says Maring. "We have a great staff and I'm looking forward to the opening of the new center. Until the opening, we will continue to provide the quality wound care services that have always been



available at BCH."

Likely candidates for hyperbaric treatment are those suffering from diabetic ulcers, pressure ulcers, infections, radiation injuries to soft tissue and bone, compromised skin grafts and flaps, and wounds that haven't healed within 30 days.

BCH's partnership with the Healogics™ network will allow a scientific approach to explore, test, find and develop the clinically proven methods and technologies which reintroduce the body's innate ability to heal.

A physician's referral is needed for wound care. For more information about the BCH Wound and Hyperbaric Center, call (515) 433-8337 or log on to www.boonehospital.com. Watch for an open house this fall!

Pictured, cover: Wound and Hyperbaric Center staff in the construction zone of the new center; above: a hyperbaric chamber



BCH ALLIED HEALTH & MEDICAL STAFF

Anesthesia433-8358

- Beth Brady, CRNA, MS, ARNP
- Rebecca Clark, CRNA, MS, ARNP
- Christopher Hanson, CRNA, MS, ARNP

- Larry Lee, CRNA, ARNP

Clinical Psychology

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

Emergency433-8150

- Tammy Chance, D.O., ED Medical Director
- Rick DesCamps, D.O.
- Timothy Evert, D.O.
- Katie Howe, D.O.
- Brent Liebert, M.D.

Family Practice

- Joshua Anderson, D.O.432-2335
- 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
- Paul Volker, M.D.432-4444
- Nicole Goliber, PA-C795-4300

General Surgery

- Richard Unger, Jr., D.O.433-8500

OB/Gyn

- Tracey McIntire, D.O.432-7766

Orthopedic Surgery

- James Mueller, M.D.433-8500

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

General Surgery

- Jeffrey Maire, D.O.433-8500

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

- AJ Keiner, AuD, Woodard Hearing
- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Jeffrey Boyd, M.D., Iowa Heart
- Amar Nath, M.D., Iowa Health Cardiology

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

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

Pain Management

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

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic/Reconstructive Surgery

- Kyle Ver Steeg II, M.D.

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic
- Mark Wetzler, 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.**
- **Madrid Family Practice Clinic, Every Monday, Wednesday, Friday, 8 to 9 a.m.**

Boone Blood Drive
July 14, 1 to 6 p.m., BCH 4th Floor Conference Room. 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 Angela Lewis, (515) 432-2275 or Sue Pratt, (515) 433-7836.

Boone County Nutrition Programs
 Boone County provides meals to individuals 60 and older

throughout the county. For more information on the Home Delivered Meal and Congregate Meal Programs, call (515) 432-1127.

CPR Classes

CPR classes are available to the public by certified 1st aid/CPR trainer Lou Greco. To register for CPR, call Lou at (515) 230-5852 or email him at lougrec@q.com.

Cancer Support Group

The third Tuesday of each month, 6:30 p.m., BCH 1st Floor Conference Room. The group offers support, companionship and encouragement for those who have cancer and those who care for an individual with cancer. The group is coordinated by the John Stoddard Cancer Center and the Boone County Hospital Specialty Clinic. For more information, call Konnie Carlson, (515) 205-8746 or Heather Cook, (515) 433-8300.

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

July 9, 6 to 9 p.m., BCH 4th Floor Conference Room. Covered topics are childbirth

preparation, infant care and breastfeeding. Wear comfortable clothes and bring two pillows. Snacks provided. Call (515) 433-8400 to register.

Educating & Empowering U

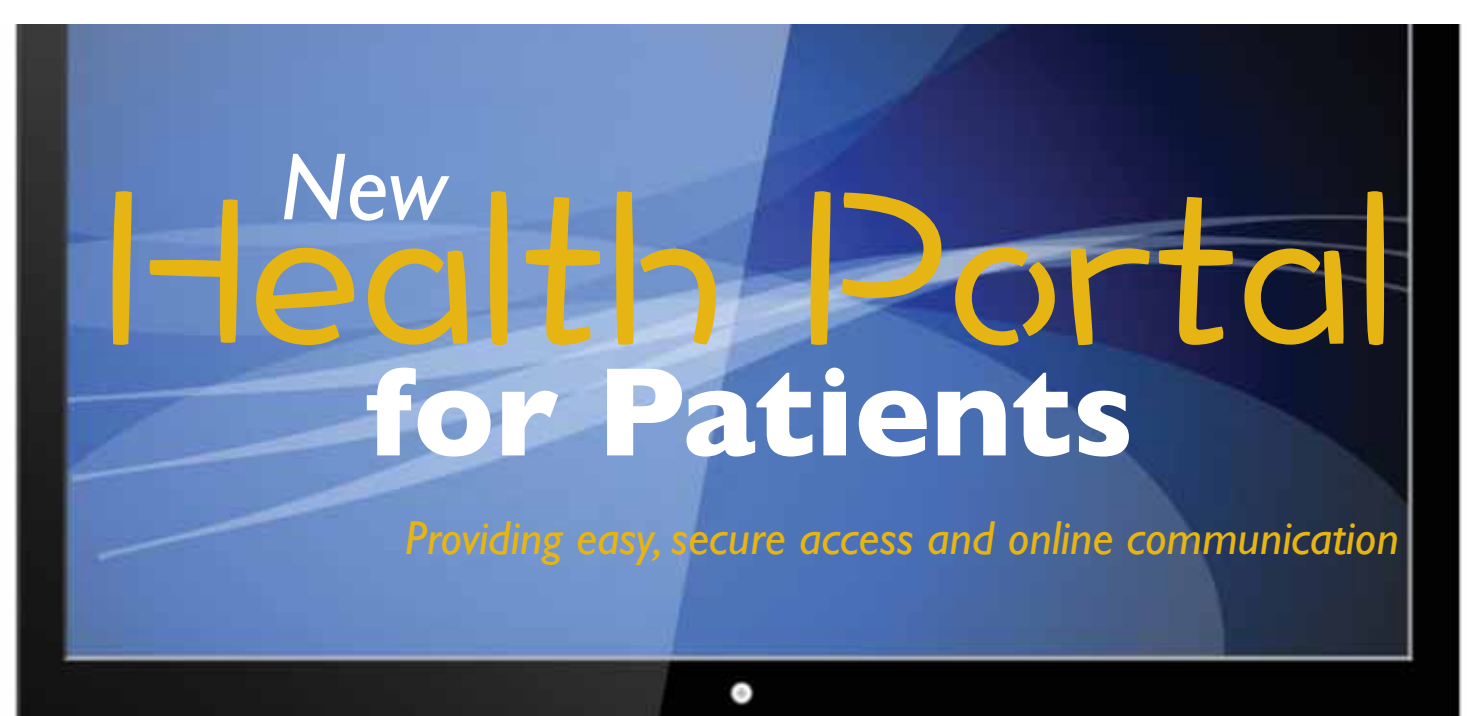
The third Tuesday of each month, BCH 4th Floor Conference Room. Watch for details on the summer program topics. A complimentary meal is provided. To register for this free program, call Sara Behn at (515) 433-8470 or email sbehn@bchmail.org.

Sibling Class

July 16 and 23, 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 Birth Center at (515) 433-8400.

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.



Boone County Hospital (BCH) is pleased to unveil a new Health Portal for patients on July 1, 2014. This interactive web portal will empower patients and their families to take a more active role in their care by providing easy, secure access to their health information and online communication with BCH and its affiliated clinics.

Initially, the Health Portal will give patients over the age of 18 access to their health information, including laboratory and radiology results, medications, allergies, demographic information, history, and more; patients will also be able to view their appointments.

Several other features will be added in 2015. Patients will be able to request and track their appointments online; they can request appointments for specific timeframes, add comments and contact information and receive an email confirmation once an appointment is scheduled. A central appointment page will display their list of scheduled and pending appointments. Here, they can review appointment details and if necessary, request to reschedule or cancel appointments. The portal is a convenient way for patients to request changes to their demographic and contact information

prior to their visits.

Other added features in 2015 include patient access to outstanding balances. Communication with the patient's physician will also be an added benefit. The patient can submit questions through a secure messaging center and receive their physicians' responses. Email notifications alert them to any new activity on their portal such as test results, messages, or appointments.

"We are pleased to be able to offer this service to our patients and their families," says Matthew Sabus, BCH Information Systems Director. "It will allow them to have access to their patient information at their fingertips. It will be a convenient tool they can access any time of day or night."

Anyone 18 and over interested in enrolling in Health Portal should call (515) 433-8740, visit <https://portal.boonehospital.com>, or ask about it the next time you are at BCH. BCH encourages all of our patients to enroll in this convenient tool as it presents a valuable opportunity for patients and their families to actively participate in their care, which contributes to better health.

Pictured: Cory Reutter, Information Technology System Administrator, demonstrates the new Health Portal to Lindsey Barrett, Patient Registration



BCH Installs Innovative CT System

To make CT exams as fast, safe and accurate as possible for patients, Boone County Hospital (BCH) has installed the Aquilion™ PRIME CT system from Toshiba. The new CT system provides faster exams at the lowest possible radiation dose, while producing high-quality images required for accurate diagnoses.

“The speed of the CT enables our clinicians to obtain critical patient information for enhanced diagnoses faster than before,” explains Craig Freeman, BCH Radiology Director. “The design of the Aquilion PRIME allows us to successfully image a range of patients, from pediatric to bariatric, to further improve patient safety and comfort in our community.”

The CTs large bore opening offers a more spacious feeling for patients, while a higher table weight limit expands the

range of patients who can be imaged. In addition, it comes standard with industry-leading dose-reduction software.

“The new CT is another example of our commitment to providing the best in scans for our patients,” says Craig.

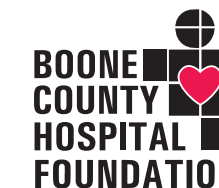
If you need to have a CT scan, ask your physician to refer you to Boone County Hospital. For more information about the CT system, call (515) 433-8160.

The CT system offers patients the highest level of image quality with advanced technologies to reduce radiation dose.

Pictured: Teresa Beem, Radiology Supervisor, utilizes the new CT on a patient



Thank you to our Corporate Sponsors



This year, the Boone County Hospital Foundation (BCHF) requested event sponsors in a different way. Rather than sending out a plea for support for each individual event, the BCHF offered a one-time request to support all three of the special events.

Each year, these events bring in over \$25,000 to the BCHF, and therefore to the hospital, for programs, services and equipment that would not be available otherwise. These sponsorships are critical to the success of the events. In return for making a one-year commitment, the BCHF gives the sponsors free tickets to the events and free digital advertising on the hospital kiosk board in the BCH Atrium.

If you would like more information about how your company can support the BCHF, please contact Sara Behn at (515) 433-8470 or sbehn@bchmail.org.

— \$1,000 —
 Fareway • Boone Bank and Trust

— \$500 —
 Boone Vision Center • Condon's Service
 CDS Global • Vision Bank
 UnityPoint Boone
 UnityPoint Des Moines
 Thompson Financial
 Casey's • BKD
 Edward Jones, Mike Overton
 Kruck Plumbing and Heating

SAVE THE DATE! BCHF Annual Harvest Festival
 Saturday, October 18th • Seven Oaks Recreation Lodge • [Facebook.com/bchfoundation](https://www.facebook.com/bchfoundation)



15th ANNUAL "BEST SHOT" GOLF TOURNAMENT

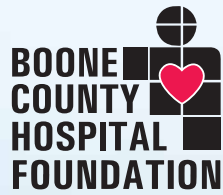
July 15th, 11 a.m. shotgun start
Cedar Pointe Golf Course, Boone

10 a.m. Registration • 11 a.m. Tee-off and sack lunch
 4 p.m. Dinner and awards ceremony



To register, log on to www.boonehospital.com.
 For questions, call Jennifer Bass, (515) 433-8487.

Online registration is available (until full) at boonehospital.com. Sponsorship opportunities available.



Meet Our New BCHF Board

The Boone County Hospital Foundation (BCHF) welcomes several new board members.

Doug Thompson, Vice President



Doug has enjoyed working in the banking industry for over 30 years, performing virtually every duty within a commercial bank. Doug and his wife moved to Boone two years ago and felt very welcomed by the community members. He is an Iowa State University fan and living so close to Ames has many advantages.

“Due to both economic and political factors currently in place, the acquisition and delivery of health

care services in the near future is going to be quite dynamic,” says Doug. “Boone is very fortunate to have a hospital of this caliber in town. Serving on the BCHF Board is one way I can help in providing the funds necessary to continue its presence. I’m looking forward to working with the other board members in our efforts to assist the hospital.”

John Wassenaar



Before retirement, John worked at Fareway as the EVP/CFO. He came to Boone as President of Citizens National Bank in 1976. John served on the BCHF before he moved away from Boone for a short time and then later returned.

“I appreciate the opportunity to get back on the BCHF Board,” says John. “I feel my expertise in finances will be very beneficial to the board and the hospital.”

Patricia Novacek



Pat is a retired RN who moved to Boone 20 years ago to be closer to family. Her parents were aging and she wanted to be able to help take care of them in their final years. Prior to moving to Boone, she lived in the Omaha area for 22 years working in various nursing positions while raising four children. In 2011, she retired as the Director of Dialysis at Mary Greeley Medical Center, Ames.

“I welcomed the opportunity to serve on the BCHF Board because it offered me a chance to serve the Boone community while using my years of experience in nursing,” says Pat. “It is my hope that I will not only share my knowledge and expertise, but also learn from my board colleagues.”

Wendy Kinne



Wendy is a Boone High School graduate. While in high school, she started working for Medical Associates Pharmacy as a technician. After graduating from the University of Iowa with a Doctor of Pharmacy Degree, she returned to Medical Associates Pharmacy and Clinic Pharmacy. She and her husband Scot became the owners of the two pharmacies in September 2013.

“I believe it takes a team of trained health care professionals to support the medical needs of a community,” says Wendy. “In my role as a pharmacist and business owner, I am lucky to work in a community where we have a great hospital. I am serving on the BCHF Board to help support an outstanding organization that provides cutting edge technologies, in first class facilities with superior medical professionals.”

Meet Our New Board of Trustees

Boone County Hospital (BCH) welcomes two new Board of Trustees members. Lisa Kobernusz and Meredith Nerem replace Maxine Redeker and Pat Henkel who stepped down in early 2014 after serving many years on the BCH Board of Trustees.

Lisa Kobernusz

Lisa works at Henkel and Associates, P.C., as a CPA. Shortly after obtaining her degree from Buena Vista University, she began her professional career at Henkel and Associates in November, 1986. Prior to that, she lived in Emmetsburg and was working as a pharmacist tech when she decided to go back to college as a non-traditional student.



Lisa feels the quality of healthcare is very important for the residents of Boone County. She joined the BCH Board of Trustees as a way to give back to the community—a community that has been so supportive of her professional career since she moved to Boone.

“The positive environment and the professional attitudes of Administration and the Board of Trustees, as well as the dedication and professionalism of the hospital staff is what drew me to Boone County Hospital,” she says. “In addition, the hospital’s outreach and support of medical services throughout Boone County, including Ogden and Madrid, is outstanding.”

Lisa says, “I have been involved in many community, school, and church activities and look forward to serving on the BCH Board of Trustees. I feel BCH provides valuable medical services and resources to the residents of Boone County.”

Meredith Nerem

Meredith works at Jordan and Mahoney Law Firm, P.C., primarily in the Boone and Madrid offices. Other than her years in college and law school, she has lived in Boone County her entire life and in Boone for the past eight years.

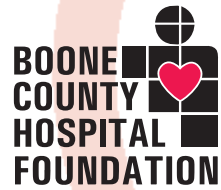


Meredith believes Boone County Hospital is integral to the Boone community and feels it is important for everyone to support it and enhance its impact when they can. “I have been an active member of the Board of Directors of the Ericson Library and the Boone County F.O.R.C.E. Board and have enjoyed serving in those capacities,” says Meredith. “I thought with this experience as well as my legal and business background, I might offer additional insights to the BCH Board of Trustees.”

“I was born at BCH and have been involved in the hospital in some manner my whole life,” says Meredith. “My grandmother, Alma Johnson, was a labor and delivery nurse at BCH and then later Dr. Gerald Sutton’s nurse. All of my immediate and extended family including myself have been treated at BCH numerous times, so I possess first-hand experience as to how valuable and pivotal BCH is to the Boone community. I have also participated in several BCH Foundation activities.”

“BCH is one of the most important assets of Boone County, and it is imperative we build a strong future for our hospital.”

Celebrating Our Healthcare Heroes



The Boone County Hospital (BCH) Foundation Healthcare Heroes program started in March 2012 to recognize employees for going “above and beyond” and to also prompt relationships with grateful patients of BCH. Over the past two years, the BCH Foundation has received approximately 165 nominations from patients for individuals, departments, and even multiple departments involved in trauma events.

As a critical access, rural hospital, BCH strives to be the best in customer relations and to impact patient satisfaction through personalized care. All of the hospital staff take incredible pride and satisfaction in doing their job well.

Recently, two departments reached a pivotal point in the Healthcare Heroes program by



“The Wound Clinic nurses’ compassion and concern are genuine. The knowledge and treatment they provided were outstanding...”
— Grateful patient

receiving five, or more, nominations. As a result, the employees within the department were invited to choose from several items that will have the “I am a hero” logo embroidered on it.

Pictured, left to right: Cathy Wetzeler, Ruth Anderson, Wound Clinic (WC), Joe Smith, BCH CEO, Mary Lynn Papin, WC, Sara Behn, BCH Foundation Director

“There is nothing I would recommend to change about our family’s experience at BCH and the Family Birth Center... We have a lot of people to thank at BCH!”
— Grateful patient



Pictured, left to right: Family Birth Center staff Molly Brown, Jill Bartlett, Shannon Hill, Dena Sytsma, Gina Wolter, Katie Merriam, Kaci Stoneburner, Jamie Fox-Clayton; missing: Sarah Droste, Autumn Grossnickle

BCHF Annual Duathlon/5k/10k



On May 4th, the Boone County Hospital Foundation (BCHF) hosted its fifth Duathlon/5k/10k event. Over 70 people participated in the event this year coming from as far as four hours away.

The BCHF Duathlon kicked off at 8 a.m. with a 2-mile run followed by a 13-mile bike ride, and then a 2-mile run to finish. The 5k and 10k started at 10 a.m. with both races starting and finishing at Boone County Hospital.

“The Duathlon/5K/10K has been a fun event to share with the Boone community and beyond over the past five years,” says Sara Behn, BCH Foundation Director. “It’s a unique event because it doesn’t require a pool or lake like a triathlon. Many participants prefer to run and bike and not swim. These races have grown in popularity over the years. There are now about 10 duathlon and nearly 500 5K events in the state of Iowa each year.” She adds, “People



from all over Iowa travel to Boone for our Duathlon.

The purpose of the event is to promote health and wellness in our community and the state of Iowa.”

The BCHF is appreciative of the volunteers, sponsors and collective 400 participants who traveled from all over Iowa. Thank you to True Time Racing for their digital chip timing.

Pictured top left: the race begins; above top, left to right: Mike Bryant, Valerie Heath, Matt Heath; above left: Deb, Katie and Neil Johnson; above, left to right: Stephanie Olson, Ashley Miller