

TO YOUR HEALTH

NEWSLETTER FOR THE BOONE COUNTY COMMUNITY • SPRING 2023



A Partnership Is Born

BCH and Van Diest Family Health Clinic have formed an alliance to expand prenatal care.

ALSO IN THIS ISSUE:

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OB Partnership with Van Diest Medical Center



Mom Kaylee Wagner,
Baby Winston Jondal,
and Dad Jesse Jondal



Left to right: Family Birth Center nurses
Sammi Kennon, Jamie Fox-Clayton, Christine
VanderLeest, with Kaylee and Winston



Pictured, left to right:
Dr. Sivesind, Dr. Ehn, Dr. Hay,
Dr. Duwe, Dr. Linkenmeyer

Boone County Hospital (BCH) is excited about a new OB partnership they started with Van Diest Medical Center, Webster City, in January 2023.

Patients who are needing obstetrical care at Van Diest Family Health Clinic (VDFHC) can receive their prenatal care there and deliver with one of the Boone County Hospital (BCH) OB doctors at the BCH Family Birth Center.

Currently, Van Diest Medical Center does not have a birthing center, and therefore, has not offered prenatal services to expectant mothers in the clinic. In the past when one of their patients became pregnant, they had to

seek services elsewhere (typically within a 30-to-60-mile radius) and go to another hospital to deliver their baby. Dr. Nikki Ehn and Dr. Elise Duwe, both family practice physicians who provide obstetric care, are the providers at Van Diest Family Health Clinic (VDFHC) with whom we partner with to offer these obstetric services.

This is where our three Boone County Family Medicine doctors who also provide obstetrical services and deliver come in. Dr. J. Lindsey Hay, Dr. Kate Linkenmeyer, and Dr. Rienra Sivesind now see Dr. Ehn's and Dr. Duwe's patients as a new OB before 12 weeks. The patient then returns to

VDFHC to be cared for by Dr. Duwe or Dr. Ehn until 28 weeks. At that time, OB patients return to Boone for their care until they deliver. Following delivery, patients and their babies will resume their care with the VDFHC providers.

"We are excited about this partnership," says Tacy Hyberger, BCH Assistant Administrator of Clinic Operations. "This means two exceptional healthcare facilities are working together to provide one outstanding birthing experience. We have been building on this partnership and the process is going well."

BCH Welcomes New CEO and CFO

Mikaela Kienitz

Boone County Hospital welcomed Mikaela Kienitz, RN, MSN, FACHE, to the Hospital as the new CEO on

January 2nd. Mikaela replaced long-time CEO Joe Smith who had been with BCH for 30-years. Joe's retirement was bitter-sweet. He was a staple in the growth of BCH over the years; however, he has moved on to many personal adventures in his retirement.

Mikaela came from Compass Memorial Healthcare in Marengo, Iowa. She had been employed there since 2001 and most recently was the Chief Operating Officer where she directed administrative and personnel functions within the entire organization. Throughout the years at Compass, she held many distinct roles: Interim Chief Executive Officer, Director of Patient Care Services, Associate Director of Patient Care Services and Staff Nurse.

Mikaela grew up in Cedar Falls, Iowa. She has an 18-year-old son that is a senior in high school, and a 21-year-old son that is a student at the University of Iowa.

"I am excited and grateful for the opportunity to serve in this role at Boone County Hospital," Mikaela says. "I've already hit the ground running... I am happy to be a part of the team and to lead the organization into a very successful future by building upon the strong foundation that exists today. I have moved to Boone and look forward to engaging with the communities and patients that we serve."



CEO

Karl Vilums began his new role as CFO in March. He replaces Joe Devin who retired at the end of April.

Karl grew up in Omaha, Nebraska, and attended the University of Nebraska-Lincoln where he received a bachelor's degree in accounting. He began his career in healthcare as a Medicare Auditor, and from there went on to work for Bryan Health in Lincoln, Nebraska, as Manager of Budget and Analysis.

Karl's first CFO job was at St. Mary's Community Hospital in Nebraska City, Nebraska, a Critical Access Hospital. During that time, he obtained a master's degree in public administration with an emphasis in Healthcare from the University of Nebraska-Omaha. Following his degree, he was CFO of Ivins Memorial Hospital in Laramie,

Wyoming, for five years and then became CFO of Broadlawns Medical Center, Des Moines, for eight years.

Karl is currently a Board Member and Treasurer for the Free Clinics of Iowa.

His wife Melisa is retired and is a volunteer, and they have two adult sons, Ryan, and Nik.

Karl and Melisa are moving to Boone. "We are both very excited to become part of this wonderful community," he says. "Everyone has been so welcoming."



Karl Vilums

CFO

BOONE COUNTY HOSPITAL FOUNDATION EVENTS



The Boone County Hospital Foundation (BCHF) hosted its first event of 2023, Trivia Night, on April 7, at Seven Oaks. They had a great time and a great turnout with 12 teams ready to put their trivia knowledge to the test. There were eight rounds of 10 questions with various categories, including historical tweets, time, and everyone's favorite - the jelly bean taste test.

Thank you to everyone who came, played, and supported BCHF. A hug thank you to emcee Jim Dose for keeping the crowd entertained and the game moving throughout the night. Halfway through, there was a Dessert Dash where teams "bid" on delicious desserts donated by Fareway, Dutch Oven Bakery, HyVee, Three's Confections, BCH Auxiliary, Amy Landas (BCHF Board Member), Mikaela Kienitz (BCH CEO), Cathy Sprengeler, Karlie Heimer, and Sue Gradoville. BCHF made \$1,451.50 thanks to their generosity.

The "Swifties" looked like they had a win in the bag but were defeated by the final question, and the "Bel-Air [Ladies]" swiped the title of 2023 trivia champions in a "risk all" grand finale. They received a free table for Trivia Night 2024 to defend their title. Many others received "Chamber Bucks" as door prizes, and "Department of Correct Answers" were once again the reigning champions of the "Best Team Theme."

TO STAY UP-TO-DATE ON ALL OUR EVENTS, VISIT [BOONEHOSPITAL.COM/FOUNDATION/EVENTS](https://boonehospital.com/foundation/events)



EDUCATING & EMPOWERING U

**HEALTHY
TALK**
BOONE COUNTY HOSPITAL
FOUNDATION

Available on
Soundcloud

Join us each month online for our Educating & Empowering U programs. You can find information for all upcoming programs on our website (boonehospital.com/foundation/eeu) and Facebook page (facebook.com/bchfoundation).

We also have all past programs uploaded on our website available to watch or listen to on our audio podcast called "Healthy Talk." You can listen via our website or the SoundCloud app (search BCH Foundation).

IN-PERSON & VIRTUAL EVENTS

7.5K DUATHLON 10K

HIGH TRESTLE TRAIL - MADRID, IA

TRESTLE HUSTLE

SATURDAY, JUNE 17 @ 8:00 AM

\$50 - 5K/10K • \$60 - DUATHLON

REGISTER TODAY TO GET OUR TRESTLE HUSTLE BELT BAG



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MIKE SCHEUERMANN
MEMORIAL
GOLF
TOURNAMENT
2023

THURSDAY
JULY 20

CEDAR POINTE
GOLF COURSE
BOONE, IOWA

ONE PLAYER \$125	FOURSOME \$500
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SPOTS LIMITED
REGISTRATION
OPENS IN JUNE



BCH FOUNDATION

HARVEST FESTIVAL

FRIDAY | NOV 10 | 5PM

COBBLESTONE INN & SUITES

\$100 per person
+\$200 Table Reservation
+\$400 VIP Experience

LIVE & SILENT AUCTION
DINNER & DESSERT
RAFFLE
BELTS OR BANDANAS
FUND-A-NEED

DENIM & DIAMONDS



THANK YOU TO OUR 2023 CORPORATE SPONSORS










































Senior Life Solutions Opens Program at BCH



Heidi Kennedy, RN
Program Director



Amy Dombrowski, LMSW
Program Therapist

 **BOONE COUNTY
HOSPITAL**



**Senior Life
Solutions®**

Aging brings many joys – more time with family and freedom in retirement – but our older years can also bring difficult life transitions, including the loss of loved ones and stress from age-related health concerns.

Boone County Hospital's Senior Life Solutions Program is an intensive outpatient group therapy program designed to meet the unique needs of individuals, typically 65 and older, experiencing depression or anxiety related to life changes often associated with aging.

Feeling down every once in a while is a normal part of life, but if these feelings last a few weeks or months, you may be dealing with something more serious.

If you or someone you know has experienced any of the following, this

program might be right for you.

- Anxiety
- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Lost a spouse or close family member
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recently experienced a traumatic event

Services offered by Senior Life Solutions include a confidential, comprehensive assessment, group and individual therapy, family therapy, medication education and management,

and after-care planning, where we continue to engage and support our participants. Even though this is a group setting, each person is addressed individually based on their unique needs.

The program staff includes a board-certified psychiatrist, licensed therapists, a registered nurse, and other professionals dedicated to the mental health care of the older adults in our community.

Anyone can make a referral to the program. This includes self, family members, physicians, or other health-care professionals.

For more information about the program, call (515) 433-8713. Our program is located on the west end, 2nd floor of Boone County Hospital.



Medical Staff



Anesthesia

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

Dermatology

Janeen Busch, ARNP..... 432-2335

Emergency

Timothy Evert, D.O., ED Medical Director
Jason Sheffler, D.O.

Family Practice

Cameron Anderson, PA-C... .. 432-2335
Joshua Anderson, D.O..... 432-2335
Abby Bennett, DNP..... 795-4300
Tammy Chance, D.O..... 275-2417
Devi Dunker, D.O 432-2335
Trishia Filipiak, M.D..... 432-4444
J. Lindsey Hay, M.D..... 432-4444
Mel Hilsabeck, ARNP..... 795-4300
Kate Linkenmeyer, M.D..... 432-4444
Rodney Logan, M.D..... 432-2335
Eric Peterson, M.D..... 432-2335
Rienera Sivesind, M.D..... 432-4444
Scott Thiel, M.D..... 432-2335
Dawn Tingwald, ARNP..... 275-2417

General Surgery

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

OB/GYN

J. Lindsey Hay, M.D..... 432-4444
Kate Linkenmeyer, M.D..... 432-4444
Rienera Sivesind, M.D..... 432-4444

Pain Clinic

Christopher Hanson, CRNA, MS,
ARNP.....212-2420
Damiun Bassandeh, CRNA.....212-2420

Pathology

Trisha Andersen, D.O.
Christopher Johnson, M.D.
Jamie Weydert, M.D.

Podiatry

John Erickson, D.P.M., AACFAS,
FACFAOM433-8500

Radiology

Randy Anderson, M.D.
Kyle Freeman, M.D.
Nima Golchin, M.D.
Grant Goldsberry, M.D.
Dean Gute, M.D.
Alexander Harvin, M.D.
Douglas Lake, M.D.
Tyler McCurdy, D.O.
John McGarity, D.O.
David Sosnouski, M.D.

Walk-In Clinic

Katelyn Brown, PA-C
Stephanie Gorsuch, ARNP
Mollie O'Brien, DNP
Mindy Royster, ARNP
Brienne Wessels, ARNP

Wound and Hyperbaric Center

Malarie Bender, PA-C 433-8740
John Erickson, D.P.M., AACFAS,
FACFAOM 433-8740
Scott Thiel, M.D..... 433-8740

OUTREACH CLINIC

Ophthalmology

Nicolas Hamouche, M.D.,
McFarland Clinic... .. 239-4460

BCH SPECIALTY CLINIC..... 433-8300

Allergy

Jay Brown, M.D., McFarland Clinic

Audiology

Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

Rakshak Sarda, M.D., Iowa Heart Center

ENT

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

Nephrology

Jacob Alexander, M.D., McFarland Clinic

Oncology

Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

Gregory Christiansen, M.D.

Orthopedic Surgery

Steven Aviles, M.D., Iowa Ortho
Craig Mahoney, M.D., Iowa Ortho
Benjamin Paulson, M.D., Iowa Ortho
Jared Carter, 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

Amerlon Enrriquez, M.D.,
The Iowa Clinic
Katrina Guest, M.D., The Iowa Clinic
James Mallen, D.O., The Iowa Clinic

Vascular Surgery

Brett Voight, D.O., Iowa Clinic

Discrimination is Against the Law

Boone County Hospital complies with applicable Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, religion, sex, gender identity, sexual orientation, or disability.

BCH Orders Two New Ambulances

To better serve our patients and our communities, Boone County Hospital (BCH) has ordered two new ambulances. The new ambulances will replace two of our oldest units from 2003 and 2007 while maintaining our fleet of four ambulances.

Mikaela Kienitz, BCH's CEO stated, "Patient and staff safety are at the forefront of our decision making and at this time, we feel that purchasing two ambulances will position the Hospital's EMS service in the best possible situation to care for patients throughout the county." In addition, Kienitz adds, "BCH is committed to maintaining and providing an excellent ambulance service to our communities."

Our ambulances get a lot of use which leads to increased mileage and wear and tear on the units. Our current fleet of



ambulances have very high miles, ranging from 130K miles on our newest unit to over 400K miles on our oldest. As the ambulances have aged, they have also required more service leading to added costs.

According to BCH Ambulance Director, Mark Addy, "One of the most important features of the new ambulances is the Power Load Stretchers that allow the stretchers to be loaded onto the ambulances with the push of a button. This is a big safety feature and should aid to mitigate back injuries. New ambulances

and equipment are a positive indicator in staff satisfaction and help with recruitment and retention of qualified EMS staff."

The Board of Trustees approved the cost of the two ambulances at \$280,000 each at the Board meeting in February. The current expected wait time for the ambulances is 24 to 48 months. We are happy to continue providing such an important service to our community and look forward to having reliable vehicles that will offer the latest technology for our patients and staff.