

# To Your HEALTH



**ALSO IN THIS ISSUE:**

- **Safe Room**
- **Safe Sleep Hospital**
- **Foundation**
- **Looking Forward**
- **Medical Staff**
- **New Board Member**



## A SAFE ROOM FOR MENTAL HEALTH PATIENTS

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Providing a private, protected environment to help our patients that need additional support.

# A Safe Room Added to BCH in 2022



**T**he Boone County Hospital Foundation (BCHF) is raising \$160,000 for a Safe Room on the Hospital's Med/Surg floor.

A safe room is a space where people with behavioral/mental health issues and medical issues receive care while they wait for a bed in a mental health unit. Often this can take several days for a space to open up at another facility. Supplies for staff are readily available in the Safe Room for emergencies but not readily available for patients. A comfortable but safe bed is nearby.

The goal is to renovate a current patient room into a Safe Room so the patient cannot harm themselves or anyone else during their hospital stay. The project is estimated to be between \$160,000 to \$190,000, depending on the cost of construction, fixtures, and equipment. The Foundation has raised \$30,000 and has up to \$50,000 more to contribute from Endowment interest. Recently, the Foundation received a generous gift from the F. William Beckwith Charitable Foundation for \$80,000 for

the Safe Room project. The renovation will likely begin this summer to be complete in the fall of 2022.

"Mental Health has become a bigger problem for all communities. We see it (in the Emergency Room (ER)) daily, sometimes multiple times in a day, from children to the elderly," states Dr. Tim Evert, BCH ER Medical Director.

In 2021, we lost a significant part of our mental health community, Dr. Bill Martin. Dr. Martin was the psychologist at BCH who was a pillar in the mental health community. All efforts to create a Safe Room at BCH are dedicated to his memory. Dr. Martin said in the past, "By providing a private, protected environment and developing a trusting therapeutic relationship, patients are encouraged to utilize the abilities to make healthier choices, allowing for a positive change."

According to the National Alliance on Mental Illness, one in five adults or roughly 600,000 Iowans live with some form of mental illness. About 37,000 deal with serious mental illness daily.

Depression is a leading cause of disability worldwide. Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity.

In the community:

- 21% of people experiencing homelessness also have a severe mental illness.
- 37% of people incarcerated in state and federal prisons have a diagnosed mental condition.
- 70% of youth in the juvenile justice system have at least one mental health condition.
- 1 in 8 of all visits to U.S. emergency departments are related to mental health and substance abuse disorders.

People with serious mental illness have an increased risk for chronic diseases like diabetes or cancer. Eighteen percent of U.S. adults with mental illness also have a substance abuse disorder.

Mental health symptoms have increased during the COVID-19 pandemic. From September 29 through October 11, 2021, 31.6% of adults in the U.S. and 27.2% in Iowa reported anxiety and/or depressive disorder symptoms. This statistic is up from 11.0% in 2019.

Lisa Paige, Director of Inpatient Services, notes, "Often we get patients who have primary mental health needs that come into our ER, and they have medical conditions as well. They are admitted to the Hospital, and then we use telepsychiatry during the medical treatment." ER Director, Carla Chow, adds, "In a crisis, safety is the most important thing for our patients and the staff."

**If you are interested in donating to the Safe Room, contact the BCH Foundation at (515) 433-8470 or [shehn@bchmail.org](mailto:shehn@bchmail.org).**

# BCH is a Safe Sleep Hospital



In the fall of 2021, Boone County Hospital (BCH) was recognized by the National Safe Sleep Hospital Certification Program as a Bronze Safe Sleep Hospital for their commitment to best practices and education on safe sleep.

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, the only national infant safe sleep organization. Based in Pittsburgh, Pennsylvania, Cribs for Kids is dedicated to preventing infant sleep-related deaths due to accidental suffocation. As a Nationally Certified Safe Sleep Hospital, the BCH Family Birth Center is recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics (AAP), and providing training programs for healthcare team members, and family caregivers.

“Sleep-Related Death (SRD) results in the loss of more than 3,500 infants every year in the U.S.,” said Michael H. Goodstein, M.D., neonatologist and medical director of research at Cribs for Kids®. “We know that modeling safe infant sleep in the hospital and providing education to families has a significant effect on infant mortality. Cribs for Kids Hospital Certification Program is designed to recognize those hospitals that are taking an active role in reducing these preventable deaths.”

“Bringing home a newborn is often overwhelming and can provoke a lot of anxiety,” said Dr. Rienra Sivesind, M.D., delivering and family medicine provider at BCH. “We get a lot of questions from parents who are worried about SIDS and want to know what they can do to prevent it. I think they will be reassured by the extra education and steps that BCH

is taking to help keep their babies safe.”

The National Safe Sleep Hospital Certification Program was created in partnership with leading infant health and safety organizations such as All Baby & Child, The National Center for the Review & Prevention of Child Deaths, Association of SIDS and Infant Mortality Programs, Kids in Danger, Children’s Safety Network, American SIDS Institute, Charlie’s Kids, CJ Foundation for SIDS, and numerous state American Academy of Pediatric chapters and health departments.

**BCH has three delivering family physicians on their medical staff: Dr. Hay, Dr. Linkenmeyer and Dr. Sivesind. All three care for mom, babies and the entire family. To schedule an appointment with one of them, call (515) 433-4444; to talk to someone in the Family Birth Center, call (515) 433-8405.**

*BCH is taking an active role in reducing preventable infant deaths.*



Dena Sytsma, Family Birth Center Director, Christine Vanderleest, RN, Kaci Mahannah, RN, Laura Krieger, Assistant Administrator of Nursing



# BOONE COUNTY HOSPITAL FOUNDATION

## IMPACT STATEMENT 2021

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Troy\* & Ruth Thompson  
Cathy Wetzeler  
John\* & Marlys Wassenaar  
David & Ann Whitaker  
Anonymous

### GENERAL DONATIONS

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Brian & Sharon Best  
Bongaars  
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Jerry & Linda Bravard  
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Natasha Chinnery  
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Kelly Craun  
Pat Cryder  
Lyn & Sherri Dighton  
Marci & Nic Fontanini  
Charles Greteman  
Aaron Irlbeck  
June Isaacson  
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Laura & Ross Krieger  
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Eula Scheuermann  
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Randy & Betty Ann Schmitz  
Schroeder Stark Welin Funeral Home  
Craig Shepley  
Jodi & Alana Sward  
Emily Toribio  
Amber VanPelt  
Suzie Walker  
Tracey Wilson  
Barb & Rick Wulkow  
Anonymous

### 2021 EMPLOYEE GIVING CAMPAIGN

Mark Addy  
Amy Bachman  
Jayna Becker  
Teresa Beem  
Ruth Berglund  
Steph Bowers  
Audrey Breyfogle  
Jolene Brown  
Rosie Burdess  
Stefanie Camenisch  
Carla Chow  
Heather Cook  
Amy Crouthamel  
Sue Currier  
Athea Deckleaver  
Lorie Ealy  
Angi Ellsworth  
Kacie Garver  
Cindy Garvey  
Juanita Gilley  
Ashley Hanson  
Tami Hartwig  
Jill Higgins  
Mel Hilsabeck  
Michele Hull  
Tacy Hyberger  
Lynn Johnson  
Kary Keys  
Peg King  
Sara Klute Behn  
Laura Krieger  
Jennifer Lemke  
Gail Linderblood  
Krystal Lloyd  
Linda Majors  
Rachel Mann  
Julie McCombs  
Mindy Mills  
Kris Parsons  
Debi Pestotnik  
Lisa Schmidt  
Marcia Schuler  
Kim Schwartz  
Dr. Jay Seligman  
Dr. Rieneva Sivesend  
Chelsey Skyles  
Katherine Stines  
Dena Systma  
Sara Tempel  
Katrina Tilley  
Becky Turbes  
Shayna Voss  
Susan Walker

\* Foundation Board Members & Hospital Trustees

# 2022 Corporate Sponsorships

## JOIN US TO ENHANCE AND IMPROVE BCH

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

### Recent projects completed with help from our sponsors:

- 2020 - Radiology Suite Remodel
- 2021 - Endoscopy Suite Remodel
- 2022 - Safe Room

**One-Time Sponsorship** - In 2021, with the help of our donors and corporate sponsors, we raised a net profit of \$55,000 from our events alone and over \$180,000 toward BCH projects.

BCH Foundation strives to meet the immediate needs of patients while creating lasting improvements to benefit Boone County Hospital into the future. Thank you for considering being a partner with us in this endeavor.

### 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!



### Interested in being a 2022 Corporate Sponsor?

Please contact Sara Klute Behn at [sbehn@bchmail.org](mailto:sbehn@bchmail.org) or 515.433.8470 or sign up online at [boonehospital.com/foundation/sponsors](http://boonehospital.com/foundation/sponsors).

## 2021 CORPORATE SPONSORS



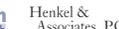
### GOLD SPONSORS



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## Schedule of 2022 Foundation Events

**Trivia Night** - What's the circumference of the sun? Who was the first baseball player to have his number retired? Get a group of friends and join us for a fun-filled night of trivia at Seven Oaks.

**Friday, April 22 · Seven Oaks Recreation**

**Trestle Hustle** - Join us for the 13th Annual Trestle Hustle (Duathlon, or 5K/10K run) at the High Trestle Trail in Madrid. Participants receive a shirt and swag bag. Volunteers needed to help along the route.

**Saturday, June 11 · Madrid High Trestle Trail**

**Mike Scheuermann Memorial Golf Tournament** - The 7th Annual Mike Scheuermann Memorial Golf Tournament at Cedar Pointe Golf Course. Participants will enjoy breakfast, a walk-thru lunch, dinner as they come in off the course, swag, giveaways, and a fun day on the course remembering our friend, Mike.

**Thursday, July 21 · Cedar Pointe Golf Course**

**Harvest Festival** - Wear a different kind of mask at our 14th Annual "Masquerade" Harvest Festival at the Fareway Conference Center at Cobblestone Inn & Suites. We will have a buffet dinner & dessert, live & silent auctions, a raffle, and musical entertainment. Proceeds from the event will assist with our annual project.

**Friday, October 21 · Cobblestone Inn**

**Breakfast with Santa** - Have breakfast with Santa at our 7th Annual Breakfast with Santa. Children can have their picture taken with Santa and share their Christmas wishlist.

**Saturday, December 10 · BCH Atrium**



# Looking Forward into 2022

Over the next few months, the Boone County Hospital (BCH) Board of Trustees will be taking steps to improve our Hospital facility to ensure we will be ready to care for patients well into the future. At the same time, the Board will be making decisions about our future management and partnership relationships with other organizations so BCH, and our patients will have continued access to the best care possible in Central Iowa.

First, the BCH Board is moving forward with a large-scale project to replace our kitchen and dietary facilities, and to replace our aging roof, generators, HVAC, parking, and medical gas systems. At the same time, we'll be evaluating a reconfiguration to add space to our Emergency Department and Laboratory. The Board has selected architecture and engineering firms to begin work to replace these essential components of our facility. Following completion of the facility design, initial cost estimation will be completed, and the Board will decide how best to move forward. Currently,

the Board plans to finance these improvements with a combination of Hospital cash, borrowing funds, and with the help of the BCH Foundation fundraising efforts.

Over the coming months, the BCH Board will also select a recruiting search firm to



begin a process to find a replacement for long time CEO Joe Smith who has announced that he will be retiring in January of 2023. The Board plans to use a national search firm and they expect the process will take several months. They anticipate this will begin in the spring or early summer.

Lastly, the BCH Board, Medical Staff, and Executive Leadership have been discussing the management, affiliation, or partnership relationships they believe would most benefit BCH. This group has worked together to identify BCH's priorities and how various relationships might best help the hospital meet its goals. There are several exciting possibilities soon regarding these potential relationships. However, the BCH Board is committed to keeping local control with the Board and is convinced the next Hospital CEO should be an employee of the Hospital and not a management company or potential Hospital partner. The Board is also committed to retaining the current relationship the Hospital has with its Medical Staff. They understand our Medical Staff is the foundation of the healthcare system in Boone and maintaining our strong relationship is essential.

We look forward to these changes over the next year. Each change will be designed to help BCH continue to provide excellence at our Hospital and at all our physician clinics.

**The Boone County Hospital Board of Trustees understand our Medical Staff is the foundation of the healthcare system in Boone and maintaining our strong relationship is essential.**



CEO Joe Smith

# 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  
Molly Gentle, M.D.  
Brian Mehlhaus, M.D.  
Jason Sheffler, D.O.

## Endocrinology

Diana Wright, M.D.....432-2335

## Family Practice

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  
Brian Mehlhaus, M.D.....432-4444  
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  
Mark LeDuc, D.O.....433-8700  
Kate Linkenmeyer, M.D.....432-4444  
Tracey McIntire, D.O.....433-8700  
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 Wedert, M.D.

## Podiatry

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

## Radiology

Randy Anderson, M.D.  
Nima Golchin, M.D.  
Grant Goldsberry, M.D.  
Dean Gute, M.D.  
Alexander Harvin, M.D.  
Douglas Lake, M.D.  
David Larson, M.D.  
John McGarity, D.O.  
Charles Olson, M.D.  
David Sosnouski, M.D.

## Walk-In Clinic

Malarie Bender, PA-C  
Abby Bennett, DNP  
Stephanie Gorsuch, ARNP  
Mindy Royster, ARNP  
Antoinette Thompson, DNP  
Brienne Wessels, ARNP

## Wound and Hyperbaric Center

Melinda Altman, ARNP.....433-8740  
John Erickson, D.P.M., AACFAS,  
FACFAOM.....433-8740  
Scott Thiel, M.D.....433-8740

**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

Rakshak Sarda, M.D., Iowa Heart Center

## Ear, Nose, Throat

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

## Gynecology

Emily Zoulek, D.O., FACOOG,  
McFarland

## 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

Bethany Decoster, ANRP,  
The Iowa Clinic  
Amerlon Enriquez, M.D.,  
The Iowa Clinic  
Katrina Guest, M.D., The Iowa Clinic  
James Mallen, D.O., The Iowa Clinic

## Vascular Surgery

Rori Mankins, M.D., 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.

## Welcome to the Board

**C**athy Wetzeler joined the BCH Board of Trustees in January 2022. She replaces Denny Kollbaum who stepped down in December after 11 years on the Board. Cathy feels very honored to be asked to be on the Board. “I have always loved being involved with anything medical, as that has been my life. I will enjoy this and look forward to giving my medical input.”

Cathy has many years of experience at BCH, most recently as a hospital volunteer, and currently, as the Auxiliary President. She also volunteers in Gifts Galore and Surgery Waiting.



**Cathy Wetzeler**

Cathy has been volunteering for different groups most of her adult life. Other groups she is involved in include the Blood Drive, the Free Clinic, PEO, RSVP and the COVID Clinics, when needed. She started F. William Beckwith Adult Day Services in 2005.

“I am more at peace with myself when I am in a helping position. That is the reason I love volunteering. I enjoy

Welcome  
TO THE TEAM

keeping busy and since my husband passed away it is really important for me to stay active,” Cathy says.

For 26-years, Cathy taught nursing at Iowa Lakes Community College and DMACC in Boone. Other nursing positions included camp, clinic, OB, medical/surgical, and the Wound Clinic.

Cathy retired from nursing in 2014. She was a nurse for 40 years. And, during those years, she was involved with BCH in some way for 35 years. “Because my dad was a physician and my husband was a pharmacist, I have been involved in the medical world all of my life,” she says.