

To Your HEALTH



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Specializing in YOU and YOUR BABY!

Women's health and OB care

Quality Obstetrical and Women's Health Care at BCH

Boone County Hospital (BCH) is excited to offer individuals looking to start or add to their family, two excellent family medicine providers that specialize in Obstetrics (OB); in addition, a third provider specializing in OB will be joining our medical staff this fall. Dr. Rienera Sivesind and Dr. J. Lindsey Hay offer primary care for all ages at Boone County Family Medicine North; they are highly trained and have many years of experience in managing pregnancies, delivering babies and both deliver at BCH. We are happy to be able to offer doctors that can provide a continuum of care from newborns to seniors.

Both doctors are pleased to provide women's health care, family planning and birth control, fertility counseling, prenatal care, labor and delivery care including cesarean sections, postpartum care, newborn care, and lactation support.

Dr. Sivesind joined BCH in 2017. After completing her Family Medicine Residency, she worked in Washington State for seven years before coming to Iowa with her husband and three children. She provides a patient-centered approach to maternity care in which a patient's preferences regarding their childbirth experience are prioritized when forming a plan for prenatal care and delivery. "I am dedicated to empowering women to make their own choices about their birth and prenatal care through open and compassionate communication throughout their experience," she says.

Dr. Hay joined BCH in January 2021. She has always sought out opportunities to practice full spectrum family medicine. After training in Seattle at the University of Washington, a Residency

at the Swedish Hospital and Fellowship in high risk/surgical obstetrics, she decided to try life in the midwest. She loves educating her patients and coming up with an individualized plan together to optimize health and prevention. "My special interests include the entire pregnancy experience, c-sections when necessary, pediatrics, and women's health, although, I love being able to take care of the entire family. This allows me to walk with my patients through all of life's journey's," she says. Dr. Hay sees herself as a guide whether it be through a low risk, low intervention pregnancy, repeat c-section, or chronic conditions like diabetes, hypertension or mental health.

Dr. Linkenmeyer, who will join BCH in November 2021, was born and raised on a farm in rural northeast Iowa. She received her undergraduate degree from Iowa State University and attended the University of Iowa Medical School. She completed residency training at Broadlawns Medical Center in Des Moines.

"I want to provide a welcoming, inclusive practice that celebrates diversity," she says. She specializes in women's health, pediatric care, mental health, and preventative medicine.

The Family Birth Center providers and staff continually work to improve care and services that are provided to our patients and community. We are excited to care for you and your loved ones during a very exciting time in

your life and want to assure you that we are providing you with care that is safe and personal. Providing a high-quality birthing experience for all patients is a top priority for the providers and staff at the BCH Family Birth Center. Our providers and staff have taken steps to ensure patients are cared for in a safe environment and leave the Hospital with the correct information to know when to call for help.



Dr. Kate Linkenmeyer

The BCH Family Birth Center and physicians have joined a statewide initiative to improve care for women in the State of Iowa. An interdisciplinary care team from our Hospital has joined other healthcare providers from all over the state in the Iowa Maternal Quality Care Collaborative (IMQCC). The mission of the IMQCC is to improve the quality, safety, and culture of maternity care provision for all Iowans by partnering with healthcare and community stakeholders, supporting data-driven and evidence informed quality improvement initiatives, and promoting patient and family-centered care. The vision of the IMQCC is for all birthing people to

Dr. J. Lindsey Hay

experience care that is safe, respectful, and accessible.

Safe care and early recognition of problems is a top priority at the Family Birth Center. The staff and providers have implemented safety checks to ensure timely recognition of problems for all our patients. Use of Maternal Early Warning Signs allows for quick recognition of changes in a patient's condition and guide for appropriate intervention. Sepsis (infection) risk assessments occur throughout the hospitalization. Protocols are in place to guide care providers in the event blood pressure rises to an unsafe level or hemorrhage (too much bleeding)

Dr. Rienera Sivesind

occurs. These standardized protocols are in place for staff and physicians to follow to ensure timely treatment and interventions. This allows us to provide you with personalized care while ensuring you are safe.

The support of labor is provided in many ways in the Family Birth Center. We want the experience to be individualized for each birthing person. The staff and providers will support you through a natural birth if that is your desire or other interventions including epidurals. The Family Birth Center is excited to offer you an additional option to manage pain and anxiety during childbirth. Nitrous Oxide is a new and safe option that takes effect in just seconds without long lasting effects. You control when and how long to use it. It allows you to be in control of your pain and discomfort. If you are interested in this pain control option for childbirth, please talk to your provider to see if it is appropriate for you.

We are also excited about a partnership with McFarland and Mary Greeley Medical Center. Dr. Emily Zoulek will begin offering gynecology (GYN) coverage mid-summer. She will begin seeing patients in the BCH Specialty Clinic two Thursdays a month. She will also provide OB consultation and emergency back-up for Drs. Sivesind, Hay and Linkenmeyer. For additional information on Dr. Zoulek, see page 6.

To schedule an appointment with Drs. Sivesind, Hay or Linkenmeyer, call (515) 432-4444. To schedule an appointment with Dr. Zoulek in the Specialty Clinic, call the McFarland Clinic at (515) 239-4414 and mention that you would like to be seen at Boone County Hospital.





TRESTLE HUSTLE 2021 RECAP

The 12th Annual Trestle Hustle, held on June 19th at the High Trestle Trail in Madrid, was a huge success! After 2020, we were so happy to be back in person with 145 running and biking athletes from all over the State of Iowa (we even had athletes from, Missouri, New York, and Georgia join us virtually) to participate in the 5K, 10K, or Duathlon (run, bike, run). Due to COVID, we held this event virtually in 2020 and were amazed at how many participants joined us this year – our Duathlon doubled in size from when we were in person in 2019!

Our overall winners this year were Christopher Bell (Duathlon - Male), Valentina Salotti (Duathlon - Female), Team Kicking Asphalt (Duathlon - Team), Nathan Limas (SK - Male), Glennda Newman (SK - Female), Logan Westin (10K - Male), and Amber Deardorff (10K - Female).

Finishers received a medal, t-shirt, and goodie bag with giveaways from our sponsors, trail mix provided by BCH Auxiliary, and gaiters with the Foundation logo. Culligan donated water, and Keurig Dr. Pepper provided energy drinks.

Many thanks to the volunteers, Boone County Hospital Ambulance service, Boone County Sherriff's Department, Madrid Police, and Boone County Conservation, who helped our event be safe and successful. Any funds made from this wellness event benefit the projects of the BCH Foundation.



MIKE SCHEUERMANN MEMORIAL GOLF TOURNAMENT 2021



The Boone County Hospital Foundation (BCHF) had record-breaking numbers at the 6th Annual Mike Scheuermann Memorial Golf Tournament. For the first time, the tournament was full (and then some) with 39 teams and 156 golfers. The weather was beautiful with just enough cloud coverage and a wonderful breeze (thank you, Mike!).

VisionBank (Team 1) was our tournament champion, capturing 1st place. Bowers Digmann Financial came in 2nd, and Jerod George's team got 3rd. We had five putting contest winners: Ryan Siler, Jeff Kinning, AJ Kinning, Travis Heaverlo, and Casey Howe. Annie Uthe was the winning bidder of the ICubs Suite, donated by Access Systems. Fred Greiner snagged the hottest raffle item this year, a Yeti soft cooler, and Bob Flynn was the winner of the 50/50 raffle.

The final net profit is yet to be determined, but is expected to reach over \$10,000 which will support BCHF projects.

The Foundation's gratitude goes out to those who helped make the event a great success. Thank you to Boone County Hospital (BCH) Nutrition Services for preparing breakfast sandwiches, VisionBank for the pass-thru brat lunch, Saint's Avenue for grilling chicken and burgers for dinner, Culligan for donating water, Keurig Dr. Pepper for the drinks, Flynn Real Estate for the beer keg, and Pat Clemons for the Hole-In-One contest. To all the volunteers, corporate sponsors, Mike's family and friends, Cedar Pointe Golf Course, the Foundation Golf Committee, the BCH Engineering Department, and of course, all our golfers. You all make this day extra special and a huge success!



OB/Gyn Services Added to the Specialty Clinic



Dr. Emily Zoulek

Boone County Hospital (BCH) is adding OB/Gyn services to their Specialty Clinic. We are happy to have Emily Zoulek, D.O., FACOG, OB/GYN, join our Clinic in August; she will be in the clinic two days a month. Dr. Zoulek is with the McFarland Clinic in Ames and brings a great deal of experience in caring for women.

Dr. Zoulek received her Doctor of Osteopathy from Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania. She completed an OB/GYN internship and residency at Mercy Health Partners, Muskegon, Michigan.

Dr. Zoulek became an OB/GYN because she loves surgery and procedures and likes to get to know and have a relationship with her patients. As an OB/GYN, she provides a wide array of services from birth control to obstetric care for pregnant patients to surgeries. Her medical interests include prolapse and incontinence management. "I perform all normal gynecology procedures but do a lot of prolapse and

incontinence procedures. Most of them are minimally invasive and same day procedures," she says. In addition, she performs TVT procedures (Tension-free Vaginal Tape procedures utilize a synthetic mesh tape inserted through small incisions and secured to support the urethra, preventing leakage for stress incontinence) that are same-day procedures, and they have a 95% success rate, as well as laparoscopic hysterectomies which are minimally invasive and generally same day procedures with three small incisions in the abdomen.

Dr. Zoulek grew up in a small town and worked in a small town similar in size to Boone prior to moving to Ames in 2020. "I'm excited to start working in Boone. I think it will be a great fit for me," she says.

We believe Dr. Zoulek will be a great addition to our staff. For an appointment with Dr. Zoulek in the BCH Specialty Clinic, call McFarland Clinic at (515) 239-4414 and ask for an appointment at the BCH Specialty Clinic.

WELCOME

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
Brian Mehlhaus, M.D.
Jason Sheffler, D.O.

Family Practice

Joshua Anderson, D.O.....432-2335
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
*starts November 2021
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
*starts November 2021
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 Weydert, 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
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

Amar Nath, M.D., UnityPoint 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 Clinic

Nephrology

Jacob Alexander, M.D., McFarland Clinic

Neurology

Michael Kitchell, M.D., McFarland Clinic

OB/Gyn

Emily Zoulek, D.O., FACOOG
.....515-239-4414

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
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.



MASQUERADE

HARVEST FESTIVAL 2021

10.22.2021