

To Your HEALTH

ALSO IN THIS ISSUE:

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WE'RE EXPANDING!

UnityPoint Clinic becomes Boone County
Family Medicine North and expands services

UnityPoint Boone Clinic becomes BCFM North

For the past six months, there has been a lot of chatter about the clinic located at 120 South Story Street, previously UnityPoint, transitioning to Boone County Family Medicine (BCFM) North. As of November 1st, the clinic is officially owned and operated by Boone County Hospital (BCH).

“When UnityPoint approached Boone County Hospital late last spring about leaving the community and wanting the hospital to take over the clinic, we were excited at the thought of having all of the family physicians coordinated into one group,” says Joe Smith, BCH CEO. “As with any change, there have been some growing pains. However, we

“[The changes and additions show] the community we’re growing and expanding services to meet the needs of our residents, as well as visitors.”

– Kim Schwartz, BCH Assistant Administrator of Physician Clinics

feel those growing pains will benefit us in the long run. One coordinated group will ultimately prove to be very beneficial for the health of our clinics and our hospital.”

In addition to the new North location, BCH also owns and operates BCFM South, located at 1115 South Marshall Street in Boone, as well as the Madrid Family Practice Clinic in Madrid, and BCFM in Ogden.

With the transition of the new clinic, BCH offered contracts to three of the former UnityPoint physicians. Dr. Sascha Parsons joined BCFM South in July;

Dr. Trishia Filipiak joined BCFM North in August; and Dr. Brian Mehlhaus joined BCFM North on November 1st.

In addition, BCH is excited to welcome Dr. Alexander Kalenak to BCFM North in February 2017. While BCH continues the search for one more provider, they are happy to have locum tenens providers, Dr. Julie Heaton and Dr. Mercy Okoye, in the interim working in the North Clinic.

“We’re excited about all of the recent changes and additions,” says Kim



Dr. Filipiak, Dr. Parsons and Dr. Mehlhaus

Schwartz, BCH Assistant Administrator of Physician Clinics. “It shows the community we’re growing and expanding services to meet the needs of our residents, as well as visitors. We hope having a strong presence in Boone, Ogden and Madrid will reassure the Boone community that our goal is always to meet their healthcare needs.”

Schwartz says, “For those residents

that were patients of Dr. Joel VanderMeide and Dr. Alex VanderMeide, who decided to pursue other opportunities outside of Boone, we would like to encourage them to establish with a new provider. Its important patients understand if they are currently on medication that was prescribed by one of the VanderMeide’s, that medication cannot be refilled until a new provider has been established.”

To schedule an appointment with Drs. Anderson, Dunker, Parsons, Peterson, or Sheffler at the South Clinic, call 432-2335. For Drs. Filipiak, Kalenak, or Mehlhaus, call the North Clinic at 432-4444. In Ogden, call 275-2417 for Dr. Glawe or Dawn Tingwald, ARNP, and in Madrid, call 795-4300 for Mel Hilsabeck, ARNP, or Josh Chrisopolus, PA-C.

After Hours Clinic Moves and Name Changes



The Boone County Hospital (BCH) After Hours Clinic has been busy since it opened in July 2016. The weeknight and weekend hours have proven to be a sought after resource for residents and visitors in Boone County who need medical care, but don't feel their illness or injury is serious enough for them to be seen in the Emergency Room (ER).

On November 1st, the After Hours Clinic moved across the street to the new Boone County Family Medicine (BCFM) North Clinic, 120 South Story Street, allowing for additional space for the staff and patients. In addition, the name changed to the BCFM North Walk-in Clinic. "The reason for the name change is because we will be expanding our hours in January 2017," says Audrey Hohanshelt, RN, BCFM North Walk-in Clinic Manager. "Once

we get settled in our new location and have all of the providers we need, the expanded hours will be a huge benefit to our community. We realize illnesses and injuries tend to happen after hours and on the weekends, but for those that do need to be seen during the day, this will give them the convenience of walking into the clinic for less serious illnesses and injuries. A huge perk is they do not need to schedule an appointment with a provider, thus, the reason it's called the Walk-in Clinic."

The Walk-in Clinic should not replace a regular physician, however, it is available as an added resource when you are unable to get into your physician. As a reminder, conditions that can be treated in the clinic are: sore throat, sinus infection, and other minor illnesses; nausea, vomiting, diarrhea; sprains



Dr. Tammy Chance, BCFM North Walk-in Clinic Medical Director, and Audrey Hohanshelt, RN, BCFM North Walk-in Clinic Manager

and strains; splint application; urinary tract infection; migraine; upper respiratory infection; simple wound and laceration repairs; skin rash and infections; nose bleed packing; cuts and minor burns; allergic reaction to a bug bite; ear infection; and superficial foreign body removal. The providers at the clinic will not treat chronic pain or conditions; fracture care or management; severe abdominal pain; chest pain; and no narcotic pain medications will be prescribed. Individuals will need to be seen in the ER for more serious illnesses/injuries.

The Walk-in Clinic is just one more way Boone County Hospital is striving to make healthcare and providers accessible. "We realize individuals and families are busy. When you or a family member become ill and you're not sure if you need medical care, we have made the clinic convenient and easy to obtain," says Hohanshelt. "It's never convenient to be sick and an illness or injury never happens at a good time. We are here to help."

New Providers

Boone County Hospital (BCH) and its clinics are pleased to announce the addition of several new providers to the BCH Medical Staff.



Alexander Kalenak, M.D., Family Practice, received his Medical Degree from Hahnemann University

Hospital, Philadelphia, Pennsylvania. Dr. Kalenak will begin practicing at Boone County Family Medicine North in February 2017. He currently works in an office-based practice in Darlington, Beaver Falls, Pennsylvania. Dr. Kalenak is Board Certified in Family Medicine by the American Board of Family Medicine. His special areas of interest are psychology, orthopedics and sports medicine, and pediatrics.



Jay Seligman, D.O., General Surgery, received his Doctor of Osteopathic Medicine from the University

of Osteopathic Medicine and Health Sciences, Des Moines. Prior to coming to Boone County Hospital (BCH), he worked as a surgeon at Southern California Permanente Medical Group, Bakersfield, California. Dr. Seligman is Board Certified with the American Board of Surgery-General Surgery. His specialties include laparoscopic procedures such as gallbladders, colon resections, hernias; partial thyroidectomies; colonoscopies and EGDs; lesion removal including skin cancers; breast

biopsies, lumpectomies mastectomies, axillary node dissections, sentinel node biopsies; temporal artery biopsies, and other general surgery procedures.



John Erickson, D.P.M., Foot and Ankle Surgery and the Wound and Hyperbaric Center, received his Doctor of

Podiatric Medicine and Surgery from Des Moines University, and completed a three year Podiatric Medicine and Surgery Residency, with an emphasis on rear foot and ankle trauma and reconstruction, from Iowa Methodist Medical Center, Des Moines. Dr. Erickson is Board Eligible with the American Board of Foot and Ankle Surgery-Podiatry. His special interests include bunions, hammertoes, neuromas, plantar fasciitis, foot and ankle fractures and trauma, flat foot and cavus foot reconstruction, diabetic foot wound healing, and ingrown nails.



Josh Chrisopulos, PA-C, received his Masters in Physician Assistants Studies from the University of South Dakota,

Vermillion, South Dakota, in July 2016 and is nationally certified. Special

interests include preventative medicine, healthy lifestyles to optimize quality of life, and cancer research. Josh is providing care at the Madrid Family Practice Clinic one and one-half days a week and in the Boone County Family Medicine (BCFM) North Walk-in Clinic two days a week.



Dawn Tingwald, ARNP, received her Masters of Science in Nursing/Family Nurse Practitioner at Clarkson College,

Omaha, Nebraska, in December 2015. Prior to receiving her Nurse Practitioner Degree, she was a nurse for 12 years. She is Board Certified as a Nurse Practitioner. Special interests areas include medical/surgical, obstetrical, emergency care and intensive care. Dawn is working in BCFM, Ogden, three days a week and in the BCFM North Walk-in Clinic one day a week.

The Wound and Hyperbaric Center and So Much More



You've beat cancer, now you're going to live life to the fullest. While radiation is a very effective weapon in the war on cancer, some individuals may develop problems related to their treatments, such as radionecrosis, the death of bone and soft tissue due to exposure from radiation.

Radionecrosis occurs when the body is unable to supply enough oxygen to the affected area of your body. Hyperbaric oxygen therapy (HBO) has been proven to assist in the management and healing process of this issue. HBO works by providing your body with the oxygen it needs to heal and is the only intervention that has been shown to increase the number of blood vessels needed to repair tissue.

"Radiation is a very effective weapon in the war on cancer," says Lesa Maring, Boone County Hospital Wound and Hyperbaric Center (W&HC) Director. "However, some individuals may develop problems related to their treatment several months or even years after their treatment." Maring says many people think the W&HC just heals wounds. "There is so much more we can do and healing the late effects of radiation is just one of the many things we can treat."

Jane Hugley, a former patient of the W&HC, is one of the many patients that have healed from HBO. Jane, a breast cancer survivor, suffered the late effects of radiation. She developed lymphedema in 2009 due to her lymph nodes being damaged and not healing correctly. Later, she developed an open wound and cellulitis in her arm.



After trying different medications and being admitted to the hospital, she was encouraged by then BCH surgeon Dr. Richard Unger to give the W&HC a try. "I was hesitant at first, but he encouraged me to commit to 10 treatments," says Jane. He kept encouraging her after each treatment and 10 treatments ended up turning into the full 60 treatments. She began to notice her tissue was softening after 18 treatments. "It's a huge commitment," says Jane. "It's your job every day until you are done. But, I am so glad I went through the treatment process." She adds, "You have to put your faith in the staff. They are very encouraging and know what they are doing. I can't say enough good things about them." Jane is now fine and living her life to the fullest.

Former patient Jane Hugley and Dr. Scott Thiel, W&HC Medical Director, in front of one of the two hyperbaric chambers in the W&HC

For more information about the W&HC, log on to www.boonehospital.com or call the center at (515) 433-8740. A physician's referral is not needed for the W&HC.

Rehab Services Expands Services

Boone County Hospital Rehab Services continues to expand their services in order to meet the differing needs of patients in the community. In 2015, Functional Dry Needling and a Running Therapy Program were added. Dry needling is a skilled technique that affects change in body structures and functions for the evaluation and management of neuro-musculoskeletal conditions, pain, movement, impairments, and disability. The Running Program helps runners improve form, heal injuries and prevent further problems, while guiding them to become a healthier and stronger runner.

In 2016, Lymphedema and Oncology Rehab, as well as a Women's Health Program, were added to Rehab's growing list of services. Lymphedema is a collection of protein rich fluids caused by damage to the lymphatic system resulting in swelling. Common causes of damage to the lymphatic system are surgical removal or radiation treatment. Oncology rehab is sometimes necessary to overcome physical limitations experienced as a result of cancer treatment. "Lymphedema is a chronic condition, which means it cannot be cured but can be managed with proper care and treatment," says Liz Brick, PT. "The symptoms can be greatly reduced with careful management. The majority of treatment is spent educating the patient and his or her caregiver on how to manage the condition." Referrals are accepted from physicians, nurse practitioners, physician assistants, and in some cases individuals.



Liz Brick, PT, bandaging a lymphedema patient

For more information about any of these services, call Rehab Services at (515) 432-7729 or log on to www.boonehospital.com.

The Women's Health Program offers therapy for individuals with incontinence, pelvic floor weakness and prolapse. Urinary incontinence is the leakage of urine at inappropriate times. A physical therapist will perform an exam to identify causes and determine whether you should be referred to a physician for additional tests. "Based on the results, I will create individualized treatments

to strengthen your pelvic-floor muscles and improve their function," says Kathy Steffen, PT. "Benefits of the therapy are gained control over your symptoms, and to reduce the need for pads and special undergarments, incontinence medications, and possibly surgery." A physician's referral is encouraged.

BCHF Harvest Festival Raises Funds for 3D Mammography

The Boone County Hospital Foundation's (BCHF) 8th Annual Harvest Festival was one of their best events yet! There were 180 community members, a record number, in attendance and an estimated \$33,000 was raised, of which \$13,000 will specifically be used toward 3D Mammography equipment.

The evenings events included casino games provided by Noon Kiwanis, DJ services from Mike Salama, dinner by Boone County Hospital Nutrition Services and Diane Patrick, and extraordinary auctioneer services from Whitaker Marketing Group Auctions. There was a silent and live auction, and a "fund a need" for the 3D Mammography equipment.

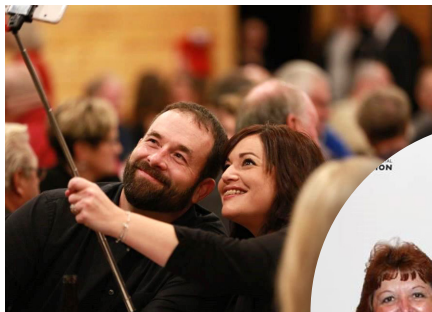
This year, the BCHF has set out to assist the hospital with one of its most important projects to date...3D Mammography. It is the latest and greatest in detecting breast cancer up to 41 percent more often and up to four months sooner than the current 2D Mammography. Boone County Hospital serves over 1,500 women per year for their annual mammogram and it's important to keep patients in Boone County.

The BCHF is using interest accrued from the endowment, grants and private gifts with the goal of \$100,000 to be contributed toward the purchase of this exclusive, 3D technology in 2017. We are over half way to our goal with the help of the Boone County Hospital Auxiliary and the Harvest Festival event.

Auctioneer David Whitaker



Below: Dr. Scott and Gail Thiel



Above: Shannon and BJ Hill take a selfie; right: Sandra and Joe Devin



Below: Matt and Kari Houser



Committee members left to right: Rachel Mann, Myra Anderson, Holly Stecker, Sara Behn, Courtney Squibb, Amy Pollard



IRA Charitable Rollover



The Boone County Hospital Foundation (BCHF) is committed to providing you with opportunities to meet both your charitable and financial goals.

The BCHF has teamed up with the Community Foundation of Greater Des Moines to maximize your charitable giving returns. Thanks to the permanent extension of the IRA Charitable Rollover, you can support the causes you care about without being subject to federal income taxes on transfers of up to \$100,000 from your individual retirement account.

How the IRA Charitable Rollover Works:

- Those 70½ and older can transfer up to \$100,000 of IRA assets to public charities without being subject to federal income taxes on the distribution. If married, each spouse can transfer up to \$100,000 from his or her IRA annually.
- You can establish a fund to support a charity of your choice with a gift from your IRA or make a gift directly to qualified established funds at the Community Foundation.
- Your gift may also qualify for the Endow Iowa Tax Credit, a 25% state tax credit, if you give to a qualified Endow Iowa fund at the Community Foundation.

- Taking advantage of the IRA Charitable Rollover through the Community Foundation provides a simple, tax-wise opportunity to make gifts to a variety of causes you care about.

Ten reasons to give to the Community Foundation to benefit the Boone County Hospital Foundation:

1. We are a **local organization** with deep roots in the community.
2. We have **broad expertise** on community issues and needs.
3. We provide highly **personalized services** tailored to your charitable and financial interests.
4. Our funds help people **invest in causes** they care about most.
5. We accept a wide **variety of assets** and can facilitate the most complex forms of giving.
6. We partner with **professional advisors** to create highly effective approaches to charitable giving.
7. We offer maximum **tax advantage** for most gifts under state and federal law including exclusive access to Endow Iowa Tax Credits, a 25% tax credit on qualifying gifts.
8. We **multiply the impact** of giving dollars by pooling them with other gifts and grants in professional managed portfolios.
9. We build **endowment funds** that benefit the community forever and help create personal legacies.
10. We are a collaborative **community leader**, coordinating resources to create positive change.



For more information about how to gift an IRA Charitable Rollover to the BCHF, contact Sara Behn at (515) 433-8470 or email her at sbehn@bchmail.org.



NOTE: Please consult with your financial advisor or CPA about what is the best charitable giving option for you.



BREAKFAST WITH SANTA

Join Santa and Mrs. Claus for Breakfast with Santa · Saturday, December 10, 8 to 10:30 a.m.
Boone County Hospital Atrium

Get your photo taken with Santa and tell him your Christmas wishes! The cost is \$15 per child, \$5 per adult. Price for the child includes breakfast, professional photo with Santa and crafts. Price for an adult includes breakfast only. There is no charge if not eating breakfast.

For tickets, contact Rachel Mann at rmann@bchmail.org or call (515) 433-8487. Checks can be made payable to the BCH Foundation. An adult must accompany children. No one will be turned away based on inability to pay.

 BOONE COUNTY HOSPITAL
FOUNDATION

Programs & Services

▶ Blood Pressure Checks

Boone County Hospital (BCH) Specialty Clinic every Friday, 8 a.m. to noon. No appointment is necessary.

▶ Boone Blood Drive

Second Monday of the month, 1 to 6 p.m., locations vary between the BCH 4th Floor Conference Room and Central Christian Church. 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. The program topics vary each month. Register if you would like a RSVP respite volunteer to watch over your loved one. Call Sue Pratt, RSVP Adult Caregiver Respite Program, 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 432-1127.

▶ Breakfast with Santa

December 10, 8 to 10:30 a.m., BCH Atrium. Eat breakfast, have your picture taken with Santa, and create a craft. To RSVP, call 433-8487 or email rmann@bchmail.org.

▶ Car Seat Safety Checks

If you would like a car seat safety technician to install your child's safety seat correctly, call 433-8196.

▶ Childbirth Education

January 12 and 19, 6 to 9 p.m., BCH 4th Floor Conference Room. Covered topics are childbirth preparation, infant care and breastfeeding. Snacks provided. Call the Family Birth Center at 433-8400 to register.

▶ Diabetes Education Classes

If you have diabetes and would like to attend our education classes, please talk to your physician about referring you to the Boone County Hospital Diabetes Center. For more information, call 433-8624.

▶ Diabetes Support Group

Third Thursday of each month, 4 p.m., BCH 4th Floor Conference Room. The program topics vary each month. There will be no program in December.

▶ Educating and Empowering U

Third Tuesday of each month, noon, BCH 4th Floor Conference Room. Topics vary each month. Complimentary lunch provided. To register, call Sara Behn, 433-8470 or email her at sbehn@bchmail.org.

▶ 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 432-2275.

▶ First Aid Classes

This OSHA approved course will teach participants how to initially respond to medical emergencies and injuries. For scheduled dates and to pre-register, call 433-8190.

▶ Gifts Galore Gift Shop

Monday through Friday, 9 a.m. to 4 p.m., 433-8190.

▶ Home Care Services

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

▶ Hospice Rooms

Family and Friends Patient Comfort Rooms are available for individuals diagnosed with a life-limiting illness. For more information, call 433-8465.

▶ Lab Wellness Profiles

Offered seven days a week, 6:30 to 10:30 a.m., BCH Lab. Seven different blood tests are available. Cost is low; no insurance filed. For more information, call 433-8170.

▶ Living with Cancer

Third Tuesday of each month, 6:30 p.m., BCH 1st Floor Conference Room. The support group is for anyone affected by any kind of cancer. For questions, call Heather Cook, 433-8300, or Konnie Carlson, (515) 241-4234.

▶ 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 433-8624.

▶ Pain Management Support Group

Last Saturday of each month, 10 a.m. to noon, BCH 3rd Floor Pain Clinic Waiting Room. Enjoy various speakers from differing specialties within the pain management spectrum each month. For questions, call (515) 212-1594.

▶ Sibling Class

December 14, 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 Family Birth Center, 433-8400.

▶ Valet Services

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

▶ Vestibular Rehab

If you have ongoing problems with dizziness or instability, ask your doctor about a referral to BCH Vestibular Rehab. For more information, call 432-7729.

▶ Volunteer Auxiliary

The BCH Auxiliary is looking for men and women volunteers of all ages. To become a volunteer, please fill out a volunteer application at www.boonehospital.com.

Medical Staff



Anesthesia

Beth Brady, CRNA, MS, ARNP
Genev Calek, CRNA, MS, ARNP
Rebecca Clark, CRNA, MS, ARNP

Clinical Psychology

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

Emergency

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ED Medical Director
Kimberly Bina, D.O.
Timothy Evert, D.O.
Katie Howe, D.O.

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Dawn Tingwald, ARNP 275-2417

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

OB/Gyn

Tracey McIntire, D.O. 432-7766
Elizabeth Temple, M.D.. 432-7766

Pain Clinic

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MS, ARNP 212-2420

Pathology

Christopher Johnson, M.D. 239-4448
Trisha Schlick, D.O. 239-4448
Jamie Weydert, M.D. 239-4448

Podiatry

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

Wound Clinic

Scott Thiel, M.D. 433-8740

BCH OUTREACH SERVICES

Ophthalmology

Nicolas Hamouche, M.D. 239-4460

BCH SPECIALTY CLINIC 433-8300

Allergy

Jay Brown, M.D., McFarland Clinic

Audiology

Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

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

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

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
Timothy Kenney, 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

Pain Management

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

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

Doug Massop, M.D., Iowa Clinic

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