

LiveWell

With Iowa Health – Des Moines

Introducing Methodist West to Our Family of Care

When Seconds Count...
Trust Our Emergency Services

Cancer Care Coordinators—
Here to Meet Your Needs



Methodist • Lutheran • Blank



A Word From Our President and CEO

It is with a tremendous amount of pride that we officially opened the doors of Methodist

West Hospital to our community.

This is a milestone for both Iowa Health – Des Moines and the community. The entire Methodist West building team spent countless hours ensuring this would not just be another beautiful building but a hospital designed especially for patients and their families.

Methodist West was designed not for us but for our patients. Every square inch of Methodist West has taken into consideration the experience our patients will have.

The hands that spent the last 24 months constructing this facility are as much a part of the Iowa Health family as the hands that will care for the patients we will serve here. *Thank you to all who made this possible.*

While we are opening Methodist West today, it's the weeks, months and years ahead that will have the most impact. This facility will become as ingrained in the western community as Iowa Lutheran is on the east side of Des Moines and Methodist and Blank Children's are in the heart of downtown.

Central Iowa is fortunate to have the best healthcare options in the Midwest, and I can absolutely assure you that the staff of Iowa Health – Des Moines will continue to do all in our power to consistently bring the best possible care to our community.

Sincerely,

Eric Crowell, president & CEO

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Light Up Your Holidays

You and your family are invited to join us Nov. 25–29 for the 26th annual Festival of Trees and Lights.

Since 1984, the Festival has provided support for Blank Children's Hospital revenue for programs, especially for Child Life and the Center for Advocacy & Outreach.

At this year's Festival, you can walk through a winter wonderland of brightly lit and uniquely decorated trees while enjoying holiday treats. In addition, create a memory with your child by enjoying all the special children's activities.



The Festival is held at Polk County Convention Complex and will be open:
Wednesday, Nov. 25, 11 a.m.–7 p.m.
Thursday, Nov. 26, 1–7 p.m.
Friday, Nov. 27, 11 a.m.–7 p.m.
Saturday, Nov. 28, 11 a.m.–7 p.m.
Sunday, Nov. 29, 11 a.m.–5 p.m.

Advance tickets are available for \$3 from Nov. 1 to 24 at Des Moines metro Hy-Vee and Dahl's stores. Tickets at the door will be \$5.



For more information, visit festivaloftrees.com.

Maternity Services at Iowa Health—Delivering Our Future

If you are expecting a baby in 2010, consider Methodist West Hospital.



The miracle of new life is a special experience. At Iowa Lutheran Hospital, Iowa Methodist Medical Center and Methodist West, we're committed to providing every family with a meaningful and unique childbirth experience that is as special as each new life.

Iowa Lutheran, Iowa Methodist and Methodist West maternity services combine the old-fashioned comforts of home with the best in modern technology. Our attentive and highly-skilled staff offers top-quality care in a warm, supportive setting. We have a comprehensive program designed just for you and your new baby.

Methodist West is an option for your delivery if:

- You are identified as having a healthy, low-risk pregnancy (as determined by your healthcare provider);
- Your baby is at least 37 weeks gestation at the time of delivery;
- You have a previous history of healthy pregnancies and deliveries; and
- You are not having twins, triplets or other multiples.



For more information, visit iowahealth.org/maternity or call (515) 263-BABY (2229).

New Locations, Same Great Care

As part of our continued effort to provide convenient access to primary care for the residents of the Greater Des Moines area, Iowa Health Physicians and Clinics is opening two new clinics that have relocated to be more accessible to patients.



Merle Hay Family Medicine and Urgent Care has been located on Merle Hay Road since 1985. With Urgent Care open 365 days a year, finding a new location to accommodate patient volume became a necessity. The new location is just down the road at 4020 Merle Hay Road and also houses Iowa Health's Outpatient Therapy North.

"We felt Merle Hay Road was an important location for our patients and a prime area to keep our clinic," says Jean Duncan, Iowa Health Physicians and Clinics. "Currently, four physicians and a physician assistant work at the Family Medicine and Urgent Care office."

New Clinic

Norwalk Family Physicians will move into a new location at the end of November. The practice—located at 801 Colonial Circle—welcomed family medicine physician Jason Brehmer, DO, in August, bringing the total number of physicians to five.

"We want to be able to continue to serve this community and meet the medical needs of its existing residents and those moving to the area," says Ronda Montgomery, clinic manager for Norwalk Family Physicians. "We are excited to offer these new locations to make healthcare accessible to everyone in central Iowa."



For more information about Iowa Health Physicians and Clinics, visit iowahealth.org/clinics or call (800) IA-Health (424-3258).



With You Every Step of the Way

If you or a loved one has been diagnosed with cancer, it can be an overwhelming experience. John Stoddard Cancer Center at Iowa Methodist Medical Center has five care coordinators who can help you and your family during this difficult time.

"Stoddard Care Coordinators support patients from the time they are diagnosed with cancer until they go into remission," says Carissa Thompson, RN, Stoddard Care Coordinator. "We make sure patients understand their diagnosis and treatment as well as provide support to them and their families. As care coordinators, we help all of the pieces of the patient's care fit together."

Shining a Positive Light

Thompson became a care coordinator in April after working on the oncology unit earlier in her career.

"It's rewarding to be working with the Stoddard team again," says Thompson. "The level of care our team provides really makes a difference in the lives of those we serve."

Stoddard now offers five care coordinators—Thompson, Edra Fouts, Carol Frazell, Gina Mandernach and Jennifer Witt.



**Carissa Thompson, RN,
Stoddard Care Coordinator**



For more information about the Stoddard Care Coordinators, visit stoddardcancer.com and choose "Care Coordinators."



Welcoming a New Addition to Our Family of Care

Since opening its doors in late October, Methodist West Hospital has taken medical care to a new level—by expanding the umbrella of care provided by the Iowa Health – Des Moines family of hospitals.

Methodist West at a Glance

Methodist West Hospital has a variety of amenities to offer patients and visitors. The 49-acre hospital campus is a leading-edge facility capable of offering clinically superior care.

Here is a closer look at some of the features found at the new 230,000-square-foot medical facility:

- 6 operating rooms
- 13 Emergency Department treatment and exam rooms
- 95 total beds
- 620 parking spaces
- fully private hospital rooms
- healing garden and outdoor dining area

Additionally, the new hospital provides general medical and surgical adult inpatient services, a 34-bed orthopaedic unit that specializes in joint care, comprehensive maternity services and a Cardiac Catheterization Lab.

Located conveniently at 1660 60th Street in West Des Moines, Methodist West offers a combination of leading-edge design practices and advanced care. With an emphasis on the enhancement of patient care and clinical excellence, the new hospital offers patients a streamlined experience in a complete center of healing.

Enhancing the Patient's Perspective

Designed to effectively utilize available space, the Methodist West building houses a variety of medical equipment and staff that best optimize each patient's experience.

“Methodist West is dedicated to offering patients the level of clinical care they deserve in an environment that is welcoming and promotes total healing,” says Chris Blair, RN, chief clinical officer at Methodist West. “From quality medical services to unparalleled attention on the part of hospital staff, Methodist West is focused on more than just physical healing.”

In this spirit, Methodist West offers a new model of inpatient care. Utilizing the recently created role of patient care facilitator—a registered nurse responsible for coordinating the patient's plan of care and serving as a main point of communication for patients' families and their care team—Methodist West offers every patient the individual attention he or she needs.

A Commitment to the Community

Proudly designed and built by local architecture and construction firms, Methodist West is a shining example of Iowa Health's investment in the local economy. In these difficult economic times, Iowa Health continues to operate not only to improve the physical well-being of community members, but also to ease the burden of our shifting economy.

The combination of an innovative design produced by the architecture firm Shive-Hattery, Inc. and the site planning and construction performed by

With the opening of Methodist West Hospital, the Iowa Health – Des Moines family of care providers now includes Blank Children’s Hospital, Iowa Methodist Medical Center, Iowa Lutheran Hospital, Iowa Health Physicians and Clinics and John Stoddard Cancer Center.

the Weitz Company, Methodist West is a blend of our region’s past, present and future.

“We are very proud of the fact that our newest hospital was designed utilizing local talent and labor,” says Sid Ramsey, vice president of business development and marketing at Iowa Health. “Approximately 1,000 people have worked directly on this project and the majority of them are from this area. For these workers, getting involved with Methodist West was a unique opportunity to invest in the future health of our area.”

A Place to Turn

Iowa Health’s investment in the local community through Methodist West is becoming the new cornerstone of healthcare in the area. Given Iowa Health’s clinical track record and legacy of offering all patients a high level of care and attention each and every day, Methodist West is another stepping stone in this mutually beneficial relationship. As the years go by, families in central Iowa can continue to look to Iowa Health and Methodist West for understanding, clinically superior care and unequalled personal attention.



For more information about Methodist West and its services, visit methodistwest.org.

Make a Difference

For residents looking to take an active role in their community’s healthcare, Methodist West Hospital provides opportunities for volunteer work.

Applicants must meet the following criteria:

- Be interested in helping others by becoming part of a healthcare team
- Complete a volunteer application, including three personal references
- Attend informational meetings
- Pass a simple, free health screening
- Follow up with appropriate placement interview and orientation meetings
- Complete required training

Volunteer work has a tremendous impact on each person who visits our hospitals. Volunteer commitments are for a minimum of six months and typically include a two- to four-hour work shift completed once a week.



Log on to iowahealth.org for more information on volunteer opportunities.



Ryan Jacobsen, Life Flight patient with Laurie Gehrke and Kathy Dehnert, Life Flight nurses

Did You Know?

Iowa Health – Des Moines is the only hospital system in the state to have neonatal, pediatric and adult Life Flight and ambulance services.

Blank Children's Hospital critical care-trained pediatric and neonatal nurses are available 24 hours a day, 7 days a week to respond in case of an emergency. These nurses are under the medical supervision of a pediatric intensivist or a neonatologist and can bring the pediatric or neonatal intensive care unit right to your child.

Emergency Care When You Need It Most

In the event that you or a loved one requires emergency care, know that Iowa Health – Des Moines is prepared. Our new Life Flight helicopter and pediatric ambulance ensure that you'll always be in good hands.

While Iowa Health was already equipped with an emergency helicopter and ambulance, we now have larger models that can more easily accommodate the patient along with family members.

Life Flight

As part of Iowa Health's efforts to continually improve patient care, Life Flight upgraded to a larger, faster

helicopter. The Eurocopter EC 145 can reach speeds of up to 167 miles per hour and has room to transport two patients at once or to bring a parent along if a child is being transported.

The new helicopter will be used to respond to accidents where assistance is requested by law enforcement or emergency medical services personnel and for transfers from smaller rural hospitals in which patients require specialized care offered by Iowa Methodist Medical Center or Blank Children's Hospital.

"We pride ourselves on safety and excellent patient care," says Evelyn Jackson, RN, nurse manager of Life Flight. "The new aircraft will provide more room for better access to the patient and for crew configuration that's appropriate for a patient's specific needs."

One of a Kind

The pediatric ambulance can provide the services of an intensive care unit

(ICU)—on wheels. If inclement weather or other rare circumstances make it necessary, the ambulance can become a self-contained ICU for up to 24 hours.

In addition, the new pediatric ambulance has a kid-friendly amenity that can help keep little minds off of the stressful ride—a DVD player. Kids can often be distracted from ambulance travel anxiety by viewing a favorite movie.

Like the Life Flight helicopter, our new pediatric ambulance also has room to transport more than one patient if necessary or to bring a parent along with the child.

"We talk to so many parents who say not being with their newborn or child on the ambulance drive to the hospital was the most stressful time of their lives," says Judy Walker, MD, board-certified specialist in pediatric critical care and medical director of Pediatric Transport at Blank Children's. "The pediatric ambulance and our new helicopter allow our special teams to do what they do best—provide great care and positive outcomes for residents of central Iowa."

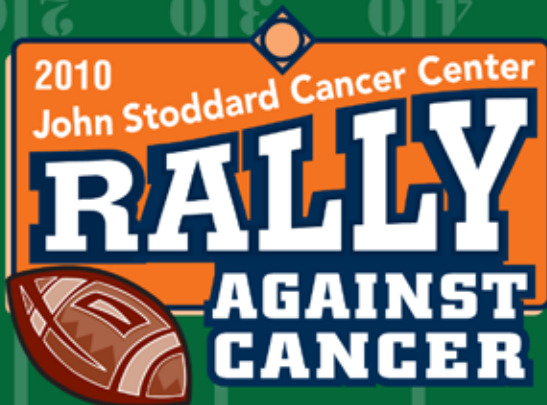
 For more information, visit iowahealth.org/lifeflight or blankchildrens.org.



Neonatal Intensive Care Unit Transport Team in front of the new Pediatric Ambulance at Blank Children's Hospital



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. If you would like to be added to our mailing list, please contact us at (515) 241-6302 or visit iowahealth.org. To be removed from our mailing list, please call (515) 241-6302.



Hy-Vee Hall at the Iowa Events Center
730 Third Street | Downtown Des Moines

6:00 p.m. Kickoff

Cocktails (cash bar) and food stations
Silent Auction
Program & Guest Speaker
Live Auction
Dueling Pianos

Attire: Casual Elegance

Ticket Price: \$125

\$55 is tax deductible as allowed by law

 **JOHN STODDARD
CANCER CENTER**
IOWA METHODIST MEDICAL CENTER

Tickets may also be purchased online at www.stoddardcancer.org/rally

Saturday, January 30, 2010
Iowa Events Center - Downtown Des Moines

**Featuring Former NFL Chicago Bears Coach
Mike Ditka**

Mike Ditka—Pro Football Hall of Fame player and Super Bowl winning coach—will be the featured speaker for the 10th anniversary of the John Stoddard Cancer Center Rally Against Cancer.



The proceeds from this premier event will be used to support the Cancer Care Coordinator Program. The Coordinators provide free education and support so patients and families can have the best quality of life possible while going through treatment.

We are very excited and we want you to be a part of this exciting event. So, save the date—**January 30, 2010.**

**We're in this
fight together.**

Sponsorship opportunities are still available

Caleb Hegna, Director of Development, John Stoddard Cancer Center
515 241 5938