

Bulletin

AUG/DEC 2022

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



PCMS DC Fly-In 2022

PCMS Fallween Festival

PCMS Happy Social Hour

Reflections on War/Medicine

PCMS Physician's Day at the Fair

Burning Brightly, Not Burning Out

In Memorandum: James Kelso, M.D.

VPN Terrace Hill Appreciation Reception

1st Annual PCMS Teddy Bear Tea Holiday Event Fundraiser



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BE INVOLVED

Please join the legislators of the
90th Iowa General Assembly
for our Annual PCMS

2023 Legislative Coffee

Sponsored by the

Polk County Medical Society

Wednesday, February 1st, 2023

7:30 a.m. to 9:00 a.m.

Legislative Dining Room

Iowa State Capitol

***PCMS Members, join your colleagues to support
and advocate the 2023 Legislative Priorities.***

(Talking points will be sent to all Members)

TORT REFORM is on the line!

Official Publication
of the Polk County
Medical Society

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Des Moines, Iowa
August/December 2022

2022
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REFLECTIONS *and* ENGAGEMENT

By: Jason Kruse, D.O.

Dear PCMS Membership,
I hope this letter finds you well as we head towards the end of the year. We recently had our Washington, D.C. Fly-In. Our delegation had the opportunity to meet separately with Senator Joni Ernst, Senator Chuck Grassley, and Representative Cindy Axne.

The meetings covered a range of topics around economic barriers to sustainable practice and patient access to care. We highlighted concerns about geographic disparities in Medicare payments and the need for ongoing parity in telemedicine reimbursement.

We discussed issues that touch every practice, namely the economic and psychological burdens of excessive government regulation and artificial barriers to care created by insurance companies. I appreciate our members of congress and thank them for their time and their support.

The PCMS executive committee is meeting this winter to review the responses to our post Roe v Wade survey. We plan to forward the responses to elected local, state and national officials, as the beginning of our legislative sessions at the state level near. I appreciate everyone who took

time to fill out the survey. I encourage every member to engage in mutually respectful conversations about abortion as well as the many other ethical issues we face in modern medicine. Please reach out to our offices if you have an issue to highlight or if you want help contacting an elected official.

As we continue to reopen post-COVID, PCMS is planning a variety of social gatherings aimed at reuniting and strengthening our Physician Community. I am grateful to our office staff for coordinating a mix of adult-oriented and family friendly events. We had a good turnout at the State Fair, The Happy Social Hour event at Big Grove Brewery, co-sponsored by our partners at Foster Group, and our holiday event – the First Annual Teddy Bear Tea, which is a fundraising holiday event benefitting children and Iowans at risk.

Thank you as always for your hard work and dedication to the wellbeing of our patients and our community. We wish you all a very happy, healthy and safe holiday season and New Year.

All the best,
— Jason Kruse, D.O.



Congratulations to Charles Wadle, D.O. who was featured in the October 31, 2022 edition of **The Des Moines Register front page article on “Game Changer for Lifting Depression?”**. Dr. Wadle was featured in an article about Broadlawns Medical center testing Ketamine, an anesthetic, for patients with depression. The use of Ketamine has been shown in some studies to have positive results for patients with depression.

Wanted:

Authors to Write Original Articles

Would you like to write an original article to have published in the PCMS Bi-monthly **Bulletin**? Topics for articles should be related to the medical field or about one of our members. Please submit articles to the Polk County Medical Society by email at pcms@pcms.org. Listed below are the requirements for publication:

1. Submit original article typed on one side, single-spaced. Length of article preferred one to two pages 8 1/2 x 11" paper or 350 words.
2. Articles should have titles not to exceed five words and may be reconstituted at the discretion of the editor.
3. A recent photo of author and subject is desirable.
4. Byline information should include the highest degree or title, office or pertinent affiliation.
5. Articles may be edited to conform to publication style.
6. All articles written become the permanent property of Polk County Medical Society and may not be published elsewhere without permission from PCMS.
7. Once your article is received it will be considered for the next **Bulletin**.
8. Articles are received with the explicit understanding that they are not simultaneously under consideration by another publication.

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OH COME *All Ye Faithful*

By: Paula A. Noonan, C.E.O.

Someone once said, “In order to live in the kind of society you want, you have to help build it.” This inspiring message speaks to me and should also speak to our medical community. If you ever declined participation in a medical society event, why was that? If you did not find benefit, what benefit would bring value to you, so that you would want to be part of the collegiality and “society” that represents, strengthens, and upholds the practice of being a physician?

This year a major focus of the Polk County Medical Society is just that, society. Building and strengthening our physician community in central Iowa through engagement. This does not mean dinners and galas or fundraisers. Our society is hoping to foster and build relationships by uniting physicians across specialties and entities. Whether hospital-based or independent, we

want to further that mission with events encapsulating family. Physicians, their spouses, significant others, kids, and extended family.

We intend to build a supporting community from the ground up that unifies neighbors and families in our physician circle. Diversity, equity, and inclusion are important reminders that we need to understand and embrace our differences, provide equitable opportunities for success, and welcome one another exactly as we are. PCMS embodies those principles and celebrates them through our service programs such as the Volunteer Physician Network and our inclusive events.

We kicked off our first year of these focused events with Wild Lights at the Blank Park Zoo – celebrating physicians and families, PCMS Physicians Family

Day at the Iowa State Fair with a BBQ at the Old West Roadhouse and continue to encourage all physicians of all ages and family members to come to the events. At the Falloween Festival in October at the Willis Family Orchard, there was plenty to do even without the kids with live music, food, wine tasting made at the Orchard and activities like hayrack rides, picking pumpkins, SMORES and more. In December we launched our new Teddy Bear Tea with food, beverage and entertainment all wrapped up in a great holiday family event that doubled as a donation collection event for children's charities and the Volunteer Physician Network. A special someone in a red suit even made an appearance. Just think, by making your holidays bright, you can light up the life of a child in need at the same time.

Now more than ever in the post pandemic age, we need to rebuild our community and society participation. We need to get back out and socially re-engage with others, for mental health, emotional health and start enjoying the pleasures of those outings together. If you ever thought, why should I join the medical society, well . . . Why wouldn't you? Tell us what brings value to you. This society encourages you to spend time with family and create relationships with others who work as hard as you. Time is precious and PCMS is creating time for physicians

to reconnect, without taking you away from your family and friends. Bring them out and have them join right in! We also have adult only events such as the Big Grove Brewery Social Hour or Zoo Brew, with all food and beverages free for members. Friends and family are welcome to come along with you to any of those events as well.

When you receive your mail or open your email and see Polk County Medical Society Dues Notice, do not delete it, or throw it in the trash, take a chance and see what happiness and collegiality can mean in the waking dawn from isolation and tough times. Join, Renew, Connect, Participate, Engage, invest in yourself and your career by becoming a member in your local medical society this year . . . The Polk County Medical Society.

As people of action, PCMS members have a long history of creating positive change within our communities and ourselves. The main reason PCMS members remain members is that they feel welcomed and supported by the Polk County Medical Society and their member colleagues. Equally important is giving our members experiences they value and reasons to stay. Come join us, you will be glad you did. On Behalf of The Polk County Medical Society Staff and Executive Council, we wish you a very happy and safe holiday season and look forward to your continued or new membership in the new year.



www.pcms.org/membership

The MISSING PIECE
in Your practice of
medicine - JOIN TODAY!

BURNING BRIGHTLY, *Not Burning Out*



By: Jason Kessler, M.D., F.A.A.P.

Part 1:

Pre-pandemic studies showed a third to half of physicians exhibiting signs of burnout. This year, a Mayo study suggests almost two-thirds. This first article in a four-part series will review burnout basics. Future parts will examine how to help each other and ourselves, ways organizations can help, and how to increase the joy of helping others as physicians.

Physiologically, burnout is caused by chronic dysequilibrium between glucocorticoids, catecholamines, growth hormone, and prolactin. When you get frustrated clicking seventeen times to prescribe the medication your patient

is already on, that causes a cortisol spike. Add administrative tasks, moral injuries, and overwork. In time, excess cortisol affects cognition and emotional stability. This is the same mechanism as traumas (like abuse, poverty, and lack of safety) that contribute to physical and behavioral health conditions.

The term burnout came from psychologist Herbert Freudenberger in the 1970s to describe stress reactions in helping professions. Christina Maslach expanded the concept in 1982. The Maslach Burnout Inventory is the most established assessment and is used in multiple professions. Still, there is no universal definition of burnout.

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The most-accepted burnout model describes 3 phases.

The first is **emotional exhaustion**. People in this phase may be forgetful, irritable and experience changes in eating and sleeping habits. Somatic symptoms like headaches and stomachaches may occur. Although they may feel stressed, the person doesn't usually recognize a problem.

The second phase is **depersonalization or alienation** from work. People in this phase show anger easily and often blame others. Some use excessive sarcasm, cynicism and negativity, or detached and numb about their work. The changes are more noticeable to others.

The third phase is **reduced accomplishment and performance**.

At this stage, there is an increase in mistakes. Emotional or angry outbursts are common. The individual may be aware that they cannot accomplish what they should, or could in the past. A physician may become a liability, leading to job loss or worse.

Like Iowa spring, these stages may not follow a linear progression nor have a predictable timeline. Burnout and depression often, but not always, co-exist.

Physicians have the highest suicide rates of any profession. One in five are planning to exit medicine. Estimates of physician shortages in the next 10 years are staggering. There's good news, though. Evidence is emerging about how to counter burnout. Innovations in practice and health care delivery models promise better times ahead.

NEWS • NEWS • NEWS • NEWS!

Polk County Medical Society wants to know what's new! Have you been appointed to a board, received an award, volunteered for a medical mission? Email us at pcms@pcms.org.

Name: _____

What's new: _____

Or mail this form to:

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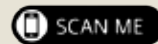
Lots of people run for exercise. Others only run when a dog is chasing them. For a small number of high school runners, cross country season wrapped up in late October. It's such an amazing and surprisingly fun sport to watch. What makes the viewing experience extra special (and humbling) is the effort and pain these kids willingly to endure as they compete for team championships. Many are running more miles at faster times than most humans ever will.

The season ultimately culminates at the state meet which delivers almost equal doses of joy and heartache largely dependent on months of preparation and race-day strategy. Coaches play a critical role in setting the approach their runners follow. A common theme I hear from successful coaches is, "The first mile at state is never where races and medals are won, but often where they are lost." Said another way, trying to get out too fast and take unnecessary risk can cause a runner to implode later on the course and fall short of goals.

Similar fates may await investors who try to get out too fast, take undue risk, ignore their coach, and lack any plan beyond trying to hang on. Aiming to pick hot stocks and quickly grow a portfolio exponentially might work for some but not for most. The higher probability of success tends to come from planning ahead and accounting for the inevitable ups and downs in life and the market.

Diversifying investments, in the event that a portion of your holdings stumble, may keep you from capitulating and collapsing. Runners face the same inherent obstacles on the course and require a plan that goes beyond just sprinting for as long as they can. In both cases, going too fast too quickly is an almost surefire recipe for complete collapse.

Stay diversified, and stay the course. That's good advice for both runners and investors. If you want a financial coach to help you with this, just holler.



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REFLECTIONS OF, *War and Medicine*



By: Thomas Benzoni, D.O.

Reflections on the Ukraine, post Russian invasion, 6 months in:

February 24, 2022, Russia invaded Ukraine. The world's response was swift and directed; Ukraine was supported by the Western alliance.

The US response was likewise directed, sending aid in the form of military items and monetary support. We sent medical supplies and personnel as well as educational videos. Additionally, professional societies stepped up to offer help; this is important because it makes visible the support of the entire field, in my case, Emergency Medicine.

Today, I'd like to look at a few of these areas to assess where we are. I'd also like to look forward to where we are going (likely.) I'll close with suggestions of how you can get involved and why that's important.

Background: At a personal basis, I've never been to Ukraine; I followed the formation of the nation. Several years ago, through Iowa Sister States, we had the good fortune to host two physicians from Ukraine. By one of those strange coincidences, they were here during campaign season and got to visit then candidate Joe Biden.

We toured several hospitals in the area, from large centers to small rural ones. They met with health care leadership in our area and learned about the delivery of healthcare American style. We've kept up communication with these two physicians and one of their spouses over the past few years. They have let us know the needs and how to help their people.

Geopolitical: As I write this, I have Pink Floyd on my ear buds. *Dark Side of*

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the Moon seems especially applicable. I'm not going to make a geopolitical analysis for you; you can find that, as you can find your music, from your favorite news source. Assure that it's a trusted news source and that it reflects your values.

Medical: The reaction of Iowa's medical community was, as usual, swift. On August 29th, 2005, Katrina struck New Orleans. Iowa responded by sending a delegation of physicians to help. We traveled all over the State and maintain connections to this day.

Responding the same way, Iowa physicians responded to requests from our colleagues in Ukraine. That help consisted of sending physical goods and financial aid. Our personnel also responded. One of our own emergency physicians, Chad Decker, D.O., DMU 2016, went to Ukraine and returned in October. Dave Stilley, M.D., deployed as well. I know other colleagues responded by going to Ukraine to help out. (PCMS would love to collect those stories and publish them. Send them in (pcms@pcms.org).

The local medical community also contributed materials and money. We continue to send material goods/supplies that help with the patient care effort. They are funneled through channels with expertise in logistics. (Logistics is "moving stuff." Without logistics, we just stand there in our scrubs and not much else...)

Intellectual: One of the first needs our colleagues in Ukraine relayed to me was for intellectual support. They had many willing people, but their training was not up to the task at hand or relevant to battlefield medicine. Some of our local organizations, The Polk County Medical Society particularly, MercyOne and UnityPoint, stepped up, contributing the expertise of their affiliated physicians. These early efforts were well received. These efforts were coordinated by Paula Noonan at Polk County Medical Society.

The request also went out to the American College of Emergency Physicians. Sandy Schneider, M.D., coordinated a response that opened The American College of Emergency Physicians (ACEP) archives of teaching material to the physicians in Ukraine. Additionally, we have a local physician who helped translate; they are a native Ukrainianspeaker. The underappreciated advantage of intellectual property is it gets moved essentially cost-free and can be distributed directly to the area needed, as needed. Just-in-time education videos have been a godsend in helping the Ukrainian physicians as has battlefield medicine videos with translation from credible sources on YouTube.

Money: Money is one of the easiest things to move and has some of the greatest impact. By the provision of money through trusted channels to organizations that have a good reputation, decisions on the



To all the PCMS Volunteer Specialists who provide donated care to all Iowans in need with compassion and dedication...Thank you.

Happy holidays and happy new year. You truly embody the **SPIRIT OF GIVING!**

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deployment of assets are made on the ground by the people closest to the action. This has the additional benefit of, being measurable, making a political statement. By sending money to an organization, you are saying you are backing their efforts. This political effect is not to be underestimated.

Political: No discussion is complete anymore without a political discussion angle. By demonstrating support for Ukraine, an early democracy, we are demonstrating that we believe that people can self-govern. This is an idea that is currently up for debate: some people believe that they need a

strongman to rule them. By supporting efforts like Ukraine's battle for its freedom through our political system, we're demonstrating rejection of strongman rule.

At a half a year old, the war in Ukraine appears to be entering a new phase. I leave to the experts in battlefield tactics to explain what is going on. The efforts of the medical community in Des Moines, in Iowa, and throughout the United States have clearly demonstrated our support for this European country and the collegiality of physicians to aid their counterparts in times of extreme measure.



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In Memory of



James J. Kelso, M.D.

By: Perry Osborn, M.D.

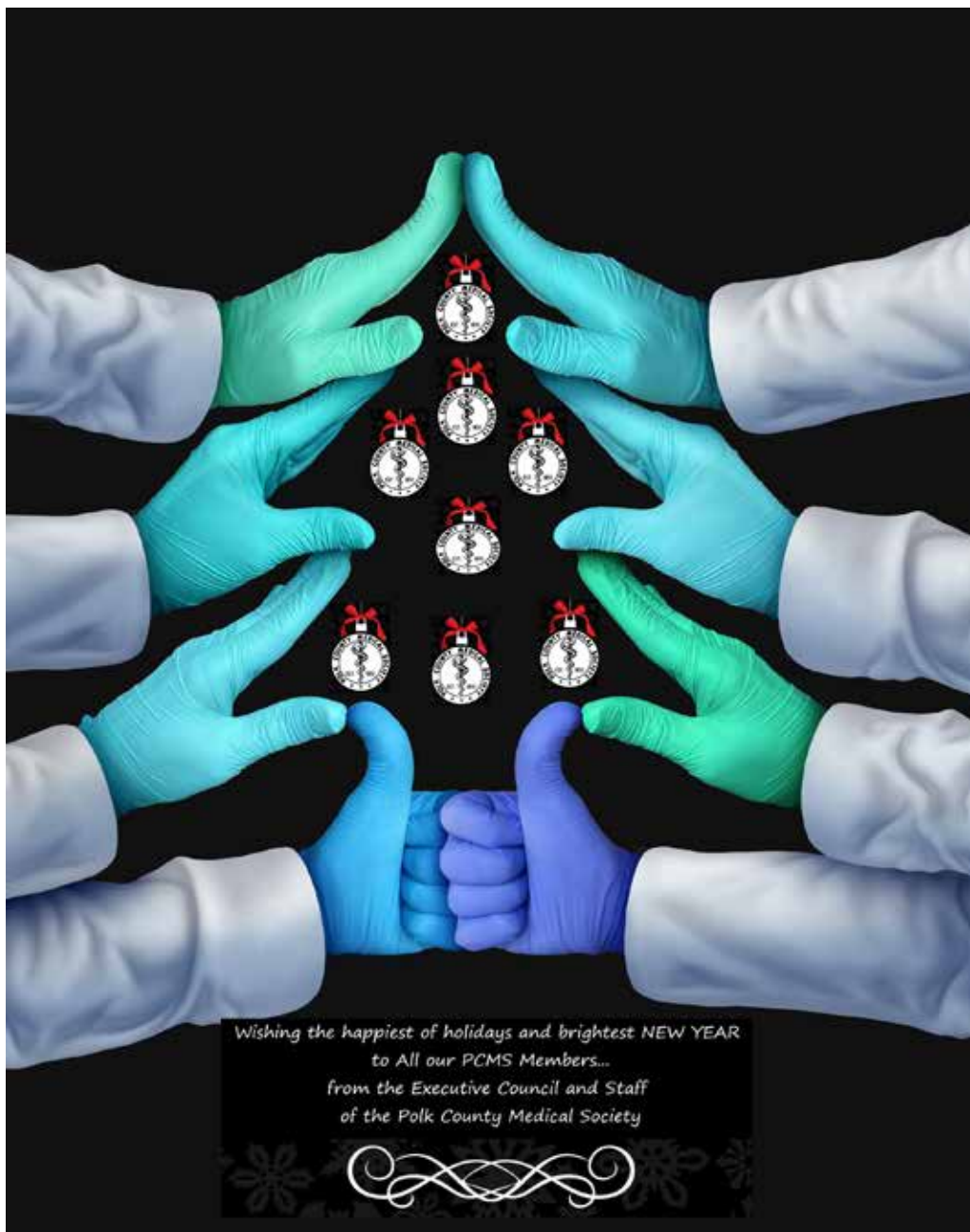
Dr. James J. Kelso, A life member of the Polk County Medical Society, completed this life's journey on September 14, 2022.

The youngest of seven siblings, Dr. Kelso studied medicine at the University of Maryland and did his residency at Georgetown Hospital in Washington, D.C. He later served as a Navy doctor and settled in Des Moines, IA, where he delivered thousands of precious babies into the world and was respected for his exceptional surgical skills throughout his career as an OB-GYN.

Dr. Kelso was a talented surgeon and regarded by many labor and delivery nurses as a skilled mentor with obstetric forceps.

Over the course of his professional life, Dr. Kelso held prominent positions at Mercy and Methodist Hospitals. He was a founding member of The Iowa Clinic, P.C. and developed a passion for risk management in medicine.

He is survived by his wife, Greta, seven children, 20 grandchildren and 6 great-grandchildren.



*Wishing the happiest of holidays and brightest NEW YEAR
to All our PCMS Members...
from the Executive Council and Staff
of the Polk County Medical Society*



VOLUNTEER PHYSICIAN NETWORK RECEPTION

at Terrace Hill

The Polk County Medical Society's (PCMS) Volunteer Physician Network (VPN) held the annual appreciation reception at Terrace Hill, Wednesday, July 20, 2022. Polk County Medical Society President Jason Kruse, D.O., gave welcoming remarks to all the Volunteer Physician Network specialists and hospital partners who participate in the program, thanking them for all of their services

and dedication in providing the only access to free specialty care for Iowans at risk. Dr. Kruse discussed the continued need for the program for Iowans and thanked all the 500 volunteer physician specialists for their donation of time and care. He recognized that almost 4400 VPN referrals received an estimated \$12 million in free specialty care in the past year.



PCMS gathers at Terrace Hill to celebrate and thank Volunteer Physicians for their commitment and selfless donation of care to Iowans at risk through the Volunteer Physician Network Program.

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L-R: Abdul Chughtai, M.D., John Fell, D.O., Noreen O'Shea, D.O., Jason Kruse, D.O., Jason Kessler, M.D. and Mary Anne Kessler discuss funding continued program services, so important to Iowa communities.



PCMS Physicians come together to celebrate and support the Volunteer Physician Network at Terrace Hill.



L-R: Abdul Chughtai, M.D. John Fell, D.O., engage John Cacciatore, PCMS Lobbyist on the important legislative support for VPN and continued funding for the program.

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L-R: Mary Anne Kessler and Jason Kessler, M.D. join the PCMS appreciation reception for all of the Volunteering Physician Specialists who care for Iowans at risk through the Volunteer Physician Network, at Terrace Hill.



L-R: Craig Mahoney, M.D. and Michelle Mahoney try the charcuterie and other delicious appetizers before chatting with colleagues.



L-R: John Fell, D.O., Rhonda Bern, Laura Cunningham, Caitlin Studley, Brandon Kranovich, and Bobby Townsend round the night off with relaxation and collegiality in the music parlor room of Terrace Hill.

*With great appreciation for our 2022 Health Care Partnership Affiliate
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PCMS PHYSICIAN DAY *at the Iowa State Fair*

Polk County Medical Society held a day to celebrate all physicians in Iowa with a gathering at the Iowa State Fair. All Des Moines and surrounding area physicians, extended family and friends were invited to attend with PCMS members and enjoy not only free entrance to the fair, but a great

BBQ at the Old West Roadhouse! It was a beautiful day and a success with the doctors and their families! Members who could not make the planned day were able to use their tickets on other days of the fair, so that they could enjoy fun memory building with their families and friends.



PCMS physicians enjoying the day with their families and colleagues for the first annual PCMS Physician Day at the Iowa State Fair.



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- // Women's Center

WASHINGTON, D.C. FLY-IN

The Polk County Medical Society held their annual Washington, D.C. Fly-In September 13th-14th, while both the Senate and House were in session. PCMS Board Members, CEO and staff advocated personally with your Iowa Congressional Delegation on behalf of PCMS members. 4 key issues were discussed in depth:

1. Medicare's Geographic Payment Disparity
2. Telehealth Extension/Expansion
3. Fixing Prior Authorization
4. Health Care Workforce Expansion

PCMS continued to advocate aggressively for the accuracy of the geographic adjustment factors under Medicare for Iowa physician payments. PCMS also discussed great concern for medical manufacturing/supply/distribution and pricing effecting practices and the costs of medicine, tort reform in Iowa and the unforeseen consequences to patients, physicians, and access to health care services, if legislation is not passed at the state level.



L-R: Thomas Klein, D.O., Kathie Lyman, Ethel Condon, M.D., Jason Kruse, D.O., Senator Charles Grassley, Marty Crowder, Janie Hendricks, D.O. and Paula Noonan discuss important urban medical legislation on behalf of PCMS members and the concerns for Healthcare Workforce Expansion.

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L-R: Janie Hendricks, D.O., Marty Crowder, and Senator Chuck Grassley review and discuss the Connect for Health Act and all of the Telehealth Extension and Expansion needs.



L-R: Kathie Lyman, Paula Noonan, Thomas Klein, D.O., Senator Joni Ernst, Jason Kruse, D.O., Ethel Condon, M.D., Janie Hendricks, D.O. and Marty Crowder raise concerns about fixing prior authorization so that treatment is not delayed for patients.

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L-R: Tom Klein, D.O., Jason Kruse, D.O. and Ethel Condon, M.D. bring forth concerns for the Medicare Geographic payment disparity and how it effects the care that they provide patients.

L-R: Tom Klein, D.O., Kathie Lyman, Janie Hendricks, D.O., Ethel Condon, M.D., Marty Crowder, and Jason Kruse, D.O. enjoy the sights at the Exhibition Hall in D.C.



L-R: Kathie Lyman, Thomas Klein, D.O., Jason Kruse, D.O., Marty Crowder, Ethel Condon, M.D., Janie Hendricks, D.O. and Paula Noonan enjoy an evening after advocacy meetings with an electric car moonlight D.C. monuments tour.

PCMS/FOSTER GROUP SOCIAL HAPPY HOUR

At Big Grove Brewery

The PCMS hosted the annual PCMS Social Happy Hour event co-sponsored by longtime supporters and partners, Foster Group. PCMS members and guests enjoyed exploring the newest brewery venue in Des Moines, its food menu and drink menu of unique brews. The event at the Big Grove Brewery on September 21st, 2022, joined

physicians, family and friends together to socialize and try the new brewery which had firepits and outdoor fun zones. The evening was celebrated with almost 100 PCMS members and guests. A great time was had by all. If you were unable to attend this annual social event, we are looking to gather again in 2023. Keep an eye out!



L-R: Bonnie Zittergruen, John Zittergruen, D.O., Larry Beaty, M.D. and Kathy Beaty enjoy dining with colleagues at the newly opened Big Grove Brewery.



L-R: Jason Kruse, D.O. and Stephen Eckstat, D.O. share a memorable moment with each other.

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L-R: Geoff Christy, Reed Rinderknecht, and Katie Graham discuss the benefits of gathering physicians and their families for a social hour.



L-R: Nancy Brown, Sheldon Buss, and Ivan the dog enjoy the evening on the outdoor patio.



L-R: Mike Metts, D.O., Shelly Metts, and Geoff Christy speak about how great it is to see everyone and gather again after such trying past years, that separated us all.



L-R: Janie Hendricks, D.O., Marty Crowder, Jason Kruse, D.O., Michael Jackson, M.D., and Ariane Jackson enjoy trying the assortment of the brewery offerings and amenities.



Travis Rychnovsky, Geoff Christy, Jon Evans, and Laura Rudberg-Post, D.O. start the event off welcoming physician guests and their extended family members.

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L-R: Tom Benzoni, D.O. and Stephen Eckstat, D.O. discuss what is happening to colleagues in the Ukraine and medicine in general.



Paula Noonan, CEO and Thomas Backer, M.D. share a laugh and speak about the importance of camaraderie and physicians getting together.



PCMS enjoyed Social Happy Hour with a great turn out with about 100 physicians and their family



L-R: Sandy Ely and Ed Ely enjoy food and specialty drinks from Big Grove Brewery.



L-R: Jason Brown, Andrew Brown, Sheldon Buss, Peggy Luciano and George Shelden enjoy the indoor/outdoor atmosphere to relax and take in the evening.

Continued from page 30



L-R: Jason Kruse, D.O. and Sarah Trone-Garriott discuss important Tort legislation this coming session, for Iowa, and how there will be negative impact to access of care and recruitment of physicians without it.



L-R: Ethel Condon, M.D., Monica Broadwell, and Meagan Richman enjoy an evening of fun and collegiality.



L-R: Jason Brown, Kathie Reis, and Rod Reis discuss benefits of physician engagement and the supportive Foster group partnership with PCMS physicians and members.



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PCMS FALLOWEEN FESTIVAL

At Willis Family Orchard

The Polk County Medical Society (PCMS) members, family, friends and sponsors enjoyed a crisp fall day of sunshine and farm fun, as they attended the first PCMS Falloween Festival on Sunday, October 9th, at the Willis Family Orchard in Adel, IA.

PCMS physicians and their extended families spent the day enjoying hayrack rides, picking

pumpkins and apples, getting lost in a corn maze, navigating the play area, petting farm animals, a grilled lunch of brats and weenies and roasting smores by the campfire. Look forward to more exciting and memory building events with your family and colleagues coming up in 2023.



L-R: Stan Danielson, M.D., Sloane Jones, and Deborah Danielson start their fun filled day at the Willis Family Orchard.



L-R: Gregory Dodge, Daniel Dodge, D.O. and Papi Dodge camp out and make smores.

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Continued from page 33



L-R: Michael Jackson, M.D., James Brown, Anissa Brown, Mycal Jackson II, Sara Tranpe, Ariane Jackson, Amina Brown and Neema Brown are excited for hayrack rides and corn mazes!



L-R: Kathie Lyman, Anthony Lyman, Arden Lyman and Elle Lyman get the tractor ready to ride at the PCMS Falloween Festival.



L-R: Laura Cunningham, Nolan and Makayla Cunningham step into the shade for a lunch break after playing games and petting the goats.



L-R: Bryan Clavenna, Milo Clavenna and Mickey Clavenna strategize their pumpkin picking plans for the pumpkin patch.

THE FIRST ANNUAL POLK COUNTY MEDICAL SOCIETY

Teddy Bear Tea Holiday Event

The Polk County Medical Society (PCMS) held the first annual Teddy Bear Tea Holiday Event on December 3rd, at Allora Café, as a charitable occasion for children's charities and the Volunteer Physician Network. Attendees brought a toy or monetary donation and were treated to an assortment of entertainment, ringing in the holiday season. The Des Moines Choral Society sang as wandering minstrels throughout the beginning of the event. As party goers arrived, they were treated to a traditional

high tea, coffee, lattes, mimosas, or hot chocolate to compliment sandwiches, delicious scones, and cookies. The Fred Gazzo Band also entertained with new and old holiday favorites. The event was topped with the arrival of Santa Claus, bringing with him his book with the naughty and nice lists. If you did not make it this year, we hope to see you at the 2nd Annual Teddy Bear Tea Holiday Event, and that you make it our newest family tradition too!



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Continued from page 35



L-R: Lydia Kruse, Jason Kruse, D.O. and Christopher Kruse give their gift toy donations for children in need.



Santa takes inventory of all the toys for the good little girls and boys collected through donations at the PCMS First Annual Teddy Bear Tea!



Kara Wall, Lexi Wall, Alice Bush and Beth Bush sit down to a tradition English tea to kick off their holiday season events.



The Des Moines Choral Society serenade Teddy Bear Tea party goers as wandering minstrels to kick off the holiday program.

Continued from page 36



Who says visiting with Santa is just for kids, say Jason Kessler, M.D. and Mary Anne Kessler!



The Perrin and Huynh families gather together to celebrate the holiday season, provide donations to children in need and enjoy holiday music and family time together.



The Elliot, Warren and Patten families gather with Santa for a traditional holiday photo.



The Des Moines Choral Society wandering minstrels take a break to sit and visit among the Teddy Bears and holiday décor.

Continued from page 37



L-R: Kathie Lyman, Ron Eisbrenner, Santa and Elle Lyman whisper their holiday secret wishes to Santa Claus.



Santa has a new tech in a naughty and nice locator app that the children check out!



Santa delights children with magic tricks!



Matt, Rowan and Kara Pick check in with Santa to start their holiday season.

NOVEMBER BIRTHDAYS

1	Robert Behrens, M.D. Philip Colletier, M.D. May Tee, M.D.	15	Hijinio Carreon, D.O. Larry Severidt, M.D. Mark Zlab, M.D.
4	Steven Adelman, D.O. David Stilley, M.D.	17	Bart Jenson, M.D.
5	Stephanie Sitt Cox, M.D.	18	Michael Disbro, M.D. Bruse Hughes, M.D. Robert Jerstad, D.O. Bret McFarlin, D.O.
6	Nuha Shash-Barazanji, M.D.	19	Gregory Recker, D.O. Joshua Rosebrook, M.D.
7	Jean Spencer, M.D.	21	Thomas Buroker, D.O.
8	Dennis Fry, M.D.	24	Jeffrey Merryman, M.D.
9	Rao Makkapati, M.D. Matthew Spitzenberger, D.O.	27	Margaret Hseih, M.D. Mark Menadue, D.O.
12	Jim Duong, M.D.	28	Eric Barlow, M.D. Dennis Whitmer, D.O.
13	Mark Woiwood, M.D.	29	Jan Franko, M.D. Willie McClairen, M.D. James Roloff, M.D.
14	Edward Steinmann, D.O. Thomas Murphy, M.D.	30	Gary Bremen, D.O.

Is your birthday missing? Let us know!

2

Darin Frerichs, D.O.
Edward Loeb, M.D.
Eric Meek, M.D.
Leatrice Olson, D.O.

3

Donner Dewdney, M.D.
Myles Kawamura, D.O.

4

Shardul Poudyal, M.D.
Sarah Holland, D.O.

5

Larry Lindell, M.D.

6

Sudeep Gupta, D.O.

7

John Bardole, M.D.

8

Kathleen Jones, M.D.

9

Thomas Carlstrom, M.D.
Debra Sixta, M.D.

10

Jason Wittmer, M.D.

11

Aneesha Afroze, M.D.
Yogesh Shah, M.D.

12

Kenneth Andersen, M.D.

13

Patricia Kallemeier, M.D.
Lawrence Rettenmaier, M.D.

14

Devon Goetz, M.D.
Michael Jacoby, M.D.

15

Holly Healey, D.O.
Lynn Lindaman, M.D.

16

Ranga Marcherla, M.D.
E. Michael Sarno, M.D.
Martin VanZee, D.O.

17

Meredith Crenshaw, M.D.

18

Bradley Hiatt, D.O.

19

Alan Hilgersen, D.O.
Kim Leddin, D.O.
Thomas Peacock, M.D.
William Vandivier, D.O.

20

Pitayadet Jumrussirikul, M.D.

21

Brian Bowshier, M.D.

22

Valerie Stratton, D.O.

23

Joseph Gilg, M.D.

25

Carole Frier, D.O.

26

Katherine Sullivan, M.D.

27

Timothy Mayfield, M.D.
Carey Wimer, M.D.

28

Richard Deming, M.D.
Jeanne Giddings, D.O.

29

Kaaren Olesen, D.O.
John Tribble, M.D.

31

Chandran Mitra, M.D.
Daniel Schroeder, M.D.
Kent Thieman, M.D.

JANUARY BIRTHDAYS

1

Thomas Brown, M.D.
Mark Burdt, D.O.

4

Michael Mohan, M.D.
Lynn Owen, D.O.

5

Robert Brown, M.D.
Jennifer Olson, D.O.

6

I. Eugene Peterson, M.D.

7

James Kimball, M.D.

8

Todd Heilskov, M.D.
David Lemon, M.D.
Neil Mandsager, M.D.
Tyler Schwiesow, M.D.

13

Jessica Lorenz, M.D.

14

Chad Carlson, M.D.
Jeffrey DeFrancisco, M.D.
Kyle Rogers, M.D.

18

Adam Secory, D.O.
Andrew Steffensmeier, M.D.

19

Robert Callahan, M.D.

21

Robert Lee, M.D.

22

Ahmad Al-Shash, M.D.

25

Nelima Chennupati, M.D.
David Stubbs, M.D.
Stephanie Wadle-Wignall, M.D.

26

Prachi Singh, M.D.

28

Elizabeth Jauron, M.D.

30

James Bergman, M.D.
Stacey Milani, M.D.
Francis Sapanhila, M.D.

31

Abbie Ruisch, D.O.

Is your birthday missing? Let us know!

FEBRUARY BIRTHDAYS

2

David Chew, M.D.

3

Tiffany Ketcham, D.O.

4

Matthew Carfrae, M.D.

9

Lynn Smits, M.D.

11

Rizwan Shah, M.D.

12

Steven Berry, M.D.

13

Jason Kessler, M.D.

16

Erik Swenson, M.D.

18

Marvin Hurd, M.D.

19

Carlos Alarcon Schroder, M.D.

Heike Schmolck, M.D.

20

Bradley Hammer, M.D.

Mark Tannenbaum, M.D.

Wendy Zadeh, M.D.

21

Randy Maigaard, M.D.

22

Cary Murphy, M.D.

23

Kim Countryman, D.O.

25

Stephen Nowak, D.O.

Robert Schneider, M.D.

26

Angela Collins, M.D.

Paul Grossmann, M.D.



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