# POLK COUNTY DIABETES RESOURCE GUIDE

## Local Diabetes Resources

<table>
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<th>Hospitals:</th>
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| Broadlawns Medical Center | Contact: Jan Houser, RN, CDE  
1801 Hickman Road  
Des Moines, IA 50314  
Telephone: (515) 282-2546  
jhouser@broadlawns.org |
| Iowa Lutheran Hospital | Contact: Angela Boord, RPh  
700 East University  
Des Moines, IA 50316  
Telephone: (515) 263-5576  
boordas@ihs.org |
| Iowa Methodist Medical Center | Contact: Susan Freeman, RN  
1200 Pleasant Street  
Des Moines, IA 50309  
Telephone: (515) 241-5075  
freemasa@ihs.org |
| Mercy Hospital Medical Center | Contact: Jackie Perkins, ARNP  
400 University Avenue  
Des Moines, IA 50314  
Telephone: (515) 643-8940 |

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<tr>
<th>Iowa Department of Public Health Certified Diabetes Outpatient and Education Program</th>
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| Blank Children's Hospital Outpatient Diabetes Ed. | Contact: Sherry Trunnel, RN  
Blank Children's Hospital  
Telephone: (515) 241-6000 |

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<th>Self-Management Education Program at the Diabetes Center</th>
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| Diabetes Center | Contact: Stacy Frerichs, RN, CDE  
Telephone: (515) 643-8204 |
| Central Iowa Diabetes Education Center | Contact: Susan Freeman, RN  
Iowa Methodist Medical Center  
Telephone: (515) 241-5075 |

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<tr>
<th>Comprehensive Outpatient Diabetes Management Program</th>
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| Mercy Diabetes Institute | Contact: Jackie Perkins, ARNP  
Telephone: (515) 643-8940 |
| IDEC Diabetes Education Program | Contact: Dawn Gustofson  
Iowa Diabetes & Endocrinology Center  
Telephone: (515) 225-2401 |

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<tr>
<th>American Diabetes Association Recognized Program</th>
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| Iowa Methodist/Iowa Lutheran Diabetes Education Center | Contact: Susan Freeman, RN  
Telephone: (515) 241-5075 |
Self-Management Education Program at the Diabetes Center  
RN, CDE  
Diagnostic and Critical Care Medicine  
Contact: Stacey Frerichs,  
Telephone: (55) 643-8205

Mercy Diabetes Institute Comprehensive Outpatient  
Diabetes Mgt. Program  
Mercy Hospital Medical Center  
Contact: Jackie Perkins, ARNP  
Telephone: (515) 643-8940

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<th><strong>Public Health Nursing</strong></th>
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| **Agency:** Visiting Nurse Services  
1111 9th Street, Ste. 320  
PO Box 4985  
Des Moines, IA 50306-4985  
Contact: Jen Van Liew, CEO  
Telephone: (515) 288-1516 |

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<tr>
<th><strong>Certified Diabetes Educator</strong></th>
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| **Educator:** Susan Abbott  
Telephone: (515) 279-1932  
Address: 9029 Hammontree Drive, Urbandale |
| **Educator:** Kim Barkat  
Telephone: (515) 247-3838  
Address: 400 University Ave., Des Moines |
| **Educator:** Monica Brill  
Telephone: (515) 323-7692  
Address: 636 Grand Ave., Station 172, Des Moines |
| **Educator:** Kelly Cambell  
Telephone: (515) 247-3838  
Address: 400 University Ave., Des Moines |
| **Educator:** Renae Chesnut  
Telephone: (515) 271-2172  
Address: 2507 University Ave., Des Moines |
| **Educator:** Jo Cox  
Telephone: (515) 241-5074  
Address: 1200 Pleasant St., Des Moines |
| **Educator:** Brenda Dolan  
Telephone: (515) 247-3838  
Address: 400 University Avenue, Des Moines |
| **Educator:** Carolyn Ehm  
Telephone: (515) 247-3838  
Address: 400 University Ave., Des Moines |
| **Educator:** Susan Freeman  
Telephone: (515) 241-5075  
Address: 4308 Allison Ave., Des Moines |
| **Educator:** Stacey Frerichs  
Telephone: (515) 247-4113  
Address: 411 Laurel, Des Moines |
| **Educator:** Janee McBride  
Telephone: (515) 247-3838  
Address: 1111 6th Avenue, Des Moines |
Educator: Cristin Glenn
Telephone: (515) 247-3838
Address: 400 University Ave., Des Moines

Educator: Geri Gomez
Telephone: (515) 263-4233
Address: 603 E. 12th, Des Moines

Educator: Dawn Gustafson
Telephone: (515) 263-4233
Address: 603 E. 12th, Des Moines

Educator: Janet Houser
Telephone: (515) 282-2546
Address: 1801 Hickman Road, Des Moines

Educator: Edward Hertko, MD
Telephone: (515) 974-3771
Address: 2200 Rittenhouse, Ste. 175

Educator: Nita Garrett-Hoffman
Telephone: (515) 247-4447
Address: 1111 6th Avenue, Des Moines

Educator: Janet Lennie
Telephone: (515) 699-5583
Address: 3600 30th Street, Des Moines

Educator: Teresa Peiffer
Telephone: (515) 241-5384
Address: 1200 Pleasant, Des Moines

Educator: Connie Mead
Telephone: (515) 247-3838
Address: 400 University Ave., Des Moines

Educator: Ellen Qualls
Telephone: (515) 247-4198
Address: 400 University Ave., Des Moines

Educator: Sherry Trunnel
Telephone: (515) 241-6000
Address: 1200 Pleasant, Ste. 300, Des Moines

Educator: Susan Abbott
Telephone: (515) 279-1532
Address: 9029 Hammontree Drive, Urbandale

Educator: Patrick Thomas
Telephone: 800-227-8823, x6748
Address: 1215 11th St. #315, West Des Moines

Educator: Bernice Ortale
Telephone: (515) 247-3838
Address: 1111 6th Ave, Des Moines

Educator: Rosemary Ambroson
Telephone: (515) 247-3838
Address: 1111 6th Ave., Des Moines
## Services Available for Persons with Diabetes

### Screening for Diabetes
- **Agency:** American Diabetes Association  
- **Date:** Each March on Diabetes Alert Day  
- **Telephone:** (515) 276-2237  
- **Charges:** No Charge

### Screening for Diabetes
- **Agency:** Polk County Health Department  
- **Time:** Monday-Friday 9:00 – 4:00 (Walk-in)  
- **Telephone:** (515) 286-3798  
- **Charges:** $10.00 per screen

### Diabetes Support Groups
- **Contact:** Sheryl Rolfe  
- **Sponsoring Agency:** American Diabetes Association  
- **Telephone:** (515) 276-2237  
- **Days Offered:** 3rd Thursday of each month

### Diabetes Dialogue
- **Contact:** Kathy Rethman, RD  
- **Sponsoring Agency:** IMMC & ILH  
- **Telephone:** (515) 241-3220  
- **Location:** 1st Wednesday of month, 7 PM, Hill Auditorium, IMMC

### General Financial Assistance Resources
- **Department of Human Services**  
  - **Wendy Rickman, Service Area Manager**  
  - **Telephone:** (515) 283-7992

- **General Relief Director**  
  - **Marcia Blize, Manager**  
  - **Telephone:** (515) 286-3556

### Diabetes Related Community Education
- **Polk County Health Department**  
  - **Contact:** Public Health Community Educator  
  - **Target Audience:** Public – Group or Individual  
  - **Telephone:** (515) 286-3798  
  - **Dates Held:** At request

- **Program/Contact:** Deb Schmidt  
  - **Target Audience:** Public and Professional  
  - **Telephone:** (515) 276-2237  
  - **Dates Held:** April

- **Program/Contact:** Deb Schmidt  
  - **Target Audience:** Public and Professional  
  - **Telephone:** (515) 276-2237  
  - **Dates Held:** October

- **Program:** Camp Hertko Hollow  
  - **Target Audience:** Ages 6 – 16 years  
  - **Contact:** Sheryl Rolfe  
  - **Telephone:** (515) 276-2237  
  - **Dates Held:** June
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<th><strong>Additional Related Resources</strong></th>
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<tr>
<td><strong>Central Region American Diabetes Association Office:</strong></td>
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<tr>
<td>6200 Aurora Ave., Ste. 504W, Des Moines, IA 50322</td>
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<tr>
<td>Contact: Deb Schmidt  Telephone: (515) 276-2237</td>
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<td><strong>Area Agency on Aging Information and Referral:</strong></td>
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<tr>
<td>Aging Resources of Central Iowa  Telephone: (515) 255-1310</td>
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<td><strong>Smoking Cessation Programs:</strong></td>
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<td>New Friends  Telephone: (515) 247-4310</td>
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<td>Mercy Hospital Medical Program, Des Moines</td>
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<td>Freedom from Smoking Program  Telephone: (515) 282-2527</td>
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<td>Broadlawn Medical Center</td>
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<td>Fresh Start Program  Telephone: (515) 286-3642</td>
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<td>Polk County Health Dept., Des Moines</td>
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<td>Breath Savours  Telephone: (800) 255-4662</td>
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<td>Iowa Lutheran Hospital  Des Moines</td>
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<td>Smoking Cessation Program  Telephone: (515) 699-5830</td>
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<td>Veteran’s Administration Medical Center  Des Moines</td>
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<td>Tobacco Cessation Program  Telephone: (515) 278-5864</td>
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<td>American Lung Association of Iowa  Des Moines</td>
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<td>Smoking Cessation Program  Telephone: (515) 699-5807</td>
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<td>VA Central Iowa Health Care System  Des Moines</td>
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