

Jasper County Cares Coalition,

The post-meeting packet is attached. We had about 51 attendees at the June 12th meeting.

Thank you to our presenters, Jasmine Bailey and Sarah Patterson from RSVP/ Jasper County Rides. See Vita Newsletter

New attendees:

- Brad Magg- Colfax City Council, Candidate for Iowa House.
- Maddy France- St Croix Hospice
- Miranda Caldwell- Newton Village

Resource Guide: <https://www.jasperia.org/resources/> Updated: UCS Healthcare, Circle of Freedom, and Jasper County funeral homes

Jasper County Events: <https://www.jasperia.org/calendar/> Lots of upcoming events!

Jasper County Facebook: <https://www.facebook.com/JasperCountyCaresCoalition/>

Events

- Iowa State University Extension: Stay Independent: A Healthy Aging Series for 60+ At the Gathering Place in Monroe on 7/1, 7/8 & 7/18/2024 from 12:15-1:15 PM
- Discover Hope: Brinner Fundraiser-Breakfast for Dinner. Friday 6/28/2024 from 5:00-7:00 PM
- Discover Hope: Can and Bottle Drive. 6/12-6/20/2024 Newton Redemption Center. You must tell them the proceeds go to Discover Hope.
- Newton Village: Veteran's Coffee and Conversation with Jasper County VA Administrator, Alyssa Wilson. Thursday 6/20/2024 from 9:00-11:00 AM. Please RSVP to Miranda Caldwell at 641-787-6014 or Miranda.Caldwell@CassiaLife.org
- Jasper County Elderly Nutrition: A Matter of Balance Fall Prevention Workshop. At the Gathering Place in Monroe. Starting Thursday, 7/18/2024 from 12:15-2:15 PM and continuing on Thursdays. To register call Jasper County Elderly Nutrition at 641-792-7102
- Jasper County Elderly Nutrition: Older Adult Services Event on Tuesday 6/25/2024 from 10:00 AM-1:00 PM
- Central Iowa Shelter and Services: Point in Time Homeless Count Event on 7/31/2024 from 12:00-3:00 PM at Discover Hope. Lunch will be provided from 11:30 AM-1:00 PM
- Aging Resources of Central Iowa: World Elder Abuse Awareness Day on 6/15/2024. T-Shirt Fundraiser, to order go to <https://tinyurl.com/IowaEAPA>
- Iowa Department of Health and Human Services: HIV Testing Day Thursday 6/27/2024. For more information: <https://content.govdelivery.com/accounts/IACIO/bulletins/39f7ae7>
- Newton Healthcare Center: Community Toe Clinic, Tuesday, 6/25/2024 from 1:00-3:00 PM
- Newton Healthcare Center: Community Garage Sale, Friday, 6/28/2024 from 8:00 AM-1:00 PM
- NAMI: NAMI of Central Iowa is hosting an open house on Tuesday, 8/27/2024. Address is 612 5th St, Ames, IA 50010.
- NAMI: The annual NAMI walk will be 10/28/2024. With the weather being unpredictable, this year it will be located in the North Grand Mall, 2801 Grand Ave, Ames, IA 50010.
- The Well: Open House on 6/29/2024 from 10:00 AM-2:00PM. There will a ribbon cutting, food and events.
- Wolfe Ranch: Saddle Up and Ride Horse Camps- June 24-28, 2024, and July 1-5, 2024, from 10:00 AM- 2:00 PM. Ages 8-12, limit of 5 campers. To register or for more information contact syork@wolferanchquakerdale.org

Employment Opportunities

- Aging Resources of Central Iowa: Title - Lifelong Links Options/Information & Assistance Referral. <https://www.indeed.com/cmp/Aging-Resources-of-Central-Iowa>
See information in packet
- Newton Healthcare: In need of CNAs and Nurses. Contact Whitney Morrison at Admissions@newtonnursing.com
- ITS: Is in need of a Mental Health Counselor and a Substance Misuse Counselor. Contact Victoria Walton at victoria@itsnewton.com
- Main Street Rural Health: Has positions in Newton and Des Moines available. Apply at <https://mainstreetruralhealth.com/careers/>
- Progress Industries: Has openings for Residential and Direct Support staff in Jasper and Polk County. Contact Chelsie Slack at chelsie.slack@progressindustries.org

Volunteers Needed

- The Well: Would like to have volunteers from the community come and assist with their Open House on June 29th from 10:00 AM-2:00 PM. Contact Mary Romberg at maryr@thewelliowa.org
- RSVP: Needs help with Jasper County Rides Drivers, School Programs, Community Events, and Volunteer Income Tax Assistance. Contact Jasmine Bailey at 641-792-6433 or jnbailey@iastate.edu
- Jasper County Elderly Nutrition: “Meals on Wheels” delivery drivers are through out Jasper County. Time commitment is 11:00 AM-12:15 PM Monday –Friday. Contact Kelli Van Manen at 641-792-7102

Cares Wins

- A thank you to Nick at HIRTA for connecting a patient to RSVP. In doing so, RSVP was able to provide transportation for the patient to their eye exam.
- A thank you to Kristina Winfield for helping Emma with an ISTEP plan at BAXTER Schools.

Reminder: There is NO MEETING IN JULY.

The next meeting will be August 14, 2024, at the Jasper County Administration Building, 315 W 3rd St N, Newton, Large Conference Room 006. Spotlight Agency: HIRTA

September’s meeting is the Community Health Assessment Town Hall Meeting at the DMAACC Conference Room. We encourage everyone to attend as we assess and determine the top needs in Jasper County. Please RSVP to PR@MercyoneIowa.org See Flyer

If you have any updates or questions, please email jaspercocares@jasperia.org.

Thanks,

Becky Pryor, Administrator | Tel: 641.787.9224, extension 3

Website: www.jasperia.org | Email: bpryor@jasperia.org

315 W 3rd Street N, Suite 100, Newton, Iowa 50208





Jasper County Cares Coalition



Meeting 10:30 AM
No meeting in July

Health and Human Services Meeting

Stronger together!



Jasper County Cares Coalition

Health and Human Services Meeting

Meeting 10:30 AM
August 14, 2024

Stronger together!

Jasper Co. Office Building
Large Conference Room
315 W 3rd St N, Suite 006
Newton, Iowa



J A S P E R C O U N T Y COMMUNITY HEALTH ASSESSMENT

Town Hall Meeting

9.11.2024 from 10:30 AM- noon

DMACC Newton Conference Room
600 N 2nd Ave W, Newton, IA 50208

MercyOne Newton, Jasper Co. Health Dept. & numerous community partners are collaborating to launch the 2025-2028 Community Health Assessment.

RSVP for lunch by 8.30.2024 to pr@mercyoneiowa.org



JASPER COUNTY
HEALTH DEPARTMENT IOWA

MERCYONE

ORGANIZATION SPOTLIGHT

HIRTA

Heart of Iowa Regional Transit Agency
Public Transit



Service: Transportation

Mission: "We provide transit services to anyone for any reason."

Heart of Iowa Regional Transit Agency (HIRTA) is the State designated Regional Public Transit System in central Iowa, serving the counties of Boone, Dallas, **Jasper**, Madison, Marion, Story and Warren.

- Providing public transit services in Jasper County.
- Cost: \$2.50 in town, \$5.00 in County, varies out of County
- **Download the HIRTA On Demand app on the App Store and Google Play**

MORE INFORMATION



(877) 686-0029



erides@ridehirta.com



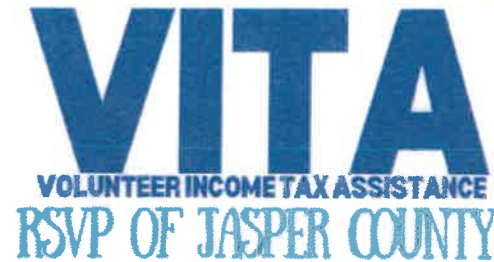
ridehirta.com



VITA NEWSLETTER

What's this about?

Dear friend of RSVP,
As a client of our tax service, we enjoy seeing you in the season but would like to stay in touch throughout the year. We plan to publish in May, September, and December to inform you about tax news, tax laws, planning suggestions, and important tax dates.



2023 Tax Season Results

VITA program in RSVP of Jasper County served over 900 individuals with more than 650 tax returns. In addition, some folks who were comfortable doing their taxes themselves stopped by with a question or two. Others who don't owe taxes had us confirm they have no obligation, and we sent them on their way.

There is another way to measure success. Our schedulers, greeters, and tax preparers keep returning year after year! They enjoy the challenge and the atmosphere and are willing to help. Our senior member is Bill Harrison, with more than 20 years of service, and Dennis Julius (DJ) is right behind at 18 years of service.

DO I NEED TO FILE MY 2024 TAXES IN TAX SEASON 2025?

If you are wondering, "How much do I have to make to file taxes?". When it comes to filing, your taxable income determines whether you should file a tax return. We will have the threshold amounts in our September issue. However, we would be happy to help you determine if you need to in February 2025. We will start scheduling appointments on January 13th, 2025, and have appointments from February 3rd, 2025, through April 10th, 2025, on Tuesdays, Wednesdays, and Thursdays. We will also be open more Saturdays and Thursdays Evenings to help accommodate work and other life commitments.

About VITA:

Volunteers in Tax Assistance is a nationwide organization that helps train and fund volunteers who help prepare taxes for low-income and moderate-income families. VITA is only one of our partners, along with the Retired and Senior Volunteer Program (RSVP). Our office is part of Jasper County Iowa State University Extension and Outreach, and our tax preparation sponsor is Des Moines Area Community College, which generously allows us to utilize office space.

IOWA RETIREMENT INCOME

As many of you are now aware, the state of Iowa does not tax retirement income such as pensions, IRA's income and so on. If you see that some of your retirement income is being withheld for Iowa tax, you may wish to contact that agency and ask that they stop withholding Iowa state tax. Be careful; your interest and capital gains are not retirement income and can be **taxed**. Next issue, when we talk about itemized deductions, we will discuss Iowa's exemption for health insurance premiums.

DEDUCTIBLE IRA CONTRIBUTIONS

An Individual Retirement Account is a good way to lower your taxes today and save and invest for later years. Most banks and firms that sell stock and bonds can advise you and set up your IRA. You may put away \$7,000 a year TAX FREE if you are 50 years old or younger, and \$8,000 a year to "catch up" if you are over 50. You will pay tax when you are retired, but as the IRA grows you will not pay taxes on capital gains and dividends and interest. Learn more from your financial advisor.

Younger than 50 - \$7,000

50 or older - \$8,000

HEALTH SAVINGS ACCOUNTS

Health Savings accounts help families take care of medical expenses with tax free dollars. However, there are limits to the amount that you can contribute:

For 2024 HSA contributions cannot exceed \$4,150 for individual coverage and \$8,300 for a family high deductible health care plan. Many employers are starting to offer HSA's as part of the benefits plan, but it is available to individuals.

STANDARD DEDUCTIONS

A deduction reduces the amount of a taxpayer's income that's subject to tax, generally reducing the amount of tax the individual may have to pay.

Standard Deduction amount has been increased for 2024 for all filers. Amounts are in the table below.

2024 Standard Deduction	
Married Filing Jointly	29,200
Single	14,600
Married Filing Separately	14,600
Head of Household	21,900

Additional deduction, Age 65 or older	
Married or Qualifying Widow	1,550
Single	1,950

Additional deduction, blind (visually impaired)	
Married or Qualifying Widow	1,550
Single	1,950

ANNUAL GIFT TAX EXCEPTION

For 2024, the annual gift tax limit is \$18,000. (That's up \$1,000 from last year's limit since the gift tax is one of many tax amounts adjusted annually for inflation.) For married couples, the combined 2024 limit is \$36,000.

For example, if you are married and have two married children and two grandchildren, you and your spouse can give up to \$36,000 to each of your kids, their spouses, and the grandchildren in 2024 without having to file a gift tax return or pay any tax. This means you can give a total of \$216,000 in tax-free gifts.

Remember: staying under these limits per recipient exempts you from filing a gift tax return for the year. However, the annual limit is time-sensitive, meaning you need to make 2024 gifts before Dec. 31, 2024.

IDENTIFY PREVENTION PIN

An Identity Protection PIN (IP PIN) is a six-digit number that prevents someone else from filing a tax return using your Social Security number (SSN) or Individual Taxpayer Identification Number (ITIN). The IP PIN is known only to you and the IRS. It helps us verify your identity when you file your electronic or paper tax return. Even though you may not have a filing requirement, an IP PIN still protects your account.

If you are a confirmed victim of tax-related identity theft and we have resolved your tax account issues, we'll mail you a [CP01A Notice](#) with your new IP PIN each year.

If you don't already have an IP PIN, you may get an IP PIN as a proactive step to protect yourself from tax-related identity theft. Anyone with an SSN or an ITIN can get an IP PIN including individuals living abroad.

How to Apply:

- The fastest way to receive an IP PIN is to request one through your online account. If you don't already have an account on IRS.gov, you must register to validate your identity.
- Spouses and dependents are eligible for an IP PIN if they can pass the identity verification process.
- Once you have opted in and obtained an IP PIN online, you will need to retrieve your IP PIN online each calendar year as a CP01A Notice will not be mailed.
- The IP PIN is generally available in your online account starting in mid-January through mid-November.
- **If you need help applying for an IP-PIN through the online account or want to submit a paper application, please call our office to request an appointment.**

VOLUNTEER OPPORTUNITIES

Are you or someone you know interested in being a volunteer? There are so many ways that you can! RSVP of Jasper County has many avenues and paths for helping our community. RSVP is for anyone over the age of 55 to volunteer in their community. Some examples of what RSVP does in Jasper County are listed below:

- School programs (elementary and middle schools)
- VITA
- Jasper County Ride - Free Non-Emergency Medical Transportation (eligibility required for program)
- Newton Siren Reporting
- Salvation Army/ Elderly Nutrition/ Meals on Wheels
- Rent Reimbursement
- And so much more!

Contact Jasmine if you are interested.

How did we do?

We are always interested in your feedback so if you have any suggestions, or would like us to cover a certain subject, please email or call Jasmine Bailey at the ISU Extension and Outreach office. 641 792 6433 or jnbailey@iastate.edu

STAY INDEPENDENT: A HEALTHY AGING SERIES

for adults age 60+

**Join us for any or all
of the classes!**



Power Up with Protein | July 1

Protein is a "hot" topic in nutrition right now, particularly for adults aged 60 and older. Protein in meals and snacks will give you energy and keep you full. Learn more about food sources of protein and how to include them in your diet.

Brain Health | July 8

Healthy habits support healthy brains! Explore MIND diet recommendations for eating well and activities to exercise the body and the brain.

Thriving In Place | July 15

Identify your priorities, assess your current environment, and explore home modifications to help aging in place be safe.

Mondays, 12:15-1:15 PM

No cost to attend.

Registration for each session separately:

July 1: <https://go.iastate.edu/QGVSCH>

July 8: <https://go.iastate.edu/EEE5PY>

July 15: <https://go.iastate.edu/IAHMVE>

Registrations close 1 week prior to sessions. Paper registration forms are available from Amy Stephenson.

Funding provided by Jasper County Extension

More information online:
[www.extension.iastate.edu/
humansciences/aging](http://www.extension.iastate.edu/humansciences/aging)



The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 68

Monroe Gathering Place

113 S. Monroe Street
Monroe, IA 50170
Following congregate meals

MORE INFORMATION

Jasmine Bailey
641-792-6433
jnbailey@iastate.edu

BRINNER FUNDRAISER



Breakfast for Dinner!

**\$5
PLATE**

**INCLUDES:
PANGAKES / BACON
EGGS / COFFEE**

June 28th, 2024 5-7 pm

733 1st Ave E, Newton, IA

CAN & BOTTLE DRIVE



**DROP OFF DATES:
JUNE 12th - JUNE 20th**

Newton Redemption Center

325 E 12th ST. S



All proceeds benefiting Discover Hope 517



**You must tell them it is for
Discover Hope 517!**





Are you receiving all of the benefits you earned?

Join us for: Veterans Coffee and Conversation with Jasper County VA Administrator, **Alyssa Wilson**



Thursday, June 20th
9:00 – 11:00 a.m.

Please RSVP to
Miranda Caldwell, Sales Director
at 641-787-6014
Miranda.Caldwell@CassiaLife.org

Learn More!



Do You Have A Fear Of Falling?

A Matter of Balance Fall Prevention Workshop



In 8 Sessions Enjoy Learning

- Practical Fall Prevention Techniques
- Changes to Reduce Fall Risks
- Simple Exercises for Strength, Flexibility & Balance
- Ways to increase activities



Learn

Share



Discuss



To register: call Jasper County Elderly Nutrition at 641-792-7102
Questions: call Sharee at 515-650-9507

Where: The Gathering Place, 113 S Monroe St., Monroe, IA

When: Starting July 18th at 12:15-2:15pm, Thursdays

Cost: Free Will Donation



Who we are

Born out of the 1964 War on Poverty, IMPACT Community Action Partnership works to remove the barriers and burdens families experience in maintaining their essential needs.

UPCOMING EVENT

Jasper County Elderly Nutrition
2401 1st Ave. E., Newton, IA 50208
Tuesday, June 25 2024
10:00 am - 1:00 pm

Older Adult Services

Seniors Farmers Market

Nutrition Program

Designed to provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs.

Rent Reimbursement Program

Partial reimbursement for rent paid.

Recreation Passes

Free or reduced cost passes for Parks and Recreation

Essential Needs Services

Food, Utility Assistance, Housing

How can I access services?

Start by calling us at 515-518-4770. We can serve you on the telephone, in-person or online!

Am I eligible for these services?

Some of our services (like food assistance) have no eligibility requirements. Others have age and income requirements.

Typical Income Guidelines (Senior Farmers Market)

Family Size	Annual Income	Monthly Income
1	\$29,976	\$2,248
2	\$36,480	\$3,040
3	\$45,996	\$3,833
4	\$55,500	\$4,625

Jasper County

HOME LESS NESS

Point In Time Event

July 31, 12PM-3PM

Locations:

**Discover Hope
517**

733 1st Ave E, Newton

lunch will be provided
11:30 AM-1 PM

If you have been
homeless in the past
or presently
struggling to find
housing please
attend.



Come & Learn about the Resources Available

Living without electricity or water?

Fleeing domestic violence?

Staying in a motel with no place to go?

Living in a car, on the street, or tent?

Couch surfing?



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders



T-SHIRT FUNDRAISER FOR ELDER ABUSE VICTIMS

Did you know that 1 in 10 Older Adults have experienced a form of abuse or neglect, but it's rarely reported? Join in the Awareness Fundraiser Iowa Area Agencies on Aging (AAA) are hosting in observance of World Elder Abuse Awareness Month in June. Proceeds from the t-shirts purchased will be used in efforts to assist in Elder Abuse/Neglect supports and education throughout the state.

Link to order yours! <https://tinyurl.com/iowaEAPA>

If you have questions about Elder Abuse and/or Neglect, please call 515-255-1310. Thank you for your support in keeping older adults safe and educated!

Note on sizes 4xl-6xl: email contact@raygunsite.com and share the campaign name "Connections AAA" to place your order.



**AGING
RESOURCES**
of Central Iowa
The Experts on Aging

If you would like to make a monetary donation instead, please give us a call at 515-255-1310 and one of our staff will be happy to assist.



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders



COMMEMORATED ON JUNE 15TH EVERY YEAR.

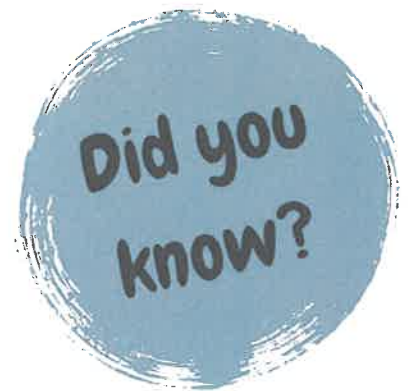
As Americans, we believe in justice for all. Yet, every year an estimated **5 million**, or **1 in 10** older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.



5 million
older adults experience abuse,
neglect, or exploitation



\$2.6-\$36.5 billion
in estimated losses by older adults to
elder financial abuse and exploitation



1 in 24
cases of abuse
are reported

What YOU Can Do to Combat Elder Abuse:

1. Learn the signs of elder abuse and neglect.
2. Confront your own attitudes about aging.
3. Spread the word with friends and family members.
4. Learn how we can all age well and reduce abuse with community programs and services.
5. Schedule an educational seminar with Aging Resources to help raise awareness on elder abuse and its many forms.



Call us today!
(515) 255-1310

Expose ageist
ideas and norms,
prevent elder abuse!
#WEAAD is June 15th



Please join us at Newton Health Care Center in June for the following events!

- ~~June 11th~~ Dementia Support group
3:30pm
- June 25th Community Toe Clinic
1pm-3pm
- Jun 28th Community Garage sale
8am-1pm



Telephone
641-792-7440



Saddle Up and Ride Horse Camp

at Wolfe
Ranch

July 1-5, 2024
10-2 Each Day



2932 240th Street, Marshalltown, IA
50158

AGES 8-12
LIMIT OF 5
CAMPERS

Campers will learn how
to care for horses,
groom, saddle, and
ride!

\$200
PER CHILD

Campers will be responsible for their own pack lunch.

Campers must wear jeans and boots each day.

Sunscreen, hat, and refillable water bottles are

recommended. Riding helmets are provided, but campers
can bring their own!

Friday, **July 5**, will be a "fun show day" and parents
are welcome and encouraged to come out to watch and
let the campers show them what they've learned! No
horse experience required, but will be asked upon sign
up! Waitlist will be started if spots fill up.

Contact syork@wolferanchquakerdale.org for more info or to register!



5835 Grand Avenue, Suite 106
Des Moines, IA 50312-1444
Phone: (515) 255-1310
Fax: (515) 255-9442
Website: www.agingresources.com

POSITION DESCRIPTION

TITLE: LifeLong Links Rural Options Counselor/Information & Assistance Referral

REPORTS TO: LifeLong Links Supervisor

PURPOSE OF POSITION: To provide information, referral and assistance, advocacy, and options counseling to underserved rural residents in Central Iowa.

RESPONSIBILITIES/ACTIVITIES:

1. Be an initial contact for calls to the LifeLong Links Aging and Disability Resource Center (ADRC) received from rural residents in Jasper, Madison, Marion, Story, and Warren counties.
2. Offer Information and Assistance/Options Counseling for underserved disabled or older adults in rural counties.
3. Assess client's limitations and capacities in order to determine which community resources, services, supports and/or education will best meet the client's expressed needs.
4. Work with LifeLong Links staff to assist individuals in securing benefits through programs including: Medicare, Medicaid, SSI, Food Stamps, rent reimbursement, property tax deferment, etc.
5. Promote individual advocacy to secure rights or benefits with providers while empowering older adults to advocate on their own behalf.
6. Develop promotional materials and distribution listings in conjunction with the program administrator.
7. Provide outreach activities to residents, community providers, and local organizations to publicize this program.
8. Provide documentation of client interaction within Wellsky.
9. Supply outreach and training/ed contacts to supervisor for monthly reports to Iowa Department of Health & Human Services, Division of Aging & Disability Services (ADS).

An Equal Opportunity Employer

- 10. Answer general questions related to the Case Management Program, Elder Abuse Prevention and Advocacy Program (EAPA), and the Family Caregiver Program and facilitate referrals to these programs.
- 11. Deliver backup support to other LifeLong Links Programs as needed.
- 12. Perform such duties or special projects as assigned by supervisor.
- 13. Contribute to the overall agency team effort.

REQUIREMENTS, SKILLS AND/OR ABILITIES FOR POSITION:

Bachelor’s degree in a human service-related field.

Comprehensive knowledge of community support services, providers, and programs.

Experience working with older adults and/or adults with disabilities.

Complete InformUSA-A/D certification and Options Counseling Certification through the LifeLong Links ADRC Academy within 6-12 months of hire.

Strong communication skills (especially phone skills) appropriate for working with older individuals, caregivers, adults with disabilities, and community service providers.

Ability to input information accurately into computer system.

Ability to multitask while working within a team environment.

FREEDOM TO ACT AND PROBLEM-SOLVING REQUIRED:

Ability to handle multiple programs, accept responsibility, work interdependently with the LLL I&A Specialists, Family Caregiver Specialists, Case Manager, EAPA Specialist, and other agency staff, determine priorities and schedule time effectively.

ACKNOWLEDGMENT OF RESPONSIBILITIES:

Signature of Agency Staff Member

Date

Signature of Supervisor

Date

Signature of Executive Director

Date

JASPER COUNTY RSVP

VOLUNTEERS NEEDED!



ABOUT US

RSVP of Jasper County's mission is to impact and benefit citizens of all ages in Jasper County by utilizing the experience and wisdom of volunteers who are aged 55 and above.

Jasper County RSVP intends to provide meaningful activities that benefit both the community and the volunteer.

The community becomes a better place to live in because our citizens can rely on our programs to provide for them when they need help.

The volunteer feels a sense of pride knowing they have truly made a difference in the lives of others. In addition, the volunteer develops friendships and stays mentally and socially active within the community.

The more volunteers we engage, the stronger our community will be.

WE NEED HELP WITH:

JASPER COUNTY RIDE

SCHOOL PROGRAMS

COMMUNITY EVENTS

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

**BENEFITS: T-SHIRT, MEALS, MILEAGE
REIMBURSEMENT POSITIVE IMPACT ON THE
COMMUNITY AND SO MUCH MORE**

Attend one of our informational sessions for more information or contact Jasmine Below.

All informational sessions are from 11am-12pm

JULY 12TH, 2024
AUGUST 9TH, 2024
SEPTEMBER 13TH, 2024
OCTOBER 4TH, 2024
NOVEMBER 8TH, 2024
DECEMBER 6TH, 2024



JASMINE BAILEY

RSVP Volunteer Coordinator

jnbailey@iastate.edu

641-792-6433

jaspercountyrsvp.org





DRIVERS NEEDED!

ABOUT RSVP

RSVP of Jasper County's mission is to impact and benefit citizens of all ages in Jasper County by utilizing the experience and wisdom of volunteers who are aged 55 and above. Jasper County RSVP intends to provide meaningful activities that benefit both the community and the volunteer.

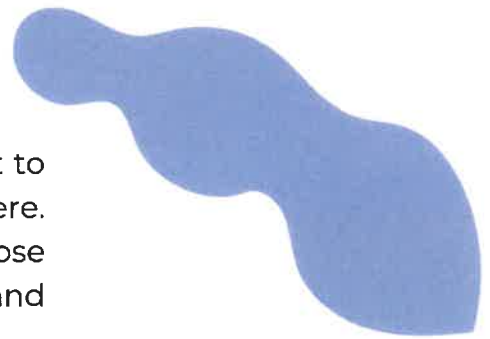
ABOUT JASPER COUNTY RIDE

Jasper County Ride is a program for people who need to get to medical appointments and have no other means to get there. Volunteer Drivers use their personal vehicles and can choose their range within or between Jasper County, Des Moines, and Iowa City.

They pick their own schedule, from monthly to daily drives, enjoying flexibility, a sense of accomplishment, community connections, and mental and social activity.

Requirements include a valid license, insurance, reliable vehicle, and background check approval.

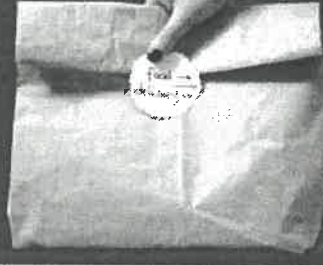
Volunteers receive communication support, additional liability insurance, mileage reimbursement at \$0.67/mile, a first aid kit, and safety information from RSVP.



JASMINE BAILEY
RSVP Volunteer Coordinator

jnbailey@iastate.edu
641-792-6433
jaspercountyrsvp.org

**VOLUNTEERS
NEEDED!**



VOLUNTEERS NEEDED

Jasper County Elderly Nutrition has volunteer opportunities available to help deliver "Meals on Wheels" in Jasper County.

Volunteers must provide their own transportation. Mileage is reimbursed at 65.5¢/mile. Time commitment is 11 am-12:15 pm one day/week (M-F). To find out more on how you can support seniors staying in their homes, please call 641-792-7102.

BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA P-2143/August 2020

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



FEMA

FEMA P-2143
Catalog No. 17233-5

NATIONAL FARMWORKER JOBS PROGRAM

HAVE YOU DONE FARMWORK?

The National Farmworker Jobs Program is funded 100% by the U.S. Department of Labor, PY2023 funding \$1,922,448

EXAMPLES OF FARMWORK:

- Dairy farming
- Seed sorting
- Tree farming
- Aquaculture
- Baling hay
- Detasseling corn
- Planting crops
- Combining
- Picking fruit/vegetables
- Walking beans
- Poultry farming
- Rock picking
- Raising livestock

YOU COULD QUALIFY FOR:

- Career Counseling
- Tuition Assistance
- Job and classroom training
- Assistance with tools/uniforms/supplies
- License and credential completion assistance
- Supportive services and emergency assistance
- \$6 payment per classroom hour
- Job Placement

**TO LEARN MORE,
CONTACT:
WIOA@proteusinc.net
(515) 271-5306**

SCAN WITH
PHONE



DID YOU KNOW?

A tobacco user and their employer can save up to

\$10,000

Annually if the tobacco user quits tobacco. The American Lung Association in Iowa offers free tobacco education, resources, and support to organizations in our service area.

FEATURED RESOURCE: **Free Resources for Businesses**

- ✓ Quit Kits
- ✓ Promotional Items
- ✓ Educational Materials
- ✓ Communication Campaign
- ✓ Lunch and Learn Presentation
- ✓ Worksite Toolkit

FY2024 Initiatives for Jasper County

Youth Prevention:

In Jasper County local tobacco control staff are assisting schools and youth organizations with youth tobacco cessation resources and forming youth tobacco chapters called I-STEP.

- ✓ In Q3, staff reached out to 10 individuals at 9 organizations regarding ISTEP.
- ✓ Staff met with 4 individuals regarding resources, programs and ISTEP.
- ✓ As of Q3, no ISTEP chapters have been established in Jasper County.

Policy Systems Change:

In Jasper County local tobacco control staff are working on assisting childcare centers, worksites, and multi-unit housing with policy change and tobacco cessation resources.

- ✓ Staff conducted policy outreach to 12 organizations in Q3: 9 worksites, 2 childcare centers and 1 school district.
- ✓ No policies were adopted in Q3, but there has been a total of 1 policies implemented in Jasper County in FY24.

Cessation:

In Jasper County local tobacco control staff are promoting [Quitline Iowa](#) and [My Life My Quit](#) to the community.

- ✓ Staff conducted outreach and provided resources to 8 organizations.
- ✓ Staff provided 25 quit kits to organizations in Q3.

Asks of Coalition:

- Please continue to share information on the Quitline and My Life My Quit with those who are interested in quitting tobacco and nicotine.
- If anyone is interested in learning more about the Quitline, tobacco and nicotine free policy or ISTEP, please contact me at Emmaline.Krapfl@Lung.org or 515-802-3194.

TOBACCO CONTROL Quarterly Newsletter

January - March 2024

Youth Tobacco Control

Lung Association staff presented to Prairie Ridge Middle School 6th and 7th graders in March about the harms of e-cigarettes. The students were a great audience with a lot of good questions.

Staff also tabled at Brody Middle School in February at their health fair. Information about My Life My Quit was shared with 100 students.



Shoutout to our Health Promotions Intern, Nadeja, for doing a fantastic job presenting and sharing tobacco control information!

Iowa Students for Tobacco Education & Prevention

Thank you to the East Marshall Middle School SADD group and to students at East Marshall Middle School for their ISTEP activities in their community. Students recently stood outside to share “kindness messages” with those driving and living nearby. Students received great feedback and look forward to doing this activity and more ISTEP activities soon! **To learn more about ISTEP or to register a chapter visit <https://iowastep.org/>.**



Childcare Policy

Congratulations to Little Miracles Child Development Center & Preschool in Indianola, Iowa for providing a safe and tobacco free environment for children. This center provides care for children from 6 weeks to 12 years old. They also offer preschool, before and after school age care and transportation to and from elementary school. **Thanks for being a tobacco-free center!**



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UCS HEALTHCARE MOBILE UNIT

UCS Healthcare delivers comprehensive and compassionate healthcare to our patients. Expanding upon our promise, we can now bring mobile medical services to under-served communities throughout Iowa by putting health providers on the road.



OUR SERVICES



ADDICTION MEDICINE

Our provider can prescribe Suboxone (buprenorphine/naloxone) for opioid use disorder. We also offer treatment for other substance use disorders like alcohol and methamphetamines. We provide limited additional services to our MAT patients on a case-by-case basis, such as wound care.



PROVIDING NARCAN

Narcan is a well-known name for naloxone, a medication used to reverse opioid overdoses, including overdoses caused by oxycodone, heroin, and fentanyl. Other harm reduction supplies and education are provided as needed.



SCREENING, BRIEF INTERVENTION & REFERRAL TO TREATMENT (SBIRT)

An SBIRT evaluation is a patient-focused screening for substance use and mental health concerns. It helps identify health goals and needs. Based on the results of the SBIRT we directly link folks with the appropriate care.



SUBSTANCE USE DISORDER, MENTAL HEALTH ASSESSMENTS AND TELEHEALTH

Patients will be able to complete an assessment with a certified alcohol and drug counselor (CADC) and/or a mental health intern/staff on the Mobile Unit. These typically take 60-90 mins. Patients then continue to follow-up with their counseling, mental health, MAT, or medical providers via in-person or telehealth.

WE CARE ABOUT YOUR HEALTH

If there are any questions or concerns about The Mobile Unit please contact:

Sarah High LMSW CADC, Outreach Coordinator

P: 515-309-2760

E: sarahhigh@ucsdsm.org



515-280-3860



UCS HEALTHCARE MOBILE UNIT



The Place for Comprehensive Health Care Services

UCS Healthcare offers patients integrated care including mental health, substance use disorder and medical health care services, including LGBTQIA+ informed care. We serve patients in West Des Moines, Ankeny and Knoxville, and in partnership with 11 other providers across the state of Iowa.

Expert Healthcare and Support for Your Total Well-Being

UCS Healthcare provides the comprehensive services and tools you need to address your challenges, plus encouragement to make positive life changes that lead to improved lifelong health and well-being.

Our CARF-accredited services include:

- | | |
|---|---|
| Full family medical care | LGBTQIA+ health care |
| Substance use disorder treatment — outpatient | Preventative care |
| Treatment of acute and chronic illnesses | Psychiatric care |
| Medication assisted treatment for opioid and alcohol addictions | Immunizations and testing for HIV, Hep-C, STDs and more |
| Mental health counseling & psychotherapy | Physicals and well-child exams |

... and more.

A Place Where Everyone is Valued and Respected

Not only are the professionals at UCS experts in their health care fields, they share a commitment to respect patients as individuals, without judgment. We believe every life is important and welcome people from diverse backgrounds.

UCS Healthcare sponsors support groups that are free to the community in partnership with other organizations. Together we offer support for families who are supporting a loved one with a substance use disorder as well as three transgender groups – adults 18+, teens, and parents of transgender children of any age.

“ This is really the first time in my life I’ve been sober. So, I just see so many opportunities in front of me that I didn’t really see before.”

- Shannon, UCS Healthcare Patient

“ It does get better. You might not think that you’ll ever be able to function or to live or even to grow as an individual. But you can, you can do so much. Even just finding sobriety and finding yourself and the people that you love being in your life after recovery, it just is amazing to think about.”

- Tasha, UCS Healthcare Patient

I am pregnant. What is the best treatment option?

Pregnant individuals may take methadone, Suboxone (buprenorphine-naloxone) or Subutex™ (buprenorphine). These medications have been shown to be safe during pregnancy. You may not take Sublocade, the injectable form of buprenorphine.

**** Note that UCS does NOT prescribe Subutex in situations other than pregnancy**

What is "precipitated withdrawal"?

Suboxone has a stronger attachment to the opiate receptor in your brain than other opiates. Because of this, it will knock all other opiates off of your receptors and replace them with buprenorphine.

When this happens, withdrawal is quick to start including symptoms of nausea, vomiting, sweating, chills, hot flashes, abdominal cramping and diarrhea.

If this occurs, there are two options:

1. Pause at the current dose and manage withdrawal symptoms at home. Return to the clinic the following day to reassess appropriate dose.
2. Administer additional Suboxone to attempt to "push through" the withdrawal.

What is the "ceiling effect" of Suboxone?

Essentially, this means that the effects of buprenorphine such as pain relief, euphoria and respiratory depression max out. For example, doses higher than 24mg per day will not result in more euphoria or pain control. This decreases the risk of overdose and misuse of Suboxone.

What is Sublocade®?

Sublocade® is an injectable form of buprenorphine, the same medication in Suboxone. Sublocade does NOT contain naloxone.

Sublocade is injected into the fat tissue of your abdomen and solidifies, slowly releasing medication over a 28-day period. Studies do show that medication is found in your body for at least 6 months after an injection, but it will likely not be at a therapeutic dose.

The first 2 injections are a 300mg "loading dose" that will get the medication to a working level in your body. It can take 2 months for you to feel the full effects of this medication, but you shouldn't be uncomfortable or have significant cravings prior to that time.

Benefits of the injection are:

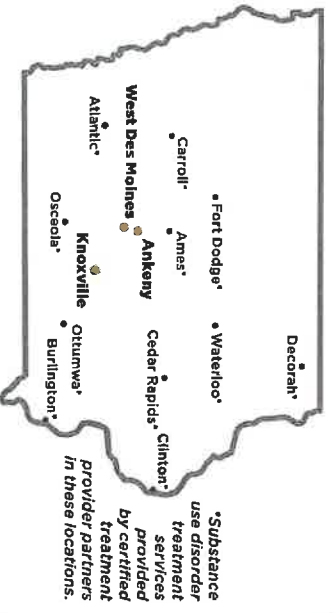
- Steadier levels of medication, so you don't feel the ups and downs of daily dosing.
- Only needing to present to the clinic for counseling and your injection.

What are options to manage withdrawal symptoms when transitioning to Suboxone?

If switching from Sublocade to another medication, you must wait at least 28 days from your injection.

Medications may be prescribed for common withdrawal symptoms such as nausea, vomiting, and insomnia. These medications may include Promethazine (Phenergan), Ondansetron (Zofran), Tizanidine or Clonidine.

Please discuss with your MAT provider if medications are indicated.



ucsonline.org • 515-280-3860

West	Ankeny	Knoxville
Des Moines 1300 Woodland Ave. West Des Moines, IA 50265	1555 SE Delaware, Suite M Ankeny, IA 50021	813 N. Lincoln St., Suite #9 Knoxville, IA 50138

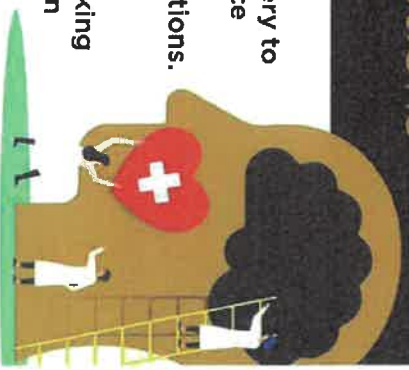


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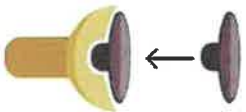
Medication Assisted Treatment Options

It is vital for recovery to engage in substance use counseling in addition to medications. The goal with any medication is to decrease drug-seeking behavior to work on other treatment modalities and stabilize other areas of your life. Each medication decision is individualized and determined between the patient and the provider.



METHADONE

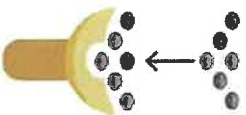
- **Full agonist — generates effect.**
- Fully binds to opiate receptors in the brain, reducing opiate cravings and withdrawal symptoms.



- Immediately.
- Opiates can still be present in your urine.

SUBOXONE

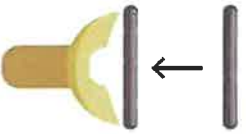
- **Partial agonist — generates limited effect.**
- Partially binds to opiate receptors in the brain, decreasing opiate cravings and withdrawal symptoms.
- Unable to feel euphoric effects unless opiate tolerance is low. See ceiling effect in the FAQ section



- Must be free from opiates for 48 hours.
- If opiates are present, there is risk for precipitated withdrawal.

NALTREXONE

- **Full antagonist — blocks effect.**
- BLOCKS the effects of opiates. Opiates cannot bind to receptors in the brain.
- Also blocks the ability of the “reward pathway” to activate. So, the cycle of addiction is paused.
- Decreases cravings for opiates after 8 weeks of treatment.



- Must be completely free of opiates.
- Typically this occurs 7-14 days after last opiate exposure.

When can I start medications? (You may never dose if alcohol is present)

How does dosing work?

- Initial dose: 30mg
- May increase your dose after 5 days, up to 5mg at a time.
- It takes about 5 days for methadone to reach its full effect, so dose adjustments are not made prior to this.

- Starting suboxone is called an “induction.”
- Plan to be at the clinic for 2-3 hours.
- A starting dose of 2-8mg is given. After 30-45 minutes, you will be reassessed. This is repeated until you are feeling better, up to 16mg on this date.

- Naltrexone comes in two forms: tablets and a long-acting intramuscular injection.
- Tablets are sent to your pharmacy. You take 50mg once daily.
- The injection can be started after trialing the tablets for about a week. This is administered in the clinic by the nurse or provider.
- Everyone receives the same dose.

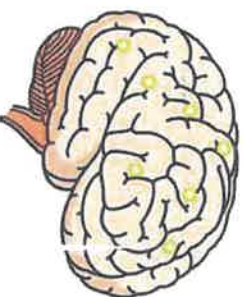
What are potential side effects of each medication?

- Restlessness
- Nausea
- Vomiting
- Slowed breathing
- Itching skin
- Sweating
- Constipation
- Sexual dysfunction

- Headache
- Nausea
- Vomiting
- Heart palpitations
- Fluid retention/swollen legs
- Seating
- Constipation
- Dry mouth
- Urinary hesitancy
- Sleep disturbance
- Sore tongue

- Headache
- Nausea
- Vomiting
- Restlessness
- Diarrhea
- Fatigue
- Joint/muscle pain, toothaches
- Decreased appetite

How Medication Assisted Treatment Works in the Brain



Empty opiate receptor



5010 CAHIT-accredited
services include:

- Full family medical care
- Treatment of acute and chronic illnesses
- Psychiatric care
- LGBTQIA+ health care
- Medication assisted treatment for opioid and alcohol addictions
- Immunizations
- Substance use disorder treatment — outpatient
- Mental health counseling & psychotherapy
- Physicals
- Preventative care
- ... and more.

Expert Healthcare and Support for Your Total Well-Being

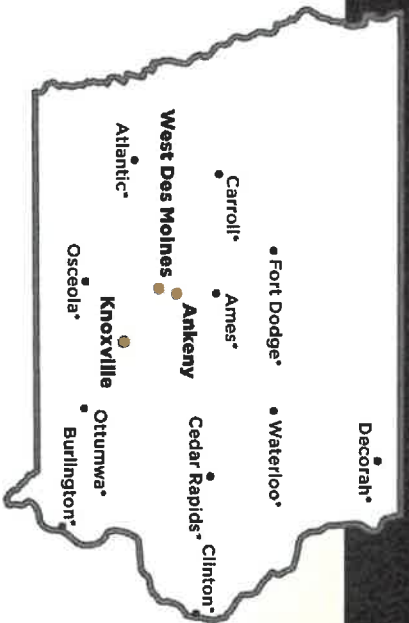
UCS Healthcare combines respect and caring for all individuals with a comprehensive partnership approach to medical care, mental health services and substance use disorder treatment. You'll receive the comprehensive services and tools you need to address your challenges, plus encouragement to make positive life changes that lead to improved lifelong health and well-being.



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Our Locations

We serve patients at UCS clinics in West Des Moines, Ankeny and Knoxville. We also partner with other certified treatment providers to administer medication assisted treatment in 11 other Iowa communities.



*Substance use disorder treatment services provided by certified treatment provider partners in these locations.

West Des Moines	Ankeny	Knoxville
1300 Woodland Ave. West Des Moines, IA 50265	1555 SE Delaware, Suite M Ankeny, IA 50021	813 N. Lincoln St., Suite #9 Knoxville, IA 50138



UCS Healthcare delivers comprehensive health care services including mental health therapy, medical care, psychiatric services, substance use disorder therapy and medication assisted treatment for opioid and alcohol addiction.



UCS
healthcare
your partner in total health

The Place for Comprehensive Health Care Services

UCS Healthcare offers one of the broadest arrays of mental health, substance use disorder, medication assisted treatment, and medical health care services in central Iowa with locations in West Des Moines, Ankeny and Knoxville — as well as medication units across Iowa.

UCS Healthcare believes each patient's treatment should be both individualized and holistic.

A Place Where Everyone is Valued and Respected

Not only are the professionals at UCS experts in their health care fields, they share a commitment to respect patients as individuals, without judgment. We believe every life is important and welcome people from diverse backgrounds. We strongly defend our patients' right to privacy and keep all personal data strictly confidential.

UCS Healthcare accepts most major medical insurance plans as well as Medicaid.

We accept private insurance and Medicaid. Medicare is accepted for approved physician visits and mental health services. If you are enrolling in substance use disorder treatment and do not have other coverage, please talk to us about possible alternatives for payment. We will work with you to determine a way for you to receive services.



Vision

Become the leading provider of integrated health care services for our diverse community in a safe, respectful and accessible environment.



Mission

Create hope for healing and lifelong well-being.



Call UCS Healthcare

at 515-280-3860
if you have questions or
to schedule an appointment.



your partner in total health



UCS Healthcare is part of the IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.



WE NEED YOUR INPUT

Iowa HHS invites you to take a survey that will help us understand and improve the health of women and children in Iowa. Sharing your opinions and experiences will support future health care strategies and services.

You will be asked about your experiences in getting health care and social support services.

- No personal information will be collected.
- Survey results will help us identify health priorities, assess existing services and plan for a healthier future.



Survey is open until July 14, 2024

Scan the QR code or visit the website below.



English

<https://go.iowa.gov/Waxh>



Español

<https://go.iowa.gov/y5pD>



Health and
Human Services

J A S P E R C O U N T Y

COMMUNITY HEALTH ASSESSMENT

Town Hall Meeting

9.11.2024 from 10:30 AM- noon

DMACC Newton Conference Room
600 N 2nd Ave W, Newton, IA 50208

MercyOne Newton, Jasper Co. Health Dept. & numerous community partners are collaborating to launch the 2025-2028 Community Health Assessment.

RSVP for lunch by 8.30.2024 to pr@mercyoneiowa.org

