

Jasper County Cares Coalition Meeting Agenda
Wednesday, May 14, 2025, at 10:30 AM
Location: 315 W 3rd St N., Large Conference Room, Newton, Iowa 50208



Mission: To enhance the awareness of health & human service resources & promote collaboration to better serve Jasper County.

Vision: Safe, healthy, and connected Jasper County.

Sign-in and information table: Please bring information or giveaways for the resource table. We keep track of attendance. If someone doesn't attend for a calendar year, we remove them from the distribution list.

Welcome/Updates: New Contacts or attendees. Welcome folders are available. List is in packet. New people are highlighted.

Jasper County Cares Information:

- [Cares on Website](#) [Jasper Co Cares Facebook](#)
- **Events/calendar:** <https://www.jasperia.org/calendar/> A list of events is in the packet (towards the back). Check your events and **submit events to the County calendar**. If you have questions, contact: Jenn Cross, at jcross@jasperia.org
- **Resource Guide:** <https://www.jasperia.org/resources/>
- Contact: Becky Pryor jaspercocares@jasperia.org If you information changes, please let us know.

Community Events:

- [Newton Fest](#) will take place June 13-14, 2025. danieller@newtongov.org
- [Newton YMCA](#) Senior Health & Fitness Fair, May 28. From 8-10 AM.

Funding Opportunities: see links

- [Jasper County Opioid Settlement](#):. TBD after 7.22.2025

Spotlight Organization: May is Mental Health Awareness Month

- **To be a spotlight organization, you must attend meetings!**
- June: [American Lung of Iowa](#), Emma Krapfl



ORGANIZATION SPOTLIGHT
American Lung of Iowa

Mission: To save lives by improving lung health and preventing lung disease. We do this through education, advocacy, and research.

Services: Lung Helpline and Quitline Iowa. Tobacco Prevention policy assistance, education, and training.

MORE INFORMATION

- ☎ 515-309-9507
- ✉ Emmaline.Krapfl@lung.org
- 🌐 <https://www.lung.org/ia>
- 📍 2530 73rd St, Urbandale IA, 50322



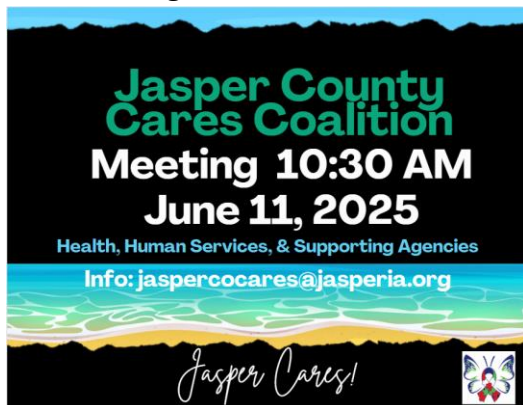
- July: [EFR](#), Raichel Beierle
- August: [Family Crisis Center](#), Shelley Koons
- September: [Iowa Child Care Resource & Referral of Central Iowa](#), Brenda O'Halloran
- October: [St. Croix Hospice](#), Jennifer Nevels
- November:
- December:

Member Introductions/Share (1 minute for each person)

Please stand up & state your name, organization, services provided, any changes, projects, events, wins. Any volunteer needs or job openings? Take a moment for any questions.

Wins/Celebrations to share!!!!

Next Meeting will be June 11th and Emma from the American Lung will be the speaker.



Jasper County Cares Coalition
Meeting 10:30 AM
June 11, 2025
Health, Human Services, & Supporting Agencies
Info: jaspercocares@jasperia.org

Jasper Cares!



Maternal and Child Health Subgroup at 9:30 AM on June 11.

May 2025 Subgroups: All organizations are welcome.

- **Food Insecurity:** May 14th, at 9:30 AM, Jasper County Office Building.
 - This is a component of the community health improvement plan. (attachment)
 - Everyone is welcome.
 - For more information, talk to Robyn Friedman, robyn.friedman@mercyoneiowa.org or Becky Pryor.



Attachments:

- May is Mental Health Month from Capstone Behavioral Healthcare flyer
- Mental Health Resources for schools and see [Jasper County Resource Guide](#)
- [NAMI of Central Iowa](#) calendars
- [Senior Health and Fitness Fair](#) May 28th at the Newton YMCA
- World No Tobacco Day: May 31
- American Lung reports
- Measles Information from Jasper County Health Department
- Jasper County Cares list updated. Please do not distribute the list. New people are highlighted.
- Jasper County Emergency Preparedness Drill, May 15, 2025 at 9-11:30 AM. Contact Becky if you are interested.



Capstone Behavioral Healthcare is proud to join communities across the nation in recognizing May as Mental Health Month, a time dedicated to raising awareness, reducing stigma, and promoting mental wellness for all.

This year National Alliance on Mental Illness's (NAMI) national theme is "In Every Story, There's Strength." This theme aligns perfectly with Capstone's mission to provide compassionate, individual-centered mental health services to the people of Jasper County and beyond.

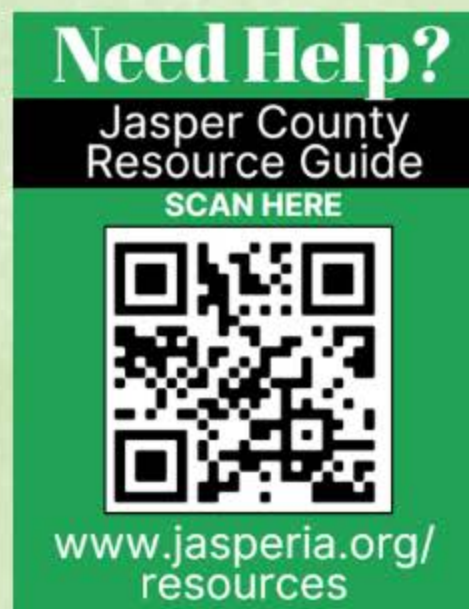
Throughout May, Capstone will be participating in educational outreach efforts and social media campaigns designed to foster understanding and encourage open conversations about mental health.

Capstone invites individuals, schools, businesses, and organizations to get involved and help spread the message that mental health matters every day, not just in May.

Capstone Behavioral Healthcare is a community-based mental health provider serving central Iowa since 1968. With a dedicated team of clinicians, support staff, and peer professionals, Capstone offers a full continuum of care, including therapy, child focused therapy, psychiatry, substance use treatment, crisis response, psychological testing, and supportive housing services.



***Check in on your mental health —
take a quick assessment and see
where you land!***



***Explore what all
Capstone has to offer!***



***Contact Capstone
Office : 641-792-4012***

W O
R D

VEHICLE

SONG



Animal



**If
Mental
Health
was a/an**

TV
Show



Location



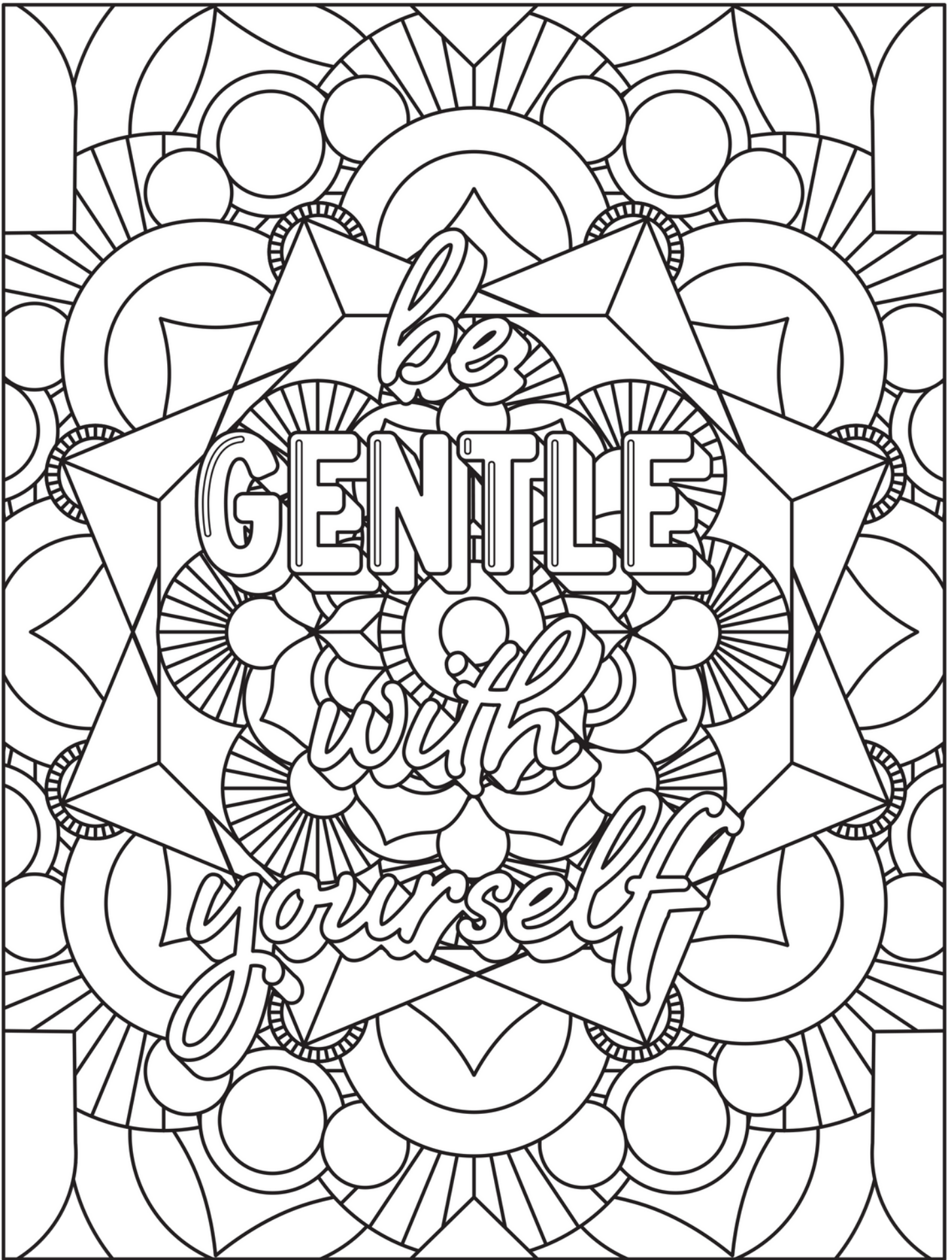
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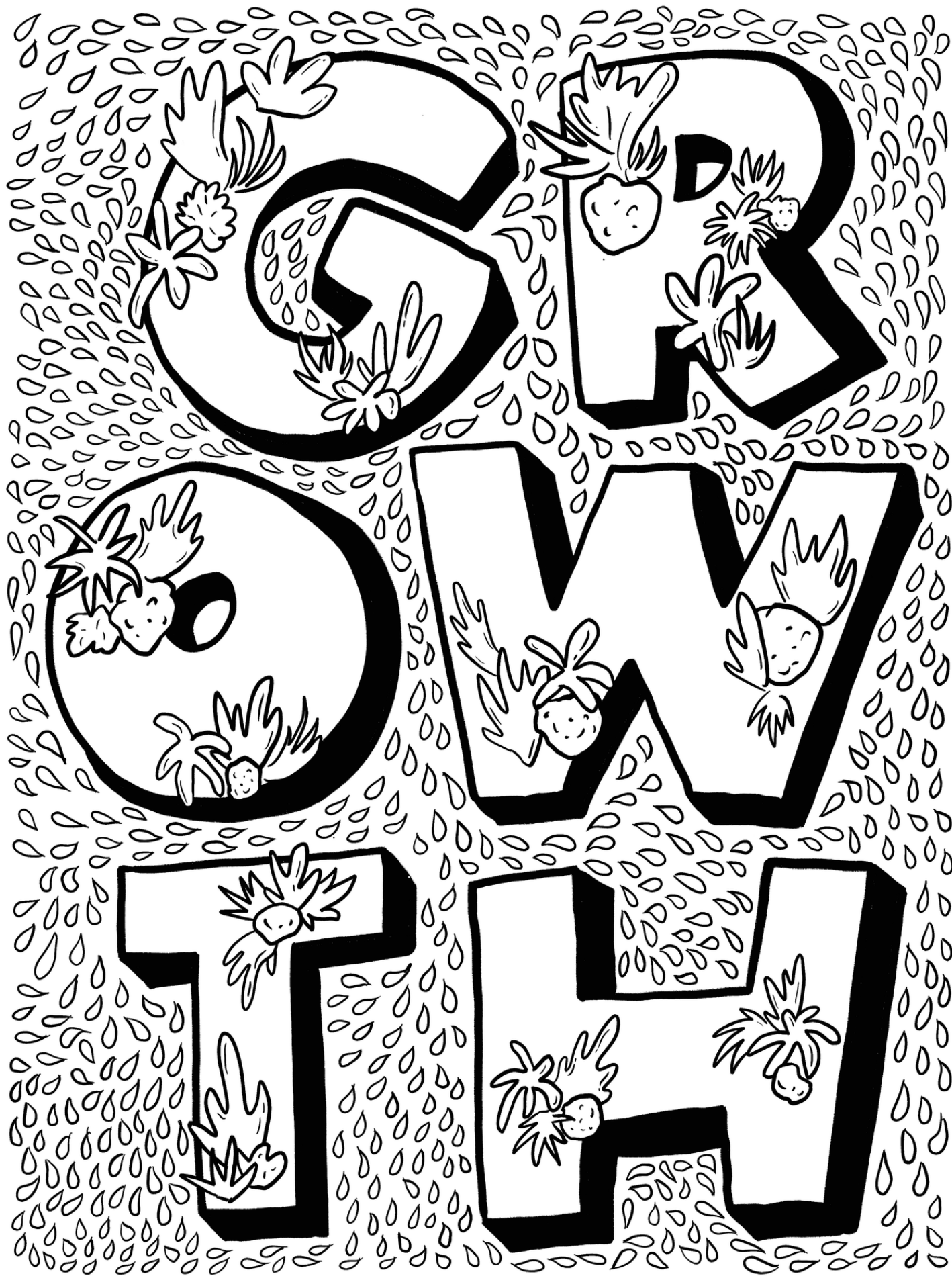
Jasper County Resource Guide

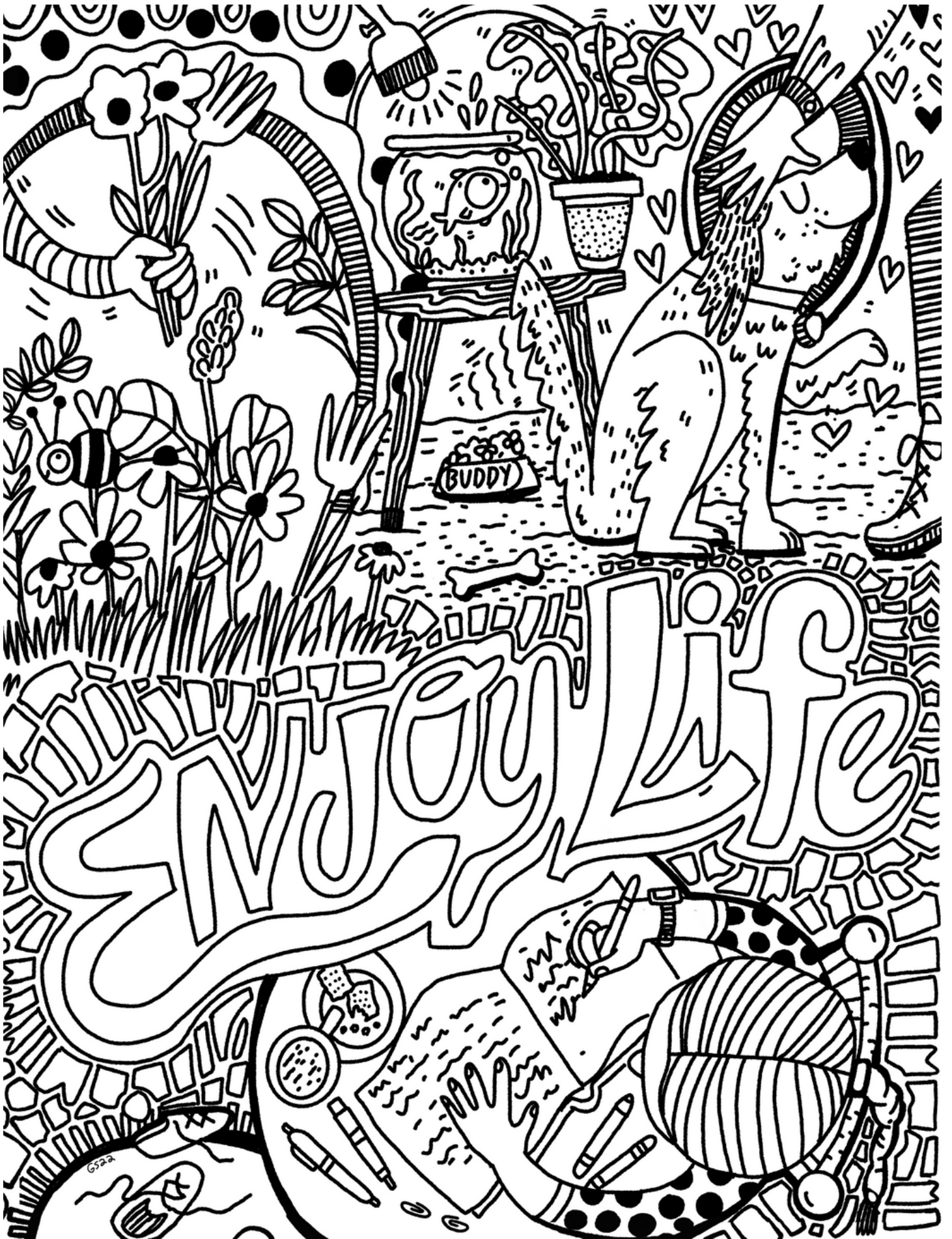
SCAN HERE



[www.jasperia.org/](http://www.jasperia.org/resources)
[resources](http://www.jasperia.org/resources)







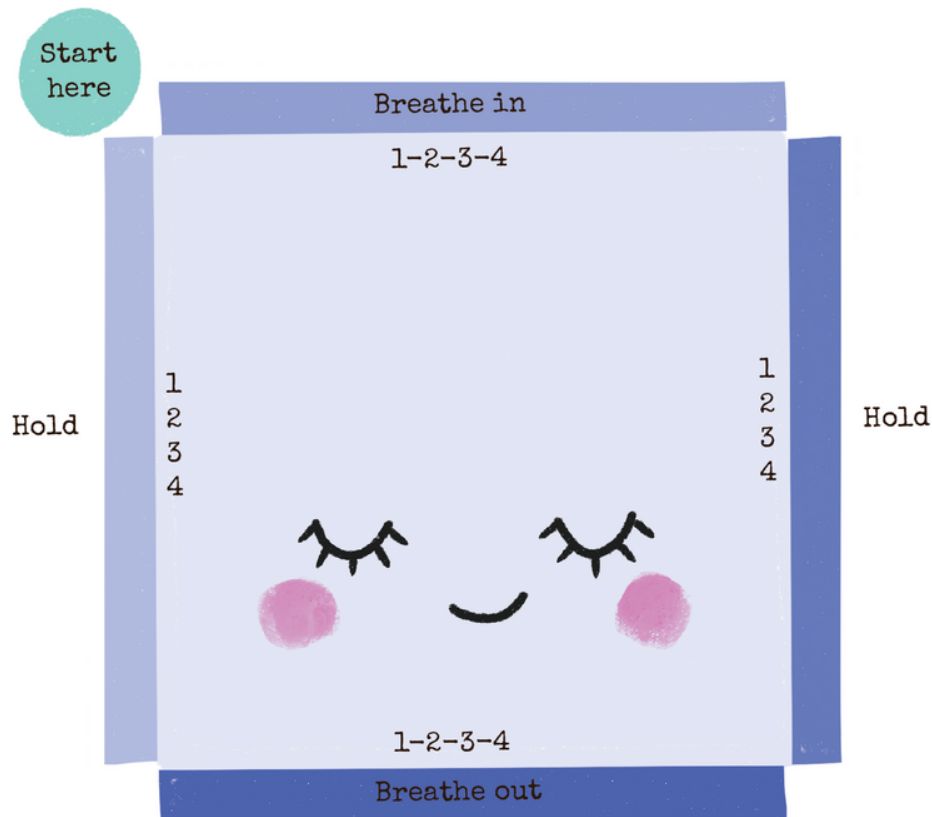
Box Breathing

Try turning ordinary tasks into mindfulness activities by simply drawing attention to the present moment, your breath, and the task at hand.



To perform the below box breathing activity, find a comfortable seated position and then follow the steps:

1. Find one corner of the square.
2. Trace your finger along the side of the square to the next corner while **breathing in** for 4 seconds.
3. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
4. Trace your finger along the side of the square to the next corner while **breathing out** for 4 seconds.
5. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
6. Repeat for 2-5 minutes.



Don't forget to use belly breathing (diaphragmatic breathing) when completing this activity!

In This Moment



Fill in the blank with the corresponding word to complete the script.

In this moment, I am grateful for _____. I send them happiness
(person)
and gratitude. I am grateful they have been/are a part of my life.



In this moment, I am slightly frustrated with _____. Although
(person)

I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this person, and that maybe I can learn something from this feeling and from this relationship with them.



In this moment, I am grateful for _____.
(place, pet, event, thing)



I am grateful that this thing is a part of my life.

In this moment, I am slightly frustrated with _____.
(place, pet, event, thing)

Although I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this thing, and that maybe I can learn something from this feeling and from this thing.



In this moment, I am grateful for _____.
(an accomplishment you have completed)

I am grateful for this accomplishment, and I am proud of myself for this accomplishment.

In this moment, I am frustrated with and grateful for the journey it has taken me to reach _____. I will continue the
(an accomplishment you have yet to reach)

journey to reach this accomplishment and I am proud of all the work I have done to get me to this point.



I am reminded to take time to remember the people, the things, and the accomplishments that are in my life and express gratitude to them.

I am reminded to take time to remember the frustration from people, things, and accomplishments that are in my life and express gratitude to them, the journey, or learning opportunities they bring.

the Power of 5

Take a moment to pause, re-center, and remind yourself of who you are and what matters to you. Caring for ourselves means giving ourselves credit for how truly amazing we are while at the same time setting goals for future growth. List your five for each category below.



5 things you are grateful
for in the past 24 hours

- #1
- #2
- #3
- #4
- #5



5 things you love about yourself

- #1
- #2
- #3
- #4
- #5



5 ways you care for your mind, body, or spirit

- #1
- #2
- #3
- #4
- #5

5 ways you care for others
(i.e. students, family, friends, pets,
co-workers, the community, etc.)

- #1
- #2
- #3
- #4
- #5

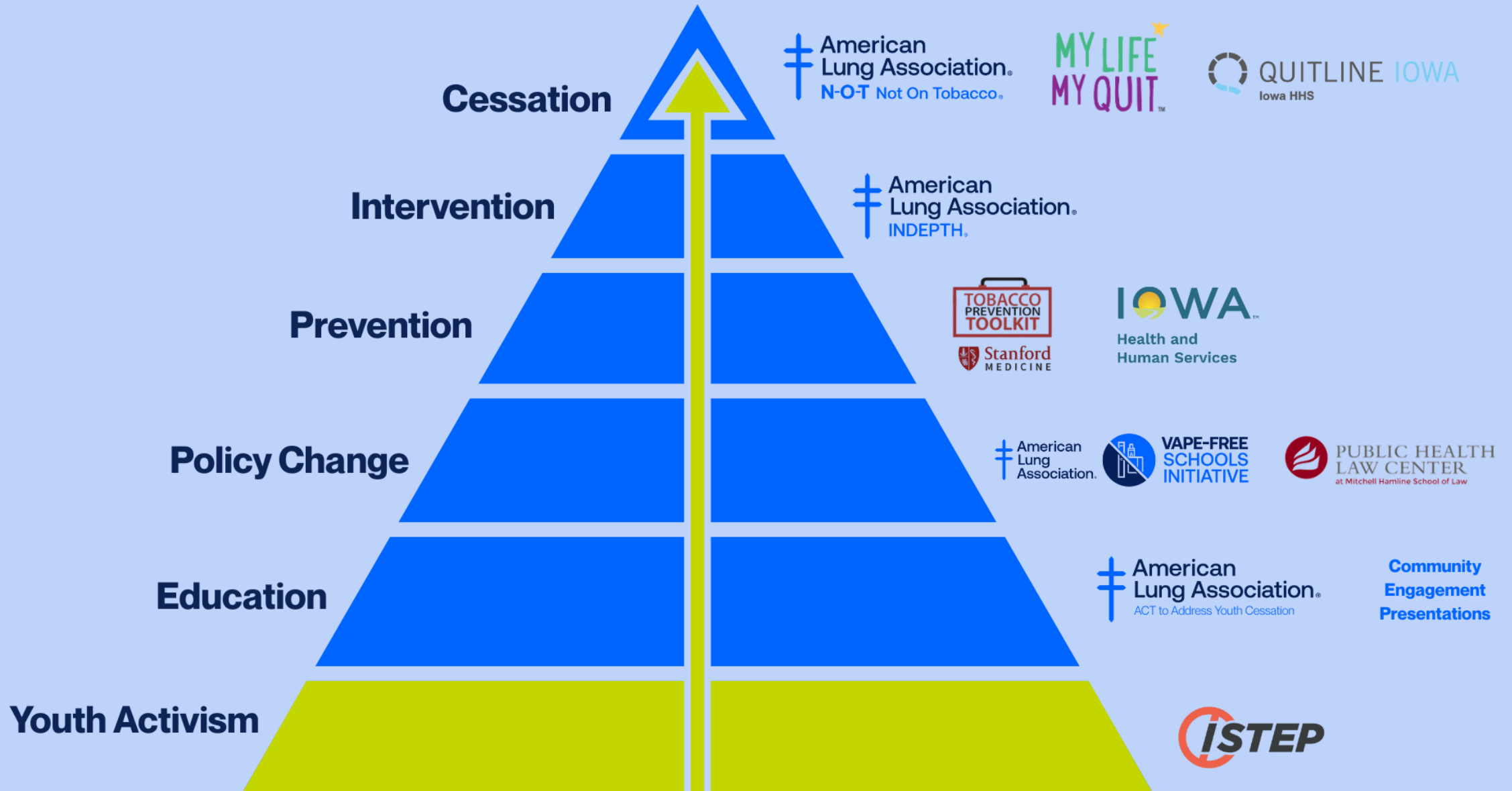


5 ideas for taking better
care of yourself during the next year

- #1
- #2
- #3
- #4
- #5



Comprehensive Approach to Ending Youth Tobacco and Nicotine Use in Iowa



Coalition Meeting Report

Use this template when reporting to your coalitions. It is expected that information will be shared even if you're not working on a particular WPAG. Upload this document for each coalition meeting in place of the meeting minutes in your Iowa Grants Quarterly Report.

County: Jasper

Coalition Name: Jasper County Cares

Meeting date: March 12, 2025

Staff Attended: Emma Krapfl

WPAG 1

- ISTEP Updates and chapter registrations
 - ISTEP Chapters this quarter
 - ISTEP Chapters year-to-date
- Presentations scheduled or completed

ISTEP Updates	ISTEP Chapters this Quarter	ISTEP Chapters YTD	Presentations
None	0 new chapters this quarter	1 chapter renewed	1 presentations on the curriculum to 1 staff member at Colfax-Mingo.

WPAG 2

- Policies Adopted this quarter
 - TF/NF Policies
 - Smoke Free Homes policies
- Policies in the county total
- Presentations scheduled or completed

TF/NF Policies	SFH Policies	Total County Policies	Presentations
0 – FY25 46 total (+5 since last quarter)	0 – FY25 24 total (+17 since last quarter)	46 TF/NF, 24 SFH 70 total	1 SFH presentation in December.

WPAG 3

- QL Enrollments this quarter
- QL Enrollments year-to-date
- QL program updates
- Presentations scheduled or completed

QL Enrollments Quarter	QL Enrollments YTD	QL Program Updates	Presentations
9 QL users so far in Q3.	21	Quitline website has been updated. Things are still fairly easy to find, but please reach out if you have questions.	0

WPAG 4

- Media sharing, social media posts that coalition members could post on their pages
- Event Updates - does the CP need help and coalition members can participate

Media Sharing	Event Updates
Quitline posts • Lunglowa on Instagram • American Lung Association in Iowa on Facebook	No upcoming events, but if anyone would like more information on the initiatives I'm working on this year, please let me know.

Misc

- SFAA enforcement letters sent this quarter:
- Retailer Compliance Check results this quarter
 - Send - thank you letters/ Awards to businesses who passed?

SFAA Enforcement Letters	Retailer Compliance Checks	Other
0	0	0

Additional Information Shared

- 2025 Fight For Air Climb
 - March 30, 2025
 - 3 downtown Des Moines buildings (climbing one of them twice)
 - 79 floors; 1,656 stairs
 - More details can be found at FightForAirClimb.org/DesMoines
- Will share our most recent quarterly newsletter after the meeting.

What Iowans should know about **Measles**



INITIAL SYMPTOMS

7-21 days post exposure

- High fever (may spike to $>104^{\circ}\text{F}$)
- Cough
- Red eyes
- Runny nose
- Small bluish spots surrounded by red region on the inside of cheek



RASH

3-5 days after fever onset

A red, blotchy rash begins on the face at the hairline and progresses downward and outward towards the hands and feet.



TRAVEL

21 days before onset

- Have you traveled anywhere in the last 21 days where measles cases have been reported?
- Have you had contact with someone who has measles?



MMR VACCINATION

The best way to prevent measles is to get vaccinated.



1 dose is **92-95%** effective against measles



2 doses are **97-99%** effective against measles

WHAT TO DO IF YOU THINK YOU MIGHT HAVE MEASLES



Call your health care provider and tell them you may have measles. They will give you instructions on how to be seen safely.



You should **not** sit in the waiting room or come through the main entrance because if you do have measles anyone in that area who is not vaccinated (like babies) will get sick.



Stay home until you see your health care provider.

If you have questions about measles, call your local public health department or Iowa HHS at 1-800-362-2736



Senior Health and Fitness Fair

Wednesday May 28th 8:00-10:00am Newton YMCA

Come to this FREE event and enjoy breakfast provided by Park Centre, chair massages, raffle prizes, senior focused presentations and meet with local vendors.

Special Events

8:00 Cardio Drumming with Park Centre

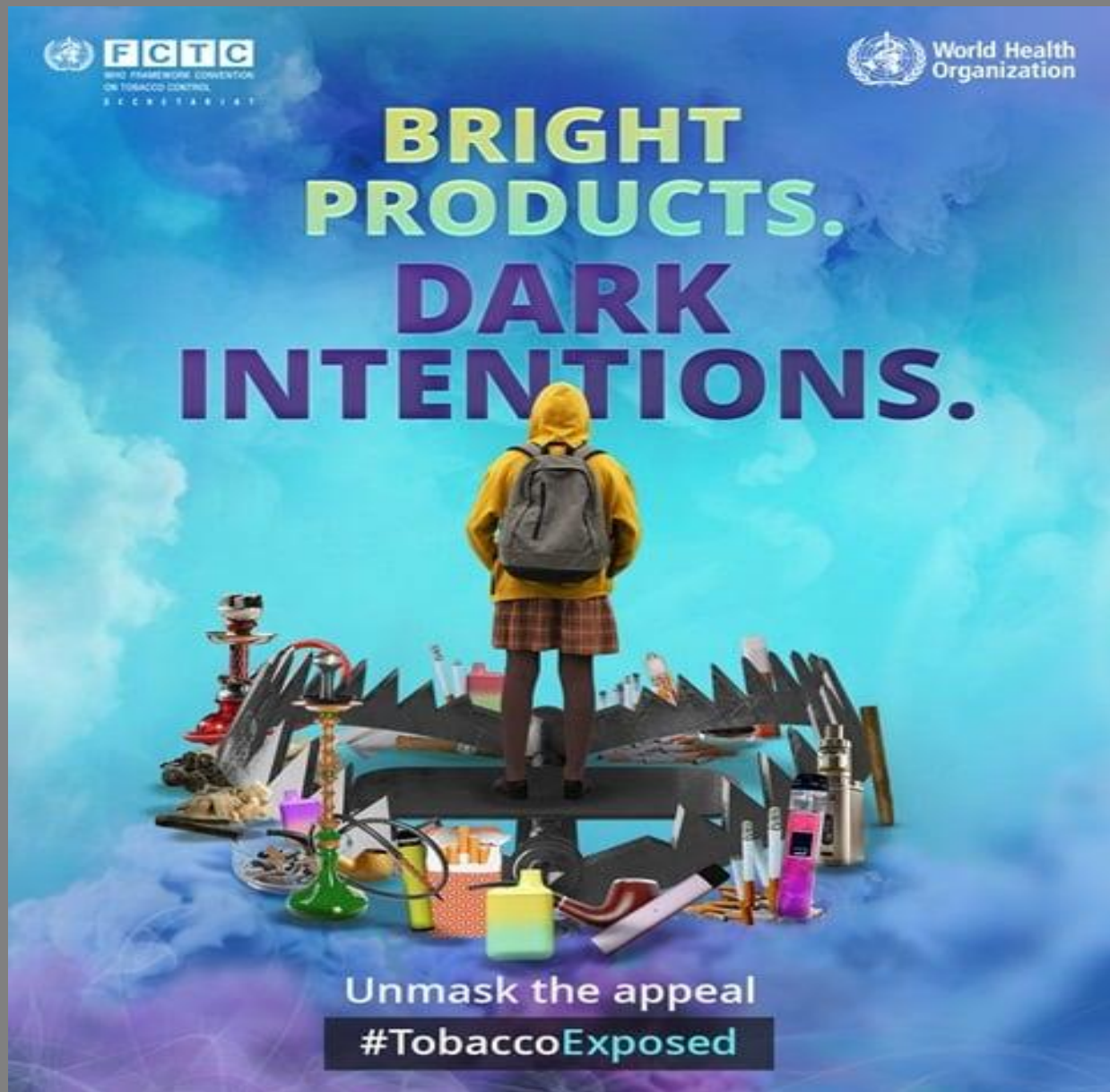
8:30 "New In-Home Palliative Services for Jasper County Residents" presented by Aimee Spores, WesleyLife Director of Hospice

9:00 Presentation by Dr. Patrick Edwards

9:45 Cardio Drumming with Park Centre



World No Tobacco Day



World Health Organization Global event: May 31st, 2025
<https://www.who.int/campaigns/world-no-tobacco-day/2025>

Jasper County
**Food
Insecurity
Subgroup Meeting**

May 14th 9:30 am

before Cares



Jasper County
Cares Coalition

2.) FOOD INSECURITIES & FOOD ACCESS

** State plan under Active Living & Healthy Eating*

By 12/31/2026, we will promote food insecurity resources and food access in Jasper County.

1.) Launch a public awareness campaign through local media (with social media, newspapers, or radio) about the:

A.) Importance of food insecurities in improving community health and

B.) Locations where food is available through Jasper Co.

- All local food banks, free lunch, and blessing boxes added to resource guide.
- Promotion of the resource guide is ongoing.
- Every Jasper County Cares Coalition packet and meeting includes info. 3.2025
- Newton Newspaper wrote an article about food insecurities on CHIP.
- Jasper County Senior nutrition offers congregate meals and deliveries.

2.) JCCC will update the resource guide with available food resources.

This was updated 5.6.2025.. Ongoing

https://www.jasperia.org/resources/food_assistance/

Numerous social media posts on County and City of Newton's Facebook page.

4.26.2024 Heathy Kids Day. Health Dept, Mercy One Newton (Lilly) and MICA, WIC were present.

5.1.2025 We did outreach to numerous providers, organizations, and business.
Social media campaign.

5.7.2025 Meeting with schools, EMS, EMA, and law enforcement.

3.) Community partners may work with the Food Bank of Iowa.

Info given at the Cares meeting and in the resource guide. This is also for schools.

4.) MICA will evaluate the best location for the WIC clinic in Jasper Co.

MICA is evaluating options. 3.2025

Other about Salvation Army:

Places that donate to Salvation Army for Breadline Walmart, Hyvee, Fareway, Kwik Star, Theisen's, and Catholic Church- Lori Ward food.

Deliver to Baxter, Ira, Colfax, Sully, Newton, and PCM.

Events can be added to online Community Calendar.

Organizations related to food insecurities:

- Jasper County Hunger Relief attending Cares.

- Salvation Army in Newton: Note: Doesn't attend Cares. Outreach complete with in person, emails, and letters. 3.2025
- Many people businesses contribute to them HyVee, Fareway, Walmart, gas stations, restaurants, and churches.
- WIC clinics in Newton and Colfax. Serve about 500 families.
- Discover Hope: Breaking Bread Ministry, free lunch 11:30-1 PM, M-F
- Capstone Connections Center, free lunch 11:30-1 PM, M-F.
- Food Bank of Iowa, partners with numerous organizations including Salvation Army and some schools. **New CEO 2025.**

Annual Report https://issuu.com/tcarlson2021/docs/2024_annual_report_02.019

- Food Pantries, Farmers Market, **Community Gardens, ISU extension Master Gardener Programs**, Grocery Stores/gas stations, Blessing Boxes or Food Boxes. Newton Farmers market moving to large
- **Delivery and pick up services for groceries at Walmart and HyVee.**
- **Delivery for restaurants also.**
- **Order online at places like Walmart, Sams, Amazon, etc.**
- SNAP benefits (IHHS)
- Seniors: Supplemental Food Program for Senior, Jasper Co Senior Nutrition offer congregate and delivered meals (accept waiver), Aging Resources, also MOMS meals and other delivery resources.
- Schools: reduced and free breakfast& lunches, food pantry, weekend program, summer program
- Childcare food programs. CCR&R is a great resource.
- Iowa Healthiest State Initiative: double food bucks
- Other food programs such as Jasper Co. VA for Veterans, IMPACT, holiday programs, churches, and many other
- United Way of Jasper County funding.
- Jasper Co. Cares Coalition
- Newton Public Library: free snacks June and July 2025
- Lori Ward and Catholic Church stock Salvation Army
- Pregnancy Center of Central Iowa: baby food and formula, breast pumps
- Iowa State Extension
- Dieticians
- Churches
- Anyone else?

Resources:

Resource Guide https://www.jasperia.org/resources/food_assistance/

Jasper County Cares		Updated 5.6.2025
Name	Emails	Organization
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Brooke Ramsey	bramsey@ridehirta.com	HIRTA
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Jasper County Cares Coalition

Meeting Dates (2nd Wednesday)

2025

May 14	Sep 10
Jun 11	Oct 8
July 9	Nov 12
Aug 13	Dec 10

Contact: jaspercocares@jasperia.org

Jasper Co. Office Building, Large Conference Room
315 W. 3rd St N. Newton, IA 50208



OPERATION MEH:

MULTIPLE EMERGENCIES & HAZARDS

VIRTUAL TABLETOP EXERCISE



The Central Iowa Healthcare Coalition is hosting a virtual tabletop exercise focusing on the coordinated community response to multiple hazards. This exercise will feature three separate incidents that will build throughout multiple modules, and challenge participants to review their communication plans, dispensing plans, discuss resource management and better understand how Central Iowa would respond during a large scale emergency.

~~Please register for the exercise by following the link below.~~

Jasper Co. Large
Conference Room



Save the Date

May 15, 2025

9:00-11:30am CT

