



JASPER COUNTY CARES COALITION

AWARDS & NETWORKING EVENT

DEC. 10 2025 @ 10:30 AM

**JASPER COUNTY OFFICE BUILDING
LARGE CONFERENCE ROOM**

REFRESHMENTS WILL BE SERVED



Jasper County Cares Coalition Meeting
Agenda: Awards and Networking
Wednesday, December 10, 2025, at 10:30 AM
Subgroup: Maternal and Child Health 9:30 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 serve Jasper County better. **Vision:** Safe, healthy, and connected Jasper County.

Sign-in:



Networking: Feel free to stay after the meeting

Member Introductions/Share (1 minute for each person)

- Please stand up & state your name, organization, services provided, any changes, projects, events, etc.
- Volunteer or program needs or job openings. Take a moment for any questions.
- Share one good thing that happened last month.

Announcements: See Jasper County Cares Facebook page and website

- Resource: School Prevention Programs [Emily's Hope](#)

Upcoming Organizational Spotlights 2026 Schedule:

- **January- no meeting**
- February 11: Wesley Life Hospice and Palliative Care, Aime Spores, aspores@wesleylife.org
- March 11: [Disability Access Point](#), Julie Gibbons, Julie.Gibbons@polkcountyiowa.gov
- April 8: (Julie Smith will lead), Jaime Paca, [Clive Behavioral Health](#) jaime.paca@uhsinc.com
- May 13: [Progress Industries](#), Keith.Isley@progressindustries.org
- June 10: [Jasper County Senior Nutrition](#), Kelli Van Manen, kvanmanen@jasperia.org
- July: Networking Event
- August: [Colfax Child Care Center](#)- Tim Salmon tsalmon@colfaxmingo.org
- September: [United Way Jasper County](#), Jessica Lowe Vokes unitedwayjc@gmail.com
- October: [Dolly Parton Imagination Library](#), Rita Baker director@pccciowa.com
- November: Central Iowa Shelter and Services, Amber Tompkins
- December: Annual Awards Event

Backup Speakers

American Lung of Iowa (pig lungs) Emma Krapfl
Dolly Parton Imagination Library, Rita Baker
Newton YMCA, George Sorensen, new programs
Capstone, Substance Treatment, Julie Smith

[Website](#) and [Facebook](#)

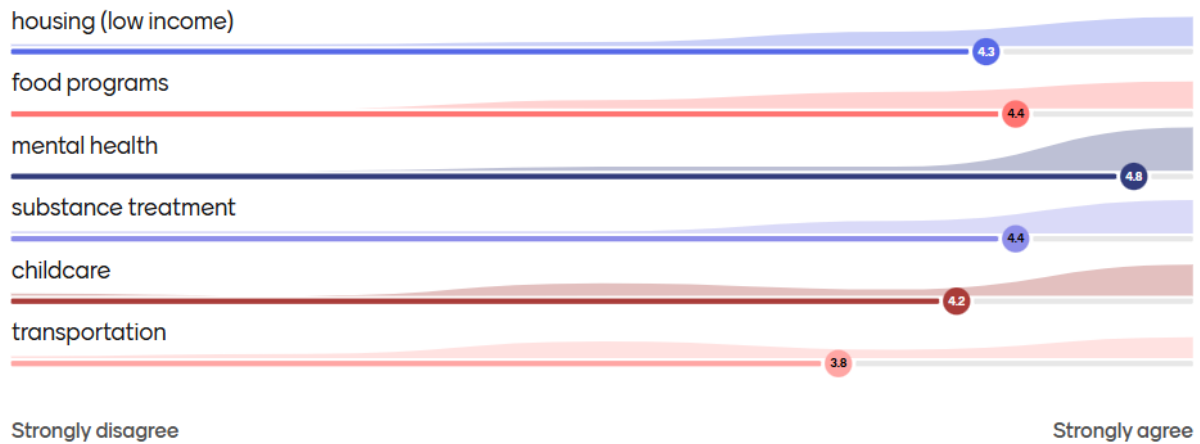
- **Events:** <https://www.jasperia.org/calendar/> Check your events and submit events to the County calendar. If you have questions, contact: Jenn Cross, at jcross@jasperia.org
- **Resource Guide:** <https://www.jasperia.org/resources/>
- **Information Table at meeting:** Please bring information or giveaways for the resource table. We keep track of attendance.
- **Contact:** Becky Pryor jaspercocares@jasperia.org. If your information changes, please let us know.

Other meetings:

- Maternal and Child Health 9:30 AM, December 10
- Leadership, after the Cares meeting on December 10th



Next Cares Meeting: Wednesday, February 11, 2026, 10:30 A.M.

How much do we want




Jasper County Community Calendar:

How outside agencies can add Jasper County events



CALENDAR

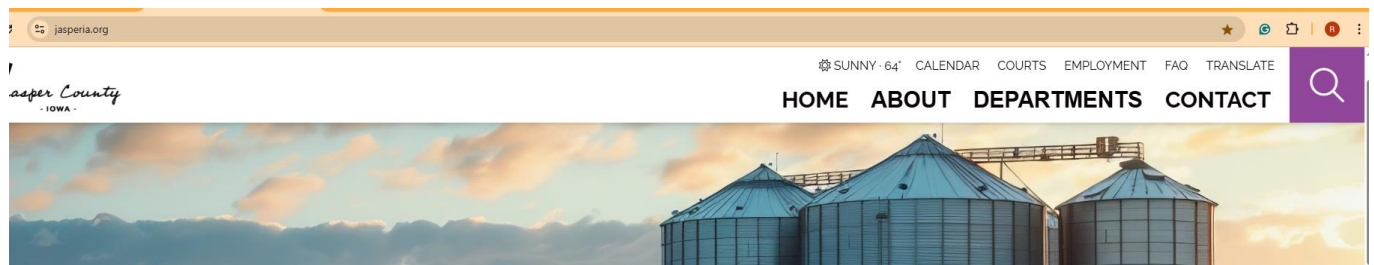
- COUNTY GOVERNMENT MEETINGS
- HEALTH & HUMAN RESOURCE EVENTS
- KIDS & FAMILY GATHERINGS
- AND MORE!



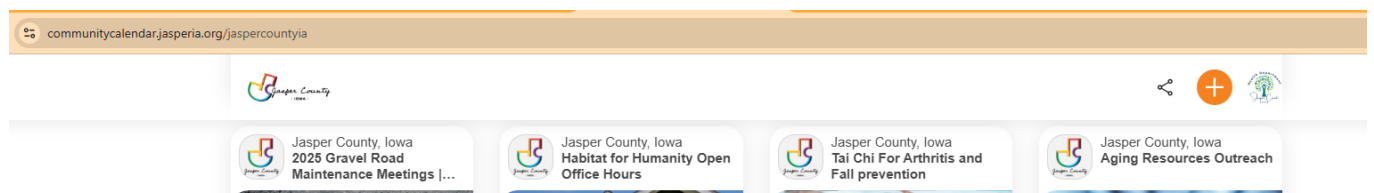
**** ALL NEW FOR 2025 ****
JASPER COUNTY
COMMUNITY CALENDAR!

Add Events to Jasper County Community Calendar

1. Go to website: [Jasperia.org](https://jasperia.org)
2. Click: calendar on top right.



3. Top right, click sign in or sign up and enter your information.



4. Click on + (orange) top right.
5. Event Title, Event Description. (Next)
You can copy from your Facebook event. Skip registration form. Click Save and Publish.

Add an Event

General details
Title, description, date and time, etc

Payment details
Tickets, Show price, Coupons, etc

General settings
Permissions and display settings

Registration form

Done!
Last step to go!

Organizer's mobile number.*
Provide the organizer's mobile phone number to ensure admins and staff can reach them when necessary


US/CA +16417879224

Organizer name*
Specify the name of the event organizer. If it's a department or organization, you can include that name here.

Public Health

Hide organizer's details

Add the organizer's photo
Include a photo of the organizer/organization for attendees to see who created this event.



Back

Next

Save and Publish

Reoccurring events- repeat events easy!

Cancel: don't delete, edit and put Cancelled on the event.

Change information:

Click "Contact us" if issues.

Website contact: Jenn Cross, jcross@jasperia.org



Awards *Jasper County Cares*



December 10, 2025

We  Care





Welcome to Jasper County Cares Leadership Team Recognition

★ Attendance

- Perfect Attendance
- Almost Perfect (1 missed)
- New, Perfect (4+ meetings)
- New, Almost Perfect (1 time)
- Organization Perfect Attendance

★ Presenter Awards

★ Community Health Improvement

- Mental Health
- Substance
- Food Insecurities
- Transportation
- Childcare
- Healthcare staffing
- Housing/Homelessness



- ★ Animal Support Awards
- ★ Volunteer Awards
- ★ Resource Navigator Awards
- ★ Rising Star Awards: person
- ★ Positive Participator: person
- ★ Community Impact: organizations
- ★ Community Impact: person
- ★ Leadership in Action Award
- ★ Legacy Award

Congratulations to our awardees
& thank you to everyone for serving
Jasper County!

Jasper County Cares



Jasper County Senior Nutrition
Newton Congregate Site
2401 1st Ave E Newton, Iowa
641-792-7102



The Tintinnabulation Handbell Ensemble will be performing
at the Newton Congregate Site on
Monday, December 8 at 11 AM.

The public is invited to enjoy the beautiful sound of
the bells. If you wish to join us for lunch, please call for
reservations. You are also welcome to bring your own lunch
or just come for the performance.



TOBACCO CONTROL Quarterly Newsletter

July - September 2025

Iowa Students for Tobacco Education & Prevention

Each year young Iowans in grades 7-12 come together to expand leadership skills and discover new ways to positively impact peers. The entire day is created and led by the youth ISTEP Council, a leadership group of high schoolers across Iowa. This year's Summit will be held at the Boone County Fairgrounds on Tuesday, October 28 from 9:30am-2:30pm with registration beginning at 8:30am. Keynote speakers will be ISTEP Council Alumni Courtney Sweet and ISTEP Coordinator Jill Wright. Registration links can be found at: hhs.iowa.gov/istep.



Healthy Lung Month

 American
Lung
Association.

October is Healthy Lung Month. We encourage everyone to speak with their providers about lung health and learn more about how to support your lungs.

Whether you're wanting to quit smoking, learn more about lung cancer screening or take a training on asthma, the American Lung Association has resources available to you! Find more at [Lung.org](https://www.lung.org).



Website
www.lung.org



Phone
515-309-9507



Email
Beth.Timmerman@lung.org

Tobacco & Nicotine-Free Worksite Policy

Shoutout to the following worksites for implementing tobacco and nicotine-free policies to protect clients and employees from the harms of secondhand smoke:

- Pause West Des Moines
- Aptitude Fitness
- The Cunningham Apartments
- Mend Integrative Wellness



Tobacco & Nicotine-Free Childcare Policy



Shoutout to Westlakes KinderCare for implementing a tobacco and nicotine-free policy to protect children, visitors, and employees from the harms of secondhand smoke!

If you are interested in a tobacco and nicotine-free policy for your worksite or childcare center, please contact beth.timmerman@lung.org for free technical assistance.

Quitline Iowa

Quitline Iowa is the free, confidential resource in Iowa for quitting tobacco and nicotine products. The service offers counseling over phone and online chat, as well as a variety of tailored programs. We know provider support is important in the quitting process, so our staff offer Ask, Advise, Refer trainings to providers to help facilitate cessation conversations with patients and clients.

This past quarter, staff provided trainings to two organizations in Marshalltown. They presented to providers in the McFarland Pediatrics department and at Wild Spirit Counseling. Thank you to these providers for inviting us and for helping their patients and clients quit tobacco and nicotine with Quitline Iowa!

American Lung Association Tobacco Resources

[Nicotine and Youth Mental Health Webinar Flyer.pdf](#)

[CASC - Program Flyer_FINAL.pdf](#)

Coalition Meeting Report

- County: Jasper
- Coalition Name: Jasper County Cares
- Meeting Date: 12 November 2025
- Staff Attendance: Emma Krapfl

Goal 1

- ISTEP Updates and Chapter Registrations
 - ISTEP Chapters this Quarter
 - ISTEP Chapters year-to-date
- Presentations scheduled or completed

ISTEP Updates	Chapters this Quarter	Chapters YTD	Presentations
Baxter ISTEP has officially renewed with 9 students! Met with them on 10.10.2025 to finalize registration and brainstorm activities.	1	1	Goal of 3 presentations.
			1 presentation complete at Lynnvile-Sully as part of their professional development.

Goal 2

- Policies adopted this quarter
 - Tobacco Free/Nicotine Free Policies
 - Smoke Free Homes policies
- Total current policies in county
- Presentations scheduled or completed

Goal 3

TF/NF Policies	SFH Policies	Total Policies	Presentations
Goal of 3		1 new policy signed with the Jasper County Historical Museum.	1 presentation/meeting with the Jasper County Historical Museum before signing policy.
46 total in the county	24 total in the county	70 policies already in place before FY26	

- Quitline/MLMQ enrollments this quarter
- Quitline/MLMQ enrollments year-to-date
- Quitline/MLMQ program updates
- Presentations scheduled or completed

Enrollments this Quarter	Enrollments YTD	Program Updates	Presentations
4 in Q1	10	None.	Goal of 3
			Each quarter we will be offering a Quitline referral training webinar. I will be moderating this quarter's training on November 20 at noon. I will also be presenting at the training in Q3. More information to follow.

Goal 4

- Media sharing, social media posts
- Event Updates – can coalition members participate or share
- Provided updates on the Clean Air School Challenge.

Media Sharing

Event Updates

**American Lung
Association in Iowa**

Fight For Air Climb is March 29,
2026, in Downtown Des Moines.
To register learn more, visit
[FightForAirClimb.org/DesMoines](https://fightforairclimb.org/desmoines)

@LungIowa

- [Clean Air at School | American Lung Association](#)
- Indoor air quality (IAQ) is not only important for health, it can also affect how students learn! The American Lung Association's Clean Air School Challenge (CASC) is a new program empowering K-12 schools to assess their IAQ and develop Energy Efficient IAQ Management Plans. Schools participating in the CASC receive peer mentorship, technical assistance, training, and the opportunity to join learning collaboratives and apply for mini-grants.
- November is Lung Cancer Awareness month. To learn more about lung cancer and how to get tested, get involved or take our Lung Cancer Basics course, visit <https://www.lung.org/lung-force/about-lung-force/featured-campaigns/lung-cancer-awareness-month>
- The annual State of Lung Cancer report was released last week. Visit [State Data | American Lung Association](#) to see how Iowa compares to other states.
- As we get into respiratory virus season, here are some ways you can keep yourselves from getting sick (see graphic below)! And as always, the Lung Association encourages everyone to keep up with their vaccines, including flu, Covid and RSV (based on qualifying factors). You can learn more about these viruses, their vaccines and more prevention strategies at Lung.org.

Respiratory Virus Prevention Strategies

Primary Strategies



Additional Strategies



Stay Home & Away From Others Until,



Your Symptoms
Are Getting Better

and



You Are Fever-free
(without meds)

For 24 Hours



Then Take Added Precaution
For The Next 5 Days

Holiday Wellness Challenges

Mental Wellness Challenges

1. Gratitude Countdown

- Write down one thing you're grateful for each day until the New Year.
- Bonus: Share it with a friend, family member, or colleague and/or post it somewhere visible.

2. Kindness Challenge

- Do one small act of kindness each day—send a thank-you note, compliment someone, or donate unused items.

3. Declutter 10

- Choose 10 items to donate, recycle, or toss each week.
- A lighter space can help create a lighter mind.

Healthy Habits Challenges

1. Hydration Tracker

- Set a goal to drink 6–8 cups of water a day.
- Use a sticky note or app to track your progress.

2. Sleep Reset

- Aim for 7–8 hours of sleep each night.
- Try a calming bedtime routine: no screens 30 minutes before bed, warm tea, or deep breathing/meditation exercises.

3. Color Your Plate

- Add one colorful fruit or vegetable to each meal.
- Snap a photo to track your progress or share with friends, colleagues or family.

Physical Activity Challenges

1. 15-Minute Movement

- Commit to 15 minutes of movement daily—walking, stretching, dancing, or yoga.
- No equipment needed, just consistency!

2. Winter Walk Bingo

- Participate in or share the attached bingo card with things to spot on a walk.
- Great for all ages!

HOLIDAY

B I N G O

A wreath
on a door

Snowman

Decorated
mailbox

Ugly sweater

Someone
wearing a
colorful
scarf

Santa

A snow
shovel or
sled

A car with
snow on
the roof

A house
with more
than three
windows

A wreath

Pinecone

A mailbox
with the
number "5"
on it

FREE

See your
breath in
the air

Blow up
decorations

A cloud
shaped like
an animal

A child
playing
outside

Ornaments

Christmas
tree

A red ribbon

Snowflake

Icicles or
frost

Someone
walking their
dog

A neighbor
shoveling
snow

Animal
tracks in
the snow
or mud

Maternal Health Coalition Meeting Agenda

December 10th, 2025

- Round Robin Introductions/updates
- Discussion / action steps on a MH project related to dental care / access
- Open Discussion

Contacts: MICA-

Jana Larsen Maternal, Child, and Adolescent Health Coordinator jana.larsen@micaonline.org

Megan Van Beek, RN megan.vanbeek@micaonline.org

Maternal Health Coalition- 10/08/2025

What are barriers for families to receive care?

- Dental services that accept Medicaid.
- Transportation-to and from appointments.
- Families having to travel due to lack of hospitals that have birthing units.

Resources available:

- MercyOne-Newton has four lactation consultants available.
- Tama County- Offers in home maternal health nurse.
 - o Must reside in Tama County.
- Guiding Star-Marshalltown
 - o Offering women's health services.

Next Maternal Health Coalition- December 10, 2025

District 2

Dickinson, Emmet, Kossuth, Winnebago, Worth, Clay, Palo Alto,
Hancock, Pocahontas, Humboldt, Wright, Sac, Calhoun, Webster

District 1

Lyon, Osceola,
Sioux, O'Brien,
Plymouth,
Cherokee, Buena
Vista, Woodbury,
Ida, Monona,
Crawford, Carroll,
Harrison

District 4

Shelby, Audubon,
Guthrie, Pottawattamie,
Cass, Adair, Mills,
Montgomery, Adams,
Union, Fremont, Page,
Taylor, Ringgold

District 5

Hamilton, Greene, Boone, Story, Dallas,
Polk, Jasper, Madison, Warren, Marion,
Clarke, Lucas, Decatur, Wayne

District 6

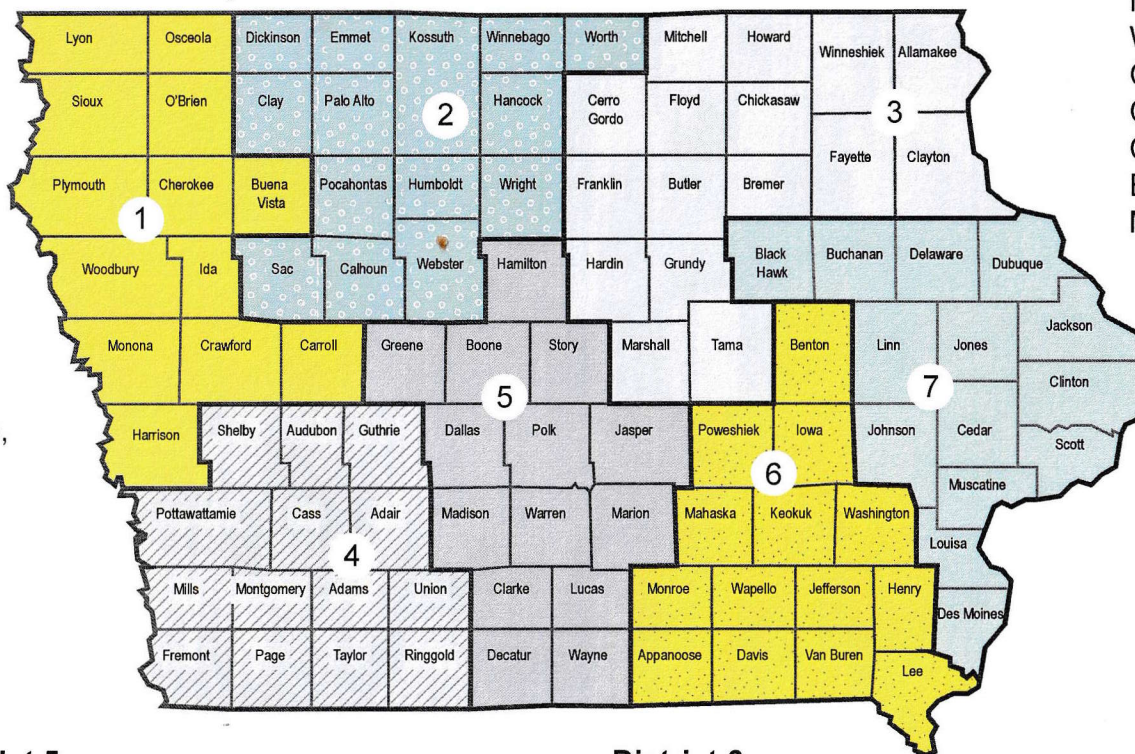
Benton, Poweshiek, Iowa, Mahaska, Keokuk,
Washington, Monroe, Wapello, Jefferson,
Henry, Appanoose, Davis, VanBuren, Lee

District 3

Mitchell, Howard,
Winneshiek, Allamakee,
Cerro Gordo, Floyd,
Chickasaw, Fayette,
Clayton, Franklin, Butler,
Bremer, Hardin, Grundy,
Marshall, Tama

District 7

Black Hawk,
Buchanan,
Delaware, Dubuque,
Linn, Jones,
Jackson, Johnson,
Cedar, Clinton,
Muscatine, Scott,
Louisa, Des Moines



Western Iowa Service Collaborative

District 1, 4
712-328-5645
admin@DAPwest.org

Behavioral Health & Disability Services

District 5
515-286-3570
bhds@polkcountyiowa.gov

Collaborative Individual & Community Supports

District 2, 3, 6
515-513-6870
Info@cicsmhds.org

MH/DS of the East Central Region

District 7
319-892-5671
admin@ecriowa.org

Aging & Disability Resource Center (ADRC)

ADRC's help **older adults** and **people with disabilities** connect with the **right services and support** - quickly, easily, and close to home.

How ADRCs Help:

- Answer questions about services and care
- Provide personalized guidance
- Connect people to local programs and resources
- Work with partners to offer coordinated support



Your Connection to Support That Fits Your Life

Whether you're facing a new diagnosis, planning for the future, or caring for a loved one - ADRCs are here to help you **navigate the system with confidence**.

Connect with Your Disability Access Point



For assistance, call 712-328-5812. For all other inquiries, email admin@DAPwest.org or visit pottia.gov/DAPwest

Disability Access Points (DAPs)

Your Local Connection to Disability Support Services

DAPs Can Help You:



- Get connected to **local service providers**



- Find answers and **guidance** from knowledgeable staff



- Navigate **disability-related resources** in your community

Part of Iowa's ADRC Network

DAPs are a key part of Iowa's **Aging and Disability Resource Center (ADRC)** Network - offering **reliable support** across the state.

**See back for more details.*

DAPs Work With Your Community:



- Collaborate with **individuals, caregivers, and disability programs**



- Partner with **local leaders** to improve services
- Ensure disability services meet **real community needs**

The Bigger Picture:

DAPs are part of Iowa's Disability Services System (DSS) - designed to support **all Iowans** with **disability-related needs** through **care, connection, and community**.



How to Apply for HHS Benefits



SNAP

Provides food benefits to low-income families to help them afford nutritious food essential for health and well-being.

➤ Apply online at <https://hhservices.iowa.gov/apspssp/spp.portal>

👛 Your local HHS office

✉ Email completed application to: imagingcenter4@hhs.iowa.gov or fax application to 515-564-4017

✉ Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406

➤ Discover how SNAP recipients can double their dollars, up to \$15/day, to purchase fresh fruit and vegetables at doubleupiowa.org



WIC

Provides supplemental foods, breastfeeding support, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women and to infants and children up to age 5.

👛 Apply at your local WIC clinic

➤ For more information, visit the HHS website at hhs.iowa.gov/wic



Medical Assistance

Iowa Medicaid offers health coverage to eligible low-income adults, children, pregnant women, older adults, and individuals with disabilities.

➤ Apply online at <https://hhservices.iowa.gov/apspssp/spp.portal> or Healthcare.gov

➤ Online paper application at hhs.iowa.gov/media/5825/

👛 At any local HHS office or federally qualified health center in Iowa

☎ Call 1-855-889-7985 to complete an application over the phone

✉ Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406

✉ Email completed application to: imagingcenter4@hhs.iowa.gov or fax application to 515-564-4017



HIPP

Iowa Medicaid pays for employer-group and individual health insurance coverage for Medicaid-eligible persons when it is cost-effective to the state.

➤ Visit hhs.iowa.gov/hipp

✉ Mail completed application to:
Iowa Medicaid
HIPP Unit
PO Box 36476
Des Moines, IA 50315

☎ Des Moines Area: 515-974-3282
or Toll-Free 1-888-346-9562

✉ Email completed application to: hipp@hhs.iowa.gov or fax to 515-725-0705



Family Planning Program (FPP)

A limited form of insurance that provides coverage for family planning and reproductive health services to eligible Iowans ages 12 to 54.

👛 Apply at your Local HHS Office

➤ Learn more at hhs.iowa.gov/fpp

👛 Apply at a designated Title X family planning agency in Iowa

☎ Family Planning Program Consultant at 515-675-5211



Rent Reimbursement

Provides up to \$1000 reimbursement of rent paid by income-eligible elderly or disabled persons who pay rent in buildings that are not tax-exempt.

➤ Apply online at <https://benefits.stateofiowahhs.org/program/rentreimbursement>

➤ Visit [LIFELONG LINKS](#)

☎ Iowa's Aging and Disability Resource Center 1-866-465-7887

👛 Iowa Community Action Association

👛 Your local HHS office

☎ Rent Reimbursement Unit
515-420-6077



Child Care Assistance

Helps families in Iowa struggling with the increasing quality care costs. Child care assistance keeps Iowa thriving and allows more parents to remain in the workforce, earning income.

➤ Apply online at <https://ccmis.dhs.state.ia.us/clientportal/>

✉ Mail completed application to:
HHS CCA Eligibility
2309 Euclid Ave
Des Moines, IA 50310-5703

👛 Your local HHS office



FIP

Provides cash assistance and employment and training services to families with children. The goal of the program is to help families become self-supporting.

➤ Apply online at <https://hhsservices.iowa.gov/apspssp/ssp.portal>

✉ Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406

👛 Your local HHS office

✉ Email complete application to:
imagingcenter4@hhs.iowa.gov or fax
application to 515-564-4017

Jasper County
Opioid Settlement Funds

SHEEPGATE

Date: 11/18/2025



Jared & Nikki

Adult + Teen Challenge of the Midlands, DBA: SheepGate was awarded \$25,000 towards finishing the building for substance treatment/addiction services in Colfax.

To apply for recovery services, call
Tel: (515) 674-3713 or visit
mysheepgate.org/apply

Resource Guide: www.jasperia.org/resources

Jasper County
Opioid Settlement Funds

CLEARVIEW RECOVERY

Date: 11/18/2025



Scott Pritchard
Executive Director

**Clearview Recovery
was awarded \$45,987
for infrastructure
improvement at the
women's substance
treatment facility in
Prairie City.**

For referrals or to find more
information, call
Tel: (515)994-3562 or
clearviewrecoveryinc.org

Resource Guide: www.jasperia.org/resources

Jasper County
Opioid Settlement Funds
**NEWTON CHURCH
OF THE WAY**

Date: 11/18/2025



**Pastor
Cody Daugherty**

**Newton Church of The
Way was awarded
\$3487 for books to
start a new Celebrate
Recovery Program.**

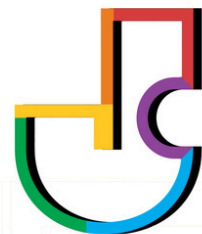
To enroll or for more
information,
call (641)792-7300 or
newtonway.org/celebraterecovery

Resource Guide: www.jasperia.org/resources

Jasper County Opioid Settlement Funds

CAPSTONE BH

Date: 11/18/2025



Jasper County
- IOWA -



Julie Smith
Executive Director

Capstone Behavioral Health was awarded

- 1.) \$150,000 to start a new intensive outpatient substance treatment program and OWI classes in Newton.
- 2.) \$70,000 for justice-involved substance treatment.

For Substance Treatment or
Mental Health services, call
Tel: (641)792-4012 or
capstonebh.com

Resource Guide: www.jasperia.org/resources



2026

Jasper County Cares Coalition
2nd Wednesday @ 10:30-noon

January 14: No Meeting

February 11

March 11

April 8

May 13

June 10

July 8

August 12

September 9

October 14

November 11

December 9

WE
CARE

Networking
& Resource Table

Contact: jaspercocares@jasperia.org

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