

Jasper County Cares Coalition Meeting

Agenda: Awards and Networking

Wednesday, February 11, 2026, 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 awareness of health & human service resources & promote collaboration to serve Jasper County. **Vision:** Safe, healthy, and connected Jasper County.

Sign in: Welcome new members:

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. See packet.

Upcoming Organizational Spotlights 2026 Schedule:

- **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, Location TBD
- 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@pcciowa.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 IOP 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.

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



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



Networking
& Resource Table

Contact: jaspercocares@jasperia.org

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

Need Help?

Jasper County
Resource Guide

SCAN HERE



www.jasperia.org/resources

Jasper County Cares Master List		1.29.2026
Name	Emails	Organization
Ace Stonehocker	ace.stonehocker@agingresources.com	Aging Resources of Central Iowa
Aimee Spores	aspores@wesleylife.org	WesleyLife Hospice and Palliative Care
Alexis Thompson	Alexis.Thompson@SGIPRecoveryCenter.com	St. Gregory Recovery Center
Allison Graham	grahama@newtoncsd.org	Berg Middle School
Alondra Sanchez	alondra.sanchez@micaonline.org	MICA
Amanda Scalise	ascalise@impactcap.org	IMPACT
Amber Tompkins	atompkins@centraliowashelter.org	Central Iowa Shelter and Services
Amy Smith	amyllynnsmith1984@outlook.com	Monarch Counseling Services
Andi Borsch	andi.borsch@hhs.iowa.gov	Department of Human Services IHHS, Newton
Angela Barnell	angelab@cfiowa.org	Parent Partners
Angela Busick	angela.busick@iowa.gov	Iowa, Probation/Parole - IDOC
Angie Wells	angiew@capstonebh.com	Capstone Behavioral Health
Araceli Roberts	araceli.roberts@micaonline.org	Mid Iowa Community Action Agency MICA
Aster Frommert	afrommelt@ysf.org	YSS Prep
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Barb Ranck	branck@efr.org	EFR
Becca Decker	rdecker@gdmhabitiat.org	Habitat for Humanity, Greater of Des Moines
Becky Pryor	bpryor@jasperia.org	Jasper County Health Dept
Beila Flickinger	beilaf@capstonebh.com	Capstone Behavioral Health
Beth Andrew	bandrew@quakerdale.org	Quakerdale Family Services
Bill Ehler		NAMI Central Iowa
Breanna Elliott	Breanna.Elliott@phnxhouse.com	Phoenix House- Newton
Brendan Johnson	bjohnson@immanuel.com	Immanuel Pathways
Brett Michael	brett.michael@polkcountyiowa.gov	Jasper County Mental Health Advocate
Brooker Holder	brooke.holder@unitypoint.org	Grinnell, Unity Point
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Cindy Clark	cclark@pellahealth.org	Pella Regional Sully Clinic
Cindy Rybolt	crybolt@iowalaw.org	Iowa Legal Aid
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Deana Van Brocklin	Deana.VanBrocklin@dallascountyiowa.gov	Iowa Courts, Juvenile Court
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Erin Ouverson	erin.ouverson@micaonline.org	Mid Iowa Community Action Agency MICA
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Jacque Spriggs	jspriggs@elevateccbhc.org	Elevate

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Jill Robinson	jillr@capstonebh.com	Capstone Behavioral Health
Jill Rogers	jrogers@centraliowashelter.org	Central Iowa Shelter and Services
Jodi Blackford	jodib@stopdvs.org	Crisis Intervention Services
Joe McQuerry	jmcquerry@efr.org	EFR- Employee and Family Resources
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Rita Baker	director@pecciwowa.com	Pregnancy Center of Central Iowa
Rob Burdess- Chief	RobB@newtongov.org	Newton Police Department
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Terra Oaks	TerraO@stopdvs.org	Crisis Intervention Services
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Tim Burns	Revtimothyb@gmail.com	Volunteer, Least of Saints Ministry
Tim North	tim.north@usc.salvationarmy.org	Salvation Army Newton
Tim Salmon	tsalmon@colfaxmingo.org	Colfax Mingo Schools
Todd (TJ) Decker & Delta	tdecker@jaspersheriff.org	Jasper County Sheriff's Office/ LS SRO
Tom Troxell	tomtroxell61@gmail.com	Fellowship with Faith Ministry, Homeless outreach
Tracie Backstrom	tracie@shortyears.org	Short Years Parents as Teachers

Recognizing When Hospice Care May Be Needed

Look for These Signs in Clients:

- 1. Frequent hospital visits:**
Multiple hospitalizations or ER visits in the past six months.
- 2. Unplanned weight loss:**
Noticeable weight loss or decreased appetite.
- 3. Declining physical abilities:**
Difficulty walking, frequent falls, or needing more help with daily activities.
- 4. Increasing pain or symptoms:**
Persistent pain, shortness of breath, or fatigue, even with treatment.
- 5. Worsening chronic conditions:**
Diseases such as heart failure, lung disease, or dementia are getting worse despite treatment.
- 6. Emotional and family distress:**
Signs of increased anxiety or sadness in patients or families struggling to cope.

Next Steps:

If you notice these trends, please share your observations with the healthcare team. Early identification can help ensure patients receive the care and support they need.



WesleyLife
HOSPICE

Referral Line: (515) 271-6777



WesleyLife Gives Back to Those Who

Gave So Much

U.S. military veterans sacrificed selflessly in service to our country. By offering programs designed specifically to meet the needs of Iowa veterans, WesleyLife offers not only heartfelt thanks, but a demonstration of gratitude to these brave individuals and their families.



WesleyLife Hospice is the only Des Moines metro hospice provider certified as a Level 5 partner of **We Honor Veterans**, a program of the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs. Through **We Honor Veterans**, affiliated hospice organizations are given the tools to effectively serve veterans who are near the end of life.

The affiliation allows us to provide veteran-specific education initiatives for our team members and the greater community, recruit volunteers with military backgrounds to help connections form, and more. Having received national recognition for our affiliation and advocacy, we are honored to be of service as a Level 5 partner of **We Honor Veterans**.



WesleyLife
HOSPICE

If you are in the military or are a veteran, please consider joining WesleyLife Hospice as a We Honor Veterans volunteer. To learn more, or to inquire about hospice services for a loved one, call (515) 978-2777 or visit wesleylife.org/hospice.



VA.gov is the gateway to access and manage your VA benefits and health care.
www.va.gov



The VA Welcome Kit provides an overview of benefits and services.
www.va.gov/welcome-kit/



Burials and Memorials Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a veteran's service, and apply for survivor and dependent benefits.

Schedule a burial for a veteran or family member

Find step-by-step guidance on how to request and apply for a burial in a VA national cemetery or in a state or tribal government veterans' cemetery.

National Cemetery Scheduling Office (800) 535-1117

www.va.gov/burial-memorials/schedule-a-burial/



Disability File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

Learn about the PACT Act

Learn how the PACT Act expands VA health care and benefits for veterans exposed to burn pits, Agent Orange, and toxic substances.

VA FAQ Line (800) 698-2411 (TTU: 711)

www.va.gov/resources/the-pact-act-and-your-va-benefits/



Family Member Benefits Learn about the benefits you may qualify for as a spouse, dependent, or survivor. Find out what else you may be eligible for as a family member caring for a veteran with disabilities.

Caregiver support program

The VA Caregiver Support Program offers services to caregivers of eligible and covered veterans enrolled in VA Health Care.

(855) 260-3274

www.va.gov/family-member-benefits/

Veterans Crisis Line

Contact the Veterans Crisis Line. Available 24/7 via phone, text, and online chat.

Receive crisis support

The Veterans Crisis Line provides confidential crisis support for veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Crisis Hotline Dial 988 (then press 1) Text Hotline Text at 838255



Is it time for *Palliative Care?*

Clinical Indicators for Referral

GENERAL INDICATORS

- Two or more hospitalizations/emergency visits in the past six months for the same condition
- Re-admission to hospital or ICU within 30 days for the same issue
- Life-limiting illness with:
 - Functional or cognitive decline
 - Significant weight loss
 - Patient or family expressing a desire to focus on comfort or quality of life

WHERE CARE TAKES PLACE

WesleyLife Palliative Care meets you where you are, physically and emotionally. Our goal is to reduce the need for hospital visits and support individuals in their preferred setting. Services are provided in the comfort and convenience of:

- Private homes
- Skilled nursing campuses
- Communities for older adults
- Other residential settings

WHEN TO CONSIDER PALLIATIVE CARE

Palliative care is appropriate at any stage of a serious illness. It can be provided alongside curative treatments or as the primary focus of care. Consider a referral when clients need support with:

- **Advance care planning**
Help identifying goals of care, navigating future health decisions, and completing advance directives
- **Symptom management**
Relief from pain, shortness of breath, fatigue, anxiety, nausea, or other distressing symptoms

- **Care coordination**
Helping families understand and access healthcare resources, in-home services, and community support
- **Psychosocial support**
Counseling for patients and caregivers coping with emotional or mental health needs

- **Disease education**
Clarifying diagnosis, treatment options, and likely progression of illness to support informed choices

WE'RE HERE TO HELP

At WesleyLife, our palliative care team walks alongside individuals and families during difficult seasons – offering compassionate, person-centered support wherever you call home.

To make a referral or learn more, **call (515) 271-6777** or visit wesleylife.org/palliative-care.

Before, I felt like I didn't have a life. You know, when you're sitting in a hospital or in a nursing home, you can't leave. You don't leave very often and you're staring at the four walls. Now I'm able to. With the help of palliative care, I can get around more.

- Carole Peterson
a WesleyLife Palliative Care Client



WesleyLife
AT HOME

Care That Honors Life

WesleyLife Palliative and Hospice Care

Supporting with compassion, presence, and purpose



Wherever you are on the path...



Curative and Palliative Care

Hopeful, Treatment-Focused

- Exploring care options with openness and compassion
- Easing symptoms alongside ongoing treatments
- Helping families make informed choices
- Building trust and preparing for what's ahead



Hospice Care

Comfort, Presence, Dignity

- Focus on quality of life
- 24/7 availability and on-call support
- Daily visits during final days of life

... we're here to walk it with you.



Why Families Choose WesleyLife

- Admission 7 days/week, including holidays
- Available to admit 24/7
- Full-time on-call clinical support
- Dedicated and compassionate staff

Family Support and Legacy

Navigating Loss With Love

- Emotional and spiritual support
- Legacy planning and life celebration
- Grief support for families



Join the WesleyLife Hospice

Volunteer Family!

WesleyLife Hospice has served Iowans longer than most other providers in our area — and that longevity brings a level of trust, dedication, and commitment you won't find elsewhere. If you're interested in being a hospice volunteer, you'll be partnering with an organization that's experienced in helping clients spend their days the way they want to, making memories with those closest to them in the environment that they find most comfortable. **We offer services anywhere, and virtually anyone with a life-limiting illness can qualify.**



WesleyLife
HOSPICE

Find a *volunteer opportunity* that appeals to you below!

- **Provide companionship:** Visit a client once a week to offer friendship through talking, visiting, reading, playing cards, watching TV, or simply holding a hand.
- **Offer respite services:** Sit with a client so family members or other caregivers can run errands, attend events, or spend time refilling their emotional tanks.
- **Provide phone support:** Call to check in with clients and families.
- **Offer pet therapy:** Bring your certified therapy pet to offer comfort and joy to clients and families.
- **Assist with music therapy:** Help our music therapists provide comfort through music at clients' bedsides or at hospice events.
- **Offer bereavement support:** Help host support groups or offer phone-based support to families after a loss.
- **Provide a helping hand:** Assist clients with light household tasks; assist them in using their phones or computers.
- **Assist in the WesleyLife Hospice office:** Answer phones, create admission packets, sort mail, help with filing.

We also look for volunteers who are willing to accept the privilege of sitting with clients and families as the client is actively dying, and for volunteers who served in the military. Clients who served often want to talk about their military memories at the end of life, and volunteers who are veterans themselves are often able to make special connections.

Anyone can volunteer. We serve Boone, Dallas, Hamilton, Jasper, Marion, Marshall, Polk, Story, and Warren counties, and we also offer remote (phone and Zoom) opportunities. Volunteers receive initial and annual training, ensuring a high level of quality care and support for our clients and their families from all members of our interdisciplinary team. All volunteers must consent to criminal background checks, physicals, and other screenings as needed.

We would love to welcome you to our volunteer family!



Learn more by scanning this QR code or by contacting Diana Ferriss, WesleyLife Hospice volunteer coordinator, at **(515) 229-7366** or dferriss@wesleylife.org.





Open Arms Foundation Guardian Award

Call for Nominations – Jasper County Community

The Open Arms Foundation of Jasper County is proud to announce the Open Arms Guardian Award, an annual recognition honoring an individual who has demonstrated exceptional commitment to protecting, advocating for, and prioritizing the well-being of children in Jasper County.

This award recognizes those who serve as guardians in the broadest sense – professionals and volunteers whose actions reflect courage, compassion, and an unwavering focus on the best interests of children.

Purpose of the Award

The Open Arms Guardian Award honors an individual who, either:

1. Within the past 12 months, or
2. Over the course of their professional or volunteer career,
3. has shown outstanding dedication to protecting children, supporting vulnerable families, or intervening in ways that promote safety, stability, and long-term well-being for children in Jasper County.

Eligibility

Nominations are open to any individual who works directly with children in Jasper County, including but not limited to:

- Law enforcement officers
- Teachers, school staff, and administrators
- Health and Human Services professionals
- Medical and mental health providers
- Nonprofit staff and volunteers
- Child advocates, mentors, and foster care providers
- Coaches, youth leaders, and community volunteers

Nomination Criteria

Nominees should demonstrate one or more of the following:

- A clear commitment to protecting the safety and dignity of children
- Advocacy for children's best interests, particularly in difficult or high-risk situations
- Actions that go beyond routine expectations to support children or families in crisis

- Professional integrity, compassion, and collaboration with other systems serving children
- A lasting positive impact on children or the Jasper County community

Nominations

To submit a nomination, please provide:

1. Nominee's name, title, and organization (if applicable)
2. Nominator's name and contact information
3. A written narrative describing:
 - a. The nominee's role and connection to children in Jasper County
 - b. Specific examples of actions or conduct that demonstrate guardianship, advocacy, or protection of children
 - c. The impact of the nominee's actions on a child, family, or the broader community
 - d. All information should be factual, respectful, and mindful of confidentiality.

Selection Process

Nominations will be reviewed by a committee affiliated with the Open Arms Foundation of Jasper County. The committee will evaluate nominations based on alignment with the award's purpose, demonstrated impact, and commitment to children's best interests.

Confidentiality

Open Arms recognizes the sensitive nature of child-serving work. Nominators are encouraged to avoid including identifying details of specific children. All nominations will be handled with discretion.

Submission Deadline

Nominations must be submitted by: March 31, 2026

Submit nominations to: openarmsiowa@gmail.com

Award Recognition

The recipient of the Open Arms Guardian Award will be publicly recognized by the Open Arms Foundation of Jasper County and will be honored at a community event or through public announcement. Recipient will be announced during National Child Abuse Prevention Month in April.



NAMI Central Iowa

Deputy Director | Jensyn Hall
515-292-9400
jhall@namicentraliowa.org

FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
2 FSG @Wellness Center 11AM (Hybrid Available) Open Peer Support 10-4PM	3 Connection @Wellness Center 3PM (Hybrid Available) Open Peer Support 10-4PM	4 Connection @Wellness Center 11 AM (Hybrid Available) Open Peer Support 10-2PM	5 CLOSED	6 CLOSED
9 FSG @Wellness Center 11AM (Hybrid Available) Open Peer Support 10-4PM	10 Connection @Wellness Center 3PM (Hybrid Available) Open Peer Support 10-4PM	11 Connection @Wellness Center 11 AM (Hybrid Available) Open Peer Support 10-2PM	12 CLOSED	13 CLOSED
16 FSG @Wellness Center 11AM (Hybrid Available) Open Peer Support 10-4PM	17 Connection @Wellness Center 3PM (Hybrid Available) Open Peer Support 10-4PM	18 Open Peer Support 10-2PM	19 CLOSED	20 CLOSED
23 FSG @Wellness Center 11AM (Hybrid Available) Open Peer Support 10-4PM	24 Connection @Wellness Center 3PM (Hybrid Available) Open Peer Support 10-4PM	25 Connection @Wellness Center 11 AM (Hybrid Available) Open Peer Support 10-2PM	26 CLOSED	27 CLOSED

Wellness and Recovery Center Hours
Monday – Tuesday (10-4PM) – Wednesday (10-2PM)
424-5th Street Ames, IA 50010



FEBRUARY 2026 SUPPORT GROUP LINKS

MONDAY FSG @ 11 AM
MEETING ID
897 4439 1367
PASSWORD
510983

TUESDAY CONNECTION @ 3PM
MEETING ID
882 4165 5988
PASSWORD
300768

WENDESDAY CONNECTION @ 11AM
MEETING ID
883 8103 0824
PASSWORD
869754

DEPUTY DIRECTOR | JENSYN HALL
515-292-9400 | JHALL@NAMICENTRALIOWA.ORG



NEWTON LOCATION: 1123 1st Ave. E.
Newton, IA 50208

641.792.4012

GRINNELL LOCATION: 200 4th Ave W.
Grinnell, Iowa 50112

641-528-6065

Dear Community Partners,

I am writing on behalf of Capstone Behavioral Healthcare, where our mission is to navigate our community to mental health and addiction resources through treatment and hope. At the same time, our vision is that everyone has access to the support they need to heal and thrive in Jasper and Poweshiek Counties.

As you are likely aware, the demand for a continuum of behavioral health services in our district continues to increase steadily. At Capstone, we see firsthand the challenges that individuals face in accessing timely and accessible care, especially those struggling with substance use disorders. In response to this need, we are launching a critical initiative to expand our services, specifically, to enhance our substance treatment programs while continuing to strengthen our core mental health offerings. We are proud to share that Capstone has been awarded \$150,000 in Opioid Settlement Funds, a significant investment that underscores the urgency and importance of expanding local substance abuse treatment services.

- Complete essential facility structure upgrades and remodeling
- Connecting individuals with necessary supportive resources
- Supervised group sessions and activities designed to meet adolescents' emotional and social needs
- Adult peer support groups facilitated by a certified peer support specialist

This effort is not just about growing services; it's about saving lives. With your help, we can reach more people who are ready to take that brave first step toward recovery and ensure that no individual is turned away due to a lack of capacity or resources.

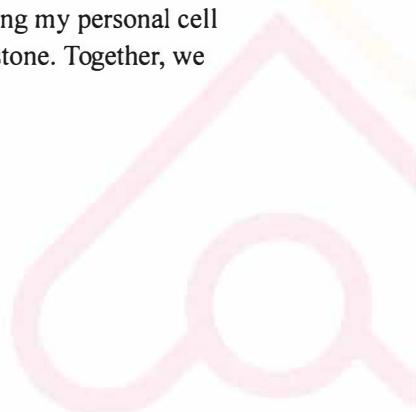
We would be honored to count you among our lead supporters for this initiative. Your gracious donation, whether \$5, \$50, \$500, \$5,000, or more, will have a lasting impact on individuals, families, and the entire community. Enclosed, you'll find a pledge form and information about how your support will be recognized. We would also be happy to schedule a tour or a conversation to share further about this effort and our vision for the future.

Thank you for considering this opportunity to make a meaningful difference. I am including my personal cell phone, (515) 210-3161. Please don't hesitate to call or text with any questions about Capstone. Together, we can bring healing and hope to those who need it most.

Warm regards,



Julie Smith, Executive Director



Let us be part of the solution!

www.capstonebh.com



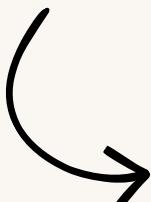
CAPSTONE AMAZON WISHLIST



https://www.amazon.com/hz/wishlist/ls/17D6R5BCUWIA3?ref_=wl_share



SCAN HERE TO VIEW LIST





EVERYONE CAN DO SOMETHING

You can make an impact in Iowa's foster care community

ADVOCATE

- Share the need for foster families across the state of Iowa with your network of friends and family
- Invite Four Oaks to come and speak at your place of work, faith-based community, club, or organization
- Share and like "Four Oaks Family Connections" Facebook and Instagram posts
- Host an informational event in your community to help others learn more about becoming a foster parent

TANGIBLE

- Collect tangible items such as care bags, blankets, bags, totes, diapers, personal hygiene products,

To start
your journey
to becoming a
foster or adoptive
parent, email foster-adopt@fouroaks.org
or call (877) 364-1113.



socks, toothbrushes, gift cards, or snacks to give to foster families for the children in their care

- Support Operation Santa by providing gifts for children in foster care in your community and across the state of Iowa

RESPITE

Become a licensed foster parent and offer respite to long-term foster care parents. Respite is short-term care for children in care. This allows foster parents to take time to recharge.

BECOME A FOSTER PARENT

Foster parents are needed across the state. To learn more about the process of becoming a foster parent, email foster-adopt@fouroaks.org or call (877) 364-1113.

VISIT US ONLINE TO LEARN MORE:



IowaFosterandAdoption.org



@ FourOaksFamilyConnections



@ IowaFosterandAdoption



JASPER COUNTY YOUTH AND GOVERNMENT

HOSTED BY THE
NEWTON YMCA

Empower your students to bring their bills, debate real issues, and lead in statewide roles at the Iowa State Conference.

7th-8th Graders will have the opportunity to draft legislation, debate issues, and simulate the roles of legislators, executive officials, journalists, judges, or attorneys in state-level model governments. Meetings will be held monthly at the Newton YMCA.

INFORMATIONAL MEETING:
WEDNESDAY, FEB. 18
5:00PM

Have Questions? Get in Touch.
COOKIE.FUZELL@NEWTONYMCA.ORG

Sign Up Today



JASPER COUNTY IOWA YOUTH AND GOVERNMENT



WHAT IS YOUTH AND GOVERNMENT?

The YMCA's Youth and Government is a civic education program that engages middle and high school students in democratic processes. Participants draft legislation, debate issues, and simulate the roles of legislators, executive officials, journalists, judges, or attorneys in state-level model governments. The program's motto is "Democracy must be learned by each generation," and has a mission to develop lifelong engaged citizens through experiential learning.

The YMCA Youth and Government (YAG) started back in 1936, with a long and storied history empowering student voices across the country. In 2026, the Iowa program takes a Legislative focus, with a brand new curriculum and training sessions for advisors. Middle School students grades 7-8 will have the opportunity to serve as representatives and senators at this year's state conference, as well as the chance to serve as chairs and clerks.

WHAT IS THE STATE CONFERENCE?

The Iowa YMCA Youth and Government State Conference is the capstone event where students bring their preparation to life by simulating the work of a real state legislature. Delegates present and debate their own bills in committees and the Senate, experiencing firsthand how laws are made. Alongside legislative sessions, students engage in leadership development, networking, and civic learning, all within a fast-paced, collaborative environment. The conference is designed to be both educational and empowering, leaving participants with practical skills and a deeper understanding of democracy.

JASPER COUNTY YOUTH & GOVERNMENT

Jasper County YAG will meet twice a month. Each session follows YMCA Youth and Government curriculum. The YAG group will also prepare students for the State Conference, where they will have the opportunity to draft legislation, debate issues, and simulate the roles of legislators, executive officials, journalists, judges, or attorneys in state-level model governments..

**INFORMATIONAL MEETING:
WEDNESDAY, FEB. 18
5:00PM**

HOW MUCH DOES THE PROGRAM COST?

The registration fee for the program & State Conference is \$50/student, which covers lunch on conference day, YAG merch, and their entry to the conference.

If students have any financial barrier to participation, they are encouraged to reach out to Cookie Fuzell, Newton YMCA, Family & Community Advancement Director. Any student interested will have the opportunity to participate.

VISION AND MISSION

"Democracy Must Be Learned By Each Generation"
- Program Motto

Our mission is to prepare students for responsible leadership in the American democratic process by providing guidance, training, and experience in the theory and practice of determining public policy.

Sign up by Emailing: Cookie.Fuzell@newtonymca.org



HOW DO STUDENTS REGISTER?

Students can register by emailing Cookie.Fuzell@newtonymca.org or on the Newton YMCA website.



WHAT ELSE IS REQUIRED FOR THE STATE CONFERENCE?

Each delegate must submit a piece of legislation by May 4th, though they do have the option to "co-author" pieces of legislation with another student from their delegation.

The Safety and Conduct Forms also need to be submitted by May 4th.

Additional requirements and permissions also might be asked of you from your delegation. Please consult your delegation's advisor for more details.

WHAT DO STUDENTS NEED TO BRING TO THE STATE CONFERENCE?

Students should bring a note pad, a pen, and any speeches or research they have prepared in advance.

Students are permitted to bring and use their cell phones and laptops, and Wifi will be available upon arrival.

WHAT DO STUDENTS WEAR TO THE STATE CONFERENCE?

Students should wear "Capitol Dress" to the conference, which means business formal. Ideally, students attend the conference in a professional suit.



Have Questions? Get in Touch.



Cookie.Fuzell@newtonymca.org

JR. LEADERS PROGRAM

the



KIDS LEAD. COMMUNITY GROWS

The Newton YMCA Jr. Leaders Program is a volunteer-based leadership and mentorship initiative for youth ages 9–13. The program provides participants with structured opportunities to serve as Jr. Helpers within Newton YMCA youth spaces while receiving consistent mentorship and guidance from YMCA leadership.

GOALS:

- Provide meaningful mentorship opportunities for youth
- Develop leadership, communication, and responsibility skills
- Encourage civic engagement and community involvement
- Build positive connections between youth, staff, and younger members
- Create an early leadership pipeline within the Newton YMCA



DESIGNED FOR AGES 9-13 YEARS OLD

DON'T MISS OUT ON THIS AWESOME OPPORTUNITY!

REACH OUT TO COOKIE TO SIGN UP AND GET MORE INFORMATION.

COOKIE.FUZELL@NEWTONYMCA.ORG 641-792-4006

CELEBRATE RECOVERY 12 STEPS AND THEIR BIBLICAL COMPARISONS

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18 NIV

2. We came to believe that a power greater than ourselves could restore us to sanity.

"For it is God who works in you to will and to act according to his good purpose."

Philippians 2:13 NIV

3. We made a decision to turn our lives and our wills over to the care of God.

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship." Romans 12:1 NIV

4. We made a searching and fearless honest inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40 NIV

5. We admitted to God, to ourselves, and to another human being the exact nature of our hurts, hang-ups and habits.

"Therefore confess your sins to each other and pray for each other so that you may be healed." James 5:16a NIV

6. We were entirely ready to have God remove all these defects of character.

"Humble yourselves before the Lord, and he will lift you up." James 4:10 NIV

7. We humbly asked Him to remove all our shortcomings.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

1 John 1:9 NIV

8. We made a list of all persons we had harmed and became willing to make amends to them all.

"Do to others as you would have them do to you." Luke 6:31 NIV

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." Matthew 5:23-24 NIV

10. We continued to take personal inventory and when we were wrong, promptly admitted it.

"So, if you think you are standing firm, be careful that you don't fall!" 1 Corinthians 10:12 NIV

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

"Let the word of Christ dwell in you richly." Colossians 3:16a NIV

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

"Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted." Galatians 6:1



Newton Church of The Way

2306 S 3rd Ave East

Newton, IA 50208

(641) 792-7300

newtonway.org/celebraterecovery

CELEBRATE RECOVERY

NEWTON CHURCH OF THE WAY

A HEALING PROGRAM AND
FELLOWSHIP FOR ADULTS
OVERCOMING HURTS,
HANG-UPS, AND HABITS.



Celebrate Recovery



CELEBRATE RECOVERY VISION

The vision for Celebrate Recovery here at Newton Church of the Way is to serve God and His Kingdom by helping others to strip off their old sinful nature and anchor their faith in Jesus Christ. With the Spirit's renewing power, we will cease to deny our hurts, habits and hang-ups. By embracing the steps and principles of Celebrate Recovery, together we will confront the destruction that our old lives have caused, and step into the light of Christ by accepting His abundant grace.

Come as you are!

Jesus will meet you right where you are at, and so will we. Join us for food, fellowship, worship, small group discussion, testimonials, and proven curriculum. We believe that no matter where you come from or what you have done, the solution is the same.

MONDAY NIGHTS AT NEWTON CHURCH OF THE WAY

5:30-6:15 pm Dinner
6:15-7:15pm Large group
7:15-8:15 pm Small Groups

For more information, or to get involved in serving others through Celebrate Recovery, please email Cody@theway146.com

PRAYER OF SERENITY

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonable happy in this life
and supremely happy with You forever in the next.
Amen.
Reinhold Niebuhr

EIGHT RECOVERY PRINCIPLES

1. Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3 NIV

2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)

"Blessed are those who mourn, for they will be comforted." Matthew 5:4 NIV

3. Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

"Blessed are the meek, for they will inherit the earth." Matthew 5:5 NIV

4. Openly examine and confess my hurts, hang-ups and habits to myself, to God, and to someone I trust. (Steps 4 and 5)

"Blessed are the pure in heart, for they will see God." Matthew 5:8 NIV

5. Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6 NIV

6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others. (Steps 8 and 9)

"Blessed are the merciful, for they will be shown mercy." Matthew 5:7 NIV

"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9 NIV

7. Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will. (Steps 10 and 11)

8. Yield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)

"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." Matthew 5:10 NIV



SMALL GROUP GUIDELINES

1. Keep your sharing focused on your own thoughts and feelings, using "I" and "me" statements. Limit your sharing to three to five minutes.

2. There is no cross-talk. Cross-talk is when two individuals engage in conversations excluding all others. Each person is free to express his or her feelings without interruptions.

3. We are here to support one another, not "fix" one another. This keeps us focused on our own issues.

4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.

5. Offensive language has no place in a Christ-centered recovery group.

Need an AED?



AED Placement Program

Sudden Cardiac Arrest (SCA) strikes more than 350,000 Americans each year — nearly one death every two minutes. Giving CPR and using an automated external defibrillator (AED) early nearly doubles the chance of survival. For each minute without such treatment, the chance of survival decreases 7–10 percent.

Eligibility Criteria

To qualify for the Iowa Heart Foundation's AED Placement Program, applicants must be:

- A non-profit organization
- A government entity
- A public or private school

Located within the state of Iowa

Priority will be given to organizations that demonstrate a commitment to:

Implementing a Cardiac Emergency Response Plan

Training staff and students in CPR and AED use

Ensuring AED accessibility and visibility

[https://www.iowaheartfoundation.org/AED-
Placement/Program Placement/](https://www.iowaheartfoundation.org/AED-Placement/Program Placement/)

Apartment & Landlord List Newton, Iowa

updated January 29, 2026

IowaHousingSearch.org is a website promoted by Newton Housing Development Corp. for landlord and tenant use.

There are 2,364 "Permitted" rental units in Newton

Name	Location	Phone	2nd Phone	Websites
502 Complex	502 1st Ave E	x 515-373-8331		spirepropertymgmt.com
E 16th St Complex	303 & 307 E 16th St N	x 515-373-8331		spirepropertymgmt.com
723 E 6th St Complex	723 E 6 St S	x 515-373-8331		spirepropertymgmt.com
Aurora Apartment - KEM Investments	305 E 25th St Place S	x 641-792-9535		
Bristol Square Apartments	315 1st St S	x 641-792-0910		
Brookfield Apartments	1610 & 1620 W 7th St S	x 641-792-9535		
Cambridge Place or 6th Ave Apartments	904 N 6th Ave E	x 641-780-8921		
CandleRidge of Newton	* 1224 N 4th Ave W	x 800-383-5204		assistant@traversemanagement.com
Cardinal Circle Meadow Wood of Newton	* 1514 N 9th Ave Place E	x 515-979-9324		
Chamberlin Apartments	207 W 3rd St S	x 515-373-8331		spirepropertymgmt.com
Community Terrace Apts - KEM Investments	505 1st St S & 115 S 5th Ave W	x 641-792-9535		
Courtyard Newton Apartment	1453 N 11th Ave E	x 641-792-9535		
East Town Apartments	55+ 400 E 8th St S	x 515-465-4886	Area Manager	
First Avenue Cottages	1426 1st Ave E	x 515-373-8331		spirepropertymgmt.com
Forest View Apartments	1800 S 7th Ave E	x 641-243-5298		nwt@perryreid.com
Greystone Apartments	* 1501 N 11th Ave E	x 641-521-3208		newburyliving.com
Historic Hotel Maytag Apartments	* 105 N 2nd Ave E	x 515-783-9491		
Hometown Apartments	126 E 5th St S	x 515-373-8331		spirepropertymgmt.com
Hunter's Run Apartments & Townhomes	* 821 S 13th Ave E	x 641-792-9535		
Kading Properties	Several complexes around town	x 515-276-9384		kaddingproperties.com
Kaldenberg Apartments	400 N 2nd Ave E	x 515-321-2088		
Thunder Mountain Condo's	1800 S 13th Ave E	x 641-990-5280		
Kirkshire Place	418 S 2nd Ave E	x 641-780-8921		
Klocke Apartments	820 & 824 E 12th St S	x 515-250-1498		anthonyklocke@yahoo.com
Lincoln Apartments -KEM Investments	520 S 5th Ave E	x 641-792-9535		
Lions Gate Apartments	3 320 W 3rd St N	x 515-369-6000		kourmanagement.com
Linden Place Apartments	*62+ 1105 E 12th St S	x 641-792-3018		
The Meadows	1020 - 1026 E 12th St N	x 515-373-8331		spirepropertymgmt.com
427 N 2nd Ave E	427 N 2nd Ave E	x 515-373-8331		spirepropertymgmt.com
MSG Newton Properties LLC	1111 N 11th Ave E	x 641-792-9535		
MSG Newton Properties LLC	503 N 3rd Ave E	x 641-792-9535		
MSG Newton Properties LLC	420 N 8th Ave E	x 641-792-9535		
Newton Apartments LLC	1209 W 16th St S	x 641-792-9535		
Newton Apartments LLC	1301 W 16th St S	x 641-792-9535		
Newton Apartments LLC	1650 S 15th Ave W	x 641-792-9535		
Newton Park Apartments	* 1425 N 11th Ave E	x 515-999-9160		newtonparkapt.com
Newton Senior Residences	62+ 222 N 4th Ave W	x 641-792-0102		
Newton Plaza Apartments	* 901 S 13th Ave E	x 800-383-5204		assistant@traversemanagement.com
Newton Sundance Apartments	* 210 & 220 E 28th St N	x 641-787-0400		sundancelivingnewton.com
Newton Village	55+ 110 N 5th Ave W	x 641-792-0115		newtonvillage.org
Plant 1 Apartments	515 W 4th St N	x 641-440-0941		plant1lofts.com
Quail Ridge Apartments	1820 S 13th Ave E	x 515-373-8331		spirepropertymgmt.com
Regency Apartment	603 E 3rd St S	several buildings	x 515-373-8331	spirepropertymgmt.com
Robert's Apartments	912 1st Ave W	x 641-792-0910		
Smoking Tree Duplexes	308 - 326 S 8th Ave E	x 515-707-6989		
Somerfield Apartments	1711 & 1715 S 4th Ave E	x 641-792-9535		
Southtown Apartments - Volkan Properties	604 & 616 E 3rd St S	x 641-792-9535		
Suncrest Village	*62 1800 S 4th Ave E	x 641-521-3208		suncrestvillageapts.com
Trevor Estate - condos	1300 - 1500 blocks of S 13th Ave E	x 641-328-9894		
Walnut Creek Apartments	500 & 510 E 17th St S	x 515-369-6000		kourimanagement.com
Washington Heights Apartments	706 S 2nd Ave W	x 515-373-8331		spirepropertymgmt.com
Woodland Heights Apartments	* 1800 W 4th St N	x 641-791-7407		woodlandheightsliving.com
Dittmer Properties	manage several units	641-417-8136		
Newbury Management	manage several units	641-792-9136		
Real Estate Solutions, LLC	manage several single family homes	515-329-4545		

CENTRAL IOWA REGIONAL HOUSING AUTHORITY (CIRHA) – PUBLIC HOUSING & HOUSING CHOICE VOUCHERS (SECTION 8): Phone 515-986-1882 cirha@cirhahome.org

3 - has 3 bedroom units

* - Income guidelines

55+ - 55 years old restriction

NS - Non Smoking

 This list was provided & maintained by Newton Housing Development Corp. Send any corrections or additions to: nhdcdirector@gmail.com
Information believed correct but not warranted or guaranteed correct.

IOWA STATE UNIVERSITY

Extension and Outreach

STRONGER BOARDS, STRONGER COMMUNITIES

A LEADERSHIP WORKSHOP FOR BOARDS AND COUNCIL MEMBERS

Join local board and council members for an engaging, hands-on day focused on action, collaboration, and impact. Learn new tools, gain inspiration, and take home strategies you can put to work immediately!

TOGETHER WE'LL:

- Re-energize your board or council members
- Clarify your purpose and community impact
- Develop effective strategies for partner and donor relations
- Tackle challenges and create actionable solutions
- Network with other passionate community leaders

Workshop Details:

Date: April 18th, 2026

Time: 8:30 AM to 3:00 PM

Where: DMACC College,
600 N 2nd W St., Newton, IA 50208

Breakfast charcuterie boards • Catered lunch • Interactive sessions • Networking

Registration required! Register by April 13th.

Questions can be directed to

Sarah Patterson at patter@iastate.edu or
Alathia Andera at aalathia@iastate.edu

\$40 PER PERSON



Eric Heininger, Speaker
16 Actions Every Board Can Take



Beth Shelton, Speaker
Solving Problems & Overcoming
Challenges

LEADERS
GROWING
COMMUNITIES

IOWA STATE UNIVERSITY

Extension and Outreach

STRONGER BOARDS, STRONGER COMMUNITIES

A LEADERSHIP WORKSHOP FOR BOARDS AND COUNCIL MEMBERS

Meet the Keynote Speakers:



Eric Heininger, CFRE
President, EDEN+ Fundraising Consulting

Session: "16 Actions Every Board Member Can do Today to be More Effective"

Eric Heininger helps rural communities unite to tackle their biggest challenges. As President of EDEN+ Fundraising Consulting and a Certified Fundraising Executive, he brings extensive experience in leadership, collaboration, and community impact.

As a nationally recognized AFP Master Trainer, Eric leads sessions across the country on donor engagement and nonprofit ethics. With a passion for rural vitality, he's committed to equipping leaders to guide their communities with purpose and confidence.



Beth Shelton,
CEO, Girl Scouts of Greater Iowa

Session: "Solving Problems and Overcoming Challenges"

Beth Shelton leads the Girl Scouts of Greater Iowa, serving 13,000 members across Iowa, Nebraska, and South Dakota. Named the 2024 National Remarkable Woman by Nexstar Media, she has been featured on Good Morning America, USA Today, and the Today Show. Beth uses solution-focused leadership to inspire radical innovation. Holding degrees from Simpson College, Drake University, and MIT, her session will focus on solving problems and overcoming challenges with courage and creativity.

LEADERS

GROWING

COMMUNITIES

DATE OF WORKSHOP
SATURDAY
APRIL 18, 2026

STRONGER BOARDS

STRONGER COMMUNITIES

LEADERSHIP WORKSHOP FOR BOARDS AND COUNCILS

REGISTRATION INFORMATION

registration deadline: APRIL 13, 2026

Contact Person: _____ email: _____

Organization/Company Represented: _____

Full Address: _____

How did you hear about this workshop? email flyer personal contact social media other

How many people are you registering? _____

List those attending/include yourself: (please note any dietary restrictions next to name)

What is the main reason for attending/bringing your board/council?

Total Cost at \$40.00 a person: $\$40 \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$

Return registration forms and payment to: (*checks payable to Poweshiek County Extension Office)

Poweshiek County Extension Office
1017 Ogan Avenue
Grinnell, IA 50112

**REGISTRATION MAY ALSO BE DROPPED OFF OR MAILED TO
THE JASPER (NEWTON) EXTENSION OFFICE:**

- How would you like your receipt: mailed pick up the day of the workshop

Questions? Contact:

Sarah Patterson: Jasper
patter@iastate.edu
641-792-6433

OR

Alathia Andera: Poweshiek
aalathia@iastate.edu
563-422-8638

IOWA STATE UNIVERSITY

Extension and Outreach

STRONGER BOARDS, STRONGER COMMUNITIES

SPONSORSHIP OPPORTUNITIES

● Leadership Champion: \$1,000+

- Top-tier recognition in all marketing and press materials
- Verbal acknowledgement during keynote sessions
- Complimentary registration for 5 attendees
- Opportunity to have a company informational table at the event

● Community Builder: \$500-\$900

- Logo on printed program, signage, and social media
- Verbal recognition during event
- Complimentary registration for 3 attendees
- Option to include handout or giveaway in participant welcome packets

● Partner in Leadership: \$200-\$400

- Name listed on signage and closing slide
- Verbal recognition during event
- Mention in thank-you materials

Please make checks payable to Poweshiek County Extension Office and mail checks to 1017 Ogan Ave, Grinnell, IA 50112

**Because of your generosity,
our communities grow
stronger every day!**

**Your partnership helps
provide quality leadership
education, materials, and
networking opportunities
that strengthen local
organizations across
Jasper, Poweshiek and
surrounding counties.**

LEADERS
GROWING
COMMUNITIES

JASPER READY MOBILE APP



SCAN
to download

 Download on the
App Store

 GET IT ON
Google Play

Built by:

 **myEMAapp**.com

JASPER COUNTY SHERIFF'S OFFICE MOBILE APP



SCAN
to download

Download on the
App Store

GET IT ON
Google Play

Built by:



THESHERIFFAPP.COM
CUSTOM SHERIFF APPS





Set a reminder to March 29th for the Des Moines Fight For Air Climb, locally presented by [The Iowa Clinic!](#)

If you haven't registered yet, go to FightForAirClimb.org/DesMoines and use code STEP10 for a discount.

THEN, start your team and let your supporters know why you're climbing!

#DesMoinesClimb #LungHealth





What is Weatherization

Weatherization can help you, and your family live in a more comfortable home and lower your energy bills. This can include replacing inefficient or dangerous appliances, insulating your home, installing low-flow shower heads and faucets, insulating pipes, installing efficient lightbulbs, and more. Weatherization is not a home repair program (we can't replace windows, roofs, or do construction work). But we can significantly increase your energy efficiency, making you safe and comfortable.

Do I qualify for Weatherization?

You qualify automatically for the Weatherization program if you have received Low-Income Home Energy Assistance. Your application for energy assistance is also your application for Weatherization. Weatherization staff works off of a list of families who need help after they have received energy assistance and contact families directly to ask them if they would like to participate in the program.

<https://micaonline.org/services/housing/weatherization/>

IOWA INNOVATION IN HOMELESSNESS INCUBATOR



The Iowa Innovation in Homelessness Incubator Pitch Competition calls for forward-thinking proposals aimed at addressing homelessness prevention and/or response.

We seek innovative ideas that aspire to create a state where homelessness is rare, brief and nonrecurring and support is readily available to those in need. The goal is to redefine the landscape of homelessness prevention and response systems and rethink how assistance for persons experiencing homelessness in Iowa is delivered.

This initiative challenges Iowa housing and community leaders to think innovatively about how we can implement new approaches to alleviate homelessness. Whether it involves developing essential resources, introducing innovative tools, enhancing services, fostering essential partnerships, or streamlining processes, we're in search of solutions that transcend traditional funding mechanisms and programs.

IFA has allocated up to \$200,000 in total funding for winning pitches, with each individual award limited to a maximum of \$100,000 per applicant. This funding will support the transformation of concepts into pilot initiatives, laying the groundwork for long-term impact, potential expansion, and measurable, life-saving outcomes.

The source of funding for the award will be from state funds not subject to traditional federal program requirements, providing greater flexibility to innovate around homelessness prevention and response.

2026 APPLICATION TIMELINE

- **February 4:** Application webinar
- **July 6:** Application deadline at 5:00 p.m. CT
- **July 24:** Finalists notified
- **September 9:** Finalists make their pitches at the HousingIowa Conference in Des Moines



GUIDELINES

- Proposals must be led and submitted by a State of Iowa nonprofit service provider, Continuum of Care, certified Local Housing Trust Fund, City, or County or by a statewide association, federally recognized Tribe, or Tribally Designated Housing Entity. One or more Iowa nonprofit agencies that provides services related to emergency shelter, street outreach, homelessness prevention, rapid rehousing, and/or permanent supportive housing to persons experiencing homelessness in Iowa must be a key partner in the proposal if not the lead applicant. Past winners are ineligible.
- The maximum funding request is \$100,000 per proposal.
- Proposals must be strategically aimed at preventing or alleviating homelessness and have the potential to be replicated or expanded across the state (funding requests specific to financing the existing general operations of individual agencies are ineligible).
- Special consideration will be given to proposals that include any of the following aspects:
 - Partnerships between health systems and homelessness response systems or other cross-system collaborations
 - Efforts to address unsheltered homelessness, including but not limited to Homeless Court Programs
 - Proposals aimed at addressing:
 - Rising acuity levels of persons experiencing homelessness with higher acuity indicated by more complex, co-occurring issues that are likely to impact overall housing stability
 - Homelessness among Iowans age 65 and older or targeted subset populations among older Iowans
 - Housing instability among families with children, including but not limited to families with child welfare system involvement

- Supported employment or other initiatives focused on increasing the self-sufficiency of persons experiencing homelessness through employment, especially collaborations with local employers
- Initiatives to address workforce recruitment and retention within front-line homelessness response systems
- Partnerships with local landlords and/or public housing authorities, including incentive programs aimed at expanding housing opportunities for persons experiencing homelessness
- Data-driven initiatives to alleviate homelessness

- Proposals must be submitted using the application form(s) provided by IFA and should be centered on innovation and supported by evidence-based practices.
- Partnerships are highly encouraged but not required.
- Finalists will be determined by IFA and will be invited to make their pitch to a panel of judges at the HousingIowa Conference in Des Moines on Wednesday, September 9.
- Entrants are not guaranteed an opportunity to pitch for funding and must sign an acknowledgement form prior to submission of proposal.
- IFA reserves the right to award funding to one, multiple, or no winners at its sole discretion.

Application and more information
will be available at
iowafinance.com/homeless

Health Coaching Services



**Manage your health conditions with Iowa Total Care.
Get healthy and get rewarded!**

Iowa Total Care offers **FREE health coaching through Iowa Total Care's Healthy Solutions for Life program** for our members. The programs provide telephonic outreach, education, and support services. Learn how to manage your health condition and how to stay healthy. We provide services for many conditions, such as asthma, COPD, weight management, anxiety, high blood pressure, and more.

Members can earn **up to \$90 per year in My Health Pays® rewards**. You can use your rewards to shop at Walmart, Sam's Club or Hy-Vee stores. You can also use your rewards to help pay for utilities, transportation, cell phone bills, childcare services, education, and rent.

My Health Pays® Rewards for Health Coaching	
Initial intake assessment	\$10
Creation of care plan with measurable goals	\$30
Successful closure of care plan	\$50
TOTAL POSSIBLE REWARDS	\$90

Have any of these conditions? Health coaching can help!



Respiratory

- Asthma.
- COPD.

Cardiac

- Coronary artery disease.
- Heart failure.
- Hyperlipidemia.
- Hypertension.

Diabetes

- Type 1.
- Type 2.

Lifestyle

- Exercise.
- Nutrition.
- Stress.
- Weight management.

Behavioral Health

- Anxiety.
- Depression.

Ready to enroll? Call 1-833-234-9026.



Give Kids a
Smile!

February 20th
8:00am -12:00pm

Kimball and Beecher Family Dentistry,
105 W. Merle Hibbs Blvd, Marshalltown

By appointment only!
Call 641-753-3383 to
schedule.

**FREE
PREVENTATIVE
DENTAL SERVICES
AND TREATMENT
FOR CHILDREN
AGES 1-13.**

**Kimball &
Beecher**

 **MICA**
Mid-Iowa Community Action

I-Smile
Dental Home Initiative



parents as teachers®

Enrolling families in
Jasper and Marion Counties

Parents As Teachers provides home visits and support to families with children ages prenatal to three. Scan here to visit our website and learn more about PAT and to enroll:



PAT Provided By



Short Years Partnership





OUR MISSION

Reducing the barriers and burdens people in poverty experience by increasing access to essential needs.

NEED ASSISTANCE WITH YOUR WINTER HEATING BILLS?

The 2025-26 Low-Income Home Energy Assistance Program (LIHEAP) can help eligible households stay safe and warm in the winter by providing financial assistance with home heating bills and protection from disconnection until April 1st, 2026.

IMPACT serves Boone, Jasper, Marion, Polk & Warren Counties in Iowa.



ELIGIBILITY

Your household may be able to receive a one-time payment to your utility provider if you meet income guidelines and provide the required documentation for your household.

Household Size	Annual Gross Income
1	\$31,300
2	\$42,300
3	\$53,300
4	\$64,300
5	\$75,300
Add \$11,000 for each additional household member	

DOCUMENTS

1. Social Security Cards for all household members.

- a. We can also accept: Birth Certificates, Unexpired Iowa Driver's License/Real ID, Passports, Tax Returns, or I-94 plus a verbal of your social number.

2. Income Documentation for all household members 18+ from either...

- a. The most recent 30 days **OR**
- b. Previous years' Annual Income via W-2s or Tax Returns

3. Most Recent Utility Bills for Heat AND Electric Vendors

TO APPLY



ONLINE

Scan the QR Code and click the **APPLY ONLINE** button at the top of the page.



OVER THE PHONE

Scan the QR Code and click the **SCHEDULE APPOINTMENT** button at the top of the page to schedule online, or call 515-518-4770 to schedule over the phone.



IN PERSON

For Boone, Polk, & Warren Counties:
Scan the QR Code and click the **SCHEDULE APPOINTMENT** button at the top of the page to schedule online, or call 515-518-4770 to schedule over the phone.

For Jasper & Marion Counties:
Call 515-518-4770 to schedule over the phone.



BY MAIL

Scan the QR Code to visit our website. On this page, you can download a paper application. To request one be mailed to you, call 515-518-4770 or email info@impactcap.org

UPCOMING EVENTS IN JASPER COUNTY

Throughout the 2025-26 Low-Income Home Energy Assistance Program (LIHEAP) season, the IMPACT team will be available in person at a variety of partner locations in Jasper County to accept applications for households that would like to apply in person*.

Call 515-518-4770 or email info@impactcap.org to schedule your appointment.



SALVATION ARMY

TUESDAY, FEBRUARY 3RD, 2026

301 N 2nd Ave E, Newton, IA 50208

9:00 AM - 3:00 PM

Appointments Available 9:00 AM - 12:00 PM

Open to walk-in applications starting at 1:00 PM

DISCOVER HOPE

TUESDAY, FEBRUARY 10TH, 2026

733 1st Ave E, Newton, IA 50208

9:00 AM - 3:00 PM

Appointments Available 9:00 AM - 12:00 PM

Open to walk-in applications starting at 1:00 PM

- Home visits are also available for those that qualify. Call us to schedule an appointment!
- In need of transportation to one of these events? Call HIRTA: 877-686-0029

COLFAX PUBLIC LIBRARY

TUESDAY, FEBRUARY 17TH, 2026

25 W Division Street, Colfax, IA 50054

11:00 AM - 4:00 PM

Appointments Available 11:00 AM - 12:30 PM

Open to walk-in applications starting at 1:00 PM

CAPSTONE BEHAVIORAL HEALTHCARE

TUESDAY, FEBRUARY 24TH, 2026

1123 1st Ave E, Newton, IA 50208

9:00 AM - 3:00 PM

Appointments Available 9:00 AM - 12:00 PM

Open to walk-in applications starting at 1:00 PM



apply now!

WE'RE HIRING

NURSES

CLINICAL THERAPISTS

PEER RECOVERY
SUPPORT SPECIALISTS

Join a compassionate, mission-driven team that's changing lives every day.

Locations:

- Cedar Falls, IA
- Pleasant Hill, IA
- Iowa City, IA



Join Our Team

<https://ascensionrecovery.bamboohr.com/careers>

we are hiring!

MENTAL HEALTH THERAPIST

Capstone is hiring mental health therapists, MSW, LISW, TL mental health therapists, MSW, LISW, TLMHC, LMHC, or psychologists. MHC, LMHC, or psychologist.

Please send cover letter and resume to
julies@capstonebh.com.

Sign on incentive and tuition reimbursement may be available.

MORE INFORMATION

-  (641) 792-4012
-  [Julie Smith, julies@capstonebh.com](mailto:Julie.Smith@capstonebh.com)
-  capstonebh.com
-  1123 1st Ave E, Suite 200, Newton, Iowa



Join Our Team



SEND YOUR RESUME
DIRECTLY TO:

trinam@capstonebh.com



CAPSTONE
BEHAVIORAL HEALTHCARE

DIRECT SUPPORT PROFESSIONALS

DSP

REQUIREMENTS:

- ✓ Must be 21 years of age
- ✓ High school diploma or equivalent (GED)
- ✓ Pass a background check
- ✓ MUST have auto insurance

RESPONSIBILITIES:

- ✓ Day Shift - 7a-3p
- ✓ Manage medications *certification needed (not required for hire)
- ✓ Assisting people with varied mental and physical support needs in personal care, community participation, and daily living skills.

Website: capstonebh.com

Mindspring by the numbers

Due to the sensitive nature of our programming our numbers reflect only participants who agree to participate in a demographic survey. As a result our impact far exceeds the numbers reported.

475,289 people impacted
in the past 12 months

education & outreach opportunities
3,148
in the past 12 months

1,996 requests for Mental Health Resources
in the past 12 months

participants indicated that they
have spent time in a correctional facility
2,724

2,000+ veterans have accessed education
in the past year

served 20 community members through our support groups
20
in 3 months

23+ resources utilized in over 23 Polk/Dallas county zip codes
as reported by participants

Who we are:

Mindspring Mental Health Alliance is a 501(c)(3) that empowers community members through mental health education, support, and advocacy programs. All of Mindspring's programs feature an evidence-based curriculum and are available to all community members. Mindspring promotes a strong sense of community both locally and globally. We prioritize fostering connection while serving diverse communities worldwide. Our programming is uniquely versatile, allowing for anyone to engage.

Program overview:

Community Education Courses: Mindspring provides free online educational courses to educate community members about all aspects of mental health.

Mental Health in the Workplace:

Mindspring's distinctive curriculum is meticulously crafted to enrich the mental health of employees. We offer practical insights and strategies for fostering a healthier workplace culture.

Resource and Referrals: Our team is dedicated to connecting individuals with the tailored resources essential to their mental health progression.

Support Groups: Mindspring currently offers three different support groups in Polk County.

Hearing Voices: Mindspring offers a unique simulation providing firsthand insight into the challenges of distressing voices.

Crisis Intervention Training: Mindspring collaborates with local law enforcement and first responders, delivering Crisis Intervention Training and hosting expert panels.

Advocacy and information sharing:

Mindspring takes the lead in mental health legislation, providing our community with real-time updates, impactful statistics, insightful reports, and valuable information.



Local experts, trusted sources: Our 60-minute mental health education webinars are **absolutely free** & everyone is welcome!
Attendance certificates and webinar recordings are provided at **no cost**.

Questions? Find webinar FAQs at <https://www.mindspringhealth.org/get-involved/webinars-and-events>

February 2 | ADHD in Youth: Understanding the Diagnosis NEW

Explore the symptoms and subtypes of ADHD and discuss the pathways to diagnosis with a licensed mental health professional. Understand how early childhood experiences, family genetics, brain differences, and the environment impact risk. Finally, discuss how to communicate with schools and doctors about your child's needs and key factors to consider when deciding if medication might be helpful. Part 1 in a 2-part series.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_ma9MUyYyTe-dKbwOv1faZA

Children's Mental Health

February 3 | Understanding Loneliness and Making Social Connections

People can be alone and not feel lonely, or be surrounded by others and still experience feelings of isolation. Explore the causes of loneliness, how it spreads through social networks, and the impact of loneliness on our physical and mental health in this one-hour seminar. Learn practical tips to strengthen current relationships and make new connections with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_9d8OSFrWQ3S0pFeU6sECLg

February 4 |The New Face of Stress: Science-Based Strategies to Manage Modern Challenges NEW

Modern stressors are very different from those experienced just a decade ago. Stress levels have increased across nearly every demographic, and this trend is closely connected to modern lifestyle demands. Over time, these pressures can build up and, if left unmanaged, weaken our ability to cope. Effective stress management is no longer optional—it has become an essential skill for maintaining health & well-being. Explore the science of stress with a licensed therapist and learn how to develop simple, effective strategies that feel natural to

use—without becoming overwhelming.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_wMNArlp7Td2q7KMRpziAjQ

February 4 | Substance Use and Mental Health: Tools to Calm Your Mind & Stay Safe NEW

Learn practical tools to manage difficult emotions, stay safe, and cope with strong urges. Whether you are facing challenges yourself or supporting someone else, you will learn real-life tools including grounding techniques, ways to calm emotions, strategies to handle cravings, safety planning, and simple harm-reduction steps that work in everyday situations. Part 2 in a 3-part series.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_XKrW7adSRxGvOci-NGb6nw

February 5 | Attachment Styles: How Relationships Are Shaped by Patterns of Safety, Stress, and Communication NEW

Learn how attachment theory helps explain adult behavior in relationships, communication patterns, boundaries, and emotional reactions. Learn the four primary attachment styles—secure, anxious, avoidant, and disorganized—and explore how stress, past experiences, and nervous system responses shape the ways adults connect, withdraw, or seek reassurance. This course emphasizes real-life adult patterns and explains why some people repeat communication cycles that feel frustrating or confusing. Part 1 in a 3-part series.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_cKlry7sfSZWBY4e9Kka8Hg

February 10 | Understanding Seasonal Depression

Do the winter months get you down more than you think they should? Discuss the signs and symptoms of seasonal depression, when it's time to see a doctor, and what treatment options are available. Learn practical ways to manage symptoms & support others in this one-hour seminar with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_jKXsaZWDQk-FRsRjHdx1cg

February 11 | Understanding Workplace Anxiety

While stress at work is common, constant and overwhelming anxiety can negatively impact productivity, confidence, and overall health. Discuss common anxiety triggers and learn practical strategies for managing stress, setting boundaries, and building resilience in this one-hour seminar.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_mNSK3D76TAmvNGftH-1uoQ

Mental Health in the Workplace

February 11 | Understanding Borderline Personality Disorder

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis.

Gain practical tips to manage symptoms and support loved ones with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_LdJCVeJuQgecEFR1Q0FE1A

February 12 | What is Emotional Intelligence?

Emotional Intelligence is the ability to recognize your own emotions and how other people feel, and use this information to understand behavior and guide decision-making. It's a skill set that can be developed and improved; people with high emotional intelligence are better at navigating relationships, managing conflict, and achieving goals. Explore the core components of emotional intelligence—self-awareness, self-regulation, empathy, and social skills—and gain practical tools to understand and manage your emotions in this one-hour seminar with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_soqUyTOSSmcwwjrSkDoNQ

Mental Health in the Workplace

February 16 | ADHD in Youth: Practical Strengths-Based Supports NEW

Discover what science tells us about the best ways parents, caregivers, teachers, and other professionals can support children with ADHD. Using regular routines, environmental supports, visual tools, addressing sensory needs, making classroom adjustments, and working closely with teachers are proven strategies that honor each child's unique way of thinking, rather than trying to make them fit a standard mold. Part 2 in a 2-part series.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_Jxp4y6a3Sx2vj3MHNdzoQ

Children's Mental Health

February 17 | Understanding Bipolar Disorder

Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_rhBynxkmReaq4EaSqlLta

February 18 | Communicating Clearly Under Stress: Strategies for Tough Conversations NEW

When stress rises, communication often becomes challenging—people speak faster, listen less, and react more strongly than intended. In this course, you'll discover how stress impacts communication and learn practical strategies to express yourself clearly, even when emotions are intense. This isn't about avoiding difficult conversations; it's about approaching them with confidence, making them safer and more productive for everyone involved.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_K83RfhH0TUW1nA6uHJddrA

February 18 | Substance Use and Mental Health: Communication, Boundaries, & Crisis Management NEW

Caregivers, family members, and friends need clear tools to support someone who is dealing with both substance use and mental health challenges. Learn how to recognize crisis warning signs, set healthy boundaries, and avoid enabling harmful behaviors with a licensed therapist. The program emphasizes compassion, safety, and maintaining realistic expectations.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_gUSE4ZaSaiKoTo8juseiQ

February 19 | Attachment Styles: Tools for Emotional Safety, Communication, and Healthy Boundaries NEW

Learn practical skills to build safer, stronger connections in everyday life. Whether you are navigating relationships at home, in a caregiving role or in your personal life, this session teaches tools that help you reduce reactivity, set clear limits, repair misunderstandings, and communicate needs in ways that build trust. Discuss grounding strategies, self-awareness, and step-by-step communication practices that support healthier and more stable relationship patterns.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_oMIJLnDRTkGOXdB_ilkSw

February 24 | Understanding Trauma

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_Z_x0V5VwRIGUfGaaosQTnA

February 25 | Understanding Narcissistic Personality Disorder

People often label others as narcissists without having a clear understanding of what this diagnosis really means. Explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Separate myths and facts and learn how to manage symptoms with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_13gxuRmCTXGc2Cxe_F1Cug

February 25 | “I Don't Need Help!” Supporting People Who Can't See Their Mental Illness

Why do people sometimes reject help? Discuss the reasons why people refuse mental health care and how to respond & cope in this one-hour seminar with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_qnp3K4GESvykVQNXhMJnRw

February 26 | Self-Care and Workplace Wellness

People who incorporate self-care throughout their day are more resilient and better equipped to manage stress, leading to happier and more productive teams. Learn ways to introduce self-care into your work life, communicate boundaries, and cope with demanding schedules in this one-hour seminar with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_jsYNaYJNTBSy_2iueVzLSw

WEBINARS ON DEMAND

Workplace Boundaries: Types, Challenges, & Impact

https://us06web.zoom.us/rec/share/Wfq1prZL_Mhn0Sf2hLTk-IA3kIC217VEQaoy_03Tf7R0bu6l6nWGVmFWySVrxLWJ.0yxD3jN-50MS9xsn

Workplace Boundaries: Strategies & Tools

https://us06web.zoom.us/rec/share/epoZYPYKKd_5qj9XhydXqUONuOUATyo8b5ak_Bz5fYMoyPo_hmNY2kjNW7x-OqKs.Ui-ObFqY3LTkeGQ

Substance Use and Mental Health:

The Impact of Stress, Trauma, and Life Circumstances

https://us06web.zoom.us/rec/share/pjkICNvGPpxSWjA_9YAH9ZsuRKtPr5xfnGTCw8-QU4EFPivjhZqtAyJaBGli5k79.XfWleC3vOaiH56dk

Responding in a Mental Health Emergency

https://us06web.zoom.us/rec/share/5NRxLHj1wP8hEr8q5f2Ap-oozD4NzTVfG1vZD0J56QJhyKYmYuR5BE_Cx7WleNCP.exRLrm1bhnpvUH4i

Workplace Violence & De-Escalation Techniques:

Practical Approaches for Real-Life Scenarios

https://us06web.zoom.us/rec/share/LzJiiMjk03f5_qVY-f2wVzualmwSqjf1dGVnCAknI-sAiRhbRtcXzvSGLhjVbmf.g7PtiP5RMAAx6-Ke

Newton Caregiver Support Group

For those caring for a loved one with
Dementia or Alzheimer's Disease

In collaboration with the **Alzheimer's Association, Park Centre** is hosting a monthly support group led by trained facilitators for caregivers of individuals living with dementia or Alzheimer's disease. This group provides a welcoming environment where you can share experiences, learn from others, and be part of a supportive community.

When: Second Wednesday of each month at 1 p.m.

Where: Park Centre, 500 First St. N., Newton

January 14: Exploring Care & Support Services

February 11: Responding to Dementia-Related Behaviors

March 11: Communicating Effectively

April 8: Building Foundations of Caregiving (part one)

May 13: Building Foundations of Caregiving (part two)

June 10: Building Foundations of Caregiving (part three)

**Everyone is welcome and encouraged to attend.
Contact Leisa Zylstra at (641) 791-4508 with questions.**



Dementia Friendly Iowa

A Program Overview

Presented by **Stephanie Humphries**
Right at Home

Monday, February 23
12 p.m.
Garden Room, Park Centre

**Supporting communities where people
with dementia can live and thrive.**

Dementia Friendly Iowa promotes change and education in communities to create a more welcoming, safe, and respectful environment for people living with dementia and their caregivers.

Join Park Centre for an informational session specific to businesses and organizations to learn how the **Dementia Friends Program** can support individuals and families right here in Newton. Discover practical ways to increase understanding, reduce stigma, and make our community more inclusive. The presentation is free to attend and lunch will be provided.

Please RSVP by February 18 to Leisa Zylstra
at (641) 840-0311 or lzylstra@wesleylife.org.

Coalition Meeting Report

- County: Jasper
- Coalition Name: Jasper County Cares
- Meeting Date: 11 February 2026
- 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
A number of ISTEP chapters from across the state will be attending an advocacy day at the capitol on February 17. Check out their social media on February 17 to learn more about what the students are advocating for and learning.			Goal of 3 presentations. Total of 1 presentation complete so far this year.
	1		

Goal 2

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

TF/NF Policies	SFH Policies	Total Policies	Presentations

Goal of 3	1 total policies implemented in FY26	1 presentation/meeting with Store For Homes Furniture and 1 with Aleya Salon Suites & Day Spa, for a total of 3 this fiscal year.
46 total in the county on the registry	24 total in the county on the registry	70 policies on the registry

Goal 3

- 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
7 in Q2	17	None.	<p>Goal of 3. 1 complete.</p> <p>Join us on Tuesday, February 24, 12:00pm CST to learn more about how to support young people on their quit journeys. We will discuss how Quitline Iowa's Young Adult program and My Life My Quit support 13–24-year-olds in tobacco, nicotine and vaping cessation, as well as new and emerging products. To register, scan the QR code or visit https://bit.ly/YouthCessationAAC.</p>



Goal 4

- Media sharing, social media posts
- Event Updates – can coalition members participate or share
-

Media Sharing

American Lung Association in Iowa

Event Updates

Fight For Air Climb is March 29, 2026, in Downtown Des Moines. To register to climb or to learn more, visit FightForAirClimb.org/DesMoines. Additionally, we are in need of volunteers for the day of. If you or someone you know is interested or in need of volunteer hours, you can sign up to volunteer or learn more at the same link above.

@LungIowa

- January was Radon Action Month. To learn more about radon and radon test kits or take our Radon Basics course, visit <https://www.lung.org/clean-air/indoor-air/indoor-air-pollutants/radon/radon-action-month>.
- The 24th annual State of Tobacco Control report was released last week. Visit [State of Tobacco Control | American Lung Association](https://www.lung.org/state-of-tobacco-control) to see how Iowa compares to other states and what actions Iowa should take to improve lung health.

TOBACCO CONTROL

Quarterly Newsletter

October - December 2025

Quitline Iowa

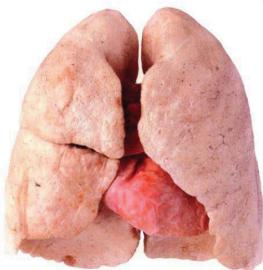
This year, we are working to provide quarterly webinars to share more about Quitline Iowa, My Life My Quit and tobacco and nicotine cessation. In December, staff hosted a webinar titled, "Quitline Iowa: Program Overview and Updates."



In this presentation, staff shared more about the program and how clinicians, healthcare providers and community organizations can refer patients and clients to Quitline Iowa. Thank you to all who attended! If you missed this webinar or would like to rewatch it, you can view it here or email us for more information: [Quitline Iowa: Program Overview and Updates](#).

Youth Engagement

Healthy Lung vs. Diseased Lung



This healthy, pink set of lungs represents a nonsmoker's lungs.



This black, diseased set represents the damage caused from smoking roughly 1 pack of cigarettes a day for 20 years.

In October and November, staff presented to students in Polk and Marshall Counties. Staff shared information on tobacco, nicotine and vaping, as well as coping mechanisms for stress and anxiety. Students were also able to see the effects of smoking on the lungs as staff provided pig lung demonstrations.



Website

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Iowa Students for Tobacco Education & Prevention

The annual ISTEP Summit was held on October 28 in Boone, Iowa. Chapters from across the state attended and learned more about the activity kits for this year, how to engage their schools and communities and more about the harms of tobacco, nicotine and vaping products. Chapters also received quit kits to utilize in their schools. Thank you to all who attended!



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:

- Jasper County Historical Museum
- Harper Rose's Floral & Gifts
- Snap Fitness Perry

Childcare Policy

The American Lung Association offers free technical assistance to implement tobacco and nicotine-free policies for Childcare Centers. If you are interested in implementing a tobacco and nicotine-free policy, please reach out to Josie.Redman@Lung.org for more information.

FREE Resources

Provided by the American Lung Association

- Written Policy Assistance
- Signage
- Iowa Tobacco-free Child Care Registry Listing
- Marketing materials
- Education and communication
- Tobacco/Nicotine-free Child Care Facilities and Homes [online training](#) on the DHS Training Registry

Available at <http://bit.ly/LungIA>



Benefits Of A Comprehensive Tobacco/Nicotine-Free Policy

- Appeals to parents and caregivers
- Creates a healthy and safe environment
- Positive youth role modeling
- Reduces exposure to secondhand/thirdhand smoke