

Jasper County Cares Coalition

May 13, 2026 Post Packet



54 in attendance

Jasper County Cares Coalition Meeting Sign In Sheet 5/13/2026

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	Tyler Brecht	parentpartnerstyler@gmail.com	Parent Partners

Menti meeting survey 5.13.2026

What organization do you represent?

48 / 48 71

Most popular

aging resources 4 capstone 4

Also prominent

colfax-mingo csd 3 jasper county health dept 3 jchd 3
quickvisit 3 ymca 3 efr 2 mica 2
progress industries 2 ribbons of hope pchd 2

Other responses

advantage credit union 1 breast and cervical scree 1 breees helping hands 1
capstone bh 1 care for your self progra 1 casa program 1
children families iowa 1 clive behavioral health 1 crisis intervention servi 1
extension 1 hands that help inc 1 headstart 1 hickory 1 house of mercy 1
impact 1 jasper county ema 1 lisw 1 lutheran church of hope n 1
mid-iowa community action 1 nami central iowa 1 newton church of the way 1
newton police 1 newton village 1 newton ymca 1 pink 1
polk county health depart 1 pregnancy center 1 probation 1
quakerdale family service 1 ready and cervical cance 1 recoverr 1
ribbons of hope 1 ribbons of hope prigran 1 ribbons of hope program 1
senior nutrition 1 va 1 valley vista 1 wesleylife hospice 1
whiskers and manes 1 wolfe ranch 1

Is this your first Jasper County Cares Coalition meeting?

46 / 48

Yes

6

No

40

20%

40%

60%

80%

100%

Why do you attend Jasper County Cares?

42 / 48 55

Most popular

networking 11

Also prominent

collaboration 8

Other responses

- connections 3 resources 2 caring community 1 community partnerships 1
- community updates 1 connect with local orgs 1 connections and informati 1
- coordination 1 education 1 education on community 1 f 1 for resources 1
- for the future 1 gather resources 1 im on leadership team 1 information 1
- its in our catchment area 1 learn new info 1 networking and connection 1
- networking and informatio 1 outreach 1 outreach and resources 1
- partner connection 1 partnerships 1 prvide support 1 resource information 1
- resource networking 1 resources and networking 1 share resources 1
- support our community 1 the people 1 to connect with others 1
- to share resources 1

What do you like about the resource table?

42 / 48 50

Most popular

business cards 5

Also prominent

events 4 information 4 brochures 2 flyers 2

resources 2

Other responses

- accessibility 1 all of it 1 available information 1 business cards and events 1
- comprehensive 1 contact info 1 different resources 1 diversity of services 1
- easy access 1 education 1 event flyers 1 exhaustive 1 extensive 1
- finding new resources 1 free resources and access 1 fun goodies 1
- get handouts and connect 1 good information 1 handy 1 hard copy info 1
- helpful 1 just saw it 1 lots of information 1 names and contact info 1
- opportunity 1 paper copies 1 program information 1 theres always new info 1
- variety of content 1 variety of information 1 wide variety of accessabe 1

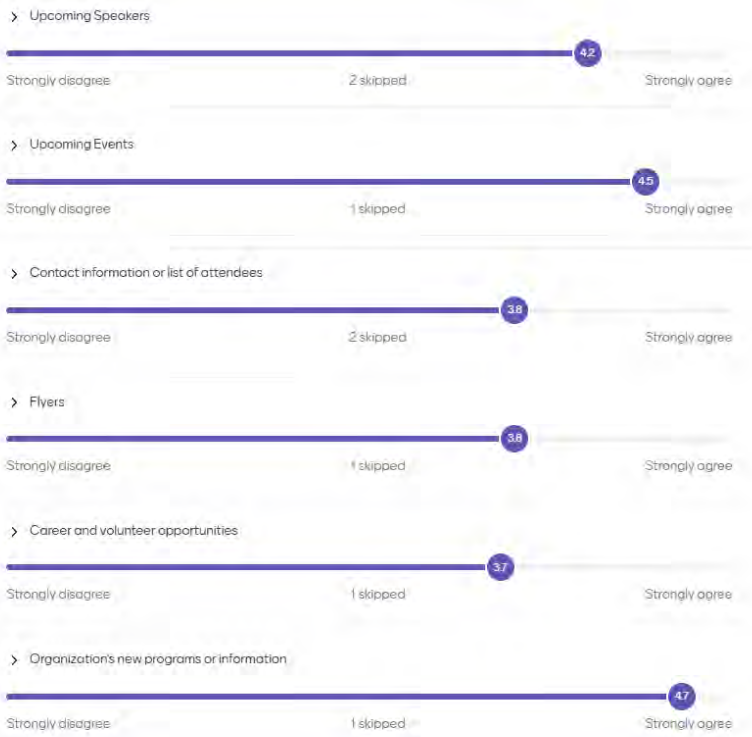
Do you use the online Jasper County Resource Guide? 44 / 48



How often should we host Jasper County Cares? 44 / 48



What do you want to see on the agenda/packet/post packet? 41 / 48



What referrals do you make?

36 / 48

> 1 Mental Health/Substance

> 2 Housing/Utilities

> 3 Food

> 4 Education

> 5 Transportation

> 6 Medical/Dental

> 7 Safety

> 8 Childcare

> 9 Employment

> 10 Legal

Do you use the Jasper County events calendar?

39 / 48

Yes



No



Do you see improvements in gaps of service in Jasper County?

40 / 48

Yes



No



Unsure



What do you like about Jasper County Cares?

38 / 48 50

Most popular:

collaboration 9

Also prominent:

networking 6

Other responses:

- community 2 attendance 1 brings people together 1 building partnerships 1
- caring 1 compassion 1 comprehensive 1 connect with community 1
- connecting 1 connection 1 cooperation 1 coordinates 1
- different organizations 1 ease of access to info 1 helpful 1 how popular it is 1
- info from providers 1 learning about agencies 1 making connections 1
- meeting new people 1 networking with agencies 1 new programs 1
- not sure yet 1 other agencies 1 people 1 resources 1 resource 1
- resourceful 1 resources 1 that its one like minded 1 the community and info 1
- updates 1 variety 1 well attended 1

Improvement opportunities for Jasper County Cares?

27 / 48 32

Most popular:

none 6

Also prominent:

larger space 3 nothing 3 na 2 unsure 2

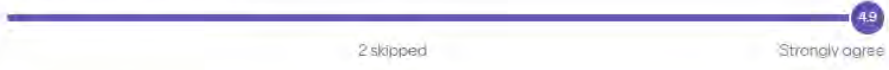
Other responses:

- bigger space 1 condense 1 continuing having speaker 1 even more members 1
- having more resources 1 keep doing what you do 1 larger space no microphone 1
- meet in the afternoon 1 more time for networking 1 networking 1
- none at this time 1 one of the best meetings 1 printed flyers 1
- resource fair for network 1 social 1 youre good 1

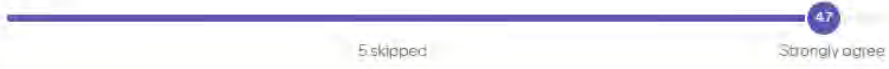
Rate the following about Jasper County Cares

35 / 48

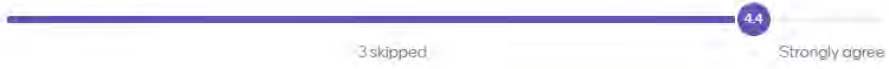
> Jasper County Cares Meeting



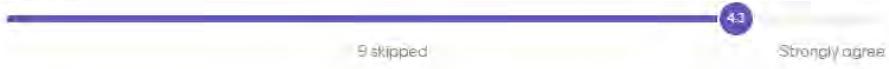
> Resource Guide Online



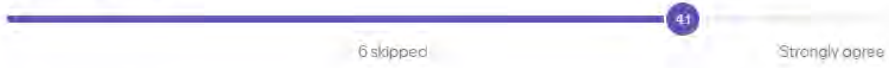
> Resource Table



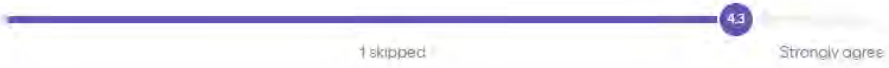
> July Networking Event



> December Awards



> Events calendar



Anything else?

15 / 48 15

Cares is the best meeting to understand what different providers do, for collaboration, and for networking

Good job

-

Appreciate all the work that goes in to making these meetings happen

N/A

Nope

I am relatively new so I am not completely in tune with everything quite yet.

Thank you for all of your work on this meeting

I love getting everyone in a room, I wish there was a way to collaborate on issues more together than just saying who you are quickly once a month

This is my first meeting

JCC is a very important part of my job. It helps me help others better.

July networking event I'm interested in going don't remember this from the past

No

Too new to give changes

The various agencies that have become involved is amazing and helpful. Having one resource website for many resources helps with getting individuals engaged and their quality of life.



COMPASSION TEAM COALITION

MISSION:

We are committed to restoring hope to families, loved ones, friends, and community members impacted by suicide or violent crime.

Mission Statement:

We are dedicated to restoring hope to families, loved ones, and communities across Central Iowa who have been affected by suicide or violent crime. We strive to play a small yet vital role by offering compassionate postvention support through our Peer Support Program. By walking alongside those we serve, we provide meaningful connections and access to resources that meet their unique needs.

Turning loss into hope through connection and care.

- Public **awareness** → letting people know this is an issue
- Education → helping people understand how to respond/support
- Stigma **reduction** → encouraging open conversations
- Community **engagement** → showing you're active, not just reactive

Compassion Team Link <https://namicentraliowa.org/compassion-team-coalition/>

NAMI Central Iowa's Information Line and Email

Office Phone: [\(515\) 292-9400](tel:5152929400) (not a crisis line)

Office E-mail: rpetersen@namicentraliowa.org

RIBBON CUTTING



MAY 29TH @ 10AM



We all play a role in mental health care and building safer communities. Sign up for a free mental wellness training.



Registration is required. Use the QR code or [this link](#) to sign up for a training(s). All trainings are virtual. Links will be sent after registration.

Mastering the Stress Cycle - Practical Strategies for Wellness

April 15 4-5 p.m.

Learn how the brain reacts during stress and times of emotional dysregulation and discover safe ways to respond. This session also covers how chronic stress can lead to burnout, explains the stress cycle, and provides practical strategies to manage stress and build healthier coping skills.

- Recognize how stress and emotional dysregulation affect the brain and behavior.
- Understand the link between chronic stress and burnout.
- Apply practical strategies to manage stress and develop healthier coping skills.

Brain Based Regulation

May 20 4-5 p.m.

Learn how the brain responds during moments of stress or emotional dysregulation and explore safe, effective ways to address challenges.

- Learn how the brain responds when someone is heightened or dysregulated.
- Explore strategies to manage and regulate their own emotions in the moment
- Increase effectiveness in engaging with an individual who is dysregulated.

Mental Health Crisis + Suicide Intervention

June 17 4-5 p.m.

Build awareness, confidence and skills to effectively recognize, respond to and support individuals experiencing a mental health crisis or thoughts of suicide.

- Recognize the warning signs, risk factors and protective factors associated with mental health crises and suicide.
- Provide immediate support by listening non-judgmentally, reducing stigma and encouraging help-seeking in ways appropriate for community members.

Trainings funded by Linn County Early Childhood Iowa and Community Partnerships for Protecting Children.



Alcohol Treatment Resources - Jasper County

WHAT IS ALCOHOL USE DISORDER (AUD)?

Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. The good news is that no matter how severe the problem may seem, evidence-based treatment with behavioral therapies, mutual-support groups, and/or medications can help people with AUD achieve and maintain recovery.

RESIDENTIAL TREATMENT

Medical Detoxification &/or Residential

- **ASAC- Heart of Iowa** & multiple locations
- **Bridges of Iowa**, Des Moines
☎(515) 494-8515
- **Community & Family Resource (CFR)**
☎(866) 801-0085
- **Clearview Recovery** (Women)
☎(641)275-3441 **Prairie City**
- **Clive Behavioral Healthcare**, Clive
☎(844) 680-0504
- **Hickory Treatment** (Men/Women), Grinnell
☎(800)639-0069
- **Ivory Plains Recovery Center**, Adair
☎(888)201-3281
- **Prairie Ridge**, multiple locations
☎(641)424-2291
- **Rosecrance Behavioral Healthcare**
☎(815)391-1000 Creston & Davenport
- **St. Gregory Recovery Center**, Bayard.
☎(888)202-0387
- **Thrive Now Recovery Center**
☎(515) 824-5154 Pleasant Hill & Iowa City
- **UnityPoint**, Powell Chem, Des Moines
☎(515)263-2424
- **Veterans' Addiction & Substance Use**
☎(515) 699-5861 24 Hour Care
- **Zion Integrated Behavioral Health**
☎(712)243-5091 Atlantic

DRINKING DRIVERS (DUI) CLASS

- **Capstone Behavioral Healthcare**
☎(641) 792-4012 Newton
- **Keys to Success**
☎(641) 780-1087 Pella

CRISIS

- **Your Life Iowa** ☎988
☎(855)581-8111
Text (855)895-8398
- **Eyerly Ball Mobile Crisis**
☎988 or Call (515)205-9213

OUTPATIENT SUBSTANCE TREATMENT

Intensive Outpatient Program (IOP)

- **Capstone Behavioral Healthcare**, Newton
☎(641) 792-4012 (Transportation provided)

Outside of Jasper County, within 30 minutes

- **Clive Behavioral Health**, Clive (Evenings)
☎(844) 680-0504
- **St. Gregory Recovery Center**, West Des Moines
☎(888) 202-0387
- **UnityPoint Health, Powell**, Des Moines
☎(515) 263-2424
- **UCS Healthcare** Des Moines
☎(515) 280-3860

Other Outpatient Services

- **House of Mercy, Newton**
☎(641) 792-0717
- **Integrated Treatment Services (ITS)**, Newton
☎(641) 792-0045

SUPPORT IN JASPER COUNTY

- **AA (Alcoholics Anonymous)** aa.org, St. Stephen's, Newton. Also, see the website for days and times
- **AA Meetings, Area 24 District, AA Iowa**
- **Celebrate Recovery Newton** Church of The Way
☎(641)792-7300
- **Discover Hope 517**, Newton, Breaking Free Group
Tuesdays at 5:30 PM ☎(641)841-0598
- **House of Mercy, Newton**, Peer Support and Groups
☎(641)792-0717
- **SheepGate, Colfax**, 12-month men's program
☎(515)674-3713

Family Support Groups:

- **Al-Anon**, St. Stephen's Church, Newton, Sundays 6 PM
- **Al-Anon State**

Other websites for treatment

- **SAMHSA.GOV**
- **Findtreatment.gov**
- **jasperia.org/resources/**

EMERGENCY

☎911 or go to the nearest Emergency Dept

MINDFUL TEEN: *FROM SURVIVING TO THRIVING*



Engaging 3-session series about practical strategies to manage stress, difficult emotions, & help improve overall well-being, relationships, and performance in school, sports, the arts, & other daily activities.

THE GATHERING PLACE

(113 S. Monroe St, Monroe, IA)

Time: 1:00 p.m.- 3:00 p.m.

Who: 6th—9th graders

Dates:

Tues, May 26

Wed, May 27

Thurs, May 28



ISU Extension & Outreach,

Jasper County

641-792-6433

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach



Jasper County Cares Employment Opportunities from the 5/13/2026 meeting.

Capstone Behavioral Healthcare - Mental Health Therapist, CADC Substance Counselors, and DSP (Direct Support Professional)

Progress Industries - Residential Assistant

QuickVisit Urgent Care: PA or Nurse Practitioner, X-ray Tech

Quakerdale Family Services - Therapist-Openings

WesleyLife At Home LISW and massage therapist

Veteran Affairs (federal) <https://www.usajobs.gov/>

Drake Head Start: subs and Knoxville <https://drakeheadstart.org/>

Hickory Treatment Center - Grinnell nurses



The following are volunteer opportunities from the Jasper County Cares meeting held on/2026.

-[RSVP of Jasper County- Retired & Senior Volunteer Program](#) - drivers

- [NAMI Central Iowa](#)

-Quakerdale Family Services, Whiskers & Manes

<https://www.quakerdalefamilyservices.org/>

-WesleyLife At Home Hospice

<https://www.wesleylife.org/foundation/volunteer>

- [IMPACT Community Action Partnership](#)

PROGRESS INDUSTRIES

Supporting people to achieve a fulfilling life in their community.



INTRODUCTION

P.I. was founded in Newton, Iowa in 1979 as a nonprofit 501(c)(3) organization.



P.I. is a CARF-accredited agency for its services in Community Employment, Community Housing, Community Integration, and Supported Living programs.



(CARF) Commission on Accreditation of Rehabilitation Facilities

SERVICES OFFERED

- Home and Community-Based Services 24-Hour Residential Living (HCBS) **Polk and Jasper**
- Supported Community Living Hourly Residential (SCL) **Polk and Jasper**
- Supported Employment (SE) **Jasper and Poweshiek**
- Day Habilitation **Jasper**

OUR CORE VALUES

passion for
people
teamwork
excellence
integrity

SOME FACTS

200 **190**
PEOPLE SERVED EMPLOYEES

Service Area by County

70% **30%**
JASPER POLK AND POWESHIEK

Iowa

VISION

We envision people able to live by their choices with dignity and respect.

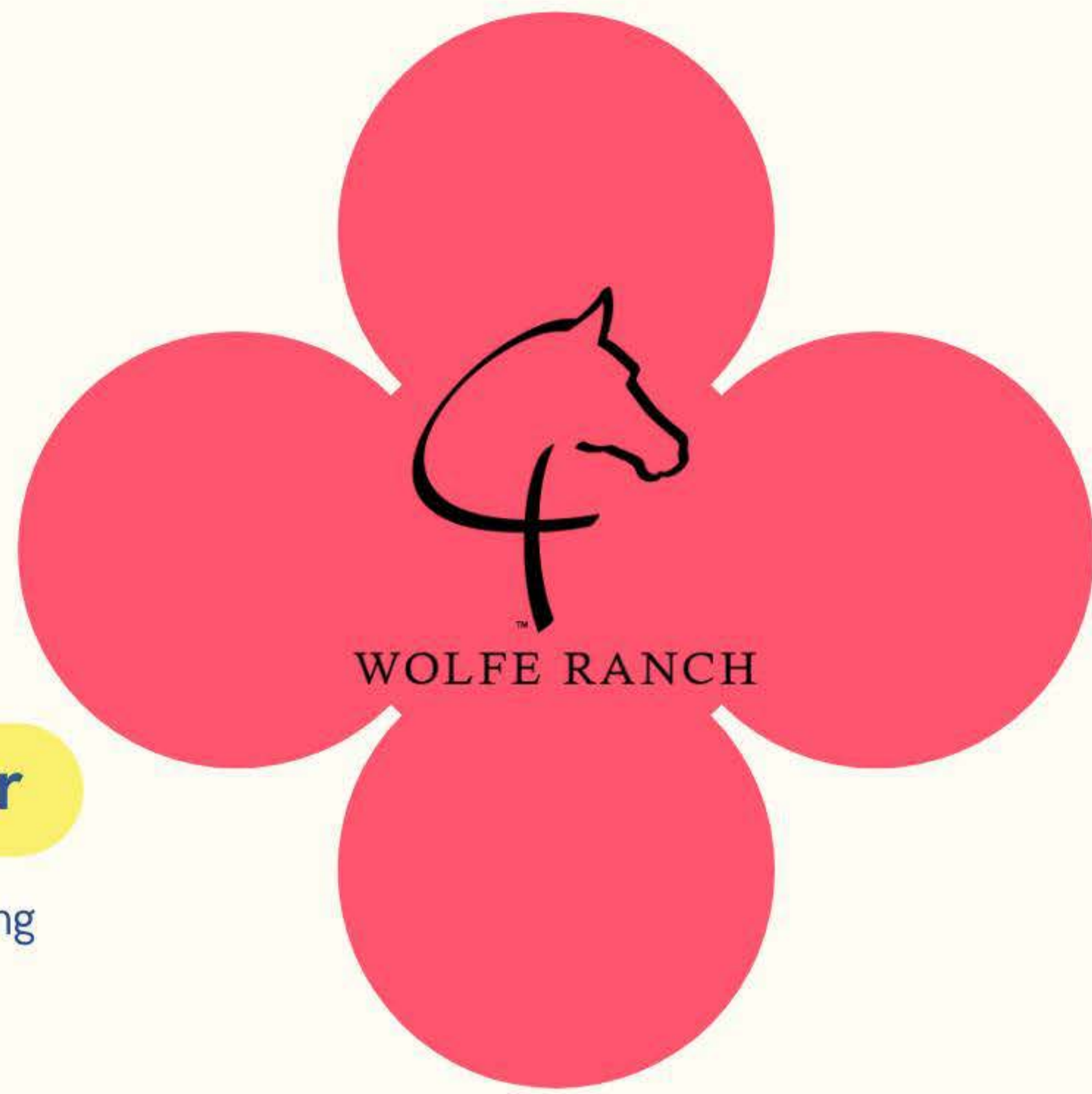
Jasper County
202 N. 3rd Ave. W.
Newton, IA 50208
641-792-6119

Polk County
4440 NE Hubbell Ave.
Des Moines, IA 50317
515-557-1810

www.progressindustries.org

@progressindustries pimakesadifference

We Are *Hiring!*



Part-time Riding & Camp Instructor

Are you passionate about horse's? Do you love teaching riding lessons and planning events?

If so, this might be the perfect opportunity for you!

What makes this job special?

Enjoy a flexible schedule while making a meaningful impact at the Ranch. Working in conjunction with our Ranch Manager and Ranch Supervisor, this role includes developing programs, providing instruction, and helping expand boarding opportunities to build a strong equine community.

What you'll do?

- Teach riding lessons and help plan engaging camps and workshops for children.
- Coordinate, support, supervise volunteers and camp staff.
- Help create new revenue opportunities through events and programs.



HOW TO APPLY?

Send your resume to:

bandrew@quakerdalefamilyservices.org

General requirements

- Strong equine knowledge, with either a Bachelor's degree in Equine Studies or 5+ years of hands-on horse experience.
- Ability to lead staff, work independently, and confidently manage daily operations.
- Friendly and welcoming personality with strong communication skills for working with individuals and small groups.
- Must be able to pass background checks and meet medical clearance requirements for working with children and animals.

2932 240th St. Marshalltown, IA 50158 • (641)-752-6446



Family & Community Advancement Dept. NEWSLETTER



Scan to Register for a Class

641-792-4006

COOKIE.FUZELL@NEWTONYMCA.ORG



Program Spotlight

LEGO Club was one of the first programs our department launched at the Newton YMCA. LEGO club works on weekly builds & structured challenges. The Y provides all of the LEGOs and lessons, the kids provide the brain power. Each week brings outside of the brick thinking, while developing teamwork skills.

New Happenings

We now have extended hours in the Youth Center for **homeschool Y members**. Homeschool kids are encouraged to hangout, eat lunch or work on assignments in our new youth space.

Open Wednesdays from 11am - 1pm.



We are starting a second session of **Ninja Academy in May.**

Register Today, spots fill quickly.



There's No Place, Like Robotics Club

Kids ages 7 - 14 can explore the exciting world of robotics in this hands on club. Each week, participants use circuits and simple engineering concepts to build their own robots, working both individually and in teams. Along the way, they will experiment, solve problems, and discover how things work while bringing robotic ideas to life.

This is a brand new opportunity in our community, and we're excited to give kids the chance to jump in and be part of it from the very beginning. Robotics Club encourages curiosity, teamwork, and confidence in a fun and supportive environment. This club is perfect for beginners and budding engineers alike.



A Message from our Team Members

In recognition of Child Abuse Prevention Month, in April, our team leaders wore blue to help raise awareness and show support for children and families in our community. This simple act is a powerful reminder of our shared responsibility to create safe, supportive environments where every child can thrive.

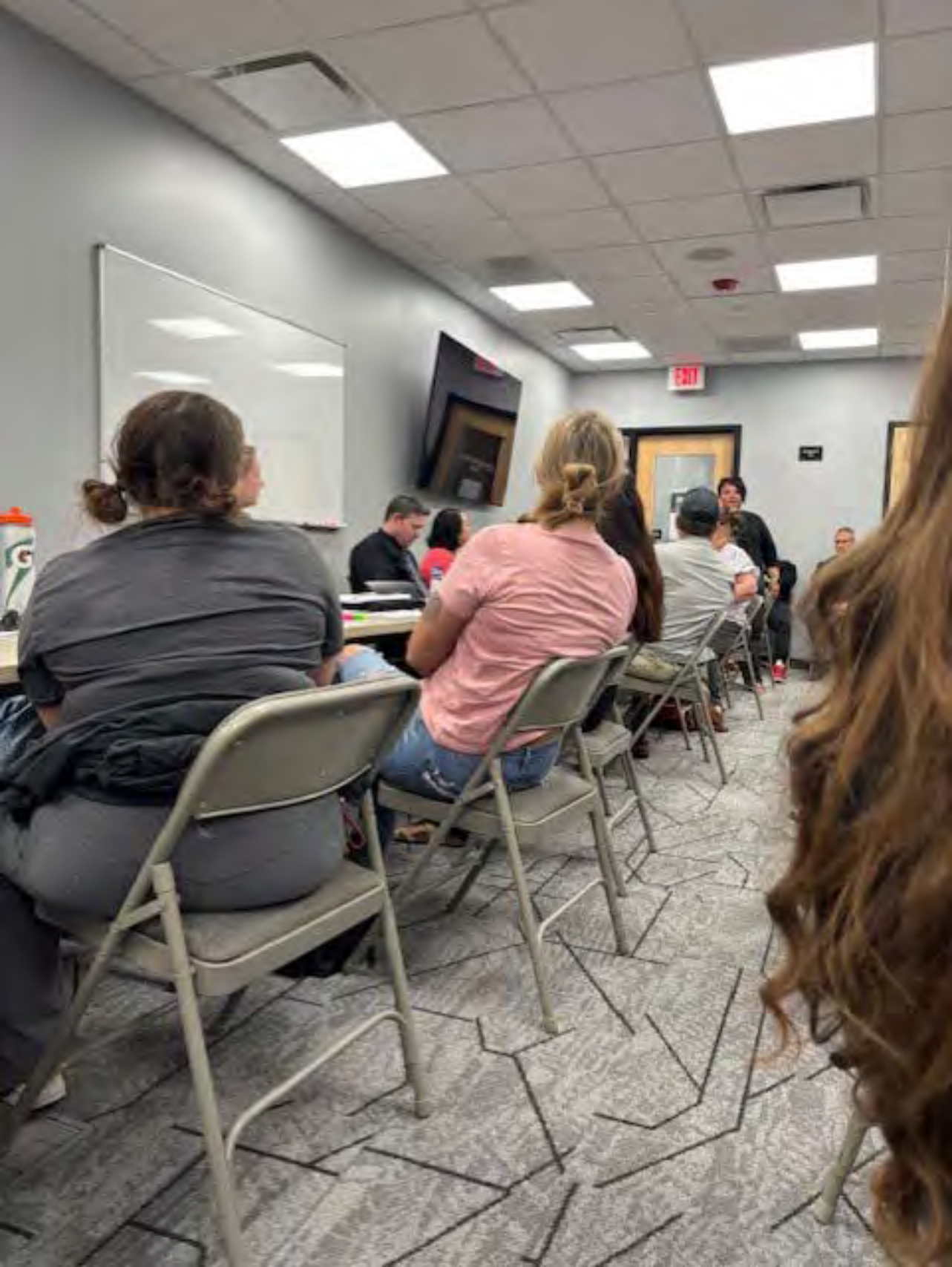




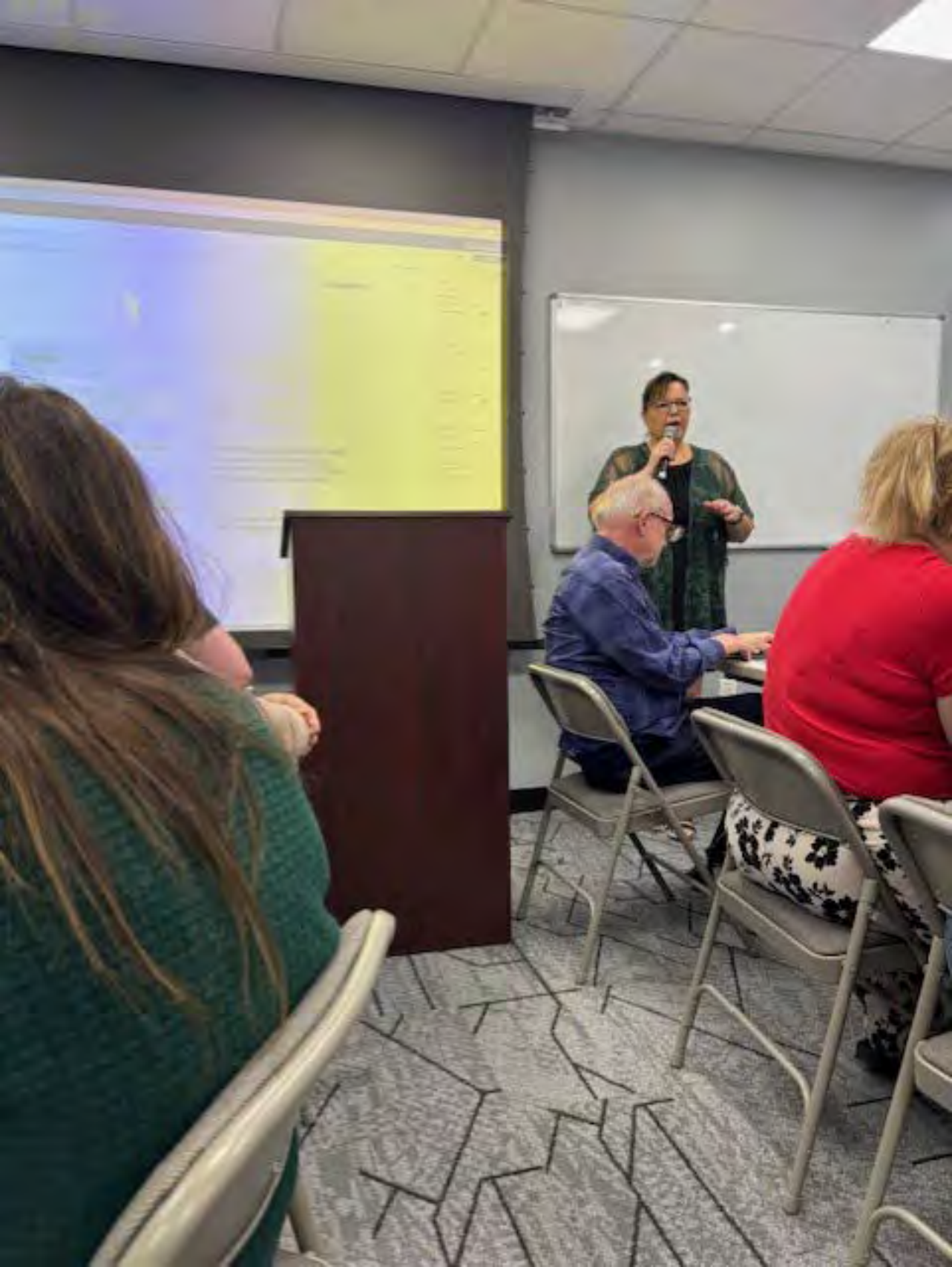


County Cares









Hours

Mon–Wed & Fri: 8:00–4:30
Thu: 9:00–4:30

Location

Polk County Health Department
1907 Carpenter Ave
Des Moines, Iowa 50314

The Polk County Health Department is located at 1907 Carpenter Avenue in Des Moines, a few blocks east of Drake University and a few blocks north of Interstate 235. We are located on a DART bus route.

Scan the QR code to learn more about Ribbons of Hope!



Know your normal.
Recognize symptoms.
Get screened.



PHONE
515-286-3642

EMAIL
rohprogram@polkcountyia.gov

WEBSITE
polkcountyia.gov/health-department

In partnership with:



Ribbons
of Hope

Providing free breast, cervical, and colorectal cancer screenings for people who are uninsured or underinsured.





Get screenings and diagnostic services

for free!

If eligible, you can receive breast, cervical, and colorectal cancer screenings and/or diagnostic services free of cost.

Eligibility Requirements

- 21 years of age or older
- At or below 250% of federal poverty income level
- Uninsured or underinsured:
 - No health insurance
 - Insurance does not cover screenings/diagnostics
 - High deductible or copay

Our Services



Breast Cancer Screening



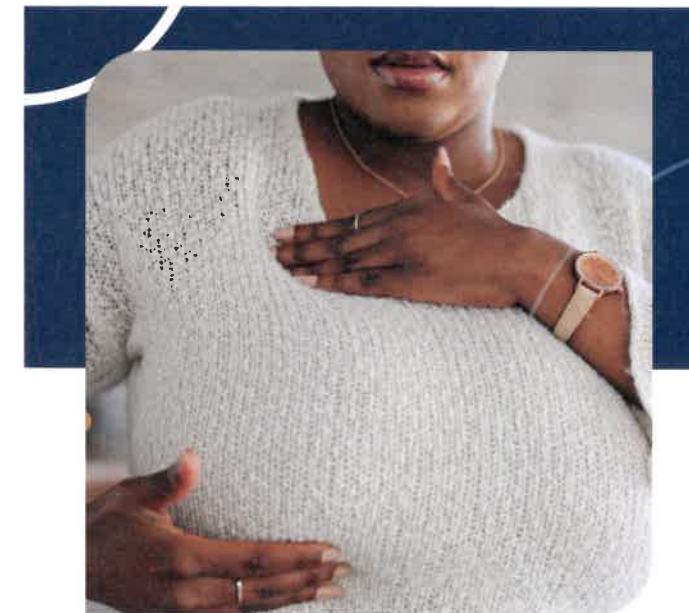
Cervical Cancer Screening



Colorectal Cancer Screening

We also help you:

- Enroll in the program
- Schedule appointments
- Understand your results
- Learn about resources



Know Your Normal

Knowing what's normal for you and your body helps you notice new or unusual changes. Sometimes, changes and abnormalities can be a sign of cancer or other serious health issues. It's important to "Know Your Normal" and check-in with a health care provider if something looks or feels different.

Early detection saves lives!

SCREENING RECOMMENDATIONS FROM THE AMERICAN COLLEGE OF GASTROENTEROLOGY

In 2021, the American College of Gastroenterology updated its colorectal cancer screening guideline. Important recommendations from the guideline authors are summarized here.*

We recommend colorectal cancer screening in average-risk individuals between age 45 and 75 years to reduce pre-cancerous growths called adenomas, reduce colorectal cancer incidence, and reduce death from colorectal cancer.

We suggest that a decision to continue screening beyond age 75 years be personalized.

We recommend colonoscopy and FIT as the primary methods for colorectal cancer screening.

We suggest considering the following screening tests for individuals unable or unwilling to undergo a colonoscopy or FIT test: Flexible Sigmoidoscopy, Multitarget Stool DNA test, or CT Colonography.

RECOMMENDED FREQUENCY FOR DIFFERENT SCREENING TESTS

We recommend the following tests as the primary screening methods for patients at average risk for colorectal cancer, following this schedule:

- Colonoscopy every 10 years
- FIT every year

If one of these alternatives is used, we suggest that the tests be done on this schedule:

- Multitarget stool DNA test every 3 years
- CT colonography every 5 years
- Flexible sigmoidoscopy every 5 years

We suggest against SEPTIN9 (a blood-based test) for colorectal cancer screening.

SCREENING FOR PATIENTS WITH FAMILY HISTORY OF COLORECTAL CANCER OR ADVANCED COLON POLYPS

For individuals with a family history of colorectal cancer

- If you have family history of colon cancer, you may need to talk with your health care provider to see if earlier and more frequent colonoscopy is needed.
- Genetic testing may be needed to determine your risk of colon cancer risk if you have a strong family history, especially if your family member was affected at a younger age.

*Shaukat, et al. American College of Gastroenterology Guideline on Colorectal Cancer Screening. *The American Journal of Gastroenterology*, March 2021

➤ Read the ACG 2021 Colorectal Cancer Screening Guideline: bit.ly/ACG2021-CRC-Guideline

45 IS THE
NEW 50!

YOU CAN PREVENT COLORECTAL CANCER

SCREENING RECOMMENDATIONS FROM THE
AMERICAN COLLEGE OF GASTROENTEROLOGY

Advancing Digestive Health, Improving Patient Outcomes

POLK COUNTY HEALTH DEPARTMENT
RIBBONS OF HOPE PROGRAM
1907 CARPENTER AVE
DES MOINES, IA 50314
515-286-3642



FOR MORE INFORMATION

➔ [GI.ORG](https://gi.org)

- Learn more: gi.org/coloncancer
- Find a gastroenterologist near you: gi.org/findagi



45 IS THE NEW 50!

LOWER AGE TO START SCREENING

Age 45 is now the recommended age to begin screening for colorectal cancer, among adults at average risk, according to the American College of Gastroenterology.

AN IMPORTANT CHANGE

- This is an important change from earlier guidelines that recommended starting screening at age 50 for most people and age 45 for African Americans. Now "45 is the new 50" to start screening for **everyone** at average risk for colorectal cancer.

YOU CAN PREVENT COLORECTAL CANCER

- With screening, your gastroenterologist can diagnose colorectal cancers at an earlier stage, find colon polyps early so they can be safely removed, and help to prevent colorectal cancers.

DON'T PUT OFF PREVENTIVE HEALTH SCREENINGS

- Do not put off needed health care, especially preventive tests.
- Remember, the most common symptom of early colon and rectal cancers is **NO** symptom, so it is important to get screened.

NEVER IGNORE NEW OR WORRYING SYMPTOMS

It is important to reach out to your health care providers if you have any symptoms, **REGARDLESS** of age.

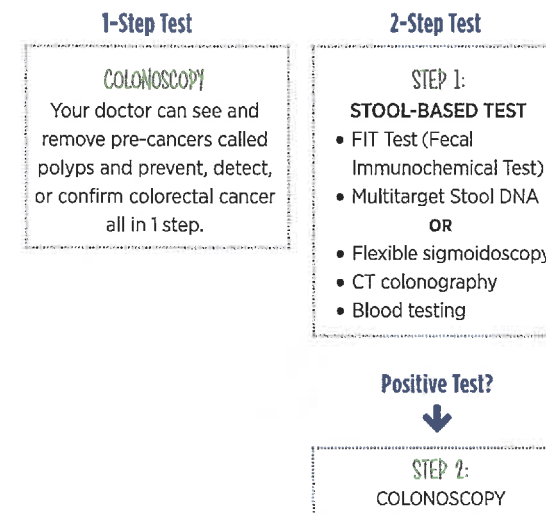
Do not hesitate to talk to your health care team about new or worrying bowel symptoms, even those that seem hard to discuss or share, including:

- blood in the stool
- change in bowel habits
- change in the shape and size of stool
- rectal pain
- abdominal pain
- unexpected weight loss
- unexplained or new anemia

LEARN ABOUT YOUR SCREENING OPTIONS FOR COLORECTAL CANCER

ONE-STEP SCREENING VS. TWO-STEP SCREENING FOR COLORECTAL CANCER

The American College of Gastroenterology 2021 Guidelines on Colorectal Cancer Screening explain the difference between recommended tests that are "one-step" tests and "two-step" tests. In many instances, the best screening test is the one that gets done.



One-Step Screening Test:

COLONOSCOPY

Colonoscopy is a one-step test that looks for growths called polyps in your entire colon (large intestine) and rectum using a colonoscope. Your doctor can both detect and remove polyps during colonoscopy which can prevent colorectal cancer. Colonoscopy is the most commonly performed gastrointestinal procedure in the United States. Colonoscopy with removal of polyps offers long term protection against developing colorectal cancer or dying from it.

Two-Step Screening Tests:

STOOL-BASED TESTS

These tests detect blood or altered DNA in the stool as a first step. A positive result would require the second step of colonoscopy for further examination.

a. FIT Test

Fecal Immunochemical Tests (FIT) detects hidden blood in the stool. The stool FIT test is typically performed on a yearly basis. A positive test requires a follow-up colonoscopy.

b. Multitarget Stool DNA (mtsDNA)

Multitarget stool DNA test is a non-invasive screening for colorectal cancer. It looks for abnormal DNA associated with colon cancer or more aggressive precancerous polyps. This test is more sensitive than the FIT test, but your chance of getting a false positive may increase as you get older. According to the manufacturer's recommendations, if the mtsDNA test is negative, repeat screening is needed in three years. If the mtsDNA test is positive, the second step of colonoscopy is required. (At this time, the only FDA-approved mtsDNA test is Cologuard.®)

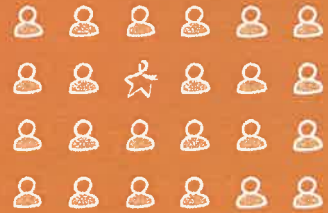
Tests for Individuals Who Cannot or Will Not Have a Colonoscopy or FIT Test

CT COLONOGRAPHY AND BLOOD TESTING

CT colonography and blood testing are options for individuals unwilling to undergo colonoscopy or FIT, provided that the tests are locally available and reimbursed by insurers for screening. It is important to note that both tests will still require a follow-up colonoscopy if positive.

DID YOU KNOW?

1 in 24 develops colon cancer.



Colon cancer affects men and women **equally**.



1 in 5 are diagnosed under 54.



✓ur:

Talk to your doctor about the best test for you.

**GET EDUCATED.
GET SCREENED.**

GET YOUR REAR IN GEAR®



Get Your Rear in Gear®, Tour de Tush®, and Caboose Cup™ are the signature fundraising events of the Colon Cancer Coalition. Held in nearly 40 cities annually, funds raised stay in local communities to build screening, awareness, and patient support programs.

Find an event near you at
coloncancercoalition.org/events

POLK COUNTY HEALTH DEPARTMENT
RIBBONS OF HOPE PROGRAM
1907 CARPENTER AVE
DES MOINES, IA 50314
515-286-3642



Get Your Rear in Gear® and Tour de Tush® are registered trademarks of the Colon Cancer Coalition. Caboose Cup™ is a trademark of the Colon Cancer Coalition 2023.

COLON CANCER SCREENING: 101

**Get educated. Get Screened.
Get over the embarrassment.**



coloncancercoalition.org

SCREENING OPTIONS

At-home stool-based tests

These tests look for blood and/or abnormal cells in your stool. Testing kits are mailed back or returned to your health care provider. If blood or abnormalities are found, a colonoscopy is needed.

- Fecal Immunochemical Test (FIT): every year
- High Sensitivity Fecal Occult Blood Test (FOBT): every year
- Stool DNA test: every 3 years

Medical Center

During the visit, your doctor will look at your colon and rectum for polyps or evidence of cancer. Colonoscopies are often considered the gold standard as they may also prevent cancer by removing polyps when they are found. These exams require a full colon cleansing (prep). A blood draw looks for evidence of cancer in your blood and is recommended for average-risk patients who are unable or unwilling to complete a colonoscopy or stool-based test.

- Colonoscopy: every 10 years with normal results*
- Virtual colonoscopy: every 5 years*
- Flexible sigmoidoscopy: every 5 years*
- Blood test**

*Your doctor may recommend different timing for visual screening based on your health history and previous results.

*If a polyp or abnormal tissue is found a colonoscopy will be needed to examine the entire colon.

**Talk to your primary care provider and insurance company to decide if it's right for you. A colonoscopy will be required with abnormal results.

A note about advanced colorectal polyps.

If a polyp is removed during a colonoscopy, ask your doctor about earlier or more frequent screening for yourself and your first-degree relatives (parents, siblings, and children). Earlier, more frequent screening may be recommended.

COLONOSCOPY TIPS

No screening option is more effective than a colonoscopy when it comes to finding and preventing colon cancer. Follow these three steps to lessen the anxiety and make your colonoscopy more comfortable.

1. Get scheduled.

The worst part of a colonoscopy may be picking up the phone to make the appointment. Keep in mind that you may need to take time off from work, for the prep and the actual test day.

! Bonus Tip: Schedule the colonoscopy for Monday morning, then you can do the prep on Sunday and only miss one day of work. And schedule it first thing in the morning since you will be fasting and want to eat as soon as you can!

2. Get prepped.

A clean colon makes it easier to find and remove polyps. Be sure to follow the instructions from your physician and clarify any confusion with your health care provider in advance.

In most cases, cleansing the digestive tract means eating white foods for several days prior and a clear liquid diet on the day before. Stock your kitchen with items like:

- white rice, pasta, and bread
- mashed potatoes (no skins)
- canned fruits and veggies
- clear fruit juices (apple is best)
- Jell-o (but avoid red, orange, or purple coloring)
- clear soft drinks (like Sierra Mist or 7-up, many clinics even allow root beer!)
- coffee and tea (no milk or creamer)
- broth

! Bonus Tip: Limit your meat consumption and fresh fruits and veggies for a few days before to ensure the prep your doctor prescribes is effective and works quickly.

Your physician will prescribe a liquid laxative. To help the drink go down:

- Keep the fluid cold
- Drink through a straw placed at the back of the mouth
- Suck on tart hard candies or lemon to mute the taste

! Bonus Tip: If the instructions are to mix with another drink (like Gatorade) don't mix the drink with your favorite flavor — it will no longer be your favorite!

Being close to a bathroom on prep day is essential. Many people find using moistened wipes instead of toilet paper makes the process more comfortable.

! Bonus Tip: Apply hemorrhoid cream (or even diaper rash ointment) before starting the prep to protect your skin and ease some discomfort. Then reapply as often as needed.

3. Get zen.

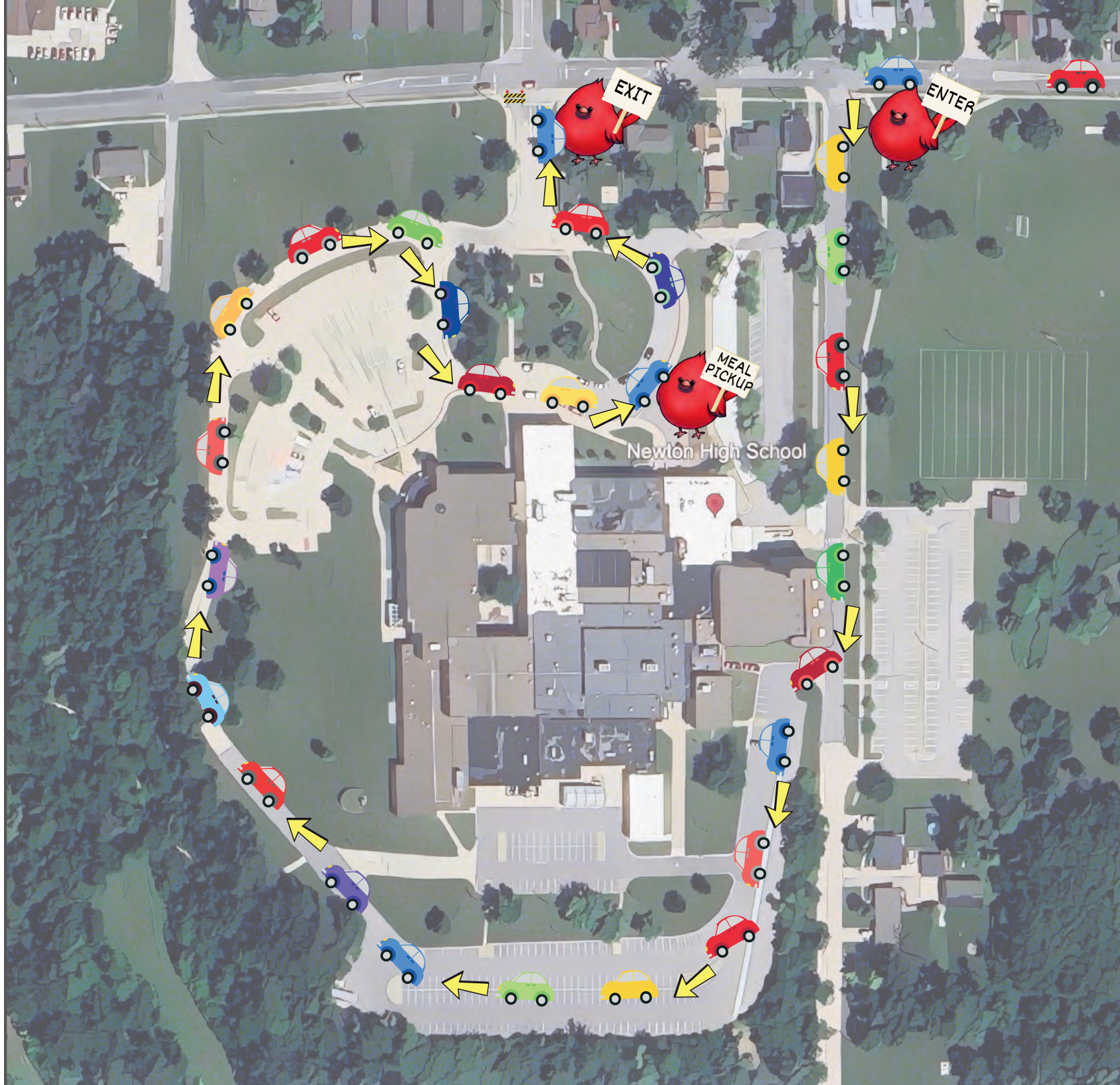
Being relaxed on test day is important. Increased anxiety can make the process less comfortable. Don't be afraid to ask questions about sedation, the process, or managing discomfort.

After your colonoscopy, ask questions about the results. Then find out when you should have your next colonoscopy, or if there are any further steps you need to take.

! Bonus Tip: A friend or loved one is required to wait with you. They will help you stay relaxed, and can join you for a bite to eat after the procedure. You will be hungry!

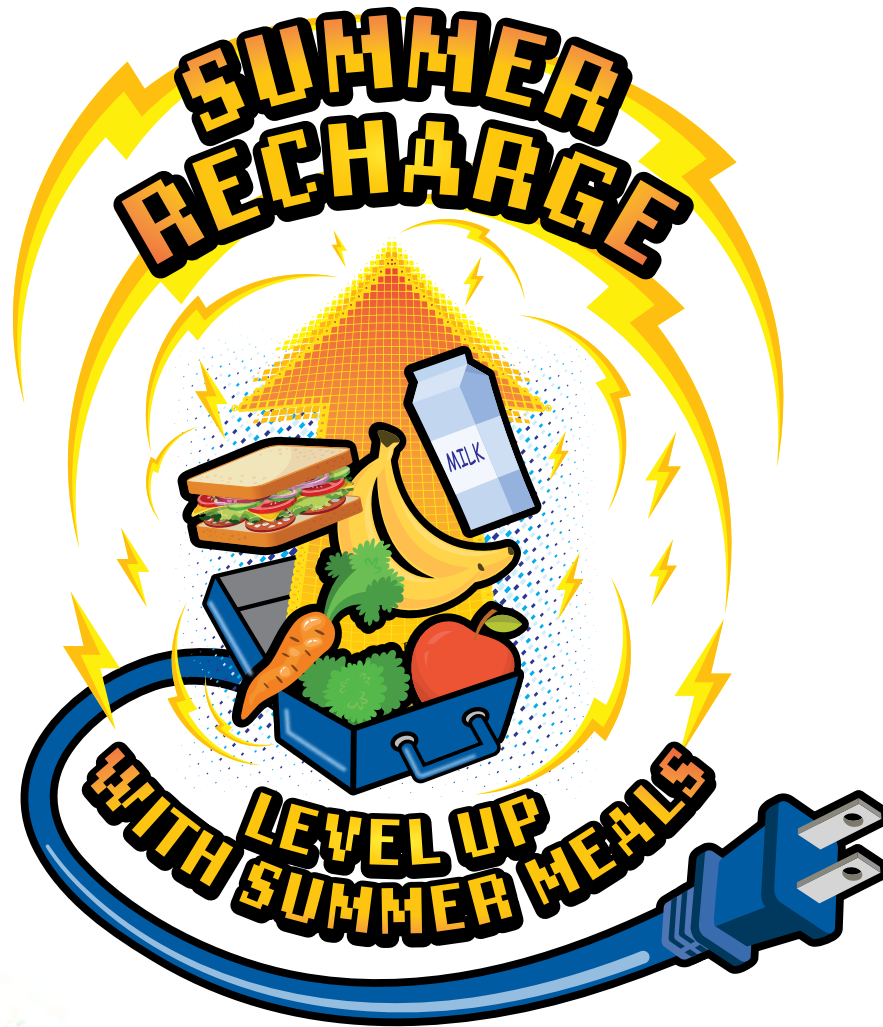
Grab & GO Meal Pick Up

- Enter at the S 8th Ave E & E 5th St S intersection ONLY
- Turn into the the south (Back) NHS Parking Lot
- Follow traffic around to the front circle drive
- Meal pickup is in front of the NE Doors
- Follow the circle drive out to S 8th Ave E & S 4th St S to exit ONLY



Thanks!

Celebrate summer with food, fun and friends!



Department of Education

To find a summer meal site nearby:

Visit the [USDA Meals for Kids Site Finder](#)

Call any of these numbers:

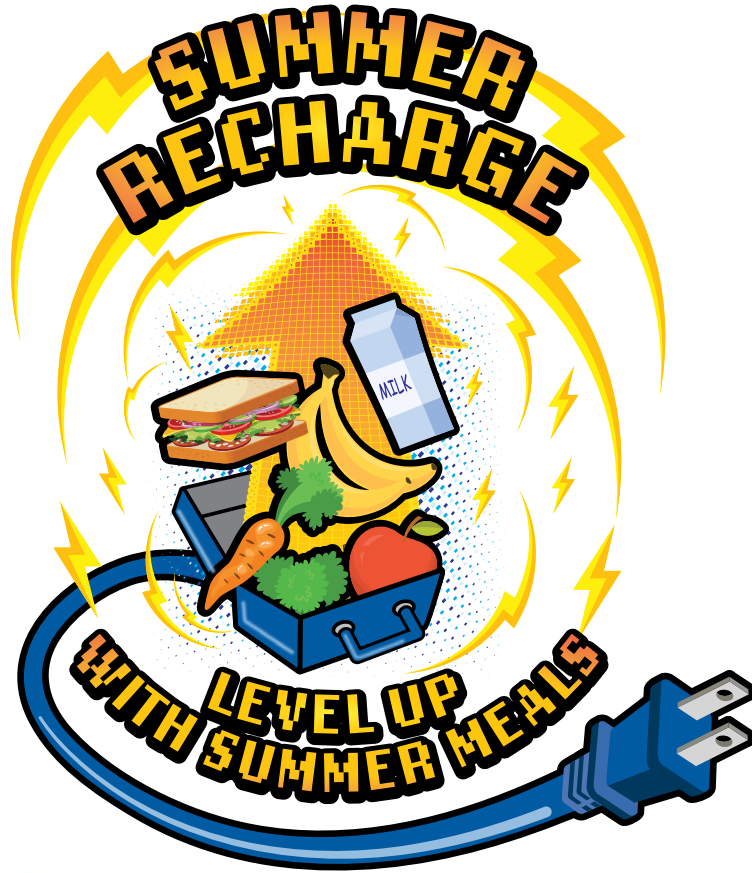
- 2-1-1
- 1-866-3-HUNGRY
(1-866-348-6479), for English
- 1-877-8-HAMBRE
(1-877-842-6273), for Spanish

Free summer meals are available for
all children and teens 18 and under.



This institution is an equal opportunity provider.

Celebrate summer with food, fun and friends!



Free summer meals
are available for all
children and teens
18 and under.



IOWATM
Department of Education

Summer Meals Information!

Where: Newton High School

When: every Thursday during the summer

Start date: June 4, 2026

End date: August 13, 2026

Pick Up Time: 3:30p-5:30p

How to sign up:

You must email Julie Miller, Newton's Food Service Director, every Monday morning to RSVP for the next week's meal pick up. For example: if you want to order meals for June 4, you must email her by 9a on Monday, May 25. Please give her your first name, last name, & the number of children you'll be picking up meals for.

millerj@newton.k12.ia.us

NCSD will provide 5 breakfasts & 5 lunches per child each week. Meals are available for children ages 1-18 ONLY. They are not available for adults.

Who can pick up the meals:

Only parents/guardians can pick up the meals, per federal regulations. No one else can pick up the meals.

Helpful Hints:

- 1) Please follow the arrows & enter NHS using the map.
- 2) Please have your trunk or your back seat clean & ready so the team can easily load up the food.