



Jasper County Cares Coalition Packet

Health and Human Services
& supporting organizations



Meeting 10/14/2026



Jasper County Cares Coalition Meeting Agenda

Location: 315 W 3rd St N., Large Conference Room in Newton

Wednesday, October 14, 2026, at 10:30 AM

Subgroup: Maternal and Child Health, Jana Larsen ([MICA](#)) 9:30 AM, Small conference room.
Everyone is invited

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

Vision: Safe, healthy, and connected Jasper County.

Attendance: Please sign in

Welcome new attendees

Networking: Feel free to stay after the meeting and check out the Resource Table in the Hall.

Member Introductions and Sharing (1 minute for each person)

- Please stand up & state your name, organization, services provided, any changes, projects, events, Wins or Celebrations, etc.
- Volunteer or program needs or job openings. Take a moment for any questions.

Upcoming Organizational Spotlights:

Must attend the meetings regularly and not have been a speaker in the last year.

- **October 2026: TODAY**

- **Dolly Parton Imagination Library**, Rita Baker director@pccciowa.com
- **Capstone Behavioral Healthcare**, the new Capstone Recovery Center, Substance Treatment IOP, Jade Earleywine jadee@capstonebh.com, and Diane Mindham dianem@capstonebh.com. See Capstone handouts.
- November 2026: **Central Iowa Shelter & Services**, Amber ATompkins@centraliowashelter.org
- December 2026: Annual Awards Event.
- January 2027: no meeting
- February 2027: **Hickory Recovery**, Shawn Kinnison, s.kinnison@hickoryrecovery.com
- March 2027: **Quakerdale Family Services, Wolfe Ranch, Whiskers & Mane**, Beth Andrew, bandrew@quakerdalefamilyservices.org
- April 2027: **American Lung** of Iowa (pig lungs) Emma Krapfl, Emmaline.Krapfl@lung.org
- May 2027: **FOCUSS**, darnell.loatman@focussinc.org
- June 2027: **Optimae Life Services**: Chris Clark, cclark@optimaelifeservices.com
- July 2027: **Networking Event**

About Jasper County Cares Coalition:

- **Website and Facebook**
- **Events:** <https://www.jasperia.org/calendar/> Check your events. Submit to the County calendar.
 - If you have questions, contact Jenn Cross at jcross@jasperia.org
- **Resource Guide:** <https://www.jasperia.org/resources/> Please check and email corrections.
- **Resource Table at the meeting:** Please bring information or giveaways for the resource table.
- **Contact:** Becky Pryor bpryor@jasperia.org or jaspercocares@jasperia.org. If your information changes, please let us know.

Next Cares Meeting: [Jasper County Cares Coalition](#), Wednesday, **November 11, 2026, at 10:30 AM.**

Jasper County Cares Packet: October 2026

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Information

- Agenda: Cares and List of Attachments
- Cares Dates 2026 & 2027
- Maternal and Child Health subgroup meeting. Contact Jana Larsen.
- [Jasper County Cares Awards](#)
- [Resource Guide](#) Flyer and “Keywords” letter

Packet Information

- Speaker handouts [Capstone Behavioral Healthcare, the designated Community Mental Health Clinic for Jasper County](#): Openings for ADHD testing; now offering OWI classes; Intensive Outpatient Substance Treatment Services
- [Jasper County, Community Health Improvement Plan, 2025-2030](#), updated 10.2026
 - If you have edits, please email Becky Pryor, bpryor@jasperia.org
- [Thrive Iowa](#): Request for Proposal (RFP) See IowaGrants. Open for Jasper and Poweshiek Counties.
- [Hickory Recovery](#): Referral information
- [Polk County](#): Supplemental Food Program, eligibility guidelines, application, and schedule
- [Jasper County Hunger Relief](#): Meal packing event, November 7, 2026. Volunteers needed.
- [Jasper County Senior Nutrition](#): Information, Reminders, and Bingo
- [Wesley Life, Park Centre](#) in Newton services
- [USDA](#): Emergency Water Assistance Grants
- [IMPACT](#): RAYS Program; LIHEAP (Low-Income Energy Assistance Program) dates and info
- [Newton YMCA](#): Family Department upcoming programs
- [Newton Public Library](#): Upcoming events
- [Mindspring Mental Health W](#): October Mental Health webinars
- [IHHS](#): System Navigation Comparison
- [Jasper County Health Department](#): Measles Press Release and What you should know; Breast Cancer in Iowa.
- [Crisis Intervention Services](#): Changes with coverage of counties. Family Crisis Center will no longer cover Jasper County
- October is:
 - [World Mental Health Day](#): October 10th
 - [National Domestic Violence Awareness Month](#)

Jasper County Cares To-Do list

To Do

- ☐ Organizations need keywords for the online [Jasper County Resource Guide](#) (see handout)
- ☐ Check the [Jasper County Cares Awards nominations](#) **Due by November 18 on the online Jot Form link.**

Other To Do if you get time

- ☐ Check out the [Jasper County Cares Facebook page](#) and follow us.
- ☐ Bring information for the resource table (business cards, flyers, giveaways, etc.).
- ☐ Add events to the Jasper County online community [calendar](#).
- ☐ Check [resource guide](#) for your organization's information. Email updates.
- ☐ Find your immunization records and check if you had the MMR vaccine.

Updated 10/9/2026

Jasper County Cares Coalition

2nd Wednesday at 10:30 AM

- October 14
- November 11
- December 9:
Awards

2026



Contact: jaspercocares@jasperia.org

Jasper Co. Office Building, Large Conference Room #006
315 W. 3rd St N. Newton, Iowa 50208

Jasper County Cares Coalition

2nd Wednesday Time: 10:30 AM

January 13: No Meeting

February 10

March 10

April 14

May 12

June 9: Networking, Location TBD

July 14: No Meeting

August 11:

September 8

October 13

November 10

December 8: Awards

2027



Contact: jaspercocares@jasperia.org

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



MATERNAL HEALTH SUBGROUP MEETING

New date
October 14, 2026
9:30 AM-10:20AM

Contact: Jana Larsen
Email: jana.larsen@micaonline.org
website: jasperia.com/jasper_county_cares

Maternal Health Coalition Meeting Agenda

October 14th, 2026

9:30 AM
Small Conference
Room

-
- Round Robin Introductions/updates
 - Update / action steps on a MH project - pivoting to possible community baby shower
 - Open Discussion

Contacts: MICA-

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

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

Jasper Co Cares Awards

Criteria: Must attend Jasper County Cares regularly (6+ meetings)

Perfect Attendance 2026 since Oct 2022, 3 years, 2 years, this year, New 6+ meetings, Organizations

Presenter during Meeting

Subgroup Leader

Jasper Co Cares Helper

Volunteer

Resource Navigator

Rising Star

Partnership (More than 1 that work together)

Community Impact- person/organization

Leadership in Action (1 award)

The Leadership Excellence Award recognizes an individual who leads by example and inspires others through integrity, vision, and dedication. This award celebrates those who go beyond words, demonstrating leadership through meaningful action, collaboration, and measurable results. Recipients embody the qualities of a true leader: motivating others, driving progress, and creating a positive and lasting impact within their organization or community.

Legacy (1 award) for many years of service

The Legacy Community Impact Award recognizes an individual who has made a lasting, positive impact on the community through their long-term commitment and leadership. This award recognizes those who have dedicated years of service, innovation, and advocacy to improving the lives of others. Recipients of this award have built a legacy of compassion, integrity, and impact, leaving their community stronger, more connected, and more hopeful for generations to come.

— Nominations due by Nov 18th

on line

jotform.com / 262815166427158

see agenda for link

Need Help?

Jasper County
Resource Guide

SCAN HERE



www.jasperia.org/resources

We are updating the Jasper County Resource Guide to make it more user-friendly and easier to navigate. As part of this update, we are asking all organizations to select **keywords** that accurately describe the services they provide.

The updated Resource Guide will search **only by the selected keywords**, rather than searching your organization's description. This will help ensure that only agencies providing a specific service appear when that service is searched for in the Resource Guide.

For example, if someone searches **"mental health"** in the Resource Guide, only organizations that provide mental health services will appear. This will prevent organizations from appearing simply because the words "mental" or "health" happen to be included in their general description.

There will be **index cards on the tables** for you to use. Please write down the keywords that best describe the services your organization provides. An example is below.

If you think of additional keywords later or would like to make changes to the words you selected, please email Melissa at mgary@jasperia.org.

Thank you for helping us make the Jasper County Resource Guide more accurate, useful, and user-friendly!

Organization:

Resource Guide "Key words"
for search:

Example: mental health, school, pregnancy





CAPSTONE NOW OFFERING OWI CLASSES



- Complete substance evaluation/intake before class enrollment
 - 12-hour class: \$180
 - Friday afternoon and Saturday: in-session class days
- 

Referrals can be sent to
bellas@capstonebh.com



641-792-4012



capstonebh.com

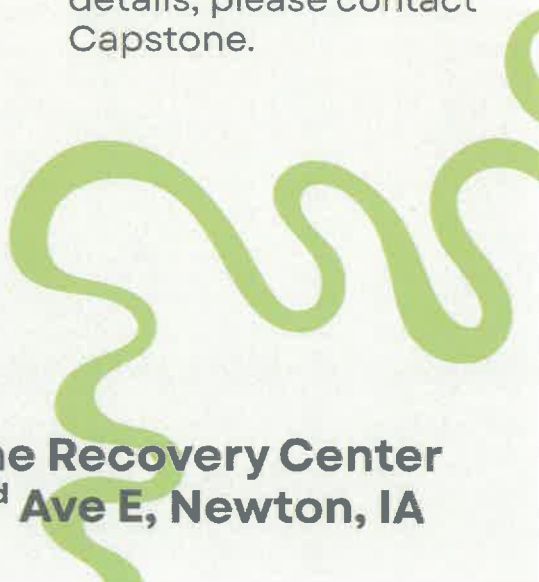
For questions or more details, please contact Capstone.



CAPSTONE
BEHAVIORAL HEALTHCARE



Capstone Recovery Center
306 N 3rd Ave E, Newton, IA





Capstone Behavioral Healthcare

Let us be part of the solution!

We are now offering Intensive Outpatient (IOP) services!

What is IOP?

An Intensive Outpatient Program (IOP) is a structured substance abuse treatment program that allows individuals to live at home while receiving frequent therapy and support.

- Designed for individuals who do not need 24-hour care
- Often used as a step-down from inpatient/residential treatment or as a higher level than standard outpatient



Requirements

Adults: Minimum 9 hours per week of treatment

Adolescents: Minimum 6 hours per week of treatment

3-5 days a week

2-4 hours per session

- Allows for work, school, and family responsibilities.

Referrals may come from:

- Courts / Probation
- Healthcare providers
- Self-referral



Who is IOP appropriate for?

- Have a substance use disorder diagnosis
- Do not require detox or 24/7 supervision
- Are motivated to participate in treatment
- May be involved with court/probation requirements (e.g., OWI cases, OWI Classes)



Core Services

- Group therapy (primary component)
- Individual counseling
- Substance use education
- Relapse prevention planning
- Family therapy (when appropriate)
- Mental health / co-occurring disorder treatment

Why Choose Us

We are dedicated to helping you create a better life for yourself. And we have services that can support you every step of the way. Call 641-792-4012 to schedule an intake with one of our providers today!



capstonebh.com



641-792-4012



306 N 3rd Ave E, Newton, IA 50208

ADHD TESTING

ADULT & CHILDREN

An ADHD evaluation can help families and schools understand a **child's** attention, behavior, learning, and further support needs.

Testing participants must be 6 y/o and above.

An adult evaluation can provide insight into strategies for managing cognitive symptoms, such as feeling disorganized, forgetful, or as though you have too many things competing for your attention at once.

Schedule an intake for a psychological evaluation today!

Most insurances are accepted!



641-792-4012

Capstone Behavioral Healthcare
1123 1st Ave E., Suite 200
Newton, Iowa 50208



Jasper County, Iowa Community Health Improvement Plan 2025-2030

Draft
10/9/26

Email updates
to bpryor@jasperia.org.

Year 2- Community Report 2026

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Jasper County Community Health Improvement Plan 2025-2030 Year 2- Community Report

Mental Health & Substance Treatment

Lack of Mental Health & Substance Use Providers *(See also: Lack of Healthcare Professionals)*

Capstone Behavioral Healthcare, the designated community mental health provider serving Jasper County, reports provider loan repayment programs and internship opportunities to help recruit and retain employees. However, the organization continues to experience workforce challenges related to staffing, compensation, and retention.

Capstone reported numerous organizational changes associated with the transition from CICS to Iowa PCA, as well as challenges related to low Medicaid reimbursement rates. Capstone's caseloads are mostly Medicaid, and they will accept anyone regardless of insurance status. Delays in Medicaid payments have created financial hardships for providers, while private practices are often able to offer higher compensation, making it difficult for nonprofit organizations to compete for qualified professionals. Capstone also reported that many providers work remotely. The organization is engaged in strategic planning, grant writing, and identified leadership development as an area of need. Capstone has hired substance use counselors, therapists, resource navigators, justice involved case managers, and direct service staff to help with the mental health needs in Jasper County.

House of Mercy previously employed Kendi McCollum, a peer support counselor who advanced into a substance use treatment counselor role. Effective October 1, 2026, House of Mercy discontinued its Peer Support Substance Program. Kendi McCollum, PRS, tCADC, is now employed as an Emergency Department Support Person at MercyOne Newton Medical Center.

Across Jasper County, healthcare and behavioral health providers continue to report staffing shortages and retention challenges affecting a wide range of positions, including psychiatrists, nurses, support staff, and directors. These shortages affect organizations' ability to recruit and retain qualified professionals and meet the community's mental health and substance use treatment needs. *(See also: Lack of Healthcare Professionals)*

As of October 5, 2026, Capstone reported participating in the career fair at PCM schools to promote career opportunities and strengthen local workforce recruitment efforts. Mercy One also attended.

Other community organizations have also identified staffing and volunteer needs. NAMI representatives, Rebecca Petersen and Bill Ehlers (volunteer), reported a need for volunteers. Quakerdale's Director, Beth Andrew, reported needs for therapists and volunteers, while Optimae and Progress Industries (PI) has numerous

job openings. Nonprofit organizations continue to face challenges competing with private practices on salary and compensation, further complicating recruitment and retention efforts.

Overall, the shortage of mental health and substance use providers in Jasper County is influenced by low reimbursement rates, delayed Medicaid payments, competition from higher-paid private practices, and difficulties recruiting and retaining qualified staff. Continued investment in workforce development, internships, loan repayment programs, leadership training, and volunteer recruitment may help address these ongoing challenges.

School-Based Mental Health and Substance Use Prevention

Most school districts in Jasper County have School Resource Officers (SROs) who support school safety and student well-being. Current SRO assignments include Officer Britton in Baxter, Officer Decker in Lynnville-Sully, Officer Applegate in PCM, and Officers Lovan and Van Manen in Newton. Many schools are also working to develop and strengthen threat assessment and response plans. Newton schools have EFR in place, and all schools have counselors available to support students. Several school districts have experienced administrative and facility changes. Berg Middle School in Newton has a new principal, and both the PCM and Newton school districts have made numerous changes to school and classroom locations.

Schools throughout Jasper County continue to promote substance use prevention and student awareness through initiatives such as Red Ribbon Week. Some districts offer the DARE program, including PCM and Lynnville-Sully, while others provide programs such as Too Good for Drugs to educate students about substance use prevention and healthy decision-making. Colfax offers the Teammates mentoring program and received grant funding through Wellmark to support its School-Centered Behavioral Health program. These initiatives provide opportunities to strengthen student connections, improve access to behavioral health support, and promote positive outcomes for youth.

A funding concern is the discontinuation of Decategorization (Decat) funding for projects such as mental health and substance use prevention, effective July 1, 2026. The loss of this funding may limit schools' and community partners' ability to sustain or expand prevention initiatives and related services.

Overall, Jasper County schools have several protective factors in place, including school resource officers, counselors, safety planning, mentoring, and substance use prevention education. However, maintaining these supports and expanding school-based mental health and prevention services may be challenging as funding sources change and districts continue to navigate administrative and facility transitions. Capstone Behavioral Health, the designated Community Mental Health Center, offers telehealth and before and after school appointments. Capstone also offers crisis support to schools and the Jasper County Community as needed.

Outreach/Promotion & Organization needs

The Jasper County Cares Coalition (JCCC) continues to serve as a central network for community outreach, education, resource sharing, and collaboration among mental health, substance use prevention and treatment, healthcare, education, public safety, and social service organizations. JCCC meetings regularly bring together a broad range of providers and community partners to share information, promote available services, identify gaps in care, and strengthen coordination across Jasper County and the surrounding region.

Community Collaboration and Organizational Participation

JCCC has engaged numerous organizations and providers, including Iowa PCA, Discover Hope 517 Ministry, Optima, Celebrate Recovery through The Way Church of Newton, Quakerdale Family Services, NAMI, Employee and Family Resources (EFR), Phoenix House, medical providers such as Dr. Metz and Sully Clinic/Pella Regional, Capstone Behavioral Healthcare, Clive Behavioral Health, the VA Suicide Prevention Program, the National Guard Prevention Program, Hickory Recovery, Thrive Iowa, Ellipsis (YESS), Ember, AIM Life, Monarch, Elevate CCHBC, Innovative Counseling & Consulting, Keys to Success, home care and hospice programs, school and college programs, judicial mental health advocates, AEA counselors, Heart and Solutions, FOCUSS, Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, Rosecrance, Eyerly Ball Mobile Crisis, Crisis Canines of the Midland, Clearview Recovery, Sheepgate, the American Lung Association, Crisis Intervention Services (CIS), Garden Gate, and Progress Industries.

Additional community partners participating in outreach and support efforts include Open Arms of Jasper County, Orchard Place, CASA, Parent Partners, probation services, the courts, county attorneys, Jasper County Emergency Management Agency (EMA) and Emergency Medical Services (EMS), Iowa Health and Human Services (IHHS) Child Protection, disability support and parent groups, and Legal Aid. Organizations serving older adults and individuals requiring ongoing care also contribute to the broader support network. These include Aging Resources, Park Centre's Willowbrook, Adult Day Program, long-term care facilities such as Accura, Valley Vista, Park Centre, and Newton Village; assisted living facilities, including Park Centre and Newton Village; and in-home service providers such as Home Instead and WesleyLife at Home.

Outreach, Education, and Public Awareness

JCCC and its partners conduct ongoing outreach and promotional activities to increase awareness of mental health services, substance use prevention and recovery resources, crisis support, and educational opportunities. Outreach efforts include the development and distribution of the community resource guide, website updates, social media campaigns, media outreach, community meetings, and direct communication with nonprofit organizations, private providers, and other community partners.

The JCCC resource guide is included in meeting packets and post-meeting materials and is shared through social media and community partners. Business cards and magnets containing resource information have also been distributed throughout the community. The Jasper County community calendar is regularly updated with known support groups, educational programs, and other opportunities available to residents.

Annual awareness campaigns include Mental Health Awareness Month in May and Suicide Prevention Month in September. NAMI also held a suicide prevention walk in Newton in September 2026. MindSpring's free educational classes continue to be promoted through coalition materials and online channels.

Community outreach events during 2026 included a resource table at JCCC meetings, Healthy Kids Day at the Newton YMCA in April, the Senior Health and Fitness Fair in May, Carnival in the Park in August, and the Monroe Senior Health Fair on September 30, along with additional community events. These activities provide opportunities to distribute resources, connect residents with service providers, and increase awareness of available support. On October 9, 2026, partners promoted World Mental Health Day. Capstone's Therapy dog and Crisis Canines are valuable with comforting those in need.

Capstone Behavioral Healthcare completed a promotional video and conducted a mailer campaign to educate residents about available services. JCCC also collaborated with Clearview Recovery, represented by Scott Pritchard, on a promotional campaign. Discover Hope and Celebrate Recovery continue to promote their programs and services throughout the community.

Recovery Services and Program Expansion

Several organizations have expanded services, opened new facilities, or strengthened community outreach efforts to address mental health and substance use needs.

- **Capstone Behavioral Healthcare:** According to Julie Smith, Director, Capstone expanded its substance use treatment services to include Intensive Outpatient Program (IOP) services, offering up to nine hours of treatment per week, including group sessions. Capstone also offers OWI classes. Julie reported adding Substance Counselors including Jade, Denise, and Diana. In addition, Denise Douchette at Capstone reported the initiation of new groups at the Jasper County Jail to support individuals involved in the justice system. They also offer Resource Navigation for Justice Involved individuals for both mental health and substance treatment. They have remodeled the Connections site on 3rd Avenue in Newton, and it is now called the Capstone Recovery Center. Capstone Recovery Center has two open houses. Tours and information promoted by Beila Thompson.
- **Hickory Recovery:** Shawn Kinnison reported that they opened a facility in Grinnell offering inpatient treatment services. Numerous JCCC members attended a tour by Shawn Kinnison of the new inpatient facility. The facility provides an additional regional treatment resource and was identified by coalition members as the closest inpatient option to Jasper County.
- **Clearview Recovery:** Scott Pritchard, Director, reports that his team continues to provide recovery services for women through Clearview Recovery in Prairie City. JCCC has collaborated with Clearview on promotional activities to increase awareness of available services. They have worked to upgrade their building with Opioid Funds.
- **Sheepgate:** Nikki Hook, Director, reported that they expanded educational programming by constructing an additional building to accommodate classes and related activities with Opioid Settlement Funds.
- **FOCUSS:** Darnell Loatman reported that FOCUSS installed a Narcan distribution box at its new Newton facility, located in the former Elks building, improving community access to an important overdose prevention resource. They have received numerous grants for the building and new project in Jasper County.
- **Progress Industries (PI):** Keith Isley, Director, spoke at a JCCC meeting following his succession of Sandy Ham, providing an opportunity for continued communication and collaboration with the coalition about the numerous programs that are offered for those with disabilities.
- **Discover Hope:** Robbie Robinon, Director, reports continue Bread of Life Ministry that offers a free lunch on weekdays. They also offer several Substance Recovery groups in the evening.

- **Celebrate Recovery, The Newton Church of the Way:** Cody D. reported started offering new recovery-oriented programs and support groups.

These events helped strengthen relationships among providers and increase awareness of available treatment and recovery services.

Organizational Challenges and Service Changes

Despite ongoing outreach and service development, organizations continue to face operational, financial, and programmatic challenges.

Capstone Behavioral Healthcare reported that the age of its building and a history of deferred maintenance have created a need for numerous facility improvements. Assistance identifying funding opportunities for building and parking lot repairs remains a priority. Addressing these needs is important to maintaining a safe, functional, and accessible environment for clients and staff. Capstone's lower level now houses Open Arms of Jasper County, the Pregnancy Center, WIC (MICA), and Iowa PCA navigators as needed.

In October 2026, House of Mercy discontinued its Peer Support program. Kendi McCollum, who was involved in the program, transitioned to a position in the emergency department at MercyOne Newton Medical Center. The program change represents a reduction in the availability of this peer support service and highlights the importance of monitoring changes in local service capacity.

Effective October 1, 2026, Crisis Intervention Services (CIS), represented by Jodi Blackford, reported a statewide restructuring of its service area and responsibilities. Under the restructuring, CIS will provide services related to sexual abuse advocacy, housing and emergency shelter, domestic abuse advocacy, homicide, and other violent crime programs. The Family Crisis Center will no longer serve Jasper County. This change may require residents and community partners to identify alternative resources for services previously provided by the Family Crisis Center and to clarify referral pathways under the new service structure.

Ongoing Community Support and Coordination

JCCC continues to provide a forum for organizations to communicate service updates, coordinate referrals, share educational opportunities, and identify emerging community needs. Participation from behavioral health providers, recovery organizations, healthcare professionals, schools, legal and judicial services, public safety agencies, disability support organizations, elder care programs, and social service providers help promote a more coordinated approach to community well-being.

Continued priorities include maintaining and updating the community resource guide and calendar, expanding public awareness campaigns, supporting recovery and prevention initiatives, promoting free educational opportunities, identifying funding for facility and program needs, and communicating changes in provider availability and service areas.

Overall, JCCC and its partners demonstrate an ongoing commitment to improving access to mental health and substance use services in Jasper County. Sustaining these efforts will require continued collaboration, effective communication, adequate funding, and timely updates regarding changes in programs, facilities, and community resources.

Jasper County Community Health Improvement Plan 2025-2030

Year 2- Community Report

Lack of Economic Stability and Income

4 areas: Housing, Food Insecurities, Childcare, Transportation

Affordable Housing

Housing, Homelessness, and Basic Needs Support

The Jasper County Cares Coalition (JCCC) continues to address housing instability, homelessness, and unmet basic needs through collaboration among community organizations, government agencies, faith-based groups, and local businesses. The coalition worked to develop a homelessness referral sheet to help connect individuals and families with available services, including emergency shelter, housing assistance, transportation, personal care resources, and other essential supports.

Homelessness Outreach and Emergency Assistance

Community partners continue to coordinate outreach to individuals experiencing homelessness, particularly during periods of extreme weather, including blizzards, severe cold, and excessive heat. Discovery Hope 517 Ministry, Capstone Behavioral Healthcare Connections, local churches, and libraries have provided access to indoor spaces during extreme temperatures. Law enforcement officers have also conducted routine checks on individuals experiencing homelessness during periods of extreme cold to help ensure their safety.

Central Iowa Shelter and Services (CISS) has provided transportation and shelter options in Des Moines for individuals in need of emergency housing. Capstone Behavioral Healthcare, represented by Julie Smith, and CISS, represented by Sam, have also explored the possibility of establishing an Empowerment Center in

Newton to serve Jasper County residents. Such a center could provide a centralized location for individuals to access services, resources, and support.

Several local organizations provide ongoing assistance with basic needs:

- **Capstone Behavioral Healthcare and Connections:** Capstone received funding for a new washer and dryer and assumed responsibility for laundry services for Neighbors Helping Neighbors (NHN) at the Capstone Recovery Center. The facility offers Connections services and substance use treatment, as well as showers, personal care items, and weekday lunches for Connections clients.
- **Discover Hope 517 Ministry:** Robbie Robertson reported that the ministry continues to provide weekday lunches from 11:30 a.m. to 1:00 p.m. Showers and laundry services are also available to individuals in need.
- **Newton YMCA:** The YMCA may provide additional shower access for individuals who need these services.
- **Jasper County Conservation and IMPACT:** Keri and Liz with Jasper County Conservation work with IMPACT to provide free camping opportunities for individuals in need. IMPACT also operates pop-up sites throughout the county to assist residents with Low-Income Home Energy Assistance Program (LIHEAP) applications, with the application period beginning in October 2026.
- **Veterans Affairs:** Ray Maxey and Josh continue to assist veterans with basic needs and related support services.
- **Jasper County General Assistance:** Connie reported that funding for rental assistance is limited, highlighting an ongoing gap in financial support for residents facing housing instability.

These collaborative efforts provide important short-term assistance; however, continued coordination and additional resources are needed to address the underlying causes of homelessness and housing insecurity.

Affordable Housing and Homeownership

Affordable housing remains a significant community priority. Habitat for Humanity, represented by Becca Decker, announced the completion of its first home in Newton in many years. The organization held a ribbon-cutting ceremony and open house attended by numerous community members. Local businesses, organizations, and volunteers contributed time, funding, and other resources to complete the project. Habitat has since begun construction on its second home in Newton.

Habitat also reported that grant funding has enabled the organization to resume assistance with home repairs, expanding support for homeowners who may otherwise struggle to maintain safe and adequate housing.

CISS has secured land in Newton for low-income townhomes and continues to explore funding opportunities and housing options. These efforts may help expand the supply of affordable housing for individuals and families with limited incomes.

The City of Newton offers several housing-related grant and assistance programs, including a Low- to Moderate-Income Existing Housing Improvement Grant and a Dead and Dying Tree Removal Assistance Program. The city also has a homebuyer incentive initiative under which eligible buyers purchasing a new home valued at \$240,000 or more may receive a \$10,000 cash incentive. These programs may help improve existing housing conditions, encourage homeownership, and support community development.

Additional organizations aid residents with accessibility and equipment needs. Linda Anderson with Kid Assist reported that the organization helps with ramps and loans of equipment, helping individuals address mobility and accessibility barriers.

Housing Development and Community Investment

Local leaders and organizations continue to explore opportunities to increase the availability of affordable housing throughout Jasper County.

Colfax has expressed interest in developing additional housing options for residents with low incomes. Tim Salmon, Superintendent of Schools, identified affordable housing as a priority for Colfax Economic Development, emphasizing the importance of housing availability to the community's long-term growth and stability.

In Newton, several investors are exploring potential housing developments, including the conversion of former school buildings into additional apartments. These projects could create opportunities to increase the local housing supply, depending on feasibility, financing, and development plans.

A new organization, Blueprint, attended a Jasper County Cares meeting and presented information about homeownership, providing additional resources and information for community members interested in purchasing a home.

Ongoing Needs and Priorities

Although Jasper County has made progress in housing development, homelessness outreach, and basic needs assistance, several challenges remain. Limited rental assistance funding, the need for additional affordable housing, and the ongoing demand for emergency shelter and essential services continue to affect vulnerable residents.

Key priorities include:

- Expanding affordable rental housing, low-income housing developments, and homeownership opportunities.
- Continuing to explore an Empowerment Center in Newton to improve access to coordinated services.
- Strengthening homelessness outreach and emergency response during extreme weather.
- Maintaining access to showers, laundry, meals, personal care items, transportation, and temporary shelter.
- Identifying additional funding for rental assistance, home repairs, accessibility improvements, and housing development.
- Improving coordination among community organizations to streamline referrals and connect residents with available resources.

Overall, Jasper County Cares and its community partners continue to demonstrate a strong commitment to addressing homelessness, meeting immediate basic needs, and expanding housing opportunities. Sustained collaboration, additional funding, and continued investment in affordable housing will be essential to improving housing stability and quality of life for Jasper County residents.

Jasper County Community Health Improvement Plan 2025-2030 Year 2- Community Report

Food Insecurities and Food Access

Food Insecurity and Nutrition Resources

Increasing food prices have been reported as a growing concern for individuals and families throughout Jasper County. Community organizations continue to promote food assistance resources through the Jasper County Cares Coalition (JCCC) resource guide, social media, and other outreach efforts. A broad network of schools, food pantries, government agencies, nonprofit organizations, faith-based groups, healthcare providers, and local businesses works to improve access to nutritious food and reduce food insecurity.

School-Based and Youth Nutrition Programs

Newton Community School District operates a Summer Lunch Program that serves children throughout Jasper County, helping address food insecurity when school is not in session. During the summer, the Newton Public Library also provides healthy snacks each day for children and families.

Newton schools offer free breakfast to all students, and all schools provide free and reduced-price lunch options for eligible students. Schools throughout Jasper County maintain relationships with local food pantries to help connect students and families with additional food resources when needed. Some childcare programs also qualify for state food assistance programs.

Newton Community School District received support from the Vernon Company to pay off outstanding school lunch balances, helping reduce the financial burden on families. Capstone Behavioral Healthcare also organized a food drive during the period when Supplemental Nutrition Assistance Program (SNAP) benefits were temporarily unavailable, providing additional community support during a time of heightened need.

Food Pantries, Meal Programs, and Community Support

Numerous food pantries throughout Jasper County work with the Food Bank of Iowa to distribute food to individuals and families experiencing food insecurity. The Salvation Army, represented by Tim North, coordinates multiple bread distribution sites throughout the county, including Prairie City, Baxter, Lynnville, and Newton. Additional food distribution opportunities are available in Colfax, Monroe, Kellogg, and Mingo.

Jasper County Hunger Relief continues to organize meal preparation events, while numerous churches and community organizations provide free meals. Jasper County People in Need also helps residents identify additional food assistance opportunities.

Local grocery stores, gas stations, restaurants, religious organizations, and other businesses continue to support food pantries and community blessing boxes through donations and other contributions. These partnerships are important in maintaining the availability of emergency food assistance and extending support to residents who may not otherwise have reliable access to food.

Senior Nutrition and Food Assistance for Older Adults

The Senior Nutrition program, formerly known as Elderly Nutrition, continues to serve Jasper County residents under the leadership of Kelli Van Manen. Services include home-delivered meals and congregate meal sites in Colfax, Monroe, and Newton. These programs help older adults maintain access to nutritious meals while also providing opportunities for social connection.

The Polk County Supplemental Nutrition Program promotes food assistance boxes for eligible older adults. The Senior Farmers Market Nutrition Program provides \$50 checks for eligible participants to purchase locally grown produce, supporting access to fresh fruits and vegetables. WIC also participates in the Farmers Market Program, helping eligible participants obtain fresh, nutritious foods.

Aging Resources works with Senior Nutrition to coordinate meal assistance through waiver programs and helps connect eligible individuals with additional options, including home-delivered meals such as Mom's Meals.

Nutrition Assistance for Families, Pregnant Women, and Infants

The Women, Infants, and Children (WIC) program, administered locally through MICA, relocated to the lower level of the Capstone Behavioral Healthcare building. WIC provides nutrition education, lactation support, and food vouchers for eligible participants.

The Pregnancy Center of Central Iowa, represented by Rita Baker, also relocated to the lower level of the Capstone building. The center assists pregnant women and families with infants by connecting them with needed resources and support.

Iowa Health and Human Services (IHHS) provides applications and assistance for SNAP benefits, helping eligible households access food purchasing support. These programs play an important role in assisting families experiencing financial hardship, particularly as food prices increase.

Nutrition Education and Healthcare Support

Community organizations and healthcare providers offer additional resources to promote healthy eating and address nutrition-related needs. Iowa State University Extension and Outreach and Hy-Vee offer healthy nutrition classes to help individuals and families learn about healthy food choices and meal planning.

MercyOne Newton Medical Center provides access to a dietitian who assists individuals with nutrition needs related to medical conditions. These services can help residents manage chronic conditions and make dietary choices that support their health.

United Way provides funding for some food insecurity programs, helping sustain services that support residents facing financial and nutritional challenges.

Ongoing Needs and Priorities

Despite the wide range of available programs, rising food costs continue to create challenges for households with limited incomes, older adults, children, and families experiencing financial hardship. Continued coordination among food pantries, schools, government agencies, healthcare providers, and community organizations remains essential to ensure residents are aware of and able to access available resources.

Key priorities include:

- Maintaining and updating the JCCC resource guide and social media information regarding food pantries, free meals, nutrition programs, and eligibility requirements.
- Sustaining school-based meal programs and summer food access for children.
- Supporting food pantry operations, community meal programs, and blessing boxes through donations and partnerships with local businesses and faith-based organizations.
- Promoting SNAP, WIC, Senior Nutrition, farmers market assistance, and other food benefits to eligible residents.
- Expanding access to fresh produce, nutrition education, and medically appropriate dietary support.
- Strengthening referrals among schools, healthcare providers, social service agencies, and food assistance organizations to reach residents experiencing food insecurity.

Overall, Jasper County has a strong network of organizations working to address hunger and improve access to nutritious food. Continued community partnerships, public awareness, and sustainable funding will be important to meet the growing needs of residents affected by rising food prices and food insecurity.

Jasper County Community Health Improvement Plan 2025-2030 Year 2- Community Report

Childcare

Childcare Resources and Workforce Needs

Childcare resources and program information continue to be promoted throughout Jasper County through the Jasper County Cares Coalition (JCCC) resource guide and social media. Access to affordable, reliable childcare remains important for working families, employers, and the overall economic well-being of the community.

Childcare Facility Expansion and Development

In 2026, the Newton YMCA, represented by George Sorenson, received funding to expand its childcare center. This expansion is expected to increase childcare capacity and help address the need for additional childcare options for local families.

The Colfax-Mingo Childcare Center, represented by Tim Salmon, was completed in 2026. A ribbon-cutting ceremony and open house were held on June 24, 2026. The facility is in downtown Colfax next to the elementary school, providing a convenient location for families and supporting local childcare availability.

Childcare Workforce and Summer Programs

Childcare staffing remains an ongoing challenge, with workers needed at multiple locations throughout Jasper County. Organizations reporting childcare workforce needs include PCM Sparks, the Newton YMCA, Jasper County Conservation, and the Newton Public Library, among others.

During the summer of 2026, PCM Sparks, the Newton YMCA, Jasper County Conservation, and the Newton Public Library offered camps and other programming for children. These programs provide opportunities for enrichment, recreation, and supervised activities during school breaks while helping families manage summer childcare needs.

Grant funding is also available to supplement compensation for eligible childcare providers earning less than \$15 per hour. Such assistance may help support the childcare workforce and improve provider retention.

Child Care Resource and Referral Services

Child Care Resource and Referral (CCR&R) continues to work with childcare providers and families throughout the region. Services include:

- An online childcare locator to help families identify available childcare options.
- Referral assistance to connect families with appropriate providers.

- Assistance with applications for childcare expenses and financial support.
- Childcare consulting services for providers.
- Continuing education opportunities and continuing education units (CEUs) for childcare professionals.

These services help families navigate childcare options while supporting providers in maintaining and improving the quality of care.

Ongoing Needs and Priorities

Although new facilities and expanded programs represent progress, childcare workforce shortages and the need for additional childcare capacity remain concerns. Continued investment in childcare facilities, provider compensation, workforce development, and financial assistance for families will be important to meet community needs.

Key priorities include maintaining current childcare resource information, promoting CCR&R services, supporting recruitment and retention of childcare workers, and identifying additional funding opportunities to expand affordable, accessible childcare throughout Jasper County.

Overall, Jasper County continues to make progress in strengthening childcare resources through facility expansion, community-based summer programs, and provider support services. Continued collaboration among childcare providers, schools, community organizations, and local leaders will be essential to ensuring families have access to reliable childcare.

Jasper County Community Health Improvement Plan 2025-2030 Year 2- Community Report

Transportation

Transportation Services and Accessibility

Transportation resources continue to be promoted throughout Jasper County through the Jasper County Cares Coalition (JCCC) resource guide and social media. Reliable and affordable transportation is essential for residents accessing healthcare, mental health and substance use treatment, employment, grocery stores, and other necessary services.

Public and Community Transportation Services

HIRTA Public Transit, represented by Brooke Ramsey, continues to provide transportation services to residents in the region. However, HIRTA has reduced operating hours and increased fares during 2026. Service availability has also been limited in some outlying communities, creating additional challenges for residents who depend on public transportation.

HIRTA has introduced an app to help riders arrange transportation. Additional information about available services and ride scheduling can be found at www.ridehirta.com.

RSVP Rides, represented by Sarah Patterson, provides another transportation option for community members who need assistance. The program relies on volunteers to help meet transportation needs and continues to recruit additional volunteer drivers. Information about the program is available at jaspercountyrsvp.com.

Funding and Operational Challenges

Funding remains an ongoing challenge for both HIRTA and RSVP Rides. HIRTA has identified inconsistent local financial support as a particular concern affecting the sustainability of its transportation services. Rising fuel costs have also been reported as an additional financial pressure, increasing the cost of providing rides and maintaining service availability.

Reduced operating hours, increased fares, and limitations on service to outlying communities may disproportionately affect older adults, individuals with disabilities, residents with low incomes, and people without access to a personal vehicle. These transportation barriers can make it more difficult to attend medical appointments, access behavioral health services, obtain groceries, and participate in community activities.

RSVP Rides also depends on volunteer availability to provide transportation. Continued recruitment and retention of volunteer drivers are necessary to maintain and potentially expand the program's capacity.

Ongoing Needs and Priorities

Key transportation priorities for Jasper County include:

- Promoting HIRTA and RSVP Rides through the JCCC resource guide, social media, and community partners.
- Identifying sustainable funding sources to support transportation operations and offset rising fuel costs.
- Encouraging consistent local financial support for public and volunteer-based transportation programs.
- Recruiting additional RSVP Rides volunteer drivers.
- Increasing awareness of HIRTA's scheduling app and available transportation options.
- Assessing transportation gaps affecting rural and outlying communities.
- Strengthening coordination between transportation providers, healthcare organizations, and social service agencies to improve access to essential services.

Overall, HIRTA and RSVP Rides remain important transportation resources for Jasper County residents. However, funding limitations, increased operating costs, reduced service availability, and volunteer shortages continue to present challenges. Sustained community support and coordinated planning will be important to maintaining accessible and affordable transportation throughout the county.

Jasper County Community Health Improvement Plan 2025-2030 Year 2- Community Report

Lack of Healthcare Professionals & Access to Care

1. Education and Training

The Jasper County Cares Coalition (JCCC) continues to promote the community resource guide and resource navigators to help residents access education, training, and employment resources. The coalition is also exploring Thrive Iowa as a potential resource for Jasper County to strengthen community connections and service coordination.

Des Moines Area Community College (DMACC) offers numerous healthcare education and training programs, including Certified Nursing Assistant (CNA), Certified Medical Assistant (CMA), Licensed Practical Nurse (LPN), Registered Nurse (RN), and Human Services programs. These educational opportunities can help develop the local healthcare workforce and provide pathways into high-demand professions.

MindSpring continues to offer free mental health education classes, increasing awareness and understanding of mental health concerns and available support services. Capstone Behavioral Healthcare also utilizes grant funding to support reimbursement and workforce-related initiatives.

Numerous grant opportunities are available to support healthcare providers serving rural communities, including dental providers. These funding opportunities may help address workforce shortages, expand services, and improve access to care in underserved areas.

Progress Industries (PI) reports ongoing staffing needs. Additional healthcare workforce shortages have been identified at Newton Correctional Facility and Veterans Affairs (VA) facilities, which also report a need for nurses.

Continued investment in education, professional development, training programs, and financial assistance will be important to strengthening the healthcare workforce in Jasper County and surrounding rural communities.

2. Recruitment and Retention

Recruitment and retention of qualified healthcare and behavioral health professionals remain significant challenges in Jasper County. JCCC promotes job openings through social media and coalition meetings to increase awareness of employment opportunities and connect organizations with potential candidates.

Capstone Behavioral Healthcare has incorporated internships into its workforce recruitment efforts and reports that internships have been an effective strategy for identifying and recruiting potential employees. These

opportunities allow students and emerging professionals to gain practical experience while helping employers develop a pipeline of qualified candidates.

MercyOne Newton Medical Center and long-term care facilities throughout the area continue to seek healthcare staff. Coalition members have reported persistent shortages of nurses and mental health providers, affecting organizations' ability to maintain staffing levels and meet community needs.

Organizations are using several strategies to improve recruitment and retention, including sign-on bonuses, employee retention bonuses, and financial support for continuing education. One provider reported paying for continuing education to help employees advance their training and become nurses. Such initiatives may encourage professional growth, improve employee satisfaction, and support long-term retention.

Despite these efforts, workforce shortages continue to affect healthcare, mental health, substance use treatment, and long-term care services. Continued collaboration among employers, educational institutions, and community organizations will be necessary to strengthen recruitment pipelines, support career advancement, and improve employee retention.

3. Technology

Technology continues to support healthcare delivery, community referrals, and administrative operations throughout Jasper County. However, opportunities remain to improve coordination among providers and expand access to technology-supported services.

Thrive Iowa has a system designed to connect community referrals among participating organizations. Jasper County has explored the potential use of this system, but the program has not yet been implemented locally. Adoption could improve referral coordination, communication among providers, and connections between residents and appropriate services.

Capstone Behavioral Healthcare is transitioning to a new electronic medical record (EMR) system. According to Julie Smith, Capstone also completes many therapy and medication management appointments through telehealth. Virtual visits can improve convenience and help reduce transportation barriers for some clients.

Telehealth use has expanded across the healthcare sector, with medical providers conducting more visits remotely. These services may be particularly beneficial for residents in rural communities who experience transportation challenges or have difficulty accessing in-person appointments.

The Jasper County Health Department reports that, since the COVID-19 pandemic, staff have been able to work remotely from a variety of locations through technology platforms such as SharePoint, IRIS Online, and the Iowa Disease Surveillance System (IDSS), which supports communicable disease investigation and related public health activities. These systems help staff maintain access to information and perform essential public health functions.

MercyOne Newton Medical Center has also undertaken an Emergency Department remodeling project to support its healthcare operations and patient care environment.

Ongoing technology priorities include exploring implementation of a coordinated community referral system, supporting the transition to updated electronic medical records, maintaining secure and reliable digital systems, and continuing to expand telehealth where appropriate. Ensuring that residents have access to reliable internet

service and the technology needed to participate in virtual appointments will remain important to equitable access to care.





ASAM 3.5 Residential Treatment
1-800-639-0069
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Hickory Recovery Network provides residential treatment for adults struggling with substance use disorder and co-occurring mental health conditions. Through structured programming and care that exceeds clinical standards we've helped nearly 10,000 adults graduate.

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Safety | SMART Recovery | MAT

Apply in person or by phone!
2309 Euclid Ave Des Moines, IA
515-286-3655



Polk County Supplemental Foods

Serving Polk, Boone, Dallas, Jasper, Story & Warren Counties

**Free delivery available
for those with
transportation or medical
issues!**

Polk County Supplemental Foods is a program which provides free shelf stable food, once per month, to seniors who meet eligibility guidelines.

SUPPLEMENTAL FOOD FOR SENIORS

The Commodity and Supplemental Foods Program serves persons **60 years of age or older**. This does not include disabled people under 60 years of age. A person must reside within the geographical boundaries of **Polk, Warren, Jasper, Dallas, Story and Boone Counties**.

A person must meet the following income eligibility guidelines established by the United States Department of Agriculture as follows:

FAMILY SIZE	GROSS ANNUAL	GROSS MONTHLY
1	\$20,748	\$1,729
2	\$28,132	\$2,345
3	\$35,516	\$2,960
Additional member add:	+\$7,384	+\$616

Use gross amounts on all forms of income.

FOODS RECEIVED: Shelf stable milk, non-fat dry milk, rice or pasta, ready-to-eat cereal, farina, or oatmeal, peanut butter or dry beans, canned meat or fish, bottled juices, canned fruits, canned vegetables, and cheese.

POLK, DALLAS, JASPER, WARREN, STORY AND BOONE COUNTIES

Apply in person at the location listed below or call the office to apply over the phone. Proof of age is required. Delivery is available for those with medical or transportation issues..

LOCATION: 2309 Euclid Ave., Des Moines, IA 50310.

DAYS OPEN: Monday through Friday. **Closed** the last two working days of every month, weekends, and County Holidays.

HOURS: 8:00 am to 4:30 pm

PHONE: 515-286-3655 or Toll Free at 1-877-288-3655.

“A Service of the Polk County Department of Community, Family & Youth Services”

“The USDA is an equal opportunity provider and employer”



Polk County Supplemental Foods Program

Date: _____

Applicant Name: _____

Address: _____ Apt: _____ City: _____

County: _____ State: _____ Zip Code: _____

Phone: (_____) _____ Birth Date: _____ Sex: Male ____ Female ____

Do you need your food package delivered? Yes ____ No ____ Email: _____

***If you marked YES for delivery, you are authorizing Polk County, its volunteers, or a 3rd party contractor/vendor to deliver your food package to you. Additionally, you agree to receive text and/or email updates about your delivery.**

****Note: Due to time constraints, Delivery may be to a central location in your area and not directly to your door. It is your responsibility to make arrangements to pick up your food package at those locations.**

The racial/ethnic data is used for statistical reporting only and does not affect the determination of eligibility in this program. Please list each household member separately along with their income. Total household members _____

Applicant:

What is your race? (Check all that Apply)

☐	American Indian or Alaska Native
☐	Asian
☐	Black or African American
☐	Native Hawaiian or Other Pacific Islander
☐	White

Are you Hispanic or Latino? (Check one) Yes ____ No ____

Preferred Language: _____

What is your monthly income and source?

Amount: _____

☐	SSA	☐	Employment
☐	SSI	☐	Other

Household Member(s):

Name: _____

Birth Date: _____

What is your race? (Check all that Apply)

☐	American Indian or Alaska Native
☐	Asian
☐	Black or African American
☐	Native Hawaiian or Other Pacific Islander
☐	White

Are you Hispanic or Latino? (Check one) Yes ____ No ____

What is your monthly income and source?

Amount: _____

☐	SSA	☐	Employment
☐	SSI	☐	Other

PROXY

If there is someone you would like to add to your account as a proxy and allow them to pick up food for you, please fill out the information below. This permission will last until it is withdrawn by the applicant.

I authorize _____ to act as my representative (Proxy) in regards to picking up my commodity foods.

Applicant Signature: _____

CSFP Written Notice of Beneficiary Rights

Name of Organization: Polk County Supplemental Foods

Because The Commodity Supplemental Food Program (CSFP) is supported in whole or in part by financial assistance from the Federal Government, we are required to let you know that:

1. We may not discriminate against you on the basis of religion, a religious belief, a refusal to hold a religious belief, or a refusal to attend or participate in a religious practice;
2. We may not require you to attend or participate in any explicitly religious activities (including activities that involve overt religious content such as worship, religious instruction, or proselytization) that are offered by our organization, and any participation by you in such activities must be purely voluntary;
3. We must separate in time or location any privately funded explicitly religious activities (including activities that involve overt religious content such as worship, religious instruction, or proselytization) from activities supported with direct Federal financial assistance; and
4. You may report violations of these protections, including any denials of services or benefits by an organization, by contacting or filing a written complaint with the

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights Executive Director
Center for Civil Rights Enforcement
1400 Independence Avenue SW
Washington, DC 20250-9410, or by email to program.intake@usda.gov

5. If you would like to seek information about whether there are any other federally funded organizations that provide these kinds of services in your area, please contact:

The USDA Hunger Hotline:

- **By Phone: 1-866-3-HUNGRY or 1-877-8-HAMBRE** to speak with a representative from 7:00 AM – 10:00 PM Eastern Time.
- **By Text: 914-342-7744** with a question that may contain a keyword such as “food,” “summer,” “meals,” etc. to receive an automated response to resources located near an address and/or zip code.

This written notice must be given to you before you enroll in the program or receive services from the program, unless the nature of the service provided or exigent circumstances make it impracticable to provide such notice before we provide the actual service. In such an instance, this notice must be given to you at the earliest available opportunity.

JASPER COUNTY **HUNGER RELIEF**



NEWS RELEASE

FOR IMMEDIATE RELEASE

October 9, 2026

Jasper County Hunger Relief Meal Packaging Event

NEWTON, Iowa – Lynnville Friends Church will host the Jasper County Hunger Relief meal packaging event on Saturday, November 7, 2026.

The Jasper County Hunger Relief Board has partnered with The Outreach Program and has packaged a variety of new meals. Each team participates in an assembly line that package simple nutritious meals following safety and health guidelines.

Volunteers are asked to form a team of twelve people for one hour of time, and a donation of \$35 per person or \$420 per team. Each team will assemble enough meal packages to serve 288 local families with food insecurity. All donations will help cover the costs for the ingredients of the meals packaged.

Contact Bill Bennett by email at jaspercohunger@gmail.com or by phone at 515-257-6460 to reserve a one-hour time slot for your team starting at 9 am. The deadline to register is Sunday, November 01, 2026.

Everyone is encouraged and invited to participate in this community service event. This includes youth groups, service clubs, businesses, church groups, and individuals..

Jasper County volunteers have packaged over 700,000 meals at local events. The meals are primarily distributed locally in the Jasper County area through food banks, blessing boxes, other non-profits, and churches.

Jasper County Hunger Relief is a 501(c)(3) tax-exempt nonprofit corporation dedicated to the goal of reducing hunger and food insecurity. Our approach to achieving this goal is the packaging of highly nutritious, vitamin-fortified meals by volunteers at locations around Jasper County, and the distribution of those meals to food insecure children and their families.

OCTOBER 2026

Jasper County Senior Nutrition
2401 1st Ave E. Newton, IA 50208
641-792-7102
Fax: 515-631-5173
E-Mail: kvanmanen@jasperia.org



Providing Congregate and Home Delivered Meals in Jasper County

Low-Income Home Energy Assistance Program (LIHEAP)

Applications will be available starting October 1, 2026 for households with elderly/disabled members (applications for other households will be taken starting November 1) for the 2026-2027 Low-Income Home Energy Assistance Program (LIHEAP). The program is funded by the Department of Health and Human Services through the Iowa Department of Human Rights/DCAA, and has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs. Applicants will need to furnish some form of identification, a copy of their most recent heating and electric bill, telephone bill, and proof of all household members' gross income for the past 30 days or the past calendar year. This program is not designed to pay a household's total energy costs. The program will provide supplemental assistance based on several factors. This is a one-time payment to your energy provider. Impact Community Action Partnership can be contacted at 515-518-4770.

OTHER REMINDERS:

***Thursday, Nov. 26 & Friday, Nov. 27: CLOSED for Thanksgiving**

***To find out what activities are taking place at the congregate sites, call 641-792-7102.**

***If you live in Newton, Colfax or Monroe and have transportation, you are encouraged to attend the congregate sites for your meal. Meals are served at 11:30 AM.**



October 2026

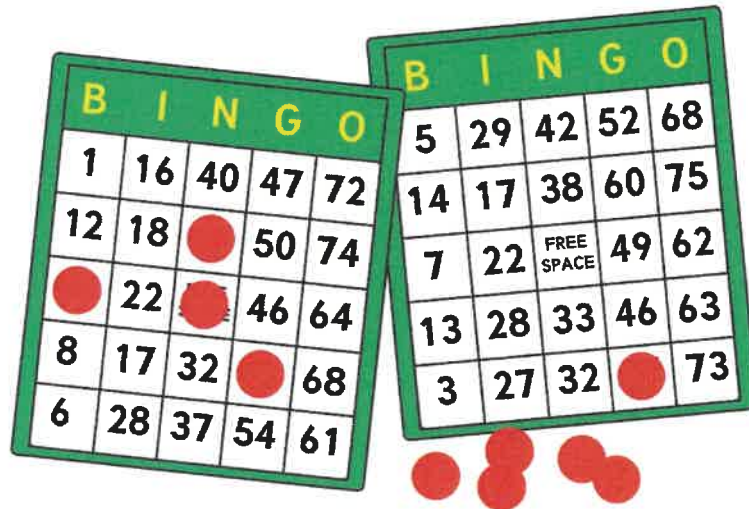
Monday	Tuesday	Wednesday	Thursday	Friday
MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS *MEMORIALS	Meals may be picked up in Newton, Colfax and Monroe if you would prefer not to have them delivered. Call 641-792-7102 to make arrangements.	TO ORDER OR CANCEL A MEAL, CALL 641-792-7102. DO NOT TEXT THIS NUMBER.	1 Tuna Casserole Cabbage, Carrots, & Onion Applesauce Pumpkin Bar	2 Minestrone Soup 1/2 Grilled Cheese Sandwich Fruit Apple Crisp
5 Sweet & Sour Chicken Brown Rice Asian Blend Vegetables Pineapple	6 Pork Chop Au Gratin Potatoes Peas & Pearl Onions Pears	7 Chef's Choice Cheeseburger Carrots Potato Salad Cherries	8 Breakfast Casserole Carrots Fruit & Yogurt Parfait Blueberry Muffin	9 Chef's Salad Crackers Grapes Lemon Mousse ALL COLD MEAL
12 Green Pepper Casserole Parslied Cauliflower Berry Cup Cookie	13 Baked Fish Hashbrown Bake Green Beans Pears Opt. B: Ham & Veggie Omelet	14 Aloha Chicken Cheddar Mashed Potatoes Brussels Sprouts Pineapple	15 Lasagna Bake Peas Garlic Bread Banana	16 Chili Salad Diced Pears Cinnamon Rolls
19 Swiss Steak with Tomatoes Brown Rice Beets in Orange Sauce Dinner Roll Tropical Fruit	20 Scalloped Potatoes & Ham Green Beans Banana	21 French Onion Meatloaf Mashed Potatoes Peaches Fruit Crisp	22 White Chicken Chili Carrots Mango & Pineapple Blueberry Lemon Cake	23 Tuna Melt Peas Fruit Cocktail Apple Crumb Bar
26 Ham & Veggie Omelet Carrots Strawberries Dessert	27 Herb Baked Fish Potatoes Corn Dinner Roll Banana Opt. B: Turkey & Cheese Sandwich	28 Chef's Choice Hotdog Baked Beans Chips Fruit Cup	29 Almond Poppy Seed Turkey Salad Sandwich Carrots Black Bean & Corn Salad w/ Tortilla Chips Orange- ALL COLD MEAL	30 Goulash Broomstick Frog Eye Salad Bewitched Spiced Apple Frankenstein Pudding Cup Halloween Meal

Milk offered with all meals. Whole wheat bread available upon request. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Signature



Jasper County Senior Nutrition
2401 First Ave E. Newton, Iowa
www.jasperia.org>Departments>Senior Nutrition
E-Mail: kvanmanen@jasperia.org



12:15-1:15 PM

FRIDAY, OCTOBER 16

FRIDAY, NOVEMBER 20

FRIDAY, DECEMBER 18

LOCATION: 2401 1st Ave. E. Newton

Sponsored by Newton Village

Call 641-792-7102 for more information

Proudly Serving Newton and Jasper County

Older adults in search of a helping hand at home, a place to spend the day making meaningful connections, or a new home to settle into for the next chapter of their life can find what they need with WesleyLife.



Park Centre

A WESLEYLIFE COMMUNITY

A WesleyLife community for healthy living, Park Centre in Newton provides residents with a full continuum of lifestyle options and life-enriching amenities under one roof.

We offer:

- An emphasis on **wellness** that goes beyond physical exercise
- **Amenities** including a library, coffee shop, woodworking shop, wellness center, and more
- A variety of **dining options** to suit every preference
- **Activities** and opportunities for social connection
- A **team** of caring, engaged professionals



Willowbrook

A WESLEYLIFE ADULT
DAY CENTER

Located on the Park Centre campus, Willowbrook Adult Day Center ensures individuals who need assistance and involvement during the day enjoy a sense of independence while receiving support and encouragement.

Our person-centered care includes:

- **A relationship-focused approach** that prioritizes respect, empathy, support, trust, and humor.
- **Exercise** for mind and body with total health and well-being in mind
- **Programming and amenities** including music therapy, pet therapy, and memory screening and assessments



WesleyLife

AT HOME

WesleyLife at Home offers the support many individuals need to pursue a life of dignity, comfort, and independence, right in their own home.

Our at-home offerings include:

- **Non-Medical In-Home Services:** Extra support with activities of daily living or household tasks
- **Home Health:** Routine medical care including chronic condition management, medication assistance, therapies, and more
- **Palliative Care:** Comfort-focused care to accompany ongoing treatment of a chronic diagnosis
- **Hospice:** Compassionate end-of-life care

Connect with the WesleyLife network.

To learn more about any of our offerings in Newton and Jasper County, visit wesleylife.org or call us at (641) 791-5000.

Emergency Community Water Assistance Grants

What does this program do?

This program helps eligible communities prepare for, or recover from, an emergency that threatens the availability of safe, reliable drinking water.

Examples may include:

- Drought or flood
- Earthquake
- Tornado or hurricane
- Disease outbreak
- Chemical spill, leak, or seepage
- Other disasters

Note: A federal disaster declaration is not required.

Who can apply?

- State and local governmental entities
- Nonprofit organizations
- Federally recognized Tribes



Emergency Community Water Assistance Grants

What is an eligible area?

- Rural areas and towns with populations of 10,000 or less, including Tribal lands and colonias in eligible areas.
- The area must have a median household income less than the state's median household income for non-metropolitan areas.

To see if your area is eligible visit this website:

tinyurl.com/WEPRuraleligibility

How can funds be used?

Water source grants can be used to construct a water source, intake or treatment facility. The maximum amount for water source grants is \$1 million.

Water distribution systems grants can be used to:

- Construct waterline extensions
- Repair breaks or leaks in existing water distribution lines
- Perform water line maintenance necessary to replenish the water supply
- Purchase or maintain water storage tanks

The maximum amount for the distribution systems grant is \$150,000.

Are matching funds required?

No, however partnerships with other federal, state, local, private, and nonprofit entities are encouraged.

How do we get started?

Contact your local state office. A list is available at this website:

tinyurl.com/RDStateOffices.

Applications are accepted year round and may be filed electronically using RD Apply (available at this link: rd.usda.gov/programs-services/rd-apply) or at your local state office.

Who can answer questions?

Your local USDA Rural Development office can help. A list of offices is available at this link:

tinyurl.com/RDStateOffices.

What law governs this program?

- Code of Federal Regulation, 7 CFR 1778, available at this website: tinyurl.com/Ch17CFR1778
- Section 306A of the Consolidated Farm and Rural Development Act, available at this website: tinyurl.com/FarmandRDAct

NOTE: Because information changes, always consult official program instructions or contact your local USDA Rural Development office for help. A list is available at this link: tinyurl.com/RDStateOffices. You will find additional RD program resources at rd.usda.gov. Information about other USDA programs and services is available at this link: ask.usda.gov/s/. USDA is an equal opportunity provider, employer, and lender.

Last Updated July 2025



WAYS PROGRAM

WAYS is a scholarship program for eligible youth to help cover costs for a multitude of activities, including, but not limited to, sports registration, band, dance, and other recreational programs.

The WAYS scholarship can provide up to \$100 per child, and has a limit of \$200 per household. This program is available to residents of Boone, Jasper, Marion, Polk, and Warren counties.



How To Qualify

To receive a WAYS scholarship, the child must be under 18 and living in one of IMPACT service counties (Boone, Jasper, Marion, Polk, and Warren). Your household income must be at or below 200% of the Federal Poverty Level to qualify.

How To Apply

- Reach out to IMPACT to schedule an appointment. Call 515-518-4770 or email info@impactcap.org.
- If funding is available, you will be asked to provide the following:
 - Identification for all household members
 - Proof of the last 30 days of income or the previous year's income
 - Invoice, estimate of the cost of the program, or registration form



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 2026-27 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, 2027.

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	\$31,920
2	\$43,280
3	\$54,640
4	\$66,000
5	\$77,360
Add \$11,360 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 2026-27 Low-Income Home Energy Assistance Program (LIHEAP) season, the IMPACT team will be available at various partner locations in Jasper County to accept applications from households that would like to apply in person*.

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



NEWTON PUBLIC LIBRARY

FRIDAY, OCTOBER 9TH, 2026

100 N 3rd Ave W, 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, OCTOBER 13TH, 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

THE GATHERING PLACE

TUESDAY, OCTOBER 20TH, 2026

113 S Monroe St. Monroe, IA 50170

9:00 AM - 2:00 PM

Appointments Available 9:00 AM - 12:00 PM

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

GRACE FOOD PANTRY

MONDAY, OCTOBER 26TH, 2026

1620 N 11th Ave E, Newton, IA 50208

9:00 AM - 2:00 PM

Appointments Available 9:00 AM - 12:00 PM

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

Please be aware that to apply early in the month of October, someone in your household must meet **one or more** of the following criteria:

- Elderly (60+)
- Disabled
- Experiencing a utility related emergency
 - disconnect notice or disconnected utilities
 - past due payment arrangement
 - Low or Empty Propane
 - Non-Working Furnace

*Home visits are also available for those that qualify!

In need of transportation to one of these events? Call HIRTA: 877-686-0029



REGISTER TODAY



Join us this Fall for a workshop, after school club or join a new YMCA team. From Prek-Middle School, we have something for everyone.

To participate, youth must be registered in our DAXKO system.

NO PLACE, LIKE THIS PLACE



LEGO Club
Instructor guided lessons
\$20-\$30
Tuesdays in Oct.
4-5pm



Homeschool Enrichment Class
\$30-\$40 per month
Tuesdays
11am-12:30pm



October Paint Along Workshop
Oct. 22nd
5-6:30pm



Cake Decorating Workshop
Oct. 15th
4:30-5:10pm or
5:30-6:10pm



Drone Engineers Workshop
\$20-\$30
Nov. 10th
6:30-7:30pm



Next Up Youth Media Program Sign Ups Now Open



Felt Fall Keychain Workshop
Oct. 8th
free to Y Members
5:00-8:00pm



Maker Mondays Weekly Crafts & Games Hangout at the Y, Youth Center
free to Y members
5pm-8pm

Family & Community Advancement Department
(641) 792-4006 cookie.fuzell@newtonymca.org Newton YMCA



Vote in person for your faves

BOOK CHARACTER PUMPKIN DECORATING CONTEST

**Entries Accepted
October 15-20**

Our annual pumpkin decorating contest is back! Decorate a pumpkin or gourd as your favorite book character. Pumpkins may be painted, dressed, or accessorized, **but not carved. Please note that pumpkins that have holes in them go bad very quickly, so painting and accessorizing works best for this contest.** Categories: Family/Classroom and Independent Child and Teen categories. Independent child & teen entries will be divided into age categories (4-7, 8-12, & 13-18) with prizes awarded to top 3 in each category. The public will vote for winners in all categories October 21-27, with winners announced on Oct 28! Prizes to the top 3 in each category.

Pumpkins will be accepted in these 3 Categories:

Family or Classroom
(group project, pumpkins made with extensive adult assistance, please enter this category)

Independent Child & Teen
(three age groups within the category)
Child creates pumpkin with adult supervision only



Newton Public Library

100 N 3rd Ave W.
Newton, Iowa 50208 | 641-792-4108
www.newtongov.org/90/Library

Chess Club for Kids

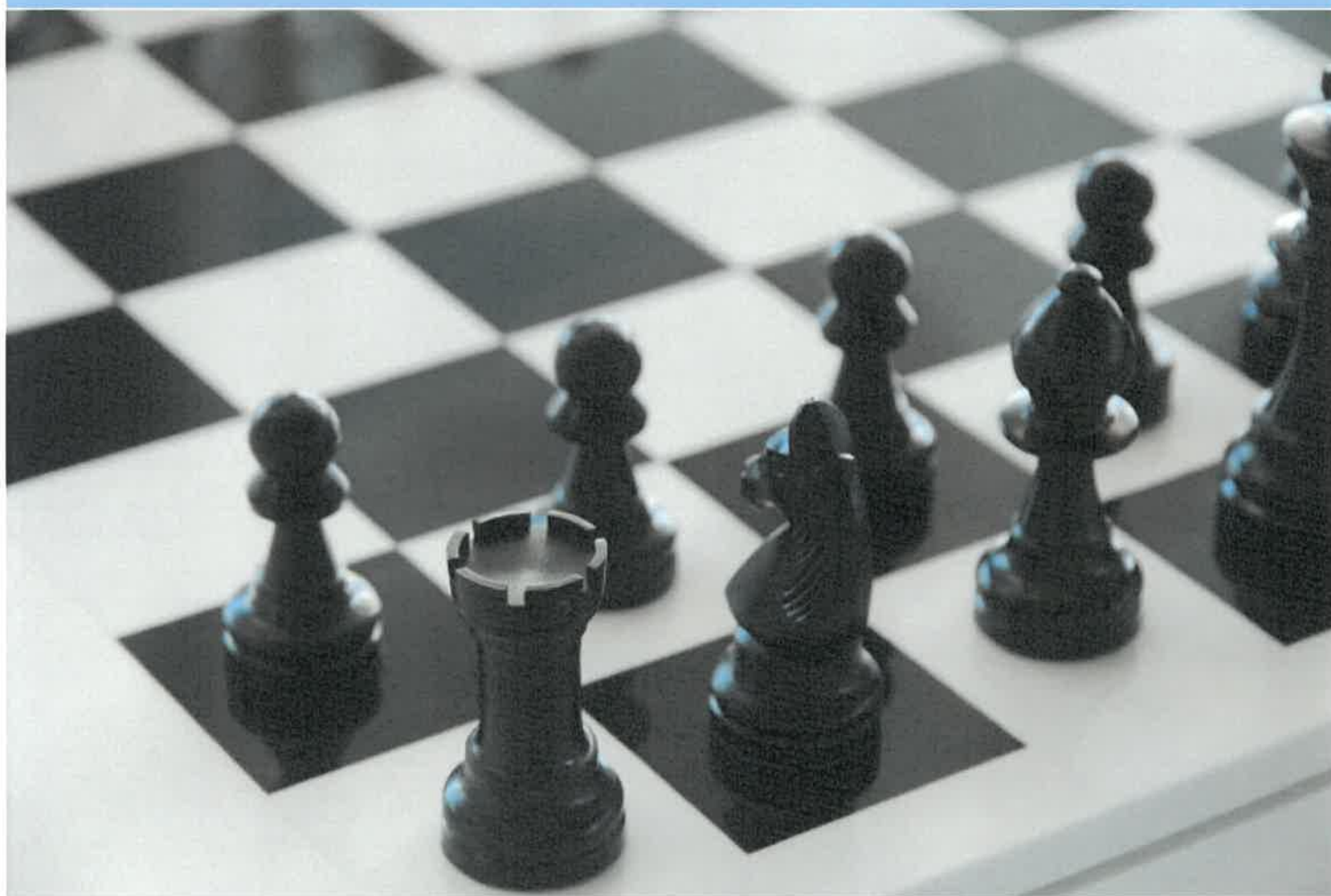
Meets October 12, October 26, November 2, November 16 and December 7

3:00 to 4:30 p.m. for each session

All sessions will take place in the Teen area of the Library except Nov. 2, which will be in the meeting room

A Chess club for Kids in 1st grade to 6th grade! Come learn how to play chess from library staff member Bill Bennett, or connect with other kids if you already know how to play.

No registration required.





HOMESCHOOL Learning

Wednesday, October 28th at 1 p.m.

Intro to how to use the Library for Homeschool students in grades K-6, please call the library to register at 641-792-4108.

Siblings outside of this age group are welcome to attend, but the activities are geared towards the K-6 age group at this event.

We will learn about looking books up on the Newton Public Library's catalog, how to place a hold, Dewey Decimal basics and more!

Program will be start in the Library meeting room and then we will explore the Library and practice our Library skills.



Newton Public Library

100 N 3rd Ave W.
Newton, Iowa 50208 | 641-792-4108
www.newtongov.org/1149/Library

TODDLER STORYTIME

An illustration of autumn-themed elements including two orange pumpkins, several colorful leaves in shades of purple, red, yellow, and pink, and an open book at the bottom. The background is a light beige color.

**AGES 18 MONTHS TO 36
MONTHS WITH A
CAREGIVER**

**Every TUESDAY in
October at
10:30 a.m.**

In the Storytime Room

Storytime includes books,
music and a simple craft.
Siblings are welcome.

**No registration
required**

Questions? Contact Youth Services Librarian Phyllis Peter at 641-792-4108

**GET TO
KNOW** **Newton**
PUBLIC LIBRARY

Newton Public Library

100 N 3rd Ave W.
Newton, Iowa 50208 | 641-792-4108
www.newtongov.org/90/Library

Baby Storytime

Meets every Monday in
October at 10:30 a.m. in the
Storytime
Room

Baby Storytime is for newborns up to 18 months with a caregiver. Siblings are welcome. Meets in the Storytime room. Enjoy this special time bonding with your child through music, rhymes and stories. Connect with other parents in the community!



Music, stories,
rhymes & open
playtime at the end



GET TO
KNOW **Newton**
PUBLIC LIBRARY

Newton Public Library

100 N 3rd Ave W.
Newton, Iowa 50208 | 641-792-4108
www.newtongov.org/1149/Library



Preschool Storytime

Meets every
Thursday in October
at 10:30 a.m.

For ages 3 to 5 with a caregiver.
Siblings are welcome, no registration
required. Storytime consists of stories,
music and a simple craft.



mindspring
MENTAL HEALTH ALLIANCE

OCTOBER MENTAL HEALTH WEBINARS

Local experts, trusted sources: Our 60-minute mental health education webinars are free to attend & everyone is welcome! Attendance certificates and webinar recordings are provided.

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

October 1 | Understanding Intergenerational Trauma & Substance Use NEW

Why do unhealthy patterns sometimes repeat across generations? Why do some people turn to substances to cope with emotional pain? And how can families begin to break these cycles?

This webinar explores the connection between trauma, substance use, and family patterns through an evidence-based, compassionate lens. You'll learn why trauma changes the way people respond to stress, how those responses can influence future generations, and what supports lasting healing. Whether you're supporting a loved one or simply want a better understanding of trauma and addiction, you'll leave with practical knowledge that can be applied in everyday life.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_ZeggZtXbQOI9s3f9Vub7LQ

October 6 | Responding to Difficult Behavior with Confidence

Understanding why difficult behavior is on the rise and what's really happening beneath the surface changes the way we respond to challenging customers. Discuss the causes and types of difficult behavior in the workplace and learn practical tools for emotional regulation and boundary setting using real-life examples, so you'll feel confident knowing what to say and how to say it. This course offers actionable insights and strategies to help you navigate challenging interactions with greater ease and resilience.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_jmakD-27TxGgia_fp3LBew

October 7 | Aging & Mental Health: Understanding Emotional Well-Being, Connection, & Support in Later Life

Aging brings meaningful strengths—wisdom, perspective, and resilience—but it can also introduce emotional challenges that are often misunderstood or overlooked. Explore how mental health changes across the lifespan, how aging-related transitions can affect emotional well-being, and how individuals, families, and communities can respond with awareness, compassion, and practical support. Participants will learn how mental health conditions may look different in older adults, why concerns such as depression, anxiety, loneliness, and grief are frequently under-recognized, and how physical health, social connection, and generational attitudes all influence emotional well-being. The course emphasizes realistic expectations, respectful communication, and early support strategies that promote dignity, independence, and quality of life. Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_UXb_9-0DTPqbqcY7JNmWEQ

October 7 | Understanding Anxiety

Occasional anxiety is an expected part of life, but anxiety disorders involve more than temporary worry. Learn what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, 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_BJNyY1L2TtGa61pF7byxMg

October 8 | Workplace Bullying: What It Is, What It Isn't, and Why It Hurts

This session helps participants clearly understand what workplace bullying looks like, how it differs from normal conflict or feedback, and why it can be so damaging over time. Explore common bullying behaviors, power dynamics, and workplace conditions that allow bullying to continue. Emphasis is placed on validation, clarity, and reducing self-blame. Part 1 in a 3-part series.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_oUxI2T6TQ_m0WOohY_dw7g

October 13 | Understanding Persistent Depressive Disorder

Constant fatigue, low self-esteem, poor concentration, and feeling hopeless puts people at higher-than-average risk for suicide and self-harm, and symptoms can continue indefinitely without treatment. Discuss the signs and symptoms of persistent depressive disorder, what causes it, and who is at risk in this one-hour seminar with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_hO1afy3pRTCuhPBwxalF1w

October 14 | Stress Reset: Science-Based Strategies for Workplace Well-Being

Stress is a universal human experience, but today's world amplifies it in unique ways that previous generations did not face. Explore the science of stress with a licensed therapist and gain clarity about why we feel overwhelmed at times, and why certain situations trigger strong reactions. Learn to identify early signs of burnout and explore practical, science-backed strategies to manage stress in the moment. We'll also cover setting healthy boundaries and developing long-term habits to support lasting well-being.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_e6kbrtT3T9qyyYmkZdazbw

October 14 | Responding in a Mental Health Emergency

This course is designed for anyone who wants to feel more confident supporting someone experiencing a mental health crisis. Whether you've encountered a frightening situation before or worry you might face one in the future, this training focuses on practical, real-life responses. You'll learn how to recognize when someone is struggling, respond calmly and compassionately without making the situation worse, and know when it's time to seek additional help.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_aSWcpJroSsOr8LqDSwPhnA

October 15 | Workplace Bullying: Boundaries, Documentation, and Safe Responses

This session focuses on practical tools for responding to workplace bullying in ways that prioritize safety and emotional regulation. Participants learn how to manage stress responses, use clear boundary language when appropriate, and document concerning behavior. Learn when to engage, when to disengage, and how to make informed decisions about next steps with a licensed therapist. Part 2 in a 3-part series.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_2Av-w-LQTRCp0VoOIEkmng

October 19 | Supporting Kids Through Challenging Divorce Situations NEW

Discuss how to address parental arguments, absent parents, custody battles, children being caught in the middle, and safety concerns. Learn strategies to help children navigate these challenges and ensure their well-being with a licensed therapist. Part 4 in a 4-part series.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_mZvmX3d1SbOw3yQtxxg3ig

October 20 | 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_RChfX6JrST2jmX1utw6KDA

October 21 | Understanding Hoarding: Beyond Clutter

Hoarding disorder is a complex mental health condition rooted in anxiety, distorted thinking, and difficulty making decisions. Explore why letting go can feel overwhelming, how hoarding affects safety and relationships, and what effective treatment involves. We'll also cover animal hoarding and its unique challenges. Participants will learn the key signs of hoarding disorder in easy-to-understand terms & discuss ways for loved ones to support without making things worse. Gain a clearer, more compassionate understanding of hoarding disorder – and practical insights to help reduce frustration & promote safety.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_DTvKjBI0RkORWdK4BKSLdQ

October 21 | Understanding Agoraphobia

Often believed to be a fear of leaving the house, agoraphobia is an anxiety disorder that runs much deeper. Join us to develop a more thorough understanding of what agoraphobia is, what causes it, and how it is treated. Learn tips to manage symptoms and support loved ones with a licensed therapist.

Register here https://us06web.zoom.us/webinar/register/9716886587868/WN_OFkebN8CSAmz4YKoeMN4MA

October 22 | Workplace Bullying: Healing, Accountability, and Moving Forward

Workplace bullying can leave lasting emotional effects for those targeted, for teams, and for organizations. This session focuses on recovery, rebuilding confidence, and protecting long-term mental health — while also addressing support and accountability for individuals who have engaged in bullying behavior. Participants explore what healing can look like on both sides of harm, without minimizing impact or shifting responsibility. Emphasis is placed on emotional repair, behavior change, and realistic paths forward. Part 3 in a 3-part series.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_rwOly77aS2GitpzIXyTlcA

October 26 | Goals of Behavior: Recognizing Children's Goals & Avoiding Power Struggles NEW

Adlerian psychology explains that when children misbehave there are underlying reasons motivating the behavior — wanting attention or control, seeking revenge, or showing a sense of helplessness. Understanding what motivates behavior helps parents and caregivers address the root cause of misbehavior and promote healthier patterns of communication. Discuss the goals of behavior and learn how to respond in ways that benefit the child and to avoid power struggles in this one-hour seminar with a licensed therapist.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_ShHarzk7S3C50JAKT5D3aw

October 27 | Understanding Loneliness and Building 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_uWZgowdNSlynhf7cJxMu-g

October 28 | Understanding Motivation and Procrastination

Almost everyone procrastinates sometimes. But if you continue to put things off, then regret it and feel bad about yourself afterward, it's easy to get caught in a cycle that can have a negative impact on your physical & mental health. Explore the reasons why people procrastinate and learn techniques to get and stay motivated.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_iLT2RdUSyq5UZ2ilFvoxg

October 28 | 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_bzrULaxeSMqIbzxEGXu3Pg

October 29 | Advocating for Mental Health Policy: How Everyday Voices Help Shape Mental Health Decisions at the Local, State, and National Level

Mental health policies are shaped at multiple levels of government—from state legislatures and governors to Congress and the President. These decisions influence funding, access to care, insurance coverage, crisis response systems, and nationwide workforce capacity. This presentation equips participants with practical tools to advocate for mental health across state and federal systems, including how to communicate effectively with legislators, governors' offices, members of Congress, and executive agencies. The course emphasizes respectful, nonpartisan engagement grounded in lived experience, data, and shared values. Participants will leave with clear, realistic strategies for influencing policy without needing political expertise.

Register here

https://us06web.zoom.us/webinar/register/9716886587868/WN_fg3d85FnS1SHnzaRdOV_LQ

System Navigation



Aging and Disability Resource Centers (ADRC)

Scope of Work

- Support for older Iowans, individuals with disabilities and their caregivers
- Connect individuals to services and resources

Eligibility

- No eligibility requirements
- No waiting list
- No wrong door

Length of service

- System navigation for short-term support, up to 3 months

Contact

- Call, text, or chat: 1-800-779-2001
- Email: information@iowacompass.org

Behavioral Health Administrative Service Organization (BH-ASO)

Scope of Work

- Focused on mental health and substance use
- Short-term information and referrals for individuals needing resources
- Administered by Iowa PCA

Eligibility

- No eligibility requirements
- No waiting list
- No wrong door

Length of service

- Short-term support

Contact

- Call, text or chat: 988
- Your Life Iowa- call, text, chat or visit in-person site locations

Thrive Iowa

Scope of Work

- Ongoing navigation for families experiencing crisis in multiple areas
- Convenes cross-sector partners for service coordination on a support team
- Uses HopeHub

Eligibility

- No waiting list
- No wrong door

Temporary Assistance for Needy Families (TANF) guidelines apply

- 200% of the Federal Poverty Level (FPL)
- Citizen or legal status
- Custodial parents, non-custodial parents, caregivers, pregnant persons

Length of service

- About 10 months

Contact

- Make a referral: [HopeHub.io](https://hopehub.io)
- Email: Thrive@hhs.iowa.gov



315 W. 3rd St. N., Newton, Iowa 50208 Website: jasperia.org

9/18/2026

To: Local Media

From: Rebecca Pryor, Jasper County Health Department, Administrator/RN

Jasper County currently has no reported cases of measles. The Jasper County Health Department is monitoring the situation and working with school nurses and daycares to conduct immunization audits and help ensure children are appropriately protected. We encourage everyone to check their MMR (measles, mumps, and rubella) immunization status and talk with their healthcare provider if they have questions about their vaccination history or immunity.

Measles is highly contagious, but vaccination provides strong protection. Two doses of MMR vaccine are approximately 97–99% effective at preventing measles, while one dose is approximately 92–95% effective. Children are routinely recommended to receive their first MMR dose at 12–15 months of age, followed by a second dose at 4–6 years of age.

If you may have been exposed to measles or develop symptoms such as fever, cough, runny nose, red eyes, or a rash, please call your healthcare provider before going to a healthcare facility. Calling ahead allows the healthcare team to take appropriate precautions to protect other patients and staff.

Individuals who are not vaccinated and do not have evidence of immunity may be required to stay home for 21 days following a measles exposure, depending on public health guidance.

The best way to prevent measles is vaccination. Healthcare providers who provide immunizations can help determine whether you need the MMR vaccine.

For additional information, please see the Iowa HHS measles information handout: [Iowa HHS Measles Information Handout](#)

What Iowans should know about Measles



INITIAL SYMPTOMS

7-21 days post exposure

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



RASH

3-5 days after fever onset

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



TRAVEL

21 days before onset

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



MMR VACCINATION

The best way to prevent measles is to get vaccinated.



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



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

WHAT TO DO IF YOU THINK YOU MIGHT HAVE MEASLES



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



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



Stay home until you see your health care provider.

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

Breast Cancer in Iowa



has the **2nd**
highest and fastest
growing rate of cancers
in the U.S.

Finding breast cancer **early**
makes it easier to treat successfully.
Screening is important!



Approximately

3,050 Iowans in 2026

will receive a new breast cancer
diagnosis, making it the second highest
among new cancer cases.



**Cancer
is
complex.**

It can be caused by a mix
of different factors that
are sometimes unknown.



September 1, 2026

RE: Victim Services Programing Changes— Effective October 1, 2026

Dear Community Partner,

Crisis Intervention Services (CIS) is providing this notice regarding changes to our geographic service area and victim service programming that will take effect October 1, 2026.

The Iowa Attorney General's Office, Victim Assistance Section (VAS), has restructured the service areas within Region 5. As a result of this state-directed restructuring, responsibility for several comprehensive victim service programs and counties will transition between Crisis Intervention Services and Family Crisis Center.

Effective October 1, 2026, Crisis Intervention Services will **no longer** provide Comprehensive Sexual Abuse Advocacy or Housing/Emergency Shelter Services in the following counties:

- Appanoose County
- Davis County
- Jefferson County
- Lucas County
- Monroe County
- Wapello County
- Wayne County

Beginning October 1, these services, along with Comprehensive Domestic Abuse Advocacy, will be provided in these counties by Family Crisis Center, based out of Ottumwa.

As part of the same regional restructuring, Family Crisis Center will **no longer** provide Comprehensive Domestic Abuse Advocacy in Jasper, Keokuk, Marion, Mahaska, and Poweshiek Counties. Crisis Intervention Services will assume responsibility for Comprehensive Domestic Abuse Advocacy services in these five counties effective October 1, 2026.

Homicide and Other Violent Crimes Services

The Homicide and Other Violent Crimes (HOVC) Program provided by Crisis Intervention Services **will continue** to serve victims and survivors in:

- Appanoose County
- Davis County
- Jasper County
- Lucas County
- Mahaska County
- Marion County
- Monroe County
- Wapello County
- Wayne County

****There is no change to CIS's HOVC service area as a result of this restructuring.



641-673-0336



help@astopdvsa.org
StopDVSA.org



PO Box 6,
Oskaloosa, IA 52577



Crisis Intervention Services recognizes that changes to service areas can create questions for community partners, referral agencies, law enforcement, county attorneys, hospitals, churches, schools, grantors, and other organizations that work closely with victims and survivors.

Our commitment to providing responsive, trauma-informed advocacy remains unchanged. CIS will work closely with Family Crisis Center and community partners throughout this transition to support continuity of services and minimize disruption for victims and survivors.

We are grateful for the longstanding partnerships and support of the communities, organizations, churches, law enforcement agencies, county attorneys' offices, United Ways, foundations, and other community partners that have worked alongside Crisis Intervention Services. While the geographic areas in which some CIS programs operate are changing, our commitment to victim-centered advocacy and collaboration throughout Southeast Iowa remains strong.

Please update your referral information and internal resource materials effective October 1, 2026, to reflect these changes.

For questions regarding CIS services or our service area after October 1, 2026, please contact Crisis Intervention Services at 641-673-0336 or help@stopdvsa.org.

For questions regarding FCC services or their service area after October 1st, 2026, please contact Family Crisis Center at 800-464-8340 or help@familycrisiscenteriowa.org.

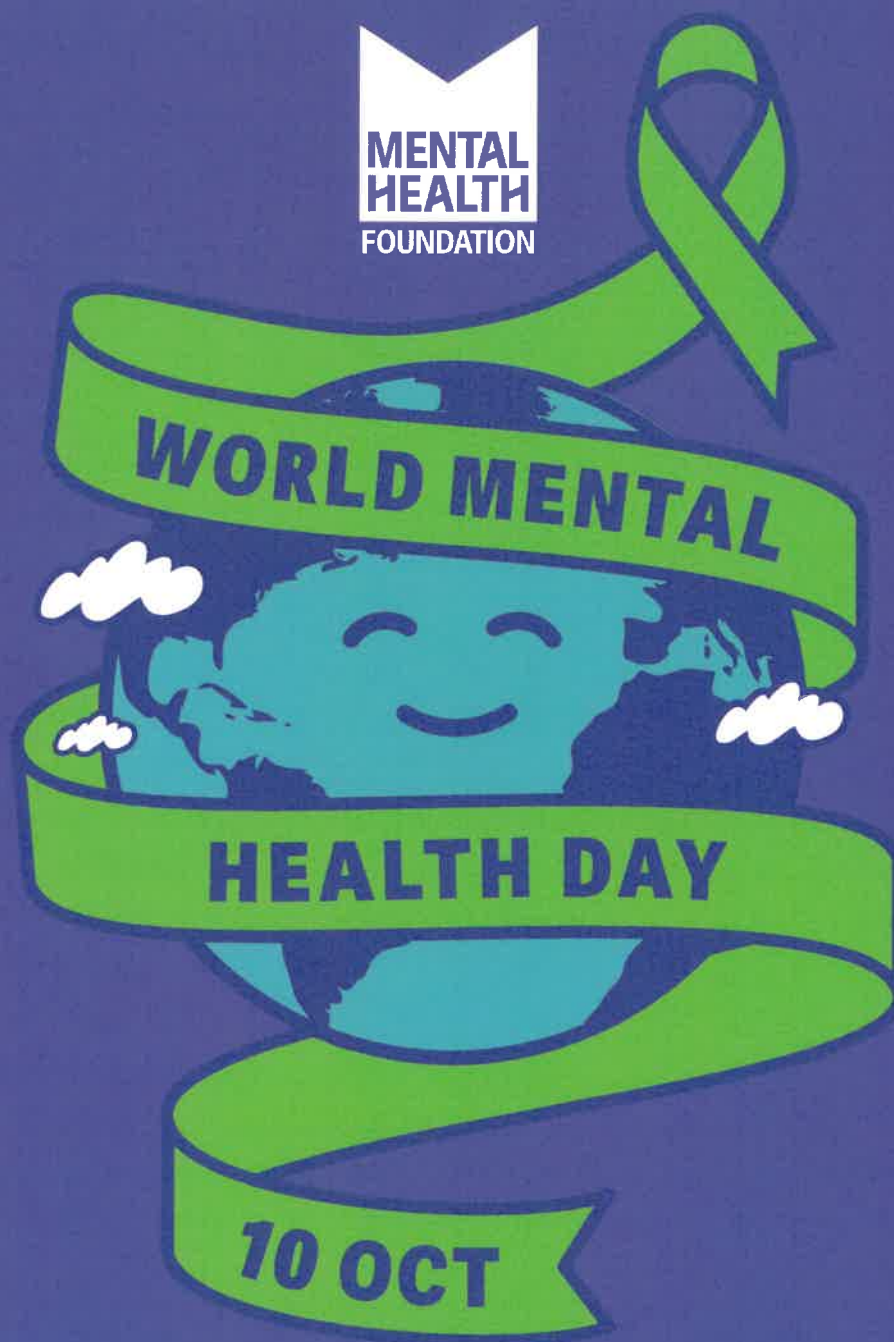
Thank you for your continued partnership and your commitment to supporting victims and survivors in our communities.

Respectfully,

A handwritten signature in blue ink, appearing to read "Pearl Hammes", written in a cursive style.

Pearl Hammes
Executive Director
Crisis Intervention Services
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