Jasper County Cares Coalition Post-Packet 10/14/2026

53 in attendance

Total 53

Jasper County Cares Coalition Meeting Sign In Sheet 10/14/2026			
X	Name	Organization	Email
	Aaron Becker	PCM Schools	abecker@pcmschools.org
	Adam Reiter	WesleyLife Hospice and Palliative Care	areiter@wesleylife.org
X	Aimee Spores	WesleyLife Hospice and Palliative Care	aspores@wesleylife.org
	Alexis Thompson	St. Gregory Recovery Center	Alexis.Thompson@SGIPRecoveryCenter.com
	Ale Del Rio	Ribbons of Hope/Polk County Health Dept.	Alejandra.delrio@polkcountyiowa.gov
	Ally Marshall	Monty Hauls	ally@montyhauls.com
X	Allison Allen	Padadena Villia	allison.allen@pasadenavilla.com
	Allison Graham	Berg Middle School, Newton	grahama@newtoncsd.org
X	Allison Langreck	Innovive Health	ALangreck@innovivehealth.com
X	Alondra Sanchez	Mid Iowa Community Action Agency MICA	alondra.sanchez@micaonline.org
	Alyssa Plunkett	Eunoia Counseling	a.a.kielly@gmail.com
	Amanda McNeeley	Park Centre	
X	Amanda Scalise	IMPACT	ascalise@impactcap.org
	Amanda B. Sinclair	House of Mercy	Amanda.Sinclair@mercyoneiowa.org
	Amber Tompkins	Central Iowa Shelter and Services	atompkins@centraliowashelter.org
X	Amy Blanchard	~~Ahren's Foundation~~ IMPACT	amy@greaterpcf.org
	Amy Smith	Garden Gate Ranch	program.director@gardengateranch.com
X	Andi Borsch	Department of Human Services IHHS,	andi.borsch@hhs.iowa.gov
	Andy Algreen	Algreen Legacy Group	andy@algreenlegacy.com
✓	Angela Barnell	Parent Partners	angelab@cfiowa.org
	Angela Busick	Iowa, Probation/Parole - IDOC	angela.busick@iowa.gov
	Angelica Lequizamo	Ribbons of Hope/Polk County Health Dept.	angelica.leguizamo@polkcountyiowa.gov
X	Angie Glenn	Iowa Legal Aid	aglenn@iowalaw.org
	Angie Van Winkle	Ember	avwinkle@yss.org
	Angie Wells	Capstone Behavioral Health	angiew@capstonebh.com
X	Anna Sciarrotta	Wesley Life	asciarrotta@wesleylife.org
	Annie Boelen	Proteus	annieb@proteusinc.net
	Araceli Roberts	Mid Iowa Community Action Agency MICA	araceli.roberts@micaonline.org
	Ashley Rosenberg	Accura HealthCare	Ashley.Rosenberg@accura.healthcare
	Aster Frommelt	YSS Prep	afrommelt@yss.org
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	Ava Neppl	EFR- Employee and Family Resources	aneppl@efr.org
X	Barb Ranck	EFR- Employee and Family Resources	branck@efr.org
	Becca Decker	Habitat for Humanity, Greater of Des	rdecker@gdmhabitat.org
X	Becky Pryor	Jasper County Health Dept	bpryor@jasperia.org
X	Beila Thompson	Capstone Behavioral Health	beilaf@capstonebh.com
X	Beth Andrew	Quakerdale Family Services	bandrew@quakerdale.org
✓	Betsy Stursma	Iowa Primary Care (PCA)	betsy.stursma@iowapca.org
✓	Bill Ehler	NAMI Central Iowa volunteer	pehler@aol.com
	Brad Shutts	Jasper County Sheriff	bshutts@jaspersheriff.org
	Braydon Chance	The Well, Newton	braydonc7@gmail.com
	Breanna Elliott	Phoenix House- Newton	Breanna.Elliott@phnxhouse.com
	Breeanna Olmstead	Parent Partners	breeanna.olmstead@my.mchs.edu
	Brenda Baird	Hospice of the Midwest	Brenda.Baird@HospiceOfTheMidwest.com
	Brendan Johnson	Immanuel Pathways	bjohnson@immanuel.com
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X	Brooke Holder	Grinnell, Unity Point	brooke.holder@unitypoint.org
	Brooke Ramsey	HIRTA	bramsey@ridehirta.com
	Bruce Showalter	Newton Housing Development	nhdcdirector@gmail.com
	Canice Vos	Sully Christian School	secretary@sullychristian.org
	Cathy Drost	ISU Extension Health and Human Services	cdrost@iastate.edu
	Chelsie Dirksen	Valley Vista Nursing and Rehab	DON@vvrehab.com
	Chelsie Kendall	Progress Industries	Chelsie.Kendall@progressindustries.org
	Cher Harris	Salvation Army	Cher.Harris@usc.salvationarmy.org
	Chloie Rosenbalm	Home Instead	Chloie.Rosenbalm@homeinstead.com
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X	Chris Clark	Optimae Life Services	cclark@optimaelifeservices.com
	Chris Peterson	Baxter Schools	cpetersen@baxter.k12.ia.us
	Christine Dawson	Newton Schools	dawsonc@newton.k12.ia.us
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	Cindy Rybolt	Iowa Legal Aid	crybolt@iowalaw.org

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CM	Connie McQuiston	Jasper County General Assistance	cmcquiston@jasperia.org
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	Courtney Dewey-Broussard	Heart and Solutions	courtneyo@heartandsolutions.net
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	Crystal McElroy	Central Iowa Shelter	cmcelroy@centraliowashelter.org
	Dallas Vander Pol	Newton Schools Thomas Jefferson	vanderpold@newton.k12.ia.us
X	Danielle Kensworthy	Short Years Program, PAT	danielle@shortyears.org
	Danny Schnathorst	HIRTA	DSchnathorst@ridehirta.com
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	Dave Woodcock	The Well, Pella and Newton	davew@thewelliowa.org
	Daveena Surber	Clearview Recovery	daveena.surber@clearviewrecoveryinc.org
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	Jodi Blackford	Crisis Intervention Services	jodib@stopdvsa.org
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	Joseph Herst	Accura Healthcare	Joseph.herst@accura.healthcare
	John Hoyt	Walmart, Newton	JJHoyt.500748.us@walmart.com
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X	Josalyn Vander Molen	Aging Resources of Central Iowa, Jasper	josalyn.vandermolen@agingresources.com
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X	Kelli Van Manen	Jasper County Senior Nutrition	kvanmanen@jasperia.org
	Kelly Sorenson	Newton Schools	sorensonk@newtoncsd.org
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	Kendi McCollum	MercyOne, Newton	kendi.mccollum@mercyone.org
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	Klaudia K Hernandez	Rural Cancer Prevention, UI Public Health	klaudia-hernandez@uiowa.edu
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	Mark Thayer	Newton Clinic	mark@newtonclinic.com
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	Matt Dunsburgen	Lynnville-Sully Schools	mdunsbergen@lshawks.com
	Maya Kellerman	CASA of Iowa, IHHS	mayakellerman3@gmail.com
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	Megan Garrett	Iowa Courts	megan.garrett@iowacourts.gov
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X	Megan Van Beek	Mid-Iowa Community Action Agency	megan.vanbeek@micaonline.org
	Meggan Baird	Hy-Vee Newton	m.baird145@gmail.com
	Melissa Dalton	City of Newton, Council	melissad@newtongov.org
X	Melissa Gary	Jasper County Health Dept	mgary@jasperia.org
X	Mercedes See	Optimae	mlsee@optimaelifeservices.com

	Michael Metts Dr. (Mike)	Mercy One Newton, Pediatrician	michael.metts@mercyone.org
	Michaela Gunsaulus	Lynnville-Sully Elementary School	gunsaulus@lshawks.com
	Michelle White	Aging Resources of Central Iowa	michelle.white@agingresources.com
X	Mikieya Garcia	Accura East	mikieya.garcia@accura.healthcare
	Mindy Clayton	Mid-Iowa Community Action Agency	Mindy.clayton@micaonline.org
	Miranda Caldwell	Newton Village	Miranda.Caldwell@cassialife.org
	Miranda Lopez	Keys to Success	miranda@keystosuccesspella.com
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	Nikki Brain	Gray Moon Public Market	graymoonpublicmarket@gmail.com
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	Penelope Neal	Newton YMCA	pjadeneal@gmail.com
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	Phyllis Peter	Newton Public Library	phyllisp@newtongov.org
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	Rebecca Becky Peterson	House of Mercy, MercyOne, Newton	RPeterson@mercydesmoines.org
	Rebecca McRae	Phoenix House	Rebecca.McRae@phnxhouse.com
X	Rita Baker	Pregnancy Center of Central Iowa	director@pcciowa.com
	Rob Burdess- Chief	Newton Police Department	RobB@newtongov.org
X	Robert "Robbie" Robinson	Discover Hope 517	Robbie@discoverhope517.com
	Roxanne Petersen	NAMI Central Iowa	RPetersen@namicentraliowa.org
	Ryan Benz	Hyvee	rbenz@hy-vee.com
X	Sam Carrell	Central Iowa Shelter and Services (CISS)	scarrell@centraliowashelter.org
	Sam Vazquez	ICC BEHS program	svazquezicc@gmail.com
	Sara Van Wyk	Pella Regional, Sully Clinic	svanwyk@pellahealth.org
SCP	Sarah Patterson	RSVP (Senior Volunteer Program)	patter@iastate.edu
	Sarah Urias	Capstone Behavioral Healthcare	sarahu@capstonebh.com
	Scott Pritchard	Clearview Recovery	scott.pritchard@clearviewrecoveryinc.org
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	Shawn Kinnison	Hickory Recovery Network	s.kinnison@hickoryrecovery.com
	Sheila Henrichsen	Aging Resources of Central Iowa	sheila.henrichsen@agingresources.com
	Sierra Stevens	Mid Iowa Community Action Agency MICA	sierra.stevens@micaonline.org
	Stacey Aldrich	Innovative Counseling & Consulting	saldrichicc@gmail.com
	Stacey Miller	Wesley Life	smiller@wesleylife.org
	Stan Hopwood	Parent Partners	srh.ppa@gmail.com
	Stephani Cummings	Garden Gate Ranch	development@gardengateranch.com
	Stephanie Appleby	CMA, Health Coach	Stephanie.Appleby@polkcountyiowa.gov
	Tami Fairbanks	RN/ EP Coordinator MercyOne Newton	Tammara.Fairbanks@mercyoneiowa.org
	Terra Oaks	Crisis Intervention Services	TerraO@stopdvsa.org
	Tess De Bartolo	IHHS STI program	tess.debartolo@hhs.iowa.gov
	Tim Burns	Volunteer, Least of Saints Ministry	Revtimothyb@gmail.com
	Tim North	Salvation Army Newton	tim.north@usc.salvationarmy.org
	Tim Salmon	Colfax Mingo Schools	tsalmon@colfaxmingo.org
	TJ Decker & Delta	Jasper County Sheriff's Office/ LS SRO	tdecker@jaspersheriff.org
	Todd Schuster	Newton Christian School	principal@newtonchristianschool.com
	Tom Messinger	Newton School District	messingert@newtoncsd.org
	Tom Troxell	Fellowship with Faith Ministry, Homeless	tomtroxell61@gmail.com
	Tracie Backstrom	Short Years, Parents as Teachers (PAT)	tracie@shortyears.org
	Wendy Bingham	Marion County, Healthy Hometowns	wbingham@marioncountyiowa.gov

Jasper County Cares Coalition Meeting Sign In Sheet 10/14/2026

X	Name	Organization	Email
	Eddie Billotears	Capstone BH	
	Gavin Buttermore	Ftwa H/S	gavin.buttermore@hhs.iowa.gov
	~~Mikieya Garcia~~	~~Accura Healthcare~~	~~newton East mikieya~~ garcia@accurahealthcare.
	Michael Mor	Focus	
	Sean Crawford	OCH	
	2 Nursing Students	from William Penn Univ.	

Jasper County Cares Coalition

2026 Awards Nomination Form

Nominee:

Organization:

Choose an Award Below:

- ☐ Volunteer Individual
- ☐ Volunteer Organization
- ☐ Resource Navigator
- ☐ Rising Star
- ☐ Partnership (two or more agencies working together)
- ☐ Community Impact Individual
- ☐ Community Impact Organization
- ☐ Leadership in Action
- ☐ Legacy
- ☐ Other:_____

Reason for the Nomination: _____

_____

_____

_____

Your Name:

Your Email:

Note: One sheet per nomination.

Must meet criteria, which include regular attendance.

JASPER COUNTY
HEALTH DEPARTMENT – IOWA
315 W 3rd St N • Suite 100 • Newton, IA 50208

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.

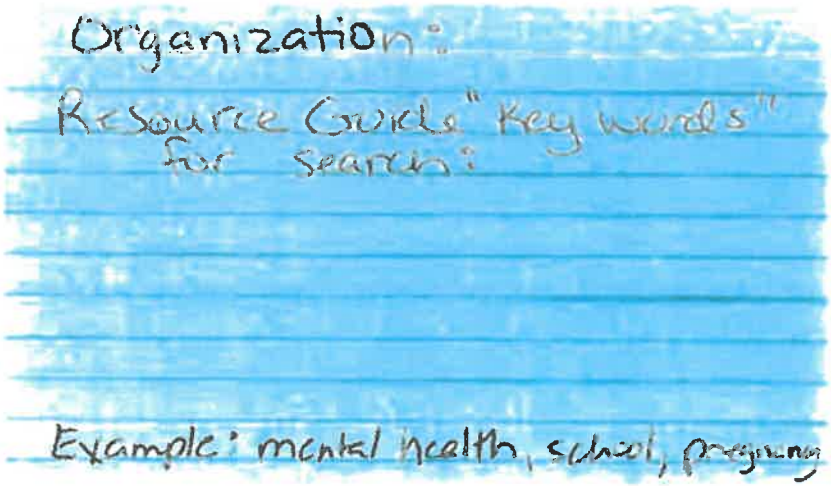
The updated Resource Guide will search **only by the selected keywords**, rather than searching your organization's description. This will help ensure that only agencies providing a specific service appear when that service is searched for in the Resource Guide.

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.

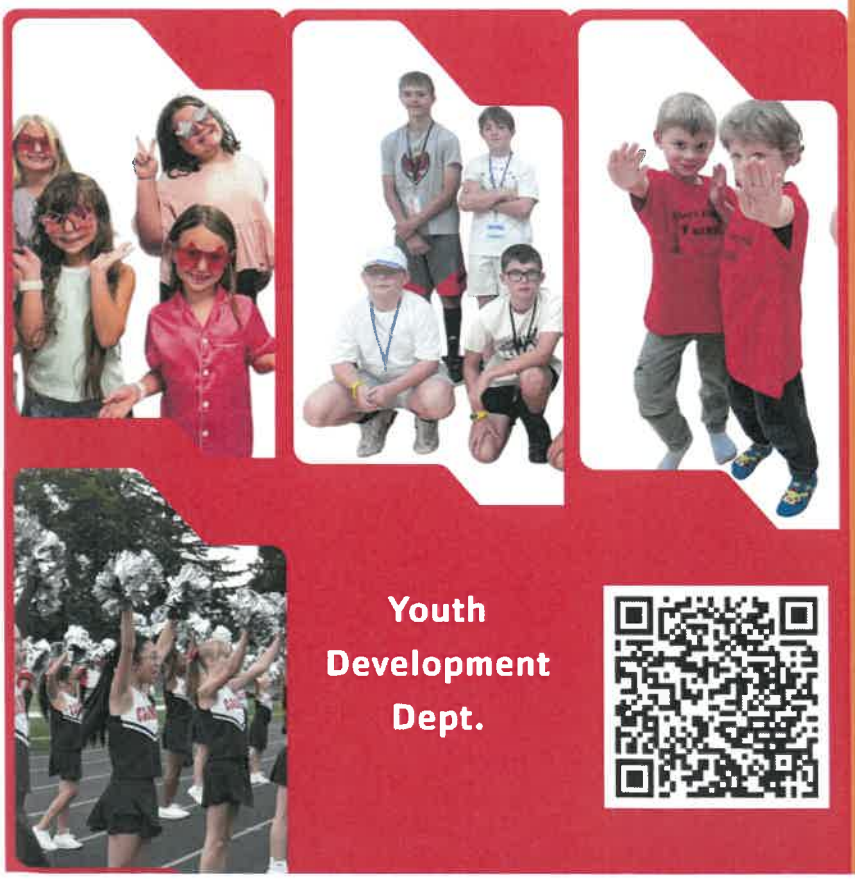
Thank you for helping us make the Jasper County Resource Guide more accurate, useful, and user-friendly!



the YMCA

FALL INTO FUN

FALL CLASS REGISTRATION IS OPEN



Youth Development Dept.

SIGN UP TODAY

- **Cake Decorating**
  October 15th
- **NEXT UP Youth Media**
  Oct. - Dec.
- **Maker Mondays**
  October Mondays
- **Pumpkin Party Costume Contest**
  October 22nd
- **How to Make a Movie Workshop**
  October 24th
- **Free Face Painting**
  October 30th
- **Berg Cheer Squad**
  November 2nd
- **Berg Dance Team**
  November 2nd
- **BIG SISTER NIGHT**
  November 5th
- **Middle School LEGO STEM**
  November 9th
- **Super Hero Academy**
  November 11th
- **A Day at Bloomin' Bakery Workshop**
  November 13th


Wear Pink
October is
Breast Cancer
Awareness Month
JASPER COUNTY
HEALTH DEPARTMENT

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

Free Help to Connect to Behavioral Health Support

You are not alone.

Behavioral Health System Navigators from the Iowa Primary Care Association are here for you.

Free, in-person System Navigation services are now available at **Capstone Behavioral Health.**

Main Office:
1123 1st Ave. E #200
Newton, IA 50208
Tuesdays, 8:30 a.m. - 4:30 p.m.

Connections Office:
306 N 3rd Ave.
East Newton, IA 50208
Thursdays, 8:30 a.m. - 4:30 p.m.



Stop by for FREE help and resources for:

- Mental health concerns
- Alcohol use
- Suicidal thoughts
- Housing & food needs
- Gambling
- Addiction
- Depression
- Drug use

System Navigation services are available to all Iowans free of charge, and there are no insurance requirements.

Please note: Locations, days and times are subject to change.

No judgment.

Just connection to confidential help & support.

Iowa PRIMARY CARE ASSOCIATION

YOUR LIFE IOWA
Iowa HHS

10/13/2026

Dear Community Partners, Friends, and Colleagues,

After much consideration, I have decided to step down as Capstone's Executive Director to prioritize my mental health. Life sometimes brings more than we realize we are carrying, and I found myself overwhelmed by life events. I am grateful to say I am in a better place, and this experience has reinforced what I have always believed: mental health matters, every day, for everyone!

Mental health challenges do not discriminate. They can affect anyone, regardless of their career, responsibilities, or how things may appear on the outside. We must keep breaking the stigma, speaking openly, advocating for one another, and reminding people that asking for help is a sign of strength.

Capstone is needed in our community! I am incredibly proud of how much this organization has grown and of our team, who dedicate themselves to helping others navigate mental health and substance use challenges. After 25 years, I know how important this work is, and I know this community will continue to support Capstone and advocate for accessible, compassionate care.

Thank you to everyone who has collaborated, supported, worked, and celebrated successes, or taken the time to care. Many of you have become more than colleagues; you have become friends. It has been an honor to work alongside you.

As I begin this next chapter, I encourage you to keep advocating, keep checking on one another, and remember that even the people who spend their lives helping others sometimes need help themselves. A simple conversation, a kind word, or asking "How are you really doing?" can make a difference.

And remember, it is figure-out-able. There is always another step, another person to call, or another resource to explore. We do not have to figure it all out alone. I look forward to more time for family, travel, volunteering, and a little relaxation. I will always carry the relationships, lessons, and memories from my years at Capstone with me.

Keep caring. Keep showing up. Keep advocating. And please, take care of yourselves, too. You cannot pour from an empty cup or, as I like to think of it, you can't help everyone else if your own tank is running on fumes. Keep your tank full, so you have something to give to others.

Mental health matters, and so do you. Take care of yourselves, my friends. Keep your hearts open, and keep being part of the solution.

With a grateful heart,

Julie Smith

Email: juliesmith617@icloud.com



Dolly Parton's Imagination Library
Jasper County Books for Little Friends

Jasper County Books for Little Friends

All Children birth to age 5 living in Jasper County are eligible to register for Dolly Parton's Imagination Library. Children will receive an age appropriate book in the mail monthly.

Register your child at: www.imaginationlibrary.com
Click on the red "Check Availability" button (top right corner)
Follow the steps to sign up.

Friends of the Newton Public Library is the sponsoring 501(c)(3) agency for Jasper County Books for Little Friends. Donations to fund the program can be made to: Friends of the Library DPIL
P.O. 302, Newton, IA 50208
booksforlittlefriends@gmail.com

GRANNY BASKETBALL Extravaganza

MUSTANG GRANNIES VS UNITED WAY ALL STARS

HOMETOWN HEROES BASKETBALL GAME

SATURDAY
NOV. 7

BERG MIDDLE SCHOOL

DOORS OPEN
5:30 P.M.
TIP-OFF 6 P.M.

RAFFLE

DESSERT AUCTION
5 SPECIAL DESSERTS
PROCEEDS BENEFIT:

UNITED WAY OF JASPER COUNTY
NEWTON COMMUNITY EDUCATION FOUNDATION
NEWTON POLICE DEPARTMENT
NEWTON FIRE DEPARTMENT
JASPER COUNTY SHERIFF'S OFFICE

DESSERTS
AVAILABLE FOR PURCHASE

FREEWILL DONATION | ALL AGES WELCOME | LOTS OF FUN!

SARAH DAEHLER
641-417-8408
RES REAL ESTATE SOLUTIONS

THE MOOSE FIREPLACE GRILL

KINETIC EDGE PHYSICAL THERAPY

SPONSORS NEEDED!
Contact Jessica at 641-792-1684 or email unitedwayjc@gmail.com if you'd like to sponsor the 2026 Granny Basketball Extravaganza!

HELP A CHILD HAVE THE HAPPY BIRTHDAY THEY DESERVE BY DONATING

Birthday Bags

BRING YOUR BIRTHDAY BAG WITH ITEMS LISTED BELOW TO ANY IOWA REALTY OFFICE BEFORE NOVEMBER 13TH.
IOWA REALTY FOUNDATION WILL DELIVER TO LOCAL FOOD PANTRIES.

EACH BAG SHOULD INCLUDE:

CAKE MIX, PREMADE FROSTING, BIRTHDAY CANDLES, PLATES AND NAPKINS.

OPTIONAL: $15 GIFT AGES 1-18



IOWA | Health and Human Services

No-Cost Vaccines for Adult Patients

Vaccines are routinely recommended for all adults, and they are an essential step in protecting adults against serious, sometimes fatal, infections. Adults who don't have health insurance that covers the cost of vaccines are eligible to receive vaccines through the Iowa Vaccines for Adults Program.

Of Iowa's adult population aged 19–64, about 7.7% (roughly 223,000 individuals) are uninsured and may benefit from this program.

What is the Vaccines for Adults (VFA) program?

The VFA Program provides vaccines at no-cost to eligible adults, increasing protection from vaccine-preventable diseases and reducing gaps in vaccine access. VFA Program vaccines are offered through a network of providers across the state.

Program Eligibility

The VFA Program provides no-cost vaccines for **adults aged 19 years and older** who are **uninsured** or **underinsured**.

- **Uninsured** adults who do not have private health insurance, Medicaid or Medicare.
- **Underinsured** adults who have health insurance, but it does not cover the cost of vaccines without an out-of-pocket cost.

Vaccines Available through the VFA Program

COVID-19	Influenza (flu)	Polio
Hepatitis A	Measles, mumps and rubella (MMR)	RSV
Hepatitis B	Meningococcal	Tetanus, diphtheria, and pertussis (Tdap)
Human papillomavirus (HPV)	Pneumococcal	Varicella (chickenpox)

Learn more about the VFA Program and help connect a patient or client today!

- Most local public health departments are VFA providers.
- Find a current list of VFA providers and contact information by county at **https://hhs.iowa.gov/vfa**.
- Vaccines offered and clinic hours may differ by location; please encourage calling ahead to confirm availability.



Questions? ✉ IowaVFA@hhs.iowa.gov 1-800-831-6293 https://hhs.iowa.gov/vfa | October 2026

Call Jasper Co. Health Dept (641) 787-9224

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



Challenge your mind

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at alz.org/healthyhabits.

ALZHEIMER'S® ASSOCIATION

AGING RESOURCES of Central Iowa
The Experts on Aging

October 2026

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!"
– Winnie the Pooh



Meet Our Team!

Anthony Lee
Data Systems Director

For 23 years, Anthony Lee has been a dedicated part of Aging Resources, bringing curiosity, expertise, and a steadfast commitment to serving Older Iowans. As Data Systems Director, he safeguards the integrity of the agency's data systems, oversees information technology, and tabulates program data. Around the office, Anthony is the go-to guy for phone, computer, reports, and IT—often heard before he is seen, thanks to his familiar whistling. His drive to understand how things work and why helps keep Aging Resources running smoothly and strengthens the agency's ability to serve others every day.

Nutrition, Health and Wellness Activities

Oct 1: 10am Bingocize at the Carlisle Community Center, Carlisle, Warren Co.
Oct 26: 9:30am Spirit Week – Monday Movement at the Pioneer Columbus Community Center, Des Moines, Polk Co.
Oct 27: 10am-2pm Health Fair at River Place, Des Moines, Polk Co.

If you are interested in a presentation or nutrition and wellness education, please contact Stephanie at:
stephanie.labenz@agingresources.com

Outreach: Walk-ins Welcome!

Oct 12: 9am–2pm, WeLift in Indianola, Warren Co.
Oct 27: 10am–12pm, Madison Co. Library in Winterset
Oct 28: 11am-1pm, 60 Forward in Ames, Story Co.

October Awareness: Stay Safe, Stay Informed

This October, we are bringing critical awareness to key issues impacting the safety of our homes and digital lives. As part of Cybersecurity Awareness Month, we encourage everyone to fortify their digital safety and learn how to prevent online fraud. We are also honoring National Domestic Violence Awareness Month, with a special focus later this month on Domestic Violence in Later Life, an often-overlooked issue affecting vulnerable older adults. In line with these safety efforts, we invite you to join our Scam Support Group on October 6th from 2:30 PM to 4:00 PM. The group will meet at the Northwest Senior Center located at 5110 Franklin Ave, Des Moines, IA 50310, offering a safe space to share experiences, learn prevention strategies, and find community support.

"Stronger Than the Scam"

Aging Resources is hosting our very first in-person scam support group for victims and their families. Join us to hear stories, share your own, or simply listen for educational purposes. Together, we can replace shame and isolation with knowledge, confidence, and support.

TUESDAY, OCTOBER 6TH at the Northwest Community Center
2:30-4pm 5110 Franklin Ave, Des Moines, IA 50310

Agency Activities and Presentations

Oct 1: 11:30am - 12:30pm Ankeny Community Education Series at Albaugh Family Community Center, Ankeny, Polk Co.

Oct 2: 2nd Annual Heartland Cognitive Care Collective Summit

Oct 6: 2:30pm – 4pm Stronger Than the Scam Support Group at Northwest Senior Center, Des Moines, Polk Co.

Oct 8: 12pm – 1pm Presentation at Social Work Conference at Wesley Life, Des Moines, Polk Co.

Oct 8: 2pm - 2:30pm Aging Resources Overview Presentation at District 5 Primary Health Care Huddle — Virtual

Oct 12: 11:30am - 12:30pm Aging Resources Overview Presentation at the Nevada Senior Center, Story Co.

Oct 13: 1:30 – 2:30pm Financial Safety Presentation at Central Iowa Shelter Services, Des Moines, Polk Co.

Oct 14: 8am – 2pm Ankeny Expo at the Albaugh Family Community Center, Ankeny, Polk Co.