

The 2002 Iowa Community Health Prize Project Summary of Entries

Category #1

Organization: **Taft Elementary**
Wildcat Workout Teams

Primary Contact: Kathy Mueller
1612 Sullivan Avenue
Humboldt, IA 50548

Project: Our program, "Wildcat Workout Teams" was designed to encourage an increase in exercise and promote a healthier lifestyle. The sixteen participants were divided into four teams (each with four members) whose "exercise points" are tallied and recorded each week. Exercise points are earned through a common chart used by all teams. For instance, a 20-minute walk is worth 3 points, 20 minutes of calisthenics is worth 2 points, etc. the team with the most points at the end of the month wins! Points are also recorded weekly and displayed on a poster in the faculty lounge so that members can easily track their progress and the progress of other teams.

Organization: **Social Concerns Committee**

Primary Contact: Diane Wild
1147 Hartley Drive
Lansing, IA 52151

Project: The Social Concerns Committee is a committee comprised of six people who represent three Catholic parishes (Immaculate Conception Church, Lansing; St. Joseph's Church, New Albin; and St. Mary's Church, Lycurgus) in the far northeast corner of Allamakee County, Iowa. Our first organization meeting was held on February 13, 2001, and in one year we have accomplished a total of eight projects: Our churches are nestled in the hills of Allamakee County and our organization's main purpose is to help financially or in any other way, serve the people of our county. We sponsored a "Farm symposium" on February 2, 2002. All the farmers in the area were invited to attend. It was

advertised on the local radio station as well as the newspapers. The symposium began at 9:00 a.m. and closed at 3:00p.m. The program consisted of a representative of Senator Charles Grassley's, Mary Day, Talking about "The Future of Government Farm Programs," "Bio-Warfare On the Farm," by Patrick Webb, a veterinarian of the Department of Agriculture and Land Stewardship: "the Future of Farming –The Good, the bad and the Ugly1" a group discussion led by Teresa Wiemerslage, Allamakee County Extension Director, "Pitfalls and Good Points of contract/Leasing" by the Iowa State University Extension service, and "Safety Net Ministry" by Rev. Keith Putney. A turkey dinner was served as well as refreshments provided for two breaks. There was no charge t anyone attending, and all expenses were paid through the committee. Approximately 65 people were registered.

Organization: **Battle Creek- Ida Grove Middle School**

Primary Contact: Patrick Anderson
600Chestnut St.
Battle Creek, IA 51006

Project: Project L.E.A.D. is a program focused on working with students between the ages of 10-14. These students have been selected by school staff, guidance counselor, and administration based on the assessment that these individuals are students "At Risk". These students to not qualify for any special programs and almost none of them are involved in any extra-curricular school events. These students receive one on one tutoring in all academic areas and work on respect and social skills for both in school and at home. The students have developed health-related skits and programs to share with elementary level students and used them at the local elementary and public libraries. The students themselves have taken part in substance free workshops put on by our county law enforcement as well as taken part in an anti-tobacco program provided by Horn Memorial Hospital

Organization: **City of McIntire**

Primary Contact: Louise McIntire
601 Wheeler St.
McIntire, IA 50455

Project: Since our city was without a warning system, this was chosen as the most efficient and effective means of notifying everyone within city limits of any imminent dangers to them whether it is weather-related or otherwise. Since we are an agricultural community, there is also a concern regarding chemical spills.

Organization: **Mitchell County Regional Health Center**

Primary Contact: Lori Gross, Public Relations Specialist
616 North Eight Street
Osage, IA 50461

Project: Mitchell County Regional Health Center, a Physician Hospital Organization (PHO), annually plans and coordinates a Children's Health Fair for all third grade children enrolled in Mitchell County schools. The fair includes collaboration from ten additional organizations. Fifteen different learning stations gave students an opportunity to learn how to stay healthy and work and play safety. Some of the learning experiences at the different stations included; bike and helmet safety, nutritional information, asthma, exercise, dental care and self-esteem.

Organization: **(LSS) Lutheran Social Service of Iowa**

Primary Contact: Angela Reed & Jolene Peterson
310 W. Kanesville suite #2
Council Bluffs, IA 51503

Project: The Building Families program strives to ensure all Cass County children will get the best possible start in life. This is accomplished by offering, to all parents in the community, a skilled nursing home visit shortly after hospital discharge. This visit provides assessment of health of newborn and mother, as well as a continued plan for follow up well baby visits and child health care. The nurse also provides education, support and referral to the parents. Each mother and child has an initial health assessment by the nurse to determine need and to prevent readmission to the hospital. For families needing and accepting more intense assistance, additional home visits are made by the social worker, who focuses on the continued health and well being of the child. The social worker provides the parents with child development, information, and referral to other resources needed by the family and support to boost parents'

confidence and help them make good decisions for the family.

Organization: **Grinnell Community Middle School**

Primary Contact: Susan Gallo, RN, BSN
132 East Street South
Grinnell, IA 50112

Project: The Grinnell Middle School Health and Safety Fair is a culminating experience for grades four through eight provided by the organizer of a community wide Red Ribbon Week. It is sponsored annually by Grinnell Middle School, Grinnell Regional Medical Center, Grinnell Mutual Reinsurance Company, and the safe coalition and is actively supported by health care and safety professionals throughout the area. The Fifth annual fair was held on October 26, 2001. The Fair has had no funding source, and is staffed totally by volunteers, from organizers to presenters. It has grown from a half day schedule its first year to all day for the past four years. The purpose of this fair is to heighten awareness of health and safety issues among the youth of Grinnell and to encourage cooperation with and awareness of health and safety professions.

Organization: **Little Rock EMS**

Primary Contact: Phyllis Borer
807 Leland St.
Little Rock, IA 51243

Project: Walk Run Ride 2002 was intended to encourage people of any age group to participate in a program to strengthen their cardiovascular system and promote health and wellness. Realizing that many people associated exercise with expensive training equipment etc. our goal was to show participants that it was possible to reach target zones for lung and heart output without spending a lot of money. Our intended goal was to have 25 people walk, run, or ride bicycles for an accumulated 2002 miles in sixty days. We started our program on Valentine's Day with the EMS members inviting members of the community to walk two miles with them, showing exercise can also be fun, enjoyable and time to spend either alone or with family members and friends. We had 36 participants and accumulated 2089 miles, surpassing our goal. The EMS

intends to make this an annual event and increase our goals each year.

Organization: **Hospice of North Iowa**

Primary Contact: Frances Hoffman, Executive Director
232 Second Street SE
Mason City, IA 50401

Project: Star Care assists patients and caregivers when patients need extensive in-home care to manage medical symptoms and/or psychosocial needs, but can't qualify for home health services or hospice services funded through Medicare, Medicaid, or private insurance companies. They aren't entitled to home care because they can still leave their homes with assistance from others and are not eligible for reimbursed hospice services, because they don't have a six month, end of life prognosis or are receiving curative treatments.

Star Care offers the following services/interventions in-patients' homes from 8 am to 4:30 pm Monday through Friday:

- Written information and instruction for patients and caregivers about patients' illnesses, warning signs, and prescribed treatments.
- Instruction on caregiving to increase caregiver confidence and effectiveness in providing care and solving problems.
- Skilled, personal nursing focused on relieving pain, controlling symptoms, managing medications, and improving patients' quality of life.
- Monitoring and manipulation of patients' physical environments to promote safety.
- Assistance with personal care and daily living activities
- In home respite care for caregivers and socialization for patients
- Emotional support and encouragement
- Counseling or conflict mediation by licensed social workers to help families resolve care disputes in a mutually acceptable manner
- Spiritual counseling or assistance to link with local churches, ministers, priests or rabbis
- Information, problem solving and decision making support to assist patients and caregivers who are facing difficult problems or decisions regarding their health

- Grief counseling for survivors who request it when patients die in the program
- Information about other available public and private health care and psychosocial services and assistance in contacting and accessing these services- including, but not limited to the Elderbridge Agency on Aging Frail Elderly program, Meals on Wheels, Salvation Army Day Care respite care, or homemaker services.
- Referrals to sources of financial assistance to meet the patients' health care needs.

Organization: **Health Ministries of Appanoose county, Iowa**

Primary Contact: Jean Montegna
23613 Highway 5
Centerville, IA 52544

Project: The elderly, disabled, poor and needy have fallen by the wayside. Health Ministries of Appanoose County (HMAC) began by focusing attention on these particular groups. Our programs and projects have helped to answer individual transportation needs; special visits to the homebound, nursing homes and hospitals; personal shopping, and we act as a referral agency for other, more serious needs. HMAC also carries over into youth programs in tutoring and occupational crisis counseling.

Organization: **The Children at Home Program**

Primary contact: Gloria Klinefelter
Keystone Area Education Agency
2310 Chaney Road
Dubuque, IA 52001

Project: The Children at Home program is designed to help families care for their child with special needs. The program provides financial assistance and resource coordination to assist families in the location and acquisition of supports to better enable them to maintain their child with disabilities in the family home.

Organization: **Southern Appanoose County First Responders**

Primary Contact: Katy Wireman
P.O. Box 95
Cincinnati, IA 52549

Project: We serve the southern portion of Appanoose County. We also provide fast emergency medical treatment to the scope of our training. We have added another ambulance and are in need of a building in the Cincinnati area. The garage we are currently using is in poor condition and would cost as much or more to repair than to build a new one.

Organization: **Rockwell Medical Clinic, inc.**

Primary Contact: Sue Adams
PO Box 270
Rockwell, IA 50469

Project: The Rockwell Medical Clinic is a group of volunteers who have come together in response to a need for medical services in the community. Residents of the Rockwell-Swaledale School District were surveyed on the types of medical services they would utilize if provided. As a result, the committee sought out providers of primary care and rehabilitation services erected a building to house the clinic. The clinic has now been open for approximately fourteen months and has served 390 residents with over 1,400 visits.

Organization: **Monticello Emergency Medical Team**

Primary Contact: Larry Tedrow, Director
220 East South St
Monticello, IA 52310

Project: Monticello Emergency Medical Team identified a need for the importance of having capability to obtain critical lab results in the "pre hospital" setting. This would help pinpoint an acute illness or trauma complication improving the total patient out come, as well as allowing early recognition, and early treatment to begin. Monticello Ambulance became Iowa's first pre-hospital provider to have UN I stat capability, which is a portable blood analyzer that produces critical lab ratings within five minutes from capillary, venous or arterial blood samples.

Organization: **Lamoni Congregate Meal Site**

Primary Contact: Tina Toney
RR3 Box 114
Leon, IA 50144

Project: The Lamoni Congregate Meal-Site is a community site for senior citizens to meet together for socialization, meals, and many exciting activities. LCMS has been in Lamoni for 28 years and at its current location at Crown Colony retirement Center for 22 years. The meal site offers nutritious meals, health information, exercise classes, games, music and lots of opportunities & reasons for seniors to come out and socialize. The exercise program has been going for over 5 years and is led by a physical therapist that donates her time 3 times a week. These many activities help with physical well being and help to fight depression, anxiety and other serious illness.

Organization **Palmer Lutheran Health Center**

Primary Contact: Debra Chenswold, President/CEO
112 Jefferson Street
West Union, IA 52175

Project: Diabetes has reached epidemic levels in our country, affecting 6% of the adult population. Palmer Lutheran Health Center's Diabetic Education Program began as a support group two years ago. It has developed into a very busy program offering education and support to a growing number of diabetics at no cost to the participants. Our goal is to give diabetics the necessary tools to make the life style changes that will prevent or delay the serious complications of this disease. There is an increasing demand for the services that our program offers. In addition to education and support for known diabetics, we offer free glucose testing in our county every 2-3 months to screen at risk individuals.

Organization: **Villisca Before/After School Program**

Primacy Contact: Becky Dolch
1513 Spruce Avenue
Elliott, IA 51532

Project: The Villisca Community Before/After School Program serves 109 Villisca youth in grades K-5. We are housed in the Enarson Elementary School in Villisca. Our program runs from 6:30 am until school starts and then again from school dismissal until 5:30 p.m. We provide snacks, organized playtime, and homework assistance. We also provide

special speakers and activities to go with our theme of the week, We cover many topics including: fitness, nutrition, substance abuse prevention, safety, first aid, self-esteem, character education, intergenerational friendships, hygiene, anger management, eye health, dental health, fire prevention and much more. We also hold tumbling and aerobics classes to help those muscles moving. Most gratifying is our relationship with the care center across the street. We spend much of our time developing relationships with the elderly residents there. We present skits, dances and plays for them. We play games and work puzzles together. We help them plant flowers. We interview and sketch portraits for them. We plan and give parties for them. We make crafts with and for them. We give them something to look forward to and they give us their time and their concern and this is something some of our students get very little of from most of the adults in their lives. The goal of our program is not just to provide a safe place for kids before and after school but also to increase their overall physical, emotional and mental health.

Organization: **Western Dubuque Community School Wellness Program**

Primary Contact: Tom Spalla
Drexler Middle School
Farley, Iowa 52046

Project: The wellness program at Western Dubuque school provides cash incentives to employees for counseling, exercising, blood tests, life line screening, smoke stoppers, weight loss programs, yoga, Tai Chi water aerobics classes.

Organization: **Community Health Partners**

Contact: Kim Westerholm, RN, BSN
211 Central Avenue SE
Orange City, IA 51041
712-737-2971

Project: *Festival de la Salud* was a health fair planned and held for the growing Hispanic community in Sioux County. The Hispanic population in Sioux County has increased dramatically over the past 10 years. We know that Hispanics are faced with multiple barriers to seeking health care and preventative health measures. The health fair offered the Hispanic community an opportunity to meet and

interact with some of the local health care practitioners and receive screenings and health teaching in a non-threatening informal setting. Our festival offered 16 different health related booths which included: diabetes, tuberculosis, Ears/Nose/Throat, blood pressure, height and weight, hearing, vision, dental screening; lead, tobacco and nutrition information, child development, women's health, immigration law and safety. At each booth, and in various strategic locations around the site, interpreters were ready to help overcome language barriers. Our festival culminated in a delicious Mexican meal (prepared by a local Mexican family), music, and the awarding of door prizes. While the main focus of the event was to provide health screening and information to an under-served population, we were also able to establish linkages between health care providers and the Hispanic community, and convey the message, "your health is important to us."

Organization: **Cass County Memorial Hospital's Interfaith Volunteer Caregivers**

Primary Contact: Carole Schuler
1501 East 10th Street
Atlantic, IA 50022
712-243-8006

Project Cass County Memorial Hospital's Interfaith Volunteer Caregiver's Program provides valuable services to elderly and disabled residents in the Cass County area. Volunteers supply services which meet the activities of daily living needs of residents, allowing them to remain safely in their homes as long as possible. In 2001, over 175 volunteers provided 1,391 hours of volunteer services to area elderly and disabled residents. Services include transportation, errands, companion, home and yard work, and more. This has allowed 202 residents to safely remain at home- as most elderly and disabled people desire, and which often costs the community less versus institutionalization. In addition, area social services workers report increased availability of nursing home beds since the beginning of the program. Our community will continue to see an increased need for this nursing home space as our larger-than-average population of baby boomers age.

Organization: **O'Brien County Kinships, Inc.**
A youth mentoring program

Primary Contact: Carol Bootsma, Kinship Director
3191 Sorrel Ave.
Sanborn, IA 51248

Project: Kinship is a one to one mentoring program that matches thoroughly screened caring adults with children who, through life experiences, are deemed vulnerable. Mentors commit to spend a minimum of one hour per week for a least one year with their match. This relationship compliments the parent's role and helps the child develop successful life skills. Kinship also advocates for children and educates the community on the benefits of positive role modeling.

Organization: **Washington County Public Health and Home Care**

Primary Contact: Edie Nebel
314 McCreedy Drive
Washington, IA 52353

Project: The Healthy Kids Clinic (HKC) was developed out of a partnership between the Washington County Public Health Department and the Washington County School Districts. The HKC seeks to promote the health of Washington County children grades K-12 through increased access to medical and dental care. The HKC collaborates with 14 different schools in the county to provide health and dental screenings for local children. The clinics are held either in the schools or at a location nearby. There have been 574 children seen at the Healthy Kids Clinic between March 2000 and 2002. Children who have attended the clinic received a physical exam, dental screenings, vision and hearing screening when appropriate, immunizations when indicated, nutritional education, health and safety education and a screening to determine if there is a need for additional resources. For many families further assistance has been needed. During the past two year the clinic has assisted with 1) financial assistance for further medical and dental care 2) identification of possible resources for food, shelter and clothing 3) referral for mental health or family counseling 4) instruction regarding weight reduction and 5) assistance in finding and filling out the appropriate applications to obtain health insurance. With funding assistance, the Healthy Kids clinic looks forward to continuing the promotion of children's health in Washington County.

Organization: **Hubbard Economic Development Corporation**

Primary Contact: Kathy Boeke
P.O. Box 513
Hubbard, IA 50122

Project: The Hubbard Economic Development Corporation along with the volunteers who manage these programs, recognized the need for on-going prevention, safety, and wellness education in our community. This resulted in the planning and implementing the following programs at the community swimming pool; organizing classes with the community EMS and Parish Nurse volunteers; and organizing transportation to the programs through various volunteer organizations within the surrounding communities. The plans have included: CPR and First Aide classes for elementary school age children through high school, daycare providers, and other interested participants from our community and surrounding communities; Red Cross Swimming Lessons provided by Red Cross trained volunteers; exercise classes and blood pressure clinics provided by our local Parish Nurses; and organizing transportation through various volunteers. Our goal is to provide for the on-going need for these programs in our community and to enhance the health and well being of our community members and participants. By providing transportation we are able to assist children and sometimes older participants, to and from our swimming programs, who live in the surrounding communities. The volunteers and Development Corporation hope to expand these programs and offer public access AED education with the American Red Cross education.

Organization: **Villisca Family Health Center**

Primary Contact: Beth Hutchinson M.S. ARNP
309 S. 5th Ave.
Villisca, IA 50864

Project: The "Fitness is Fun" is a collaborative effort by the Villisca Family Health Center and Villisca Community Schools to implement daily aerobic exercise to all Villisca Jr. High students. The purpose of the project is to decrease the incidence of childhood obesity and therefore reduce the development of its complications. The hope is to expand the program to include K-12.

Organization: **South Hamilton CSD Wellness Committee**

Primary Contact: Vicki Olthoff, RN
315 Division
Jewell, IA 50130

Project: "Fitness Friday" is the day we promote wellness by having a message promoting a healthy life style (nutrition, stress-relief, exercise, safety, etc.) Included in the day's announcements & encouraging any discussion/activity the teacher may wish to drive the message home. We incorporate character education in our focus as well. All physical ed classes promote walking/ jogging as a part of each class session; food service utilizes healthy choices (salad bar, fresh fruit), a breakfast program and mid-morning snack break in the MS-HS. Community gym/weight room season passes are offered on Sundays in the winter through the Community Ed Program. Fitness Friday was referred to in the patron newsletter, promoting discussion in families.

Organization: **Agri-Safe Rural Neighbors**

Primary Contact: Linda Truax
Courthouse Box 325
Allison, IA 50602

Project: Agri-Safe Rural Neighbors was established in 2001. It is collaboration between Butler, Franklin and Grundy counties. Each Public Health Agency in these counties has two Agriculture Safety and Health trained nurses, through the University of Iowa. Our main concern is the health and safety of the farmers in these counties. Using the tools included, these six Registered nurses enroll the farmer's participation and administer the wellness screenings that include blood screenings for blood sugar, cholesterol and cholinesterase. Hearing and pulmonary testing as well as blood pressure and body mechanics and skin screening are performed. Appropriate referrals are also made. The nurse then travels to the farm of the participant and inventory their implement as well as buildings for safety accessing improvements that can be make. These services are free to the farmer enrolled in the program. The health screenings in each county was also free of charge except for the blood profile. The health screening also included a free breakfast.

Category #2

Organization: **University of Northern Iowa Global Health Corp.**

Primary Contact: Michele Yehieli, Dr. P.H. Executive Director
WRC 220
University of Northern Iowa
Cedar Falls, IA 50614

Project: The Global Health Corps is a student-operated, locally headquartered, nonprofit organization, under the supervision of University of Northern Iowa faculty trained in international health. The field based training curriculum enhances student preparation in the area of cross-cultural community health. Global Health Corps members provide health education outreach programs that address the most relevant health issues for diverse audiences. Presentations are interactive, and use visual aids including props, demonstrations, and puppets. The implementation of the program simultaneously improves access to culturally appropriate; preventive health programs for diverse and under served populations around the world.

Organization: Bedford Believers

Primary Contact: Melissa Jacobson
503 Jackson
Bedford. IA 5083

Project: Bedford Believers sponsors a Hoop a thon to raise money for Huntington's Disease Research. Their first year (3 years ago) they raised \$780. The next year's goal was \$1500. They met the goal and went to \$2360. This year's goal was \$2500. So far, the hoop a thon has brought in \$3000. Melissa Jacobson a girl's basketball player shot against the radio announcer that followed her basketball team's season. She was this year's chairman. This year Bedford Believers brought more public awareness to the disease through media coverage on radio and newspaper. They were instrumental in obtaining a National HD spokesperson from southwest Iowa. All money raised goes to the center of Excellence for HD research in Iowa City

Organization: **Waverly Municipal Hospital**

Primary Contact: Linda Hall, RN

312 9th SW
Waverly, IA 50677

Project: School Based Health Services is a partnership with Waverly-Shell Rock Community School District and Waverly Municipal Hospital. This project is providing systemic improvements to health care delivery by repositioning selected services to children and families directly at their school site therefore removing barriers that prohibit delivery of necessary health care services. Those barriers include parents inability to transport Children to medical appointments, the stigma associated with receiving some health services, parents who habitually fail to provide preventative and critical care to their children, and the inability for some families to pay for services. Currently, 16 agencies representing health care; mental health; public and school health services; women's health care; substance, sexual and domestic abuse prevention; DHS and Juvenile Court Services are collaborating to reposition services. These agencies are currently providing services to area children/youth through 18 specific programs. With implementation of this delivery system we are better coordinating services, improving communication, better utilizing existing services and improving the efficiency of these services by delivering them to where the students are, while at the same time decreasing time out of the classroom. Communication has improved with the establishment of one common release of information and charting system. In addition, the strength in numbers effect is working in our favor as agencies are more effectively utilizing funding as well as more grant opportunities due to the collaboration of multiple providers/ entities.

Organization: **Mercy Medical Center- Dubuque**

Primary Contact: Dianna Kirkwood
Mercy Medical Center
250 Mercy Drive
Dubuque, IA 52001

Project: Fight the Fat is a 10 week team challenge using the buddy system to collectively lose weight and get healthy through improved eating habits, increased physical activity and enhance emotional well-being. Teams of six to 10 adults set team goals for the program and compete with other teams to lose weight. Simultaneously individuals set personal goals

and receive support from their team and from the entire fight the fat group at festive, spirited weekly meetings. Weekly accomplishments are celebrated, and speakers share information and encouragement on nutrition, exercise, motivation and having fun.

Organization: **Battle Creek Ida Grove Supporting Players**

Primary Contact: Patricia Lansink
900 Montgomery Dr.
Ida Grove, IA 51445

Project: Supporting Players is a group of high school students that perform skits dealing with difficult topics facing teens today. Skits are created by the students and performed for a wide range of audiences. Students were trained by Cornerstone Productions to create 3 different types of skits. Cliffhangers, infoscenes and musical skits. After performing each skit is processed for the audience. The troupe members stay in character to answer questions about their part and then come out of character to allow for discussion

Organization: **Algona Community School District**

Primary Contact: Dr. Harold D. Prior
200 N. Phillips St.
Algona, IA 50511

Project: Our "Comprehensive School Nursing Services" was initiated to improve the breadth and depth of student health services in the Algona Community School District. Previously, the district had contracted a single full-time school nurse whose duties were spread over the entire school district of approximately 1,500 students and five attendance centers. In 1998 the district initiated a different approach to providing comprehensive school nursing services by contracting with the local Kossuth Community Health organization. The district receives services from at least four different qualified school nurses supported by the Kossuth Regional Health Center's Community Health organization. In addition, these nurses receive the full medical and administrative support of the Kossuth County Hospital organization that is further affiliated with Mercy of North Iowa. The project initiated comprehensive screenings for students at multiple grade levels, including blood pressure screening, dental screening, initiated a dental swish and spit with fluoride treatment

regimen for young children, and included screenings for vision, height, weight, apical, head lice and scoliosis as well as asthma peak flow screenings. The nursing staff maintains a schedule of physical presence in the buildings and is available by pager at all times during the school day. This project enable the school district to significantly increase its nursing support for the improvement of our students' physical health with tremendous support and supervision by the local Kossuth Regional Health Center. Noting that one student's life was probably saved by the blood pressure screenings can summarize the highlight of the program's success. A fifth grade student was diagnosed with dangerously high blood pressure and was immediately life-flighted to a regional hospital. The blood pressure was so high that the student-required emergency services to prevent a heart attack or stroke. The student was evaluated, given appropriated blood pressure medication and returned to school the next week

Organization **After School Program – Free to Ballard Students**

Primary Contact: Jeriann McLaughlin
P.O. Box 307
Ballard High School
Huxley, IA 50124

Project: Ballard Kids Club After School Program Kids Club is an after-school program that provides a safe place for children to prosper during those hours out of school while parents are working when the child may otherwise be alone and unsupervised. The program strives to increase developmental assets in participants to strengthen their resolve against committing delinquent acts with the community. Kids Club promotes community involvement by recruiting volunteers, tutors, and mentors to meet with students during the program. Collaboration between area businesses for field trips and presentations are frequent. Daily homework/study time, weekly visits with reading buddies at a retirement center, snacks, arts and crafts, games and music are all part of the daily schedule. Overall, Kids Club provides development-stimulating activities during unsupervised and unstructured time.

Organization **Healthy Community Initiative**

Primary Contact: Paul Olson

West Sioux Community School
1300 Ave. P
Hawarden, IA 51023

Project: HCI, the Healthy Community Initiative mission is to build caring, loving, healthy communities for our youth and adults through the celebration of life. We promote family activities, safe and drug and alcohol free activities for our communities. We sponsor Celebrate life week in August and year –around activities to engage our youth and adults in healthy activities. We sponsor a canoe excursion on the Sioux River for families and students each year that involves over 500 young people.

Organization: **Neighborhood Association**

Primary Contact: Connie Root
1715 Schley Avenue
Muscatine, IA 52761

Project: Southend United Neighbors is a neighborhood association Established in 1996 in an effort to improve the health and safety of all residents. To address the immediate problems of drugs and crime, we petitioned for and received a community police officer. This police officer needed an office in the neighborhood so a resident donated her small grocery store space. This space needed electrical service, plumbing, and remodeling. Neighborhood residents held fundraisers to provide money for materials and professional services required. Labor for remodeling the space was provided by volunteers in the neighborhood.

Organization: **Nashua-Plainfield Parish Nurses**

Primary Contact: Lisa Franzen
26 Maple Street
Nashua, IA 50658

Project: The Nashua-Plainfield Parish Nurses is a volunteer nursing organization functioning ecumenically and within the communities. We focus primarily on health education, health promotion, disease prevention, and risk reduction. We consider the care of the whole person, holding the spiritual dimensions to be central to the practice. Health education and understanding the role spiritual health plays in wellness can facilitate change in behavior towards a more healthful

lifestyle. Initiatives are developed based on community and parish needs assessment. Since our organization was formed in May 2001, we have implemented a number of programs: Quarterly Blood Pressure screenings now offered at all 10 churches in the Nashua and Plainfield communities; community and nursing education on Congestive Heart Failure; Advance Directive Seminar with representation from Lawyers, nursing and clergy; youth safety education including winter driving, Trick or Treat safety, and helmet safety; and numerous published "For Your Health:" newspaper and church bulletin articles. Programs in the planning stages include Medical Information Notebooks, stroke screening, a babysitting clinic, and:"Head over Wheels" helmet safety program. It is our goal to donate funds to our local police department towards the purchase of portable defibrillators as recommended by the American Heart Association. We would also like to assist group members to obtain training in Parish Nursing.

Organization: **Hull Emergency Medical Service**

Primary Contact: Randy Feenstra
1133 Maple Street
Hull, IA 51239

Project: The Hull Emergency Medical Services, in partnership with the Full Fire Department, created a new ten stall, state of the art, Safety complex that was constructed by all donated money and community volunteers. The facility was built for \$300,000, which was all donated money from six months of fundraising efforts. The community of 1,970 members all worked together to create a complex that houses fire, rescue and ambulance vehicles, a training area, and a meeting room. The facility holds many community functions that involve safety.

Organization: **T.R.Y. (Teens Reaching Youth)**

Primary Contact: Kevin McCauley
Linn-Mar High School
3333 North 10th Street
Marion, IA 52302

Project: T.R. Y. (Teens Reaching Youth) is an educational group of high school students who must complete an application process to become a member. T.R.Y. members meet their

established goals and by-laws by presenting programs to over 2,500 elementary students in the Linn-Mar district. T.R.Y. provides assemblies, skits, classroom presentations, teaching, reading, tutoring and mentoring to Linn-Mar's K-8 student population. T.R.Y. students also assist with the success center, a homework help center at the high school. T.R.Y. has students involved in community prevention groups such as IMPACT (marijuana education), Peer Court, and Rapids Aids Project education. T.R.Y. was organized in 1993 and included 74 members. At the beginning of the 2001-02 school year, membership had increased to 162 high school members. The T.R.Y. students goals are to help provide needed information about alcohol and other drugs to younger students, to provide young people with confidence to make healthy choices, serve as role models for others and achieve personal growth, strengthen their own values and provide mutual support to become better leaders.

Organization: **New Horizons Adult Day Center**

Primary Contact: Mary Oliver, Executive Director
206 SW Walnut St.
Ankeny, IA 50021

Project: New Horizons Adult Day Center is a community –bases program designed to meet the needs of adults with physical and /or cognitive impairments through a structured social/medical/recreational program directed by a coordinated individual plan of care. This program provides a variety of health, social and related support services in a protective setting. By supporting families and caregivers, New Horizons enables the persons served to live in the community or at home. The environment of new Horizons is designed to maximize the functional levels of each person served. This program offers a wide range of therapeutic activities to stimulate the body, mind, and spirit. It encourages the development of social relationships and creates a culture that supports, involves, and validates the persons served. The program is open on Tuesdays, Thursdays, and Fridays from 7:00 am to 5:00 pm.

Organization: **Character Counts Task Force of New Hampton**

Primary Contact: Linda Kennedy
206 West Main
New Hampton, IA 50659

Project: The Character Counts Task force is a group of representative members of the New Hampton Community School District, Saint Joseph Catholic School and of the community of New Hampton. Community Members include representatives from schools, businesses, churches, youth organizations, government agencies, civic groups, community organizations, and parents. The Task Force organized during the summer of 1999 and continues to meet monthly to plan deliberate ways for youth that will enable each to know the good, feel the good, and value the good, the three steps in developing character. It is the belief of this dedicated group of people that the moral health of each individual in a community is essential to the overall wellness and quality of life of that community. Members of the task force believe there is a direct connection between the development of positive character traits and personal, social, emotional, and intellectual health (academic growth). The work of members of the Task Force fosters greater understanding and cooperation among the citizens of this community. Their work has helped to develop a positive environment in addressing issues that will shape the future of this community.

Organization: **SODA (students OK without Drugs & Alcohol)**

Primary Contact: Kevin McCauley, Student Assistance Counselor
Linn-Mar High School
3333 North 10th Street
Marion, IA 52302

Project: SODA (Students OK without Drugs & Alcohol) is a program for students in grades 9-12 at Linn-Mar High School in Marion, IA. The Linn-Mar SODA group is the largest high school substance free organization in Iowa. SODA strives to maintain a large membership and continues to encourage the students to live a healthy, productive and substance free lifestyle.

Organization: **Area Catholic Health Ministry**

Contact: Loretta Tarbox
1623 N. 24th Street
Fort Dodge, IA 50501

Project: Need for non-invasive care giving – many residents are one person families – no respite programs nor companion, or friendly visitor programs for the non-acute diagnosis. Purpose: To integrate mind, body and spirit to achieve wholeness, health and well being. To bridge the gap between acute and long-term health problems by promoting use of existing services and educating for prevention and health promotions.

Organization: **Knoxville Youth Initiative**

Primary Contact: Holli Job, President, KYI
2 Evergreen Hill
Knoxville, IA 5038
641-828-8120
641-842-6106

Project: The Knoxville Youth Initiative (KYI) is a non-profit organization that originated to benefit the youth of Knoxville over one year ago. The results of the Iowa Youth Survey revealed attitudes and behaviors in our youth that put them at risk, and concerned Knoxville leaders, businesses, churches, schools and individuals saw a need for an organization that would focus on the needs of our young people. KYI has, in its first year of operation, opened teen centers for middle school and high school students, offered summer classes, promoted arts activities for students, is establishing a website to coordinate all youth activity information, is offering service learning opportunities for youth, and plans special supervised and substance-free activities at least once a month (in addition to the activities at the teen centers). The direction of KYI is youth driven, and therefore we are also in the process of fundraising in the hopes of building a public skate park. The Knoxville Youth Initiative is a volunteer organization that is working alongside and within our community to give kids healthy alternatives and teaches them the value of making healthy choices.

Organization: **Sioux Rapids 2000, Inc.**

Primary Contact: Pat Reno
P.O. Box 329
Sioux Rapids, IA 50585

Project: Sioux Rapids 2000, Inc., a non-profit community group, constructed a new medical clinic for the community in 1998.

The group negotiated a lease with Mercy Family Care, Spencer, Iowa, which has staffed the clinic since September of that year. The building was designed with an eye to the future. One room was constructed to specifications for x-ray even though that equipment was not part of the services initially offered by the medical provider. In May of 1999 Sioux Rapids 2000, Inc. partnered with Mercy Family Care to purchase and install x-ray equipment. Since the community had no pharmacy, the group also purchased and installed an ADDS unit (Automatic Drug-Dispensing System) in April of 2000, to supply patrons with prescribed medicines. This unit uses on-line technology to dispense medications prescribed at the clinic, the dentist office, and to provide refills for residents of Sioux Rapids and surrounding communities. Both projects filled a need for the entire area.

Organization: **Vista Counseling Center of Buena Vista Regional Center**

Primary Contact: Jackie Frantum
Vista Counseling Center of BVRMC
1305 W. Milwaukee,
Storm Lake, IA 50588

Project: This 10 week program is open to parents (married or single), where there are children in the home ranging in age 0-18. The program is specifically targeted at families who are at risk for dysfunction or have experienced problems within the family unit. The core curriculum will include a combination of education and group counseling. The first hour of each session will provide education on the following topics:

- Family systems
- Family roles
- Establishing healthy boundaries and limit setting
- Substance abuse
- Shame and guilt
- Abuse (Physical, Verbal , Emotional and Sexual)
- Codependency
- Building healthy relationships

The remainder of the session will be spent in-group counseling. During this 60-90 minute time frame, there will be group interaction related to the educational topic covered. The group will explore healthier ways to parent and to live within their family unit.

Organization: **Healthcare Development of Lamoni, Inc.**

Primary Contact: William D. Morain, M.D
Healthcare Development of Lamoni
PO Box 127
Lamoni, IA 50140

Project: The Lamoni Health Clinic project was a grass-roots effort by Lamoni residents to design, fund, and build a state of the art clinic facility in order to retain and recruit physicians. After a series of exploratory luncheon meetings over a year's time, three determined citizens canvassed local organizations and discovered that none, including the physicians themselves, could sponsor such a project. Therefore on January 20, 1997, the group formed a private, not –for-profit corporation, Healthcare Development of Lamoni, Inc., the first of whose projects was to be the construction of the facility with plans to lease it to the physicians of the practice group. The corporation hired an architect and approved a 4900 square foot building with a \$520,497 price tag. Graceland University, a local private institution, donated a 3-½ acre tract of prime land, the city cleared the zoning, and the local utility established easements to the site. In response to a matching grant from a local nursing home, an intensive fund-raising program was instituted with two-person teams for canvassing the entire community. Despite the lack of resources in the most impoverished county in Iowa, construction was begun within a year, and occupancy took place in June 1999

Organization: **American Red Cross- Central Iowa Chapter**

Primary Contact: Sharon Miller
2116 Grand Avenue
Des Moines, IA 50312

Project: The Youth Against HIV/AIDS program relies on trained peer educators to bring the gravity of this deadly disease to the consciousness of youth. Committed to fighting against HIV and AIDS, YAHA peer educators work with youth organizations and schools to reach middle school and high school students with their message. Peer educators facilitate discussions on HIV prevention with their peers and advocate healthy decision-making skills. They incorporate positive, educational games and activities into their presentations to supply their peers with a strong base of knowledge to discern the facts from the myths. In addition, the YAHA's create a broader awareness of the disease in

the greater community through their participation in various community events.

Organization: **Victor Community Development Association**

Primary Contact: William a. Lynch, Vice President
Victor community Development Association
PO Box B
Victor, IA 52347

Project: The Victor Health Center began providing health care services to Victor area Residents in April, 2002. This project was accomplished as a result of the wonderful partnerships of many area residents, groups, organizations, and city of Victor. Approximately 190 group and individuals contributed money to this project. The individual contributions ranged from less than \$100 to 100,000. In addition, several contractors provided some in-kind contributions to this project. The City of Victor provided a location where the health center could be built and Grinnell Regional Medical Center provided equipment and staffing for this facility. The Facility is now open with a physician who serves the facility on a daily basis. The project was completed in approximately 15 months. As a result of the efforts of many, a modern health care facility has been built in Victor.

Organization: **Cedar County Senior Citizens, Inc.**

Primary Contact: Ann Neville, Senior Services Director
111 Orange St.
Tipton, IA 52772

Project: Our Organization is a rural agency, whose purpose is to meet needs and provide service to keep people over the age of 60 safety in their homes. Our project includes a countywide nutrition program that serves senior dining and home delivered meals to all areas of the county. Our project is responsible for a compressive case management program that targets frail elderly. The program employs two full time case managers that provide assessment and intervention services. They monitor the cases to assure the quality and availability of home and community based services.

Organization: **The RRMR Fitness Center Committee**

Primary Contact: Boyd Campbell

1810 150th St.
Rudd, IA 50471

Project: In the fall of 1991, the new RRMR K-12 School opened in Rockford, the result of a devastating fire and a subsequent bond issue to combine all grades in one building. Fund limitations at the time prohibited the inclusion of a weight room or fitness center in the new building plans. Since that time, the students have weight-lifted from the art room, to the stage of the gymnasium and the wrestling room, in the off-season. It was the intent of the Fitness Center Committee to create a fitness center that would be accessible not only to the students, but also to members of the community, who otherwise would have to drive 15 to 30 miles to the nearest YMCA. The Fitness Center at the RRMR School has been in regular use since it opened. Supervision is provided on a voluntary basis. Not only do the students have a place to learn the correct way to weight train and perform cardiovascular exercise during their school day, but now adult members of the communities have an avenue to physical fitness that previously was nonexistent. It is gratifying to see the unity and generosity of the three communities that has brought forth this wonderful facility. Even more so when we can share the benefits, under one roof, whether you're 16 or 60, striving towards one ultimate goal...good health. It is our goal to update and/or replace the old equipment in the Fitness Center and to acquire more cardiovascular exercise machines.

Category #3

Organization: **Garner Volunteer Ambulance Services**

Primary Contact: Todd Dewaard
575 West 3rd St.
Garner, IA 50438

Project: The Garner Volunteer Ambulance Service was established in 1975. We provide out of hospital care for both medical and trauma emergencies in the eastern Hancock county area of North Central Iowa. We strive to provide the highest possible care each and every day of the year.

Organization: **Indianola SHIELD Coalition**

Primary Contact: Chris Bone

717 W. Ashland
Indianola, IA 50125

Project: The SHIELD coalition is a non-profit community group that works together to foster positive youth development. Members represent diverse segments of the community and work together to develop programming, which results in the reduction of risky behaviors. Current activities include: a k-12 school based mentoring program, after school programming at the middle school level, parent involvement at the middle and high school level, youth volunteerism program, summer employment training for at risk 14-15 year olds, community-wide character development, youth leadership opportunities, k-6 literacy program, and on going recreational activities like dances, concerts and special events.

Organization: **Healthy Henry County Communities**

Primary Contact: Linda Albright
Henry County Health Center
401 S. White St.
Mt. Pleasant, IA 52641

Project: The Healthy Henry County communities Diversity Action Team, a grassroots, citizen-led effort, offers a variety of ethnic educational and cultural opportunities to encourage, appreciate, celebrate and cultivate diversity as an asset in our community. The Diversity Action Team is composed of approximately 50 individuals representing the diversity of the County who meet monthly to share ideas, attend educational sessions, learn of upcoming events and network. The Action team also oversees the various comprehensive programs, special events and meetings that help accomplish our mission. Ideas for specific projects arose from two series of Study Circles, facilitated by Frank Tribble of the Iowa Civil Rights Commission.

Organization: **Greater Oelwein Area Charitable Foundation**

Primary Contact: Gene Fuelling, CPA
14 E. Charles
Oelwein, IA 50662

Project: Our Oelwein Area Wellness and Recreation Center is a facility nearly completed and scheduled to open in August of

2002 cooperatively built and run by the Oelwein area Charitable Foundation, the Oelwein CSD and the City of Oelwein . The purpose of this project is to cooperatively use resources to improve the quality of living in Oelwein and our surrounding area. This facility adjoins our high school, and includes our new performing arts Center, our new Early childhood Education Center, and the satellite campus for NE Iowa Community College. This facility offers something for everyone from birth throughout life and encourages holistic health for everyone in our community and area.

Organization: **Mutchler Community Center**

Primary Contact: Molly Wells, Director
900 R North St.
Bloomfield, IA 52537

Project By providing opportunities for recreation and preventive health practices, the Mutchler Community Center has improved the quality of life for the citizens of Davis County and the surrounding area. The center offers classes in Tae Kwon Do, aerobics, body toning, and weight lifting as well as leagues for soccer, volleyball, and basketball. The facility includes a gymnasium, racquetball court, indoor track, fitness and weight machines, free-weight area, and locker rooms, meeting rooms and kitchen facilities. All were made possible by the generosity of Mr. Glen Mutchler, volunteer labor, and community donations.

Category #4

Organization: **St. Anthony Regional Hospital
Carroll County Board of Health
Carroll County Health Coalition**

Primary Contact: Katie Towers, RN
St. Anthony Regional Hospital
31 S. Clark St.
Carroll, IA 51401

Project: The Carroll County "Health View" Communications project is a community based, preventive health program which is supported through the collaborative efforts of the Carroll County Board of Health, Carroll County Health Coalition and the Carroll Daily Times Herald.

The "HealthView " is a quarterly magazine style, health focused publication which provides Carroll County residents with practical information about current health issues, with emphasis upon local initiatives, services and activities which promote healthy lifestyles for people across the county. A calendar of upcoming events is included with each issue. An important component of the " Healthy View" project is that it reaches every household in Carroll County, reflecting a shared concern and commitment to improving health outcomes.

Organization: **The Black Hawk County Health Department**

Primary Contact: Angela Graham, RN
Community Outreach Nurse
1407 Independence Ave. 5th Floor
Waterloo, IA 50703

Project: The Black Hawk County Health Department's Outreach Program seeks out individuals aged 50-64 years of age with no health insurance to provide needed services. In 2001, over 3,100 people received health information through outreach efforts.
Care is taken to understand each person's needs and direct them to the appropriate resources. The clients have simple requests, such as help to relieve pain, and/or improve vision. It is truly overwhelming to see people on a daily basis, who feel they were doing things to the best of their ability, and then to witness their lives change dramatically, by loss of health, or premature loss of their partner. Services offered by the program are unique. Care is taken to not duplicate existing services in the Community.

Organization: **Benton Community Health Occupations**

Primary Contact: Mary Lou Jacobi
600 1st St.
Van Horne, IA 52346

Project: Our local Benton Community Health Occupations students of America (HOSA) Chapter has been promoting primary prevention of substance use in our schools and community the past nine years. This year the focus was on Marijuana, since it is second only to alcohol use in our county. This community awareness project involved training sessions for high school students, who then taught younger children;

educational assemblies with guest speakers and videos; presentations to MS/HS students, parents, community members, organizations, Jim Nassel's youth summit, and the win with wellness conference sponsored by the National Youth Council, The high school students are excellent role models. This project had events scheduled each month from Sept. – June 28 when the community awareness team will present this project at the National HOSA leadership conference.

Organization: **American Red Cross Grant Wood Area Chapter**

Primary Contact: Judy Grishaber
PO Box 10375
Cedar Rapids, IA 52410-0375
(319) 393-3500

Project: The HIV/AIDS Youth Peer Education program is a unique type of HIV/AIDS prevention program that utilizes teenagers as teachers and role models for younger children. This program targets students from middle school through high school and seeks to improve their quality of life by providing them with the information necessary to protect them from HIV infection. The knowledge, skills and self-confidence gained will also help students in situations involving the risk of other sexually transmitted diseases, unwanted pregnancy, cigarette smoking and substance abuse. The two major components of this program are peer education and the HIV/AIDS Peer Leadership Camp. Since 1992, over 17,000 youth have been educated in HIV/AIDS prevention through the HIV/AIDS Youth Peer Education program.

Organization: **Lakes Area Extrication Unit**

Primary Contact: Emil Richter
607 10th St.
P.O. Box 499
Milford, IA. 51351

Project: The Lakes Area Extrication Unit was established in 1976 with a new Chevrolet 14th footstep van, 1st high bank radios in the county. 18 pagers protective clothing for crew, Hurst Jaws of Life spreader, cutter, power unit, generator and lights plus other rescue equipment. In the next couple years a second and third Hurst power unit was added along with a second bid 32" spreader and cutter and 3 rams and air bags.

In 1988 the step van was replaced by a diesel Chevrolet Kodiak truck with a walk-through 18-foot box and exterior compartments for the rescue equipment. Our project was to replace the 1988 truck with a custom-built HME fire truck cab with a walk-through 20-foot box and to also replace all of the 25-year-old jaws-of-life equipment.

Organization: **Safe Streets**

Primary Contact: Kas Kelly
614 Mulberry Avenue
Muscatine, IA 52761

Project: Muscatine residents feel safer and more in control of what happens in their respective neighborhoods. Police Department and other city officials have benefited from the increase in cooperation and assistance provided by residents. The Director also worked with Muscatine Park and Recreation Department to replace 12 playground sites in 9 city parks, all with safety surfaces and new equipment (this is the largest playground replacement program in the state of Iowa). With the help of the Safe Streets Program, Muscatine presently has 16 organized neighborhoods, Neighborhood Community Council, the Neighborhood Community Block Grant Program, and Peer-to-Peer Program. With the help of these programs, Muscatine has seen a decrease in juvenile arrests during the last year.

Category #5

Organization: **Grinnell Regional Medical Center**

Primary Contact: Julie Coster
210 4th Ave.
Grinnell, IA 50112

Project: In healthcare, smoking is the fifth vital sign; its presence in a patient's life ensures disability. To provide a healthier life and prevent an early death for patients, Julie Coster, RN, a cardiac-rehabilitation nurse at GRMC, began a tobacco prevention and cessation program. The goal of the program was to reduce environmental smoke and de-glamorize and discourage the use of tobacco products. Components of this program are:

- The American lung Association's freedom from smoking cessation class. This is an 8 week class that is held quarterly at GRMC.
- Collaborating with GRMC physicians to refer patients to the program.
- Working with community members, local employers, and local schools on tobacco dependence, nicotine addictions, and second-hand smoke.
- A marketing campaign through newspaper and radio advertising and a direct mail campaign (postcard) to discourage the use of tobacco products and also advertise the freedom from smoking cessation class schedule
- A smoke free dining campaign with the restaurants in Grinnell.

Organization: **Neveln Community Resource Center**

Primary Contact: Jerry Sawyer
3304 NW 82nd Place
Ankeny, IA 50021

Project: The Neveln Center: Building Dreams for a better Community the Neveln Community Resources Center is a collaboration among human service groups, non-profit organizations, education system, churches, city hall, chamber of commerce and civic organizations. The building houses agencies for a one-step resource to community needs.