

# The 2005 Iowa Community Health Prize Project Summary of Entries

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**Program/Project:**       **CPR Instruction for Students**  
**Organization:**        Joint project of the Coon Rapids Bayard CSD and the  
                                  Coon Rapids Ambulance Department

**Primary Contact:**     Patricia Jackson  
                                  School Nurse  
                                  905 North Street  
                                  Coon Rapids, IA 50058  
                                  Weekday: (712)-999-2208  
                                  Evening: (712)-684-5164  
                                  Email: tjacks6@hotmail.com

**Project Description:**   The Coon Rapids Bayard CSD school nurse and the Coon Rapids Ambulance director team up every year with available emergency medical personnel to teach CPR, basic safety and first aid to all students in grades 7-12. The PE teacher assists by providing Physical Education class time for this project. By the time the CRB students graduate, they have received CPR instruction 6 times; safety and first aid instruction 3 times. This year, we are also adding AED (Automatic External Defibrillator) training.

**Program/Project:**       **Blood Pressure Screening**  
**Organization:**        Coon Rapids Ambulance

**Primary Contact:**     Paulette McDonough  
                                  Ambulance Director  
                                  123 3<sup>rd</sup> Ave  
                                  Coon Rapids, IA 50058  
                                  Weekday: (712)-999-5713  
                                  Evening: (712)-684-4559  
                                  Email: crems@longlines.com

**Project Description:**   Since high blood pressure is the major cause of strokes, I wanted to provide people a convenient way for them to monitor their BP. A lot of elderly are on BP medication and this would provide them a way to see if their medication was keeping their BP where their doctors want it. As more groups were added, who were younger, it served to find those whose BP was starting to climb higher and recommend they see their doctor for further evaluation. Blood pressures are taken once a month at their work place and are voluntary. Through the years the number of people taking advantage of the service keeps increasing. They can get a copy of their blood pressure list to take with them to their doctor. This tells the doctor how their BP is doing over a long time and at work

**Program/Project:** **Lighten Up Humboldt County**  
**Organization:** Humboldt/Dakota City Chamber of Commerce

**Primary Contact:** Tammy L. Hock, Executive Director  
29 South 5<sup>th</sup> St.  
PO Box 247  
Humboldt, Iowa 50548  
Weekday: (515)-332-1481  
Evening: (515)-332-3280  
Email: chamber@trvnet.net

**Project Description:** Lighten Up-Humboldt County, was formed in conjunction with Lighten Up Iowa. Lighten Up Iowa was designed to promote physical activity and good nutrition. Lighten Up Humboldt County takes this step further to actively promote team building, good health habits, wellness, and spirit of pride in our community working together to reach a common goal. This was accomplished by promoting teams of 10 or less, who have a goal to lose weight/increase their activity level. They report their weight loss and activity miles monthly on Lighten Up Iowa website. Our Humboldt program then checks the standings and rewards the winning teams on a monthly basis. Numerous activities have been planned around this to keep the excitement for the program

**Program/Project:** **Turn up the HEET (Healthy Eating and Exercise Training)**  
**Organization:** Osceola Community Hospital

**Primary Contact:** Julie Schroder, Project Director  
9<sup>th</sup> Avenue N  
PO Box 258  
Sibley, IA 51249  
Weekday: (712)-724-2574  
Evening: (712)-754-2209  
Email: Julie.Schroder@mckennan.org

**Project Description:** The program addresses the need voiced by a community in which 69% of the children are overweight. Turn up the Heet (Healthy Eating and Exercise Training) is an eight week after school program for 5<sup>th</sup> and 6<sup>th</sup> grade students in the Sibley-Ocheyedan School District. The program provides students with nutritional education and fun fitness opportunities at the Osceola Community Hospital fitness center. There is no other program like this in this rural community. The program is important because it serves many students who do not participate in organized school sports, and have limited access to resources that foster fitness and active living. Many of the children are low income, and unable to afford membership fees to the community wellness center. Twice a week, students are bused from the school to the wellness and recreation center at the hospital. Here they learn to use pulse monitors to improve their aerobic workouts, lift weights properly and fix nutritious snacks after school. Students are also introduced to self-defense and other fun physical activities. Children also receive a fitness assessment that measures health indicators including blood pressure, strength and flexibility. Fitness assessment reports are sent to participants' parents. The education children receive through Turn up the HEET is reinforced in the schools through collaboration with the PE instructor. Health professionals come in weekly and teach topics such as CPR, healthy eating and dental hygiene.

**Program/Project:** Elderserve II Meals-on-Wheels and Congregate Meals  
**Organization:** ELDERSERVE II

**Primary Contact:** Jack Pinckert, Chairman of the Board  
1502 Hawthorne Lane  
Jefferson, IA 50129  
Weekday:( 515)-386-3408

**Project Description:** In our community of Greene County we are averaging 95 to 100 meals a day, five days a week, and fifty-two weeks a year. We have a meal site where the food is prepared, packed and picked up by volunteers and delivered to 60 or more home bound citizens thus Meals-on-wheels. The remainder of meals or congregate meals are served in a dining hall at noon.

**Program/Project:** Missionaries to Iowa  
**Organization:** St. Anthony Regional Hospital and Nursing Home

**Primary Contact:** Gary Riedmann, President, CEO  
311 S. Clark  
Carroll, IA 51401  
Weekday: (712)-792-8230  
Evening: (712)-792-4921  
Email: garyr@stanthonyhospital.org

**Project Description:** St. Anthony experienced an acute shortage of entry-level Certified Nursing Assistants (CNAs) and qualified applicants had fallen to an all-time low, preventing development of geriatric services. In order to address this need, St. Anthony partnered with our local religious community to sponsor eight Catholic sisters from Africa and India as missionaries to the United States. These missionaries are nuns who are dedicated to helping others, and, in the process, are providing financial support to their communities in Africa and India. This mutually beneficial relationship has been in operation at St. Anthony Regional Hospital for five years. This program has recently been expanded to two other communities within Iowa.

**Program/Project:** Medical Access Pamphlet (Medical MAP)  
**Organization:** Storm Lake Community School District

**Primary Contact:** Twyla Kleen, Special Education Nurse  
Storm Lake Community School District  
419 Lake Avenue, PO Box 638  
Storm Lake, Iowa 50588  
Weekday: (712) 299-2406  
Evening (712) 335-4769  
Email: tkleen@slcsd.org

**Project Description:** The Medical MAP promotes what Storm Lake and Buena Vista County has available in the medical, mental health, vision, dental and education areas. Information provided in the pamphlet includes service provider name, location, phone number, hours of operation, information or documents to bring to an appointment, and financial arrangements available for payment of services. Also included is a map of the area noting the location of services. It is provided in English and Spanish in order to reach an additional population of our area. It is distributed at all participating physician's offices, agencies and services, as well as to all new families with students enrolling in Storm Lake Community Schools, Buena Vista University and Iowa Central Community College, and other locations around town. Each quarter, a public forum is held with a speaker focusing on a

particular area of the Medical MAP. Topics address obesity, teen pregnancy, dental problems, health and nutrition, and many others. This useful tool and regular discussions serve to educate students, parents and community members in Storm Lake and Buena Vista County about medical concerns and to promote medical, mental health, dental and educational service opportunities.

**Program/Project:** **Boone County Hospital**  
**Organization:** Boone County Hospital Foundation & Boone County Hospital

**Primary Contact:** Sara Behn, Foundation Director  
1015 Union Street  
Boone IA 50036  
Weekday: (515) 433-8470  
Evening: (515) 432-0375  
Email: sbehn@boonecountyhospital.com

**Project Description:** The Boone County Hospital and the Foundation have committed to bring the File of Life to each of the 26,224 individuals in Boone County. The File of Life is designed to bring one's important medical information to the attention of friends, family, emergency medical technicians, paramedics, and physicians in the case of an emergency. The File of Life is a red plastic magnetic file folder that attaches to your refrigerator. The file contains vitally important information about one's medications and medical needs so that medical professionals have access to it in the case of an emergency. The initiative will decrease medical errors, provide a means for faster emergency treatment and improve emergency treatment outcomes.

**Program/Project:** **Friends of the Mentally Ill of Northwest Iowa**  
**Organization:** Friends of the Mentally Ill of Northwest Iowa

**Primary Contact:** George Dawson, President  
1908 N. 6<sup>th</sup> St.  
Estherville, IA 51334  
Weekday; (712) – 362-2753  
Evening: Same  
Email: dawsongd@iowaone.net

**Project Description:** The Friends of the Mentally Ill of Northwest Iowa provides outreach, education, and support to family members and other interested community members to identify, address and positively impact the stigma, stress and symptoms of severe and persistent mental illness.

**Program/Project:** **Everyone Deserves Smoke-Free Air Campaign**  
**Organization:** Story County Tobacco Task Force (SCTTF)

**Primary Contact:** George Belitsos, Chair  
Story County Tobacco Task Force  
420 Kellogg Ave.  
Ames, IA 50010  
Weekday: (515) 233-3141  
Evening: (515) 292-9475  
Email: gbelitsos@yss.ames.ia.us

**Project Description:** On August 1, 2001, the Ames Tobacco Task Force led the community health effort to successfully enact Iowa's first-ever city ordinance limiting smoking in all Ames restaurants and bars that serve food. Following the striking down of the

ordinance by the Iowa Supreme Court, the Ames Task Force reorganized, retooled, and launched a new public health education campaign known as Everyone Deserves Smoke-Free Air. The major goal of the campaign was to persuade businesses to voluntarily become smoke-free for the health of both customers and employees. The second goal was to encourage hotels to increase their number of smoke-free rooms and to encourage sororities on the ISU campus to have their houses smoke free. The Task Force recognized all those who improved. The new campaign received support from seven Story County city councils, the Story County Board of Supervisors, the Board of Health, The Ames Chamber of Commerce and all Story County health-related organizations. The Task Force expanded its scope and became the Story County Tobacco Task Force. The campaign has been very successful as witnessed by 95% or 117 voluntary smoke-free Ames restaurants. There are also now two smoke free- bars. Members of the Task Force have delivered Public Health Award plaques to all 117 restaurants, including for 100% smoke free bed and breakfasts and two hotels with 90% or more smoke-free rooms. After extensive Task Force education efforts, the ISU Memorial Union Board voted to become the first 100% smoke-free hotel in Ames beginning July 1, 2005. Twenty four additional plaques have recently been presented to restaurants outside Ames, but inside Story County, bringing the total to 141 restaurants awarded Public Health Award plaques or window decals (examples attached). The campaign has proven that voluntary compliance can work when matched with extensive public health education.

**Program/Project:** **The Free Clinic**  
**Organization:** Upper Des Moines Opportunity, Inc.

**Primary Contact:** Glenn Bohmer, Chairman  
 Free Clinic Advisory Board  
 623 17<sup>th</sup> Ave. North  
 Estherville, IA 51334  
 Weekday: (712) 362-3237  
 Evening: (712) 362-4897  
 Email: imlch@ncn.net

**Project Description:** The Free Clinic was established in 1999 to provide no-cost medical services to individuals and families in need. The clinic is housed in the First Christian Church, located at 205 North 7<sup>th</sup> Street in Estherville, Iowa. Clinic services are available from 6:30 to 8:30 PM on the second and fourth Tuesday of each month. Physicians, nurses and other medical professionals volunteer their time to provide direct medical service to clients. Non-medical volunteers assist with patient registration, translation, site preparation and other essentials activities.

**Program/Project:** **Teen Parents**  
**Organization:** Siouxland Youth for Christ

**Primary Contact:** Kelly Vander Leest, Teen Parents Director  
 1807 Nebraska Street  
 PO Box 1626  
 Sioux City, IA 51102  
 Weekday: (712) 255-9599  
 Evening: (712) 266-0221  
 Email: teenparents@mcleodusa.net

**Project Description:** Through networking with local schools, Teen Parents is a program that seeks out teenagers who are pregnant or already a parent (the teen may have had an

abortion or even given a child up for adoption) within the ages of 12-20. Teen Parents meet every week as well as doing activities throughout the year. Each teen is matched up with an adult mentor with whom they also meet on a weekly basis. Parenting issues, discipline, sexual issues and life skills are just a few of the areas that are touched upon as we meet. Each teen and mentor pair set goals as well as achievement time tables. We look at issues that these young parents face in today's world. Teen Parents offers mentoring relationships, small groups and special activities designed to help teen parents acquire adequate life and parenting skills as well as opportunities for spiritual growth. The need for the program since its inception has not diminished and Teen Parents will continue to meet the needs of Siouxland until there no longer is one.

**Program/Project:** **Senior Day Services**  
**Organization:** Alzheimer's Association, Big Sioux Chapter

**Primary Contact:** Tina Stroud, President/CEO  
PO Box 3716  
Sioux City, IA 51102  
Weekday: (712) 279-5802  
Evening: NA  
Email: tina.stroud@alz.org

**Project Description:** Senior Day Services (SDS) is a home and community-based service designed to meet the needs of functionally and cognitively impaired adults through an individualized care plan. Safe, supervised care and structured activities are provided in a social, homelike environment while care givers receive periods of respite. Although designed for the needs of individuals with Alzheimer's disease (AD) or other forms of dementia, SDS is open to any ill or frail older adults who may benefit. Participants may use SDS in half-day (4-hour) and full-day (8-hour) increments as needed; services are offered between 7:00 am and 6:00 pm every weekday. Safe, professional transportation to and from the facility is available for those who wish it.

**Program/Project:** **Ballard Jr/Sr High School Mentoring Program**  
**Organization:** Ballard Jr/Sr High School Mentoring Program

**Primary Contact:** Jeriann McLaughlin, Service/At Risk Coordinator  
PO Box 307  
Huxley, IA 50124  
Weekday: (515) 597-2971  
Evening: (515) 597-3553  
Email: jmclaughlin@ballard.k12.ia.us

**Project Description:** The Ballard Mentoring Program pairs younger students with high school students and adult members of the community in a positive caring one on one friendship. We strive to promote student achievement and well-being, and a healthier family through this relationship. Mentors and mentees are able to use the city fitness center (3Cs Fitness) free of charge during the school day to exercise, play basketball, lift weights, walk on the indoor track, or play racquetball. We are trying to make it possible for students in the mentoring program, whose families cannot afford a membership to the fitness center, to become members. This would provide a safe, positive environment for these children to be in, after school, evenings and weekends, when they otherwise would be home alone. In addition, families would be able to go to the center together and spend healthy, quality time in a place that otherwise would be inaccessible to them because of their economic situations. Health and fitness would be the main focus for everyone involved!

**Program/Project:** Lifestyle Challenge!  
**Organization:** Avera Holy Family Health

**Primary Contact:** Michelle Welch RD/LD  
Dietitian and Public Relations Manager  
826 North 8<sup>th</sup> Street  
Estherville, IA 51334  
Weekday: (712) 362-6479  
Evening: (712) 362-5653  
Email: michelle.welch@avera-holyfamily.org

**Project Description:** Since 2001, Emmet County has lost over 9,060 pounds and has reported over 53,800 hours of physical activity through an original program focused on improvement of heart health, weight status, and fitness. The lifestyle challenge is an annual three month competition between groups of five from small businesses, families, community organizations and friends. Team members are weighed monthly and report their physical activity on calendars. Longitudinal data has been maintained since 2001 for each participant, and their personal long term weight change data is shared with each member. Educational sessions support materials received at monthly weight checks, the focus of the lifestyle challenge is on positive encouragement and support of beneficial health choices. Participants are limited by the competition guidelines to an average of two pounds per week weight loss (30 pounds total for contest) and an average of two hours per day maximum exercise minutes to encourage healthy, maintainable habits. Weights are kept confidential with team net changes and exercise minutes reported. The program was piloted in 1998 as an internal Avera Holy Family Health hospital co-worker challenge. Grant monies from the Iowa Department of Public Health help expand the program to service the community. Participants since 2001 number 1,145 Emmet County citizens. Further demonstrating community change is the completion of the Regional Wellness Center in 2004. Private donations from the community topped \$2.3 million, due to increased interest in health and wellness since the challenge began. The Lifestyle Challenge was featured at the 2003 Steps to a Healthier US prevention summit in Baltimore, Maryland as an "Exemplary Community Program in Action". Since that national presentation, Lifestyle Challenges have developed in Mount Pleasant, Iowa, Fort Collins, Colorado, and Columbus, Indiana. All have replicated success of this original program.

**Program/Project:** Stratford Area Wellness Program  
**Organization:** Stratford Community Development Corp. (SCDC)

**Primary Contact:** Keith R. Carlson, Treasurer  
801 Shakespeare Avenue  
Stratford, IA 50249  
Weekday: (515) 838-3000  
Evening: (515) 838-2779  
Email: kcarlson@dqacenter.org

**Project Description:** Coordinate awareness and identify wellness needs in our community. Once needs were identified, specific fund raising was initiated and leadership provided to make wellness a priority and a local responsibility. Three specific projects were initiated including raising \$125,000 to build a 2,500 square foot medical clinic. Raising \$1.5 million to build a senior community residence center which includes a wellness facility, community rooms and health services; and providing a school nurse to direct a wellness program for our youth in preschool and elementary school classes.

**Program/Project:** Storm Shelter/Community Center/VFW Post  
**Organization:** The VFW, Saratoga Post 4868

**Primary Contact:** Tamerah McCreedy, VFW Member  
722 4<sup>th</sup> Street  
Mason City, Iowa 50401  
Weekday: (641) 424-4163  
Evening: (641) 424-4163  
Email: innovative@netconx.net

**Project Description:** Clear Lake is the second largest community in Cerro Gordo County. It is approximately 7,300 acres and is located at the junction of US Highway 18 and Interstate 35. The population of Clear Lake, Iowa is 8,164. The city is well known for its vast tourism opportunities. In 2003 Clear Lake tourism brought in \$40 million. The city relies heavily on tourism, and any bad weather poses a risk to both residents and visitors. The primary beneficiaries of the project are the citizens of Clear Lake, Cerro Gordo County and visitors who come to the area. These groups represent veterans, civic and human service organizations, governmental agencies, economic development organizations, vacationers and visitors. All members of society regardless of social class or economic status will have the opportunity to benefit from the use of this building. In addition to a shelter, the building will also provide meeting space for community /county events (celebrations, entertainment, receptions, reunions, dances), meeting space for area human service organizations and civic groups and a new post for the VFW and Women's Auxiliary. The current VFW Post is located at 211 Main Avenue and was built around 1910. The building is approximately 3312 sq ft. and holds a maximum of 150 people. It is not constructed as a storm shelter. The proposed building site located at 223 Main Avenue is a corner parking lot located directly across the street from City Park, where most events in Clear Lake are held and the largest concentration of visitors are at any one time. The property is located within walking distance for boaters, business and visitors. There are 29 businesses with approximately 188 employees and 23 households located near the proposed shelter site. The building will be 6,741 sq. ft. and can accommodate 540 people during regular use (community center VFW post). Full capacity of the shelter is 776 people. The VFW has a long history of patriotism and responsiveness to community needs. This project will address a community need by providing a safe place for people to go during inclement weather. We also anticipate economic growth and job creation as a result of this building.

**Program/Project:** Can you hear us now?  
**Organization:** St. Ansgar Rescue

**Primary Contact:** Vickie Bruggemen  
Member of the Board of Directors  
PO Box 176  
St. Ansgar, Iowa 50472  
Weekday: (641) 736-4667  
Evening: Same  
Email: dabrugge@iowatelecom.net

**Project Description:** The county has recently installed another tower for radio communication purposes and updated their paging equipment. Many of our radios and pagers were too out of date to be reprogrammed. With 23 volunteers, this means many dollars to update our communication system. Plus we are moving into the new Medical Center being constructed in our town. This means an added expense to move our phone, fax, and computer hook ups and our radio base. Without this updated we are not always able to communicate between our members or the comm. center from certain points of our area's coverage.

**Program/Project:** Parents United of North Central Iowa Adult and Children's Programs  
**Organization:** Parents United of North Central Iowa Inc.

**Primary Contact:** Duffy Weitzel, Executive Director  
600 1<sup>st</sup> St. N.W. Suite 107  
Mason City, IA 50401  
Weekday: (641) 424-5232  
Evening: (641) 420-0607  
Email: parentsunitednci@aol.com

**Project Description:** For more than 22 years, Parents United International has earned a reputable name across the United States for providing quality treatment and specialized services for children and families suffering from the effects of sexual abuse. As the lone provider of sexual abuse treatment and civic education in North Iowa and Southern Minnesota, we are a unique and vital component of our community. As an organization, our goal is not to "fix" problems within a family unit, but to foster a warm, positive, atmosphere to encourage open communication, an essential component of the healing process.

**Program/Project:** Purchasing of two automatic external defibrillators for our schools  
**Organization:** Nashua-Plainfield Parish Nurses

**Primary Contact:** Lisa Franzen, RN, President  
Nashua-Plainfield Parish Nurses  
26 Maple St  
Nashua, Iowa 50658  
Weekday: NA  
Evening: (641) 435-0100  
Email: NA

**Project Description:** The Nashua-Plainfield Parish Nurses is a volunteer nursing organization functioning ecumenically and within both communities. We would like to purchase two automatic external defibrillators, one for each of our two schools. Both schools have multiple school functions to which most parents, grandparents, friends and other family members attend. We are a rural community with somewhat limited health-care access. Plainfield doesn't have an ambulance service and the closest hospital is 15 miles away. Nashua does have a volunteer ambulance service, with the closest hospital 15-20 miles away. In a cardiac arrest, time is very crucial. We feel the addition of an AED at each school will help to increase the response time until an ambulance arrives.

**Program/Project:** Mind Aerobics  
**Organization:** New Vienna Area Historical Society

**Primary Contact:** Delores Neuhaus, Grant Coordinator/Board Member  
7046 W Jefferson St  
PO Box 55  
New Vienna, IA 52065  
Weekday: (563) 921-2620  
Evening: (563) 921-2620  
Email: deloresneuhaus@hotmail.com

**Project Description:** Our project is to collect stories, memories and tales from this "Greatest Generation" and preserve the information in books. It will become a learning experience for us and our youth; it will preserve our invaluable history and heritage and provide roots for generations to come. We must collect and preserve this information now or a whole generation will pass unrecorded.

“Picking the Brain” of the senior citizens serves a dual purpose. It well as involving them and re-activating their mind and thinking process. They become the center of focus, bonding with other people to share and compare their life experiences. Recent studies show laughter is heart healthy and we have many, many laughs.

**Program/Project:** **Valley Community Coalition**  
**Organization:** Valley Community Coalition

**Primary Contact:** Jenni Elsbernd, VCC Mentoring Coordinator  
PO Box 181  
Clermont, IA 52135  
Weekday: (563) 423-5171  
Evening: (563) 422-5102  
Email: jelsbernd@helpingservices.org

**Project Description:** The Valley Community Coalition (VCC) is a non-profit, grassroots, community-based coalition that strives to prevent and reduce substance use and abuse among youth in the Valley Community School District. The VCC is a very large and diverse coalition. Members of the coalition represent many areas of the prevention matrix including youth, parents, health professionals, clergy, schools, and youth serving agencies, civic groups, government entities, and treatment professionals. The coalition’s membership boasts over 540 members with a strong arm of youth identified as SODA (Students Okay Without Drugs and Alcohol). SODA sponsors monthly substance-free events for all 7<sup>th</sup> – 12<sup>th</sup> grade youth in the Valley School District. Ninety-eight Valley students are members of the SODA youth group, which is 1/3 of the total 7<sup>th</sup> -12<sup>th</sup> grade population. Parents and other community members are also a large part of the coalition’s efforts. They take a lead on making policy change, providing parent education and community awareness, all centered around substance abuse prevention. A variety of substance abuse prevention programs and alternatives are offered to youth in the Valley. The VCC provides a mentoring program to youth in 1<sup>st</sup> – 7<sup>th</sup> grades. All Stars- a researched based life skills curriculum for 6<sup>th</sup> and 7<sup>th</sup> grade students, and a youth center that is open to 7<sup>th</sup> -12<sup>th</sup> grade students that also provides after school tobacco education to 5<sup>th</sup> and 6<sup>th</sup> grade youth twice a month

**Program/Project:** **School Dental Health Program**  
**Organization:** Sumner Community School District

**Primary Contact:** Erica Luebbers, School Nurse  
601 W. 5<sup>th</sup> St.  
Sumner, Iowa 50674  
Weekday: (563) 578-3341  
Evening: (319) 269-9059  
Email: mrsLuebbers@excite.com

**Project Description:** Dental health is important to the students, parents, and faculty of Durant Elementary in Sumner. Every day students in Kindergarten through 5<sup>th</sup> grade brush their teeth at school. Oral health education is also provided with instruction in the classrooms on brushing and flossing. The toothbrushes are provided by the school through the school nurse’s budget. The Iowa Department of Health does provide for a small portion of brushes, but only one for each student in 3<sup>rd</sup> grade, which is approximately 60 toothbrushes. We go through at least 600 toothbrushes a school year since they all need replacing halfway through the year. These are given in stockings at holiday time for younger students. There are also other factors that cause a student to need a new toothbrush during the year.

Fluoride rinse is also provided once a week for all students in Kindergarten through 5<sup>th</sup> grade with parental consent. Ninety seven percent of the students' parents consent to weekly fluoride rinse. The supplies for fluoride rinse are received through the Dept. of Health. The school nurse gathers the consent forms and labels a tray for each classroom with the number of students plus the teacher. Every Thursday the nurse prepares the fluoride rinse and dispenses the fluoride into paper cups. The cups of fluoride rinse, napkins, and plastic bags are then distributed to each classroom for the teacher to supervise and also participate in the fluoride program. With February being Dental Health Month, we invite the local dentist to come and celebrate "Dental Day". The nurse sets up a schedule by grade levels and sends the schedules to the dentists for securing a date. Dental health films, which are ordered by the nurse ahead of time, are shown and the dentists meet with students by grade level to provide information and supplements what is already going on in the classrooms on a regular basis. Students are also strongly encouraged to see a dentist at least once during the school year. Dental cards are provided by the school for students to have the dentist sign and date after appointments. Once returned, dental cards are displayed in the classrooms. By the end of April, notes are sent home to parents of students who have not returned a dental card asking parents to please verify that their child has been to a dentist.

**Program/Project:** North Iowa Area Community College Employee Wellness Program  
**Organization:** NIACC/Employee Wellness Program

**Primary Contact:** Shelly Schmit  
Director of Human Resources  
500 College Drive  
Mason City, IA 50401  
Weekday: (641) 422-4211  
Evening: (641) 424-0676  
Email: schmishe@niacc.edc

**Project Description:** Wellness is an essential benefit for the NIACC community. Because of the value we place on wellness education, we encourage and educate toward healthy choices and behaviors. As an organization that places our highest value on serving our community and each other, our wellness program provides numerous participation opportunities: wellness fairs, lunch and learns, and wellness activities. An example of one of our most effective and celebrated events would be our annual Wellness Fair, which we hold in the fall. At this fair, NIACC Wellness provides disparate activities and information services; child safety restraints, drinking water, massage therapy, cholesterol screening, fire safety, gardening, book club to name a few. The scope of this list reflects our fundamental belief that wellness is a tool to healthy social interpersonal and intrapersonal relationships through healthy bodies, minds and emotions. As recent reports in the media reveal, Americans pay a high price for poor health practices. This expense is not only confined to increased insurance premiums and medical expense but also suffering, discomfort and even interpersonal stress. In all aspects our quality of life is diminished by lack of wellness. Corporations, institutions, governments and individuals bear the cost and inconvenience of poor wellness practices. Our program seeks to not only reverse this trend in our small corner of the world but to maintain an effective and vital wellness program. Hence, we believe that it is worthwhile to invest in wellness. The returns on improving wellness have important economic implications and human implications. At NIACC we believe wellness is a valuable investment and asset.

**Program/Project:** **Community Health Education**  
**Organization:** Together for Youth TFY in partnership with Communities In Schools

**Primary Contact:** Brooke Schrandt  
233 Vold Drive  
Waterloo, IA 50703  
Weekday: (319) 274-6768, ext 3  
Evening: (319) 269-7909  
Email: olsonbc@ihs.org

**Project Description:** Together for Youth or TFY as it is commonly known, is a nonprofit organization that strives to prevent adolescent pregnancies and strengthen young families in collaboration with eleven vital agencies. Our collaboration includes Allen Memorial Hospital, Black Hawk County Health Department, Communities in Schools, Covenant Medical Center, Family & Children's Council, Hopes Healthy Families, Northeast Iowa Family Practice, Peoples Community Health Clinic, Tri-County Child and Family Development Council Inc. Waterloo Community Schools and YWCA of Black Hawk County. This collaborative project currently offers a comprehensive array of adolescent pregnancy prevention programs in the Cedar Valley, including Community Health Education, which is a well-respected, and established adolescent pregnancy prevention program . Recognizing the negative effects of adolescent pregnancy and parenting, the TFY collaboration is determined to continue to make a difference for the youth of our community. The world many of us grew up in has changed and youth face challenges daily in regards to their sexual health. In Iowa 33% of teens in grades 9-12 are sexually active, and ¼ do not use contraception. TFY has a strong history of quality prevention programs and has become a well-respected source on adolescent sexual health throughout the years. TFY offers nine pregnancy prevention programs to the community including the Health Education component. Community Health Education programming benefits the community in many ways. It offers a program that will promote abstinence as the most effective way to prevent pregnancy and sexually transmitted infections (STI's) while also providing medically accurate, science based facts and clear messages about contraceptive use. Effective, age-appropriate programs will also be provided that utilizes activities addressing peer pressure, parental communication about sexuality, sexual activity and substance use and allowing youth to practice skills in communication, negotiation, and refusal. Community Health Education programs are provided to youth serving agencies, area schools, and various community groups, while Health Educators play a vital role in educating upper elementary, middle school and high school students, primarily between the ages of 12-19 years. Programming is also provided to parents, staff at youth serving agencies and college-aged students.

**Program/Project:** **University of Northern Iowa Global Health Corps**  
**Organization:** Global Health Corps

**Primary Contact:** Linda Miller, M.A., Director  
220 Wellness & Recreation Center  
University of Northern Iowa  
Cedar Falls, IA 50614\  
Weekday: (319) 273-7857  
Evening: NA  
Email: Linda.k.miller@uni.edu

**Project Description:** The Global Health Corps is a student-operated, locally headquartered, nonprofit organization, under the supervision of UNI faculty trained in international health. The Global Health Corps operates under the auspices of the National Institutes of Health-funded Iowa Project EXPORT Center of Excellence on Health Disparities at the University of Northern Iowa. The Global Health Corps' 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 underserved populations around the world.

**Program/Project:** **Empowering Dads**  
**Organization:** Family and Children's Council of Black Hawk County, Inc.

**Primary Contact:** Julie Pitzen  
500 E. 4<sup>th</sup> Street, Suite 414  
Waterloo, IA 50703  
Weekday: (319) 234-7600 ext 16  
Evening: (319) 235-9833  
Email: parentparent@fccouncil.net

**Project Description:** Family and Children's Council has offered services to fathers through the Empowering Dads Program since 2003. The program currently offers 12 different services, including support groups for non-custodial fathers, teen fathers, and men who have been unemployed six months or longer. Through these groups, the need for mental health services had been identified. Participants are often under extreme stress, including separation from their children, devastating loss of relationship, financial hardship, and a decrease ability to trust their own sense of self. The levels of depression in the groups are great, but men often fail to recognize the feelings of depression, helplessness or hurt, and instead redefine their emotions as anger or resentment.

**Program/Project:** **Meals on Wheels**  
**Organization:** Family Service Agency d/b/a Family Services

**Primary Contact:** Larry Belman, Interim Executive Director  
819 Fifth Street SE  
Cedar Rapids, IA 52401  
Weekday: (319) 398-3943  
Evening: (319) 398-3943  
Email: ibelman@familyservicesiowa.org

**Project Description:** Family Services Meals on Wheels program Feeding the Heartland's Homebound currently serves over 232,580 meals to 1,300 homebound elderly, handicapped and convalescent individuals 365 days a year. Each client has the option of hot noon meals, breakfast bags, frozen meals, liquid supplements. These meals meet a variety of nutritional needs facing our clients. This program helps seniors maintain self-sufficiency and live independently in their own homes by providing nutritious, home-delivered meals and safety checks. Our program is the largest community-based program serving, Linn, Jones, and Benton Counties. Many of our clients face social isolation, Many times the Meals of Wheels volunteers are the only face to face contact the client may have all day long. With many of our clients living alone with family far away, this contact is extremely important in ensuring the clients safety.

**Program/Project:** Newton/Jasper County Lighten Up Iowa and Go The Distance  
**Organization:** Greater Newton Area Chamber of Commerce

**Primary Contact:** Annette West  
Executive Director of Greater Newton Area Chamber of Commerce  
113 1<sup>st</sup> Ave W  
Newton, IA 50208  
Weekday: (641) 792-5545  
Evening: (641) 791-3368  
Email: annettew@pcpartner.net

**Project Description:** Our project started with community members forming a committee to promote Lighten Up Iowa (LUI) and go the Distance (GTD) within our community. We invited all schools and citizens to participate in our project. LUI is from January 19<sup>th</sup> thru June 8<sup>th</sup> 2005. GTD is from January 19<sup>th</sup> thru May 4<sup>th</sup>, 2005. LUI has two divisions of participation. One is weight loss and the other is accumulated activity. A team consists of two to ten members and may participate in one or both divisions. Both divisions promote health, nutrition and activity. GTD is for schools to promote health, nutrition and activity. A team in GTD usually consists of a class room or a home room in upper classes. Activity can be in the form of walking, jogging, biking, aerobics, swimming, gardening, push mowing or any activity that will increase your heart rate. Our project also promotes healthy eating habits.

**Program/Project:** Dubuque Rescue Mission Free Health Clinic  
**Organization:** Dubuque Rescue Mission, Dubuque, IA

**Primary Contact:** Reverend Murray E. Phillips  
398 Main Street  
Dubuque IA 52001  
Weekday: (563) 583-1394 ext 7  
Evening: (563) 582-2692  
Email: mphillip@dbq.edu

**Project Description:** The weekly free medical clinic is a cooperative effort between the Dubuque Rescue Mission, the Visiting Nurses Association, and the Gannon Center for Mental Health. The primary goal of the clinic is to provide diagnostic care and treatment of minor illnesses and injuries. The clinic also provides referrals to other health facilities for situations that require more acute care. Lab procedures are done at minimal or no cost to clients through an agreement with United Clinical Labs of Dubuque. The clinic is staffed entirely by volunteer nurses, physicians assistants, and doctors who work at the weekly clinic on a rotation basis. In addition, we have a voucher prescription program that helps defray cost of initial-fill prescription meds for those who cannot afford medication.

**Program/Project:** Fourth Grade Elementary Program  
**Organization:** Family YMCA of Black Hawk County

**Primary Contact:** Norm Johnson, Executive Director  
669 South Hackett Road  
Waterloo, IA 50701  
Weekday: (319) 233-3531  
Evening: (319) 233-3531  
Email: njohnson@familyymcabhc.com

**Project Description:** The YMCA 4<sup>th</sup> grade program is a 2-fold program. 1<sup>st</sup> part is to extend a membership to all 4<sup>th</sup> graders in Cedar Valley – to break down any barrier of cost to promote activity to these youth. 2<sup>nd</sup> part is to engage them in structured, health activities that they will incorporate as lifetime skills, The YMCA provides transportation to the YMCA 4 days per week from the selected elementary school and participate in structured activities. They have some competitive and non-competitive sports and games, a physical fitness segment that incorporate muscular strength and endurance, cardiovascular endurance, and flexibility, and aquatics. Parents are responsible for the transportation back to the household after the program ends. On a monthly basis- we invite selected schools 4<sup>th</sup> graders and their parent's to participate in a Family Night at the YMCA- again at no cost to the participants to promote health and fitness as a family lifestyle

**Program/Project:** **Meyer McIntire Rescue**  
**Organization:** Meyer McIntire Rescue

**Primary Contact:** Cheryl Kruse  
2961 470<sup>th</sup> Street  
McIntire, IA 50455  
Weekday: (641) 420-8582  
Evening: NA  
Email: Alyssa@omnitelcom.com

**Project Description:** We are located 25-30 minutes from the nearest ambulance service (22 miles from the nearest Hospital). We use our own vehicles to shorten our response time. We live in an agricultural community and the small towns in our area have many elderly residents. We also have many Amish and Mennonite families located in our area and have responded to many calls. Families have a sense of security knowing that our volunteer rescue service is there to help them at a moments notice. The people we help are our neighbors, friends and relatives that depend on us in their time of need. Our program is a very important part of emergency help in our area. We are required to have a specific number of CEU's to keep our certification valid and our knowledge of emergency procedures current. People are grateful when we arrive on the scene and make the transfer to a hospital go more quickly.

**Program/Project:** **Stork's Nest**  
**Organization:** Operation Threshold

**Primary Contact:** Sandy Sauer, WIC Director  
300 West Third  
Waterloo, IA 50701  
Weekday: Weekday: (319) 291-2065  
Evening: NA  
Email: ssauer@operationthreshold.org

**Project Description:** The Stork's Nest seeks to provide education, support and incentives to at risk pregnant women for the purpose of preventing low-birth weight babies. In addition, the program provides education, support and incentives to at-risk post-partum women for the purpose of strengthening positive parenting practices. The Stork's Nest is an incentives driven program. By maintaining good health habits and participating in beneficial, Stork's Nest-approved educational programs that focus on health, nutrition and parenting, participants earn points to "purchase" items they need for their babies. Supplies are provided at Stork's Nest Stores. Items available for point redemption range from bathing supplies and clothing to cribs and car seats. By gaining education through the Stork's Nest participants are able to have the knowledge and skills needed to have healthy babies and

practice positive parenting for the long term. By earning and redeeming points, participants are able to have additional resources available to meet other financial needs present in their families, such as rent and utilities, clothing and food.

**Program/Project:** Grundy County Family Nest  
**Organization:** Operation Threshold

**Primary Contact:** Chris Tobias  
Grundy County Supervisor  
1606 G. Avenue  
Grundy Center, IA 50638  
Weekday: (319) 824-3460  
Evening: (641) 366-3429  
Email: ctobias@operationthreshold.org

**Project Description:** The Grundy County Family Nest seeks to promote health, safety, self-sufficiency and family stability in low income families. The Family Nest serves families with children ages 0-18, and expectant parents. The Nest offers classes and incentives for participation and positive behaviors. Classes are offered once each month and include a meal for the whole family, and child care and activities for kids while parents are in class. Class topics have included: the summer to school transition, fire safety, proper food preparation, CPR, and presentations from Iowa State University Extension curriculum "Love and Limits Parenting" Classes on budgeting and substance abuse prevention and a Car Seat Inspection Day are also planned for this year. Through class attendance and tracking positive behaviors, participating families earn points that they can then spend on incentive items. Common incentive items include baby supplies, clothing and bedding, and gasoline cards. Positive behaviors can include keeping doctor appointments, good work attendance, participation in extra curricular activities (school) awards and recognition, and family goal setting. Each family is required to set and update family goals twice annually in order to redeem accumulated points. The Family Nest collaborates with other community providers for services and referrals. Partnering providers include: Grundy County Public Health, ISU Extension, Parents as Teachers, Grundy County Head Start and Seed of Hope (Domestic Abuse prevention). Organizations in the county such as restaurants and churches, and local Girl Scouts have donated meals for classes and provided child care. When the Family Nest was implemented in April 2004, seven families enrolled. As of April 2005 46 families are enrolled in the program

**Program/Project:** Aquatic Therapy  
**Organization:** Your Family Center

**Primary Contact:** Pamela K. Rupp, Volunteer Director  
133 W. Second St.  
Ottumwa, Iowa 52501  
Weekday: (641) 682-5473  
Evening: (641) 682-5473  
Email: stupidwomen3@pcsia.net

**Project Description:** This program is very important to the health and recovery of a wide range of disabled and physically challenged population of our community. Our warm water pool is a major necessity to help in the recovery following surgeries, and relief from pain resulting from arthritis, fibromyalgia, and chronic pain.

**Program/Project:** Burlington High School Chapter of  
**Organization:** Students Against Destructive Decisions/ Just Eliminate Lies (SADD/JEL)

**Primary Contact:** James Upton  
Burlington High School  
421 Terrace Drive  
Burlington, IA 52601  
Weekday: (319) 753-2211  
Evening: (319) 752-8287  
Email: [jupton@burlington.k12.la.us](mailto:jupton@burlington.k12.la.us)

**Project Description:** The Burlington High School Chapter of SADD/JEL continues our primary work with BHS students and staff to raise awareness of the dangers of drugs, alcohol, tobacco, bullying, violence, suicide, racial/sexual/ethnic prejudice, unsafe driving practices, self-mutilation, and unprotected sex. However, as SADD/JEL has formed networks with other community health-oriented organizations, the students have been able to more fully share and practice the values they teach. SADD/JEL students work with our Grade A plus organization, the Des Moines County Tobacco Free Coalition, the American Cancer Society, RSVP, and Rock in Prevention to improve the health and safety of all Des Moines county residents from pre-school children to senior citizens. The SADD/JEL students literally walk the walk and have become role models for younger students, have benefited greatly from their inter-generational work with other health –oriented adults, and continue to help make all community health initiatives successful.

**Program/Project:** Muscatine Pediatric Dentistry  
**Organization:** Muscatine Center for Social Action (MCSA)

**Primary Contact:** Sister Irma Ries, Executive Director  
312 Iowa Avenue  
Muscatine, Iowa 52761  
Weekday: (563) 264-3278  
Evening: (563) 260-1607  
Email: [iries@machlink.com](mailto:iries@machlink.com)

**Project Description:** After an extensive needs assessment and search for solutions to the documented need for affordable primary medical and dental care in Muscatine and Louisa counties, Muscatine Center for Social Action (MCSA) joined together with the University of Iowa School of Dentistry to create Muscatine Pediatric Dentistry (MPD), a new primary dental care clinic opened in Muscatine on January 4, 2005. MPD has two purposes: (1) to provide critically-needed, affordable primary dental care to the population most in need. –unserved, underserved and undocumented children (ages 2-12) in Muscatine and Louisa counties; and (2) to increase the number of Iowa dentist prepared and willing to offer dental care to children in this age range. Located in the lower level of MCSA's building in downtown Muscatine and staffed by four senior dental students and a dental school faculty member, MPD offers primary dental care to children regardless of insurance status or income. It accepts Medicaid payments and offers sliding fee adjustments as needed. Open each Tuesday, MPD served 177 children in the first 12.5 days of operation. Of these, 75.2% had untreated decay and 12.8% had emergency treatments needs. The number of decayed teeth per child ranged from zero to 14 with an average of four. Based upon documented need (a local ratio of dentist to population of 1:3500 as compared with an Iowa ratio of 1:2500) and because the MPD schedule filled immediately and is now booked for 3.5 months in advance, MCSA and the Dental School plan to expand the new clinic's services to four days per week in September 2006. In the meantime, MCSA will continue its planning efforts to stimulate creation of additional affordable health care services including primary dental care for adults and primary medical care for people of all ages.

**Program/Project:** Winfield Medical Clinic Acquisition  
**Organization:** Winfield Community Wellness Corporation

**Primary Contact:** Jeff Suter  
PO Box 263  
104 N. Huntsberry  
Winfield, IA 52659  
Weekday: (319) 257-3305  
Evening: (319) 257-6997  
Email: suter@iowatelecom.net

**Project Description:** Winfield Community Wellness Corporation (WCWC) was formed in April 2004 in response to the retirement of Winfield's only medical doctor. WCWC has a goal of purchasing the medical clinic to secure the basic medical needs of the community. Winfield is located in northeast Henry County with a population of 1150 citizens. The medical clinic has been a part of the city for 49 years and serves the basic medical needs of Winfield and the surrounding area. Without the medical clinic, Winfield residents and the surrounding area, many with limited resources, would have to travel 20-30 miles for basic health care. Senior citizens that have limited transportation or are unable to travel outside the community for basic medical care would be severely impacted by the closure of the medical clinic. WCWC has negotiated an agreement with Henry County Health Center located in Mt. Pleasant, Iowa, to staff the medical clinic and provide basic medical care for Winfield and surrounding area. WCWC has raised \$51,747 towards the acquisition price of \$100,000 and is committed to raising the necessary funding needed to finish the acquisition project. Maintaining adequate medical care is vital to the community to preserve economic development as well as community well being.

**Program/Project:** Mutchler Community/Recreation  
**Organization:** Mutchler Community Center

**Primary Contact:** Valerie Mishler, Director  
900 E. North St.  
Bloomfield, IA 52537  
Weekday: (641) 664-3939  
Evening: (641) 929-3385  
Email: valeriemishler@yahoo.com

**Project Description:** MCC is a multi purpose facility of about 28,000 square feet. It was made possible to our community by a very generous 1.3 million dollar donation (by Mr. Glen Mutchler) to our city and county to be used for a place for kids to go. Along with Mr. Mutchler's gift there was ¼ million dollars donated in volunteer labor as well as numerous monetary donations. For 6 years now MCC has enhanced the community's social, recreational and physical well being a great deal with our 2 gymnasiums, racquetball court, track, weight room and meeting rooms. With much focus on classes and training for those who want to exercise and stay fit and healthy, and walking/running everyday of the week, as well as a place for the many social evens that run through our facility all year long.

**Program/Project:** CPR Saturday – Saving Lives in Our Community  
**Organization:** Scott Community College Foundation  
500 Belmont Road  
Bettendorf, Iowa 52722

**Primary Contact:** Dawn Hamilton, Co Chair of CPR Saturday  
306 West River Drive  
Davenport, Iowa 52801  
Weekday: (563) 336-3452  
Evening: (563) 289-4626  
Email: dhamilton@eicc.edu

**Project Description:** CPR Saturday “Saving Lives in Our Community” has an ongoing quest to teach more people CPR. Our current statistics show that of those victims needing CPR, only 17% received bystander CPR and only 4% of Scott County population are trained in CPR. Our goal is to improve public awareness of the importance of their role in the chain of survival, as they are the first two links in determining the outcome of a life-threatening situation and to increase the number of people who know and are able to perform CPR in an emergency situation in our community. We hope to accomplish this goal through providing a CPR training course to our community at no cost.

**Program/Project:** Volunteer Care Network  
**Organization:** United Way of the Quad Cities Area

**Primary Contact:** Chris Allers, Dental Coordinator  
3247 E 35<sup>th</sup> Ct.  
Davenport, IA 52807  
Weekday: (563) 355-4310 ext 220  
Evening: (309) 799-5968  
Email: callers@unitedwayqc.org

**Project Description:** The Volunteer Care Network (VCN) is a volunteer-based dental referral system that matches family practice dentists and dental specialist with patients of all ages who are in need of prevention and treatment services. The target patient population is the vulnerable, underserved members of our community, especially young children and low-income individuals (i.e., individuals living at less than 200% of the federal poverty level). The ability to provide primary versus specialty care depends upon our ability to recruit those providers into our volunteer network. Our intent is that the dentists, who accept referrals, will provide patients with free basic dental care as outlined in an initial treatment plan. Once the initial treatment is completed, it is our hope that the participating dentists will continue to see these patients so that on-going dental care becomes available to those who need it most

**Program/Project:** FUN Program – Families Understanding Nutrition  
**Organization:** Van Buren County Hospital

**Primary Contact:** Lisa Schnedler, Hospital Administrator  
304 Franklin Street  
Keosauqua, IA 52565  
Weekday: (319) 293-3171 ext 310  
Evening: NA  
Email: lisavanburen@yahoo.com

**Project Description:** Families Understanding Nutrition is a program designed for busy families. The chief goal of the program is to educate working adults and youth on the importance of living healthy lifestyles which include healthy eating habits and exercise. The educational sessions took place at worksites and schools, eliminating barriers to program access.

**Program/Project:** **New lowans Healthcare Access Project (NIHAP)**  
**Organization:** Iowa City Free Medical Clinic

**Primary Contact:** Sandy Pickup, FMC Financial Director  
120 N. Dubuque Street  
Iowa City, IA 52245  
Weekday: (319) 337-9727  
Evening: (319) 337-9727  
Email: spickup3@mchsi.com

**Project Description:** The Iowa City Free Medical Clinic has been providing free healthcare to the uninsured of Johnson County and surrounding communities for 34 years. The New lowans Healthcare Access Project was initiated at FMC in response to a growing Hispanic/Latino community within FMC's service area. While all of FMC's clients struggle with barriers to healthcare access such as cost, transportation and inflexible work schedules, the uninsured of the local Hispanic/Latino community have the additional barrier of language which compounds the more common barriers. Through the joint efforts of the Iowa City Free Medical Clinic, Mercy Hospital, University of Iowa College of Nursing and many referring social service agencies including the University of Iowa Mobile Clinic, Spanish-language interpretation services were added to every point of contact between FMC and its Spanish-speaking clientele. These points included Spanish-language brochures detailing FMC services; a Spanish-language voicemail system fielding all incoming calls; and Spanish –language interpreters facilitating every FMC clinic in FY 2004. Additionally FMC outreach to social services agencies who work with the Hispanic/Latino communities of southeast Iowa resulted in referral protocols which improved access to FMC's wide range of no-cost healthcare services. For the 1072 Hispanic/Latino patients seen by FMC in FY2004 this project succeeded in eliminating a barrier which often prevents new lowans from seeking and obtaining the medical care they need.

**Program/Project:** **New Mom Safe Babe**  
**Organization:** Decatur County Public Health

**Primary Contact:** Sheli Bickle, Office Admin.  
1405 NW Church St  
Leon, Iowa 50144  
Weekday: (641) 446-6518  
Evening: (641) 446-6518  
Email: sbickle@decaturcountyhospital.org

**Project Description:** My project is called New Mom/Safe Babe. I provide 1-1 1/2 hours of education in each home of new moms with a new baby. This program is available for any income level. We provide each mom with valuable resources such as pamphlets, reading guide, videos and a baby bag. I teach a number of topics from SIDS, CPR, baby massage, Immunizations, safety, diaper changing, temps etc. On an average I cover at least 25 topics in the hour I am there. I weigh, measure and do an assessment on new baby. I answer questions and offer advice. I can provide breast feeding information as I am certified for breast education. I also use educational videos for parents on basic baby care. I am presently the only nurse in the state of Iowa who is screening new borns in the

home for hearing. I have several Amish families in our area who have been receptive with our home visits. I have even been allowed to do in home immunizations and the families were given a diaper/gift bag. Our program is designed to educate and make new mom aware of valuable help that she can use to keep her baby healthy and happy

**Program/Project:** **Providing formal food safety education in Washington County**  
**Organization:** Washington County Environmental Health Department

**Primary Contact:** Jeff Thomann, Programs Administrator  
PO Box 889  
Washington, IA 52353  
Weekday: (319) 653-7782  
Evening: NA  
Email: jthomann@co.washington.ia.us

**Project Description:** Constant emerging food safety concerns prompted our department to actively search for diverse ways to deliver food safety education to the general public. We are providing free food safety certification classes (ServSafe) to members of nonprofit groups, high school students, public health nurses and homemakers, and doctors and nurses in the medical profession through the receipt of grant money provided by the Iowa department of Public Health. Nonprofits who serve food to the public are not required to be licensed under Iowa Law. High school students represent a significant portion of the food service work force. Public health nurses and homemakers, along with doctors and nurses, deal with a large portion of the high-risk population. The benefit for Washington County is minimizing food-borne illness by providing free formal food safety education to these important groups.

**Program/Project:** **Senior Citizens Wellness Disease Management Program**  
**Organization:** Lucas County Area Agency on Aging, Rural Health Care Advantage Inc.

**Primary Contact:** Kim Anderson, Nurse Administrator  
130 North Grand St  
Chariton, IA 50049  
Weekday: (641) 774-4090  
Evening: (641) 774-4143  
Email: rhcanurs@iowatelecom.net

**Project Description:** A voluntary, proactive, Senior Wellness Disease Management Program has been established in March 2004 to assist, educate and monitor Lucas County senior citizens with multiple chronic diseases for optimum health management. A consortium of local businesses and organizations were solicited for funds to help sponsor the technology and costs associated with program. The Lucas Co. Area Agency on Aging donated private space at the Chariton Senior Citizens Center. The use of a HomMed Sentry III telemonitor with a glucose meter attachment and multi user care reader was donated for use by Rural Health Care Advantage Inc. of Chariton. A health fair at the senior center was sponsored by several local businesses and questionnaires were circulated. Out of the 60 volunteers, 47 seniors were enrolled and received a health care assessment and screening to gather baseline data for glucose, cholesterol, blood pressure, and other vital statistics. Participants were issued a disease specific, individually-programmed ATM type care to activate the monitor and assigned a routine schedule to follow for telemonitoring of their own specific diseases. The data is monitored under the supervision of a registered nurse and abnormal readings and trends were forwarded within 24 hours to each individual and their family physician with nursing intervention and recommended lifestyle changes, if needed. Normal

readings were stored and regularly forwarded to each participant for their own information and reinforcement. Many success stories were generated from this program. The main objective of proactive disease management was reinforced by the fact that over 50% of the participants were redirected to their family physicians for medication adjustments, over 80% felt that the program was beneficial, and over 80% felt the program helped them manage their health. This chronic disease management, and related interventions, have shown to reduce participants overall health care costs by assisting health care providers in management of diseases and increasing participants quality of life. The value of healthy seniors is essential for the vitality of our rural aging community.

**Program/Project:** **Bridge of Hope**  
**Organization:** Ottumwa Regional Health Center

**Primary Contact:** Holly Karr-White,  
Director, Behavioral Health Services  
101 Pennsylvania Avenue  
Ottumwa, IA 52501  
Weekday: (641) 684-7042  
Evening: (641) 684-3170  
Email: HWhite@orhc.com

**Project Description:** The community of Southeast Iowa recognized the problems in the area associated with substance abuse and the impact this has on families as well as the whole community. The community responded through strong collaboration to create the Bridge of Hope. The Bridge of Hope is a substance abuse treatment center for mothers and their dependent children. Treatment takes on a holistic approach; mothers are provided treatment, life skills, education, parenting skills, and community support while housed in a safe, home-like atmosphere with their children, Children attend local schools, groups and churches. Women of any age, race and economic status are welcomed. Children are permitted to accompany their mothers in the facility from birth up to their 18<sup>th</sup> birthday making the Bridge of Hope a unique and innovative program.

**Program/Project:** **Davis County Wellness/Screening Program**  
**Organization:** Davis County Hospital

**Primary Contact:** Kathi Scott, Marketing and Development Manager  
507 N Madison  
Bloomfield, IA 52537  
Weekday: (641) 664-2145  
Evening: (641) 664-3055  
Email: Marketing@daviscountyhospital.org

**Project Description:** The Davis County Hospital Community Health Committee comprised of individuals from public health, hospital education and department specific hospital employees determined the need for community wellness screenings and educational sessions in our community. These sessions were held throughout the community targeting all age ranges and economic backgrounds. The committee educated and screened individuals for various illness/diseases including breast cancer, heart disease including stroke, total cholesterol and blood pressure, diabetes, liver disease, colon rectal cancer, prostate cancer and obesity. The community responded very positive to the program and we were able to reach over 1,800 residents, of these over 30% of those individuals had received test result require additional test or monitoring.

**Program/Project:** South Central Iowa Covering Kids and Families Project  
**Organization:** Community Health Services of Marion County

**Primary Contact:** Diane Ellis, Program Manager  
104 S. 6<sup>th</sup> Street  
Knoxville, IA 50138  
Weekday: (641) 828-2238  
Evening: (641) 828-7854  
Email: delis@chmarion.org

**Project Description:** The South Central Regional Coalition made up of partners from the public health agencies in Clarke, Decatur, Lucas, Marion, Monroe, Warren and Wayne Counties formed to implement local strategies that would address the challenges of uninsured children. Outreach partners joined to build capacity among the rural communities in south central Iowa to educate about children's health insurance coverage. A sustainable seven-county coalition with strong infrastructure is in place to ensure that children's health care issues are addressed and advanced. The goals to conduct and coordinate outreach programs, simplify the enrollment and renewal process for government health care plans, and coordinate existing health care plans has resulted in an increase in the number of children becoming insured as well as a broader understanding throughout the communities as to what plans are available and the importance of health care coverage.

**Program/Project:** Medication Assistance Program (MAP)  
**Organization:** Community Action of Southeast Iowa

**Primary Contact:** Martin Distelhorst, Community Resource Director  
2850 Mt. Pleasant Street, Suite 10B  
Burlington, IA 52601  
Weekday: (319) 753-0193  
Evening: (319) 753-0193  
Email: madistel@interl.net

**Project Description:** The Medication Assistance Program (MAP) helps people who have a chronic health condition and no prescription drug coverage to access medications at no cost to them. The formation of the Medication Assistance Program is a collaborative effort between Community Action, local doctors, pharmacists, nurses and some other local service organizations. Many drug companies offer some medications at no cost to a patient that meets their income guidelines. Therefore, several local doctors, a pharmacist and social workers helped us form an Advisory Council to design and start a program. Community Action employs a coordinator who works with the clients twenty hours per week. Doctors refer patients whom they believe could benefit from this program to the Community Action Center in Burlington. The employee accepts referrals from the doctors, contacts the patients, accesses the form necessary and assists the individual in filling out the applications. The prescribing physician will then sign the forms and the medications are usually sent directly to the doctor. MAP is a program of Community Action of Southeast Iowa.

**Program/Project:** Acquisition of vital EMS lifesaving equipment  
**Organization:** Prescott Fire and Rescue

**Primary Contact:** Lynn Lundquist, EMS Coordinator  
2414 Redwood Avenue  
Lenox, Iowa 50851  
Weekday: (641) 333-2745  
Evening: (641) 344-3904

**Project Description:** The Prescott Fire and Rescue Service will improve our life-saving capabilities through the purchase of three replacement or new pieces of EMS equipment: 1 AED, 1 pair of MAST(Military Anti Shock trousers), and 8 portable radios. The three items will fill gaps in our service at the most basic level by enabling us too safely and quickly access the problem and solve it efficiently and effectively. Our current equipment we want o replace is outdated, unreliable, and does not allow us to communicate effectively among our group, with our firefighters, and with partner organizations. The community health prize funding will help make these purchases affordable for us. Total cost of the project is \$8,300.

**Program/Project:** **Cougar Fitness Program**  
**Organization:** Anita Community Schools

**Primary Contact:** Josh Snook, Physical Education Instructor  
1000 Victory Park Road  
Anita, IA 50020  
Weekday: (712) 762-3231  
Evening: (515) 834-2388  
Email: jsnook@mail.anita.k12.ia.us

**Project Description:** The Cougar Fitness Program was originally developed to improve the skills of the CAM Cougar High School football Team. As a basic weight program began, team members were able to develop greater upper body and leg strength. Team members participated in a thirty minute weight program including squats, bench, dots and a timed ab hold. All players developed a personal fitness plan with corresponding goals being documented. The kids' interest was sparked and soon physical education students and athletes from other sports joined in. Team unity was building and healthy habits and practice were becoming more common for CAM High School students. Students were learning valuable lifelong skills toward living healthy lifestyles. Through the use of a seven week assessment cycle, Cougar Fitness members are able to collect data regarding their strength, agility, endurance and speed. Every seven seeks, maximum levels are recorded. Staff members are also coming on board and have begun participating. In the future, it is hoped that local community members will also join the Cougar Fitness Program. As the program expands in 2005-2006, the directors' goals are to add stations of walking, exercise bikes, treadmills, aerobic options and exercise balls. Ultimately 100% of the CAM student body will develop a personal fitness plan with quarterly goals and assessments.

**Program/Project:** **Healthy Minutes**  
**Organization:** Iowa Public Television

**Primary Contact:** Lynn Wilson, K-12 Utilization Specialist  
PO Box 6400  
Johnston, IA 50131  
Weekday: (515) 242-6260  
Email: lynn@iptv.org

**Project Description:** Iowa Public Television created, produced and aired (through broadcast and Web) four Healthy Minutes videos and companion resources based on the four messages of Team Nutrition. The videos and resources used pre-determined topics received from the Iowa Bureau of Nutrition Programs and School Transportation to guide the messages. The four messages were: Eat a variety of foods, eat more fruits, vegetables and grains, eat lower fat food more often and be physically active. Healthy Minutes videos were available on the IPTV Kids website and were aired during children's programming on statewide Iowa Public Television.

**Program/Project:** **Diabetes Potpourri 2004 – A Little Something for Everyone**  
**Organization:** American Diabetes Association

**Primary Contact:** Sheryl Rolfe, Market Manager  
2600 72<sup>nd</sup> St. Ste O  
Urbandale, IA 50322  
Weekday: (515) 276-2237 ext 6864  
Evening: (515) 250-1435 (cell)  
Email: srolfe@diabetes.org

**Project Description:** Diabetes Potpourri is a diabetes education program for health care professionals and the patient/public. One session is for health care professionals and another for the patient/public, utilizing renowned, national speakers for both sessions. The programs provide attendees advanced concepts in diabetes treatment and management. There were over 30 vendors exhibiting diabetes related products/information and ample time for the health care professionals and the public to talk with the vendors and learn new diabetes products/information to help them manage diabetes.

**Program/Project:** **Community Access Pharmacy**  
**Organization:** Health Access Partnership, Inc.

**Primary Contact:** Rick Kozin, Chair, Board of Directors  
Polk Co. Health Department  
1907 Carpenter Avenue  
Des Moines, Iowa 50314  
Weekday: (515) 286-3926  
Evening: (515) 255-4648  
Email: rkozin@co.polk.ia.us

**Project Description:** The Community Access Pharmacy offers comprehensive pharmacy services including a formulary, centralized enrollment in pharmaceutical manufacturer assistant programs for the indigent, 340B Program, sample supplies, and a uniform approach to distribution. Three types of medication programs and several different clinical services are offered. The medication programs consist of low-cost medications, over the counter medications and the Patient Assistance Program. A disease management program for those with diabetes is offered as well.

**Program/Project:** **Nodaway Valley Free Clinic**  
**Organization:** Nodaway Valley Free Clinic

**Primary Contact:** Dr. Mark Wright, President of the Board  
223 W. Washington  
Clarinda, IA 51632  
Weekday: (712) 542-2987  
Evening: (712) 542-2987  
Email: trinitypc@heartland.net

**Project Description:** The Nodaway Valley Free Clinic is a Christian response to the medical needs of the uninsured and underinsured witnessed in our area. The clinic, staffed entirely by volunteers has sought to meet the needs of the whole person, medical primarily, of course, but also some of their social and spiritual needs. Our volunteers included not only physicians and nurses, but also clerical staff, pastoral staff, pharmacists, and translators. In 2004 we treated 660 patients who would not have otherwise had access to a physician's care. We have provided lab work, prescription medications and a fully staffed program that provides

assistance in registering for pharmaceutical companies “patient in need” programs so that the burdens of ongoing prescription drug cost are lessened. We have also provided dozens of referrals to dental and other specialty care. The Clarinda Regional Health Center is a full partner in this program with us, assisting us with clinical and office space and aiding access to their labs. In 2004 our patients came from Page, Taylor, Fremont, Montgomery, Mills, Ringgold, and Cass counties in Iowa and Nodaway County in Missouri

**Program/Project:** **Aquatics Warm Water Therapy Program**  
**Organization:** Council Bluffs Senior Center Inc. (CBSC)

**Primary Contact:** Kristine Sorenson, Fitness Director  
714 South Main Street  
Council Bluffs, IA 51503  
Weekday: (712) 323-5995  
Evening: (712) 256-0334  
Email: ksorenson@cbiowa.com

**Project Description:** The Warm Water Aquatics Program is specially designed to provide aquatic exercise for individuals with arthritis, fibromyalgia, Parkinson’s Disease, diabetes, hip and/or knee replacements, etc. With the therapeutic pool our specialized classes focus on those dealing with symptoms that are prevalent in the frail and elderly age group. These classes help with long term relief from pain, stiffness, and low back pain; increasing and maintaining range of motion in joints: muscular strength and endurance, balance, flexibility and mobility. CBSC is a multipurpose senior facility built solely through donations and contributions from the community. Its purpose is to serve adults 50 years of age and older by providing services, programs and activities that enhance their dignity, independence, and involvement in the community. Since starting the Aquatics Program we have partnered with Alegent Health Systems, Immanuel Rehabilitation Center, Mercy Hospital, Miller Orthopedic and Jennie Edmundson Hospital. Non-members age 18+ are allowed to join the classes that are available. We continue to add new classes and more National Arthritis Foundation certified instructors to the program on an ongoing basis.