



IN THE COMMUNITY

Transforming the
health of the community,
one person at a time

April 2021 Edition

Welcome to Iowa Total Care's (ITC) "In the Community" monthly newsletter!

This publication is designed to give you a glimpse of what ITC is about.

We take pride in our mission of transforming the health of the community one person at a time. We support the important work of Iowa's community-based organizations.

Please share this newsletter with your community partners. Let's connect to help Iowans!

 [Sign up for the newsletter!](#)

Last Chance! Vaping Prevention Contest for Teens Ends April 16

Students ages 14 to 19 are invited to enter the "Centene Institute Youth Impact Award: Vaping Prevention" contest to make a difference and for a chance to win a prize! The program challenges students to create a 30- to 60-second Public Service Announcement (PSA) about the dangers of vaping.

The contest lasts from now until April 16, 2021. Visit [Centene's Vaping Prevention page](#) for complete rules and details. Please download and share the [Teen Vaping Flyer](#) with anyone who would be interested.

**Centene Corporation is the parent company of Iowa Total Care.*



Doc's Kids Club: Where Kids Become Super Readers!

Kids 10 and under can join Doc's Kids Club! It's a FREE educational program for kids. It teaches kids all about smarter, healthier living. Plus, it's open to any child age 10 and under—not just ITC members.

Visit [iowaTotalCare.com/DocsKidsClub](https://www.iowatotalcare.com/DocsKidsClub) to sign up. New club members get a free kids activity book, ID card and sticker. Join today!

[**iowatotalcare.com**](https://www.iowatotalcare.com)



BE WELL. EAT WELL.

Healthy living starts with healthy eating.

Check out the [Spend Smart. Eat Smart.®](#) website for more tips and easy recipes.

Recipe of the Month: Spend Smart. Eat Smart.® Energy Bites

INGREDIENTS

- | | |
|------------------------------------------|------------------------------|
| 1 1/2 cups oats (old fashioned or quick) | 1/2 cup creamy peanut butter |
| 1/2 cup unsweetened coconut flakes | 1/3 cup honey |
| 1/4 cup chia seeds | 1 teaspoon vanilla extract |
| 1/4 cup mini chocolate chips | |

INSTRUCTIONS

1. Stir all ingredients together in a medium-sized bowl.
2. Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoons onto the cookie sheet.
3. Refrigerate 1 hour.
4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.

TIP

Use finely chopped dried cranberries, cherries or raisins in place of the coconut flakes, chia seeds or chocolate chips.



April is National Minority Health Month



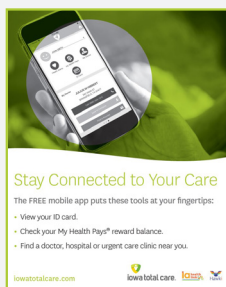
#VaccineReady | April 2021

National Minority Health Month raises awareness about health inequity. This year's theme is #VaccineReady. The HHS Office of Minority Health (OMH) developed this theme to address the impact COVID-19 has on minority communities. #VaccineReady strives to help communities:

- Get facts on COVID-19 vaccines.
- Practice COVID-19 safety measures.
- Become vaccinated.
- And more!

Learn more about #VaccineReady at [OMH's website](#). Visit [IowaTotalCare.com](#) for COVID-19 vaccine resources. Read our [National Minority Health Month article](#) for an overview of the Black Maternal Health Week Conference.

Quick Links



Mobile App

Free to members who have a smartphone. It provides access to benefits and personal health information—anytime, anywhere!

To learn more, visit

[IowaTotalCare.com](#).



Stakeholder Advisory Board

Any member can join the Stakeholder Advisory Board. They will receive \$25 for joining the next meeting on June 2, 2021. Visit [IowaTotalCare.com](#) for more info.

ITC In The Community

Member Story: A Member's Rough Road to a Happy Ending

A 20-year-old member had a rough start in life. She had been in and out of mental health placement, foster care and other treatment centers since she was five years old.

She was living with peers in a group home staffed 24/7 by Imagine the Possibilities. At that point, the possibilities for her did not seem bright. She was exhibiting many aggressive behaviors toward staff and housemates. Yelling, throwing things and refusing housework escalated.

The member argued that she wanted to live in an apartment alone. Her guardian and the group home staff thought it was not a safe option. Her behavior grew worse. Finally, she received a 30-day discharge from the group home. Another placement would be unlikely, and she was firm about not going to a care facility.

The ITC support team found an apartment for the member. She moved in right before COVID-19 restrictions limited in-person help. The member

contacted her support team during the transition. ITC staff were happy to help her set goals, like regulating prescription medications.

With guidance from ITC, she met her goals. Then she set new ones for herself, like taking pride in her apartment and staying on track with healthcare. She even made a plan to find a job. Every goal she achieved set her on a better, brighter path.

Because of ITC and cooperating agencies, this member's tricky transition got easier. After all her hard work, she found her confidence and her independence—a happy ending, indeed.



Iowa Total Care is always proud to team up with the community to encourage healthy habits for kids. That's why ITC was happy to connect with Des Moines public schools and libraries this year. It all happened through No One Eats Alone and Des Moines Public Library's (DMPL) Library Learning Bags.

No One Eats Alone is a year-long program addressing social isolation in schools. By partnering with Beyond Differences, ITC provided Des Moines schools with resources to help. This included lesson plans, toolkits and more. We might've included some cookies, too. To learn about No One Eats Alone, visit [Beyond Differences' website](#).

ITC also provided wellness materials for kids through DMPL's Library Learning Bags. Library Learning Bags are free, take-home kits for kids. They often feature fun activities, crafts and helpful tips. Find out more at [DMPL's website](#).



Meet Your Community Relations & Resource Teams

Iowa Total Care's Community Outreach Team

Have you had a chance to speak with a Community Relations individual? If so, you can now put a face with their name.

If you have not spoken with or met with an ITC outreach representative, we encourage you to reach out and discuss ways ITC may be able to support your organization.



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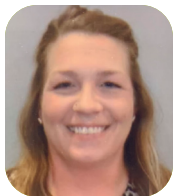
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Iowa Total Care's Resource Team

Our team helps members address Social Determinant of Health needs. We do this by connecting people to community resources, like housing options. Please contact us with your questions—we're here to help!

Housing Specialists



Nicole Naab



Diane Tinker McCoy

Contact our Housing Specialists at
Housing_ITC@IowaTotalCare.com.

Resource Specialist



Kay Tannatt

Contact our Resource Specialist at
ITC_Resource_Referral@IowaTotalCare.com.

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