



IN THE COMMUNITY



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

May 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!](#)

"Count on Me" to Get the COVID-19 Vaccine

Iowa Total Care has launched a new series of videos in partnership with the Pro Football Hall of Fame! Listen as these Hall of Famers share why you can count on them to get the vaccine.



Anthony Muñoz ([English](#)) ([Spanish](#)) – former professional football player who was an offensive tackle for 13 seasons with the Cincinnati Bengals.

[Aeneas Williams](#) – former professional football player who played with the Arizona Cardinals and St. Louis Rams.

[Darrell Green](#) – former professional football player who was a cornerback for the Washington Redskins.

[Iman McFarland](#) – three-time women's basketball champion.

[Dawn Staley](#) – basketball Hall of Fame player and coach, and a three-time Olympic gold medalist.

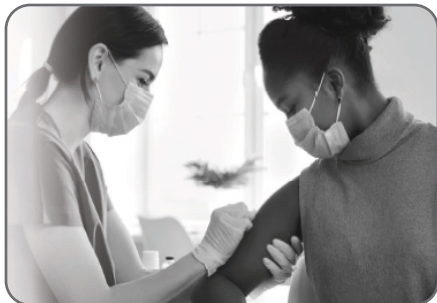
[Drew Pearson](#) – former professional football player who was a wide receiver for the Dallas Cowboys.

[Lisa Salters](#) – American journalist and former collegiate women's basketball player.

Looking for places to get your COVID-19 vaccine? Search online resources through [COVID-19 in Iowa](#). For answers to general questions about the vaccine, visit the [Iowa Department of Public Health's site](#).

ITC In The Community

Member Story: The Road to Being Vaccine Ready



The COVID-19 vaccine was intimidating for one ITC member. She incorrectly believed the vaccine would give her the virus. This made her reluctant to receive it. The member's care manager helped her speak with a provider about her concerns. After learning the facts, this member felt confident about receiving the vaccine. With help from her care manager and provider, she signed up for a vaccine at her local pharmacy. All it took was support from those she trusted to better her health!



ITC Supporting Community Gardens

ITC's Marketing & Community Outreach teams lent a hand at LSI Global Greens community garden. It was a perfect kickoff event for our **Be Well. Eat Well.** initiative, which promotes healthy living through healthy eating. We spent our day weighing potatoes, fixing a tractor and making new Global Greens friends!

LSI Global Greens helps reconnect former refugee farmers with the land while they build a new life in the U.S. Learn more about this program through the [Global Greens web page](#).

ITC Supporting Literacy Programs

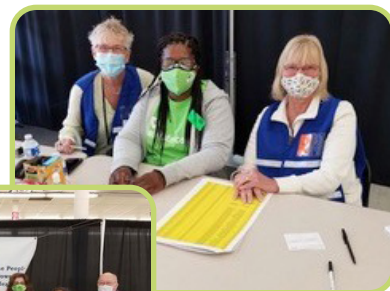
Iowa Total Care is proud to support Broadlawns Medical Center's First Book Program with [a gift of \\$10,000](#). The First Book Program ensures every child cared for at Broadlawns receives a brand new, age appropriate book. Iowa Total Care's gift will provide 6,000 new books for the program. To learn more, visit [FirstBook.org](#).

ITC Supporting Vaccine Clinics

Iowa Total Care staff has volunteered at vaccine clinics across Iowa! At a vaccine clinic held in Mills County, ITC staff helped:

- Move individuals from vaccine areas to waiting locations
- Sanitize chairs after each use
- Monitor individuals during the 15-minute waiting period
- Comfort nervous visitors

We look forward to making vaccines more easily accessible for fellow Iowans!



BE WELL. EAT WELL.

Healthy living starts with healthy eating.

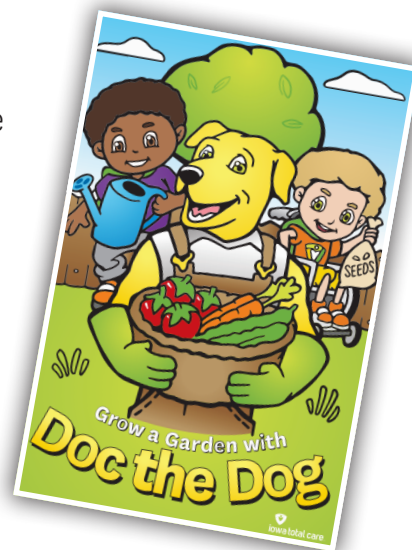


We are proud to announce the launch of **Be Well. Eat Well.**, an Iowa Total Care initiative to promote healthy living through healthy eating. Through this initiative, we are partnering with community organizations to promote healthy living in Iowa.

We're supporting community gardens, like LSI Global Greens. We're partnering with the Healthiest State Initiative to help make Iowa

the healthiest state. We've even created a healthy eating coloring book for kids that features healthy recipes. A healthier Iowa starts with healthy food! Check out our [Eating Healthy on a Budget flyer](#) to learn more.

Remember: those with SNAP benefits can take advantage of Double Up Food Bucks at participating Hy-Vees and Fareways. Learn more at the [Healthiest State Initiative's website](#).



Recipe of the Month: Vegetable Quesadillas

INGREDIENTS

- 4 (8-inch) whole wheat tortillas
- 3/4 cup shredded cheese
- 1/2 cup cooked beans
- 1/2 cup chopped vegetables (corn, mushrooms, onions, peppers, tomatoes)

INSTRUCTIONS

1. Heat a skillet to medium. Spray with nonstick cooking spray.
2. Put 3 tablespoons cheese, 2 tablespoons beans and 2 tablespoons vegetables on half of each tortilla.
3. Fold the empty side of the tortilla over the cheese, beans and vegetables.
4. Cook quesadillas in skillet until lightly browned on both sides. This will take about 2–3 minutes per side.

TIP

Use dried beans that have been cooked or canned beans that have been drained and rinsed. Top with salsa, sliced avocado, shredded lettuce, plain yogurt or extra beans and chopped vegetables.



This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the [Spend Smart. Eat Smart.® website](#).

ITC In The Community

This May, We Celebrate...



Mental Health Awareness Month

Join us in providing support for those with mental illnesses. Finding support to focus on emotional health is important. Visit [myStrength online](#) for personalized resources to help overcome challenges and build mental strength. Visit [Mental Health America's website](#) for more information.



Asian American and Pacific Islander Heritage Month

During this month, it is important to keep in mind the diversity within the Asian American and Pacific Islander community. It is made up of many languages and cultures. Witness the history and challenges experienced by Asian Americans at [PBS.org](#). Find more resources through the [Iowa Department of Human Rights](#) and [Asian/Pacific American Heritage](#) websites.



National Foster Care Month

This month, we recognize youth in foster care by sharing facts and stories. Find ways to raise awareness at [Child Welfare's website](#). Visit our [Health Books](#) section on our website to find foster care resources for kids.



National Women's Health Week

Mother's Day kicks off National Women's Health Week on May 9! This week encourages women to make their health a priority. Learn about the importance of preventive care screenings and building positive health habits through our [Women's Health](#) page.

Quick Links



The Doctor is in 24/7*

Get 24/7* access to medical care at no added cost.

1. Download the Babylon Health app.
2. Use code ITC to register.

Schedule a [virtual visit](#) today! Find Babylon Health at the [App Store](#) or [Google Play](#).

**Behavioral health services are available Monday - Friday 7:00 a.m. to 7:00 p.m. CST.*



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.

Sign up for the Doc's Kids Club Newsletter!

Get monthly recipes, activities and healthy tips just for kids. It's easy—you're automatically signed up when you join the club. And remember, it's open to any child age 10 and under—not just ITC members.

Don't wait! Visit [IowaTotalCare.com/DocsKidsClub](#) to sign up for FREE today.



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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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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