



# IN THE COMMUNITY



**Transforming the  
health of the  
communities we serve,  
one person at a time**

Quarter 2 - 2025 Edition

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

This publication is designed to give you a glimpse of what Iowa Total Care 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!*

## View our Community Impact Report




Iowa Total Care made great strides in 2024, working hard to give back to our communities and build resources for our members.

Please take a look at our [2024 Community Impact Report](#) and see a summary of our 2024 community partnerships, events, new initiatives and so much more!

## Join us for our upcoming Green to Go events!

Join us for **TWO** Green to Go events across Iowa! Iowa Total Care is hosting several events in 2025, and hope to see you there!

 **Sioux City** – In partnership with Siouxland Community Health Center

- Date: Tuesday, August 5, 2025
- Time: 4 P.M. – 7 P.M.
- Location: Siouxland Community Health Center  
924 Pierce St, Sioux City, IA 51101

 **Des Moines** – In partnership with Back2School Iowa

- Date: Sunday, August 17, 2025
- Time: 2 P.M. – 5 P.M.
- Location: Evelyn K Davis Park  
1400 Forest Ave, Des Moines, IA 50314



## Community Email Blast

Are you receiving Linda White's community email blasts? Don't miss out on great Iowa Total Care updates. Subscribe today by emailing Linda White at [Linda.N.White@IowaTotalCare.com](mailto:Linda.N.White@IowaTotalCare.com).

## Stay In Touch!



[Like us on Facebook](#)



[Sign up for our newsletter](#)

## Healthy Kids Iowa



Healthy Kids Iowa is a new program from the Iowa Department of Health and Human Services that will provide healthy foods options for kids during the summer months!

Learn more and sign up for updates [here](#).

## Community Impact



At Iowa Total Care, we are strong believers in the power of local partnerships. We highly value all of our community partners and prioritize our community outreach.

Visit our new [Community Impact webpage](#) and follow along with our community impact initiatives!

## Eating Healthy with Iowa Total Care: Scrambled Egg Muffins

[Video](#) | [Recipe](#)

### INGREDIENTS

- Nonstick cooking spray
- 2 cups vegetables, washed and diced (broccoli, red or green bell peppers, and onions)
- 6 eggs
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup shredded low-fat cheddar cheese

### INSTRUCTIONS

1. Preheat oven to 350° F. Spray a 6-cup muffin tin with nonstick spray.
2. Add diced vegetables to the muffin tin cups.
3. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
4. Pour egg mixture into each cup of the tin, over the vegetables.
5. Bake for 20-25 minutes. Remove pan from the oven during the last 3 minutes of baking and sprinkle the cheese on top of the muffins. Return the tin to the oven until cheese melts.
6. Bake until the temperature reaches 160° F or a knife inserted near the center comes out clean.



## Quick Links



### Iowa Total Care Literacy Program

Access educational tools and discover community organizations that help support literacy in Iowa's youth!

Visit our [Iowa Total Care Literacy Program](#) page at [IowaTotalCare.com](#) to get started!



### Food Resources

Find healthy recipes, community gardens, and additional food resources.

Visit our [Be Well. Eat Well.](#) page at [IowaTotalCare.com](#) to learn more!



### Get rewards for focusing on your health!

Earn [My Health Pays rewards](#)® when you complete healthy activities like a yearly wellness exam, annual screenings, tests and other ways to protect your health.



### How One Iowa Total Care Business Card Led to Life-Changing Care



An Iowa Total Care business card sparked hope and healthcare solutions for a member in need.

After a hospital discharged a homeless member with nowhere to go and no easy way to seek help, the member recalled an Iowa Total Care Case manager's business card from an earlier occasion – and it pointed the way to safe solutions.

The member reached out to the case manager, who quickly helped them find available housing. After working with the case manager some more, the member was also able to get treatment for liver infections and re-establish their behavioral health services.

What started with a little business card ended with a fresh start and essential care for the Iowa Total Care member.



#### Member Day at the Market



#### Coldest Night of The Year Walk

In February, Iowa Total Care staff participated in the *Coldest Night of the Year Walk*, a winter-rific family-friendly walk which supports Central Iowa Shelter & Services, an organization providing housing meals, and more for those in need. Our staff is working to change the tune for people experiencing hurt, hunger, and homelessness – because it's cold out there!

#### Bowling for a Cause: Iowa Total Care Staff Bowl for Local Youth



Iowa Total Care staff came together at the bowling alley to participate in the Big Brothers Big Sisters of Central Iowa's Bowl For Kids Sake. Big Brothers Big Sisters of Central Iowa seeks to ignite the power and promise of youth through mentoring relationships, serving youth and families in Polk, Dallas, and Warren counties. Iowa Total Care was a sponsor this year's Bowl for Kids Sake, and enjoyed showing up to bowl for a cause!

### Quick Links



#### Mobile App

Perfect for members on the go! Access benefits and your member ID card — all from your smartphone. Download the Iowa Total Care app to begin. Find it in the [App Store](#) or [Google Play](#).



#### Member Portal

Access your healthcare information, claims, ID cards and more online. Go to [Member.IowaTotalCare.com](https://Member.IowaTotalCare.com). Create a new account or sign in — it's free and easy!



#### Join Iowa Total Care on LinkedIn!

We would love to connect and share our community impact efforts with you. Follow us on [LinkedIn](#) to see our most recent outreach efforts, volunteer events and more!

# ITC Community Relations & Resource Teams

## Iowa Total Care's Community Relations 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 Iowa Total Care outreach representative, we encourage you to reach out and discuss ways Iowa Total Care may be able to support your organization.



**Nancy Thompson**

Director, Marketing & Community Relations  
[nancy.h.thompson@iowatotalcare.com](mailto:nancy.h.thompson@iowatotalcare.com)



**Peggy Mongar**

Manager, Community Relations & Outreach  
515-447-6147  
[peggy.mongar@iowatotalcare.com](mailto:peggy.mongar@iowatotalcare.com)



**Matthew Beitelspacher**

Community Relations Specialist  
515-204-9481  
[matthew.j.beitelspacher@iowatotalcare.com](mailto:matthew.j.beitelspacher@iowatotalcare.com)



**Linda White**

Community Relations Specialist  
[linda.white@iowatotalcare.com](mailto:linda.white@iowatotalcare.com)

## Iowa Total Care's Resource Team

Our team helps members address Social Determinants 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 & Resource Specialists



**Nicole Naab**



**Diane Tinker McCoy**

Contact our Housing Specialists at  
[Housing\\_ITC@IowaTotalCare.com](mailto:Housing_ITC@IowaTotalCare.com) or  
[ITC\\_Resource\\_Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com).

### Health Equity Specialist



**Kay Tannatt**

Contact our Health Equity Specialist at  
[C&L@IowaTotalCare.com](mailto:C&L@IowaTotalCare.com).



### Courage on the Court

We loved being a part of this year's 10th Annual Courage on the Court event hosted by Can Play. Can Play is an organization offering adaptive and recreational programs for children and adults who aren't able to go full speed due to a physical, cognitive or emotional disability. Iowa Total Care is proud to support Can Play and their mission.