



IN THE COMMUNITY



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

September 2024 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!](#)



National Suicide Prevention Week

National Suicide Prevention Week was from September 10 to September 16. However, there is no limit for the date or time that those at risk need assistance.

Iowa Total Care values our members and their mental health & wellness. According to the National Alliance on Mental Illness (NAMI), 1 in 5 Americans have a diagnosable mental illness. The American Foundation for Suicide Prevention reports suicide is the 12th leading cause of death in the United States.

Suicide and suicidal behavior among youth and young adults is a major public health crisis. The National Council for Mental Wellbeing reports suicide is the second leading cause of death among young people 10-24 years of age in the United States, and rates have been rising for decades.

When more people are equipped with the tools they need to start a dialogue, more people can get the help they need.

View our [Suicide Awareness, Education and Prevention page](#) on our website for a list of our resources and behavioral health programs.

Iowa Total Care Continues to Build Partnership with Central Iowa Shelter and Services

Over the summer, Iowa Total Care continued to work closely with Central Iowa Shelter and Services (CISS). Volunteers across Iowa Total Care participated in several events, including:



CISS Summer Meal Series

Over the summer, Iowa Total Care worked closely with CISS to hand out meals over lunch every Monday and Thursday. Meals were delivered and given to members of the community around Des Moines from June 3 to August 9.

Annual Fore Homeless Veterans Golf Outing

In July, Iowa Total Care was a sponsor of the sixth Annual Fore Homeless Veterans Golf Outing. This outing benefited homeless U.S. veterans that are staying with CISS in their emergency shelter. Iowa Total Care placed fourth in the golf tournament. Along with the tournament, a silent auction also took place to raise funds for veterans staying with CISS.





Iowa Total Care is continuing to host our Green to Go Community Health Fairs throughout the fall season, a [Be Well. Eat Well.](#) initiative throughout Iowa. They have been well attended all summer and spring, with an impressive 3,280 attendees from the beginning of the year through August.

We have distributed an impressive 47,000 pieces of produce so far in 2024. We are excited to watch that number continue to grow!

Our last Green to Go event of the year was on Thursday, September 19 in Waterloo. It was a great success!

At our events, Iowa Total Care distributes several resources along with fresh, free produce. Our team has given away 1,560 bags of brown rice, 1,620 non-perishable summer meal bags for kids, 1,276 baby resources, community resources and more!

Recipe of the Month:

Chipotle Black Bean Taquitos



INGREDIENTS

- Nonstick cooking spray
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 2 tablespoons minced chipotle peppers in adobo sauce
- Juice of 1 lime
- 1 cup frozen corn
- 1 cup fresh cilantro, minced
- 1 cup shredded cheddar cheese
- 12 6-inch whole-wheat tortillas

INSTRUCTIONS

1. Preheat oven to 400° F. Lightly coat a large baking dish with nonstick cooking spray; set aside.
2. In a large bowl, add beans, peppers, lime juice, corn, cilantro, and cheese. Mix well to combine.
3. Lightly coat both sides of tortillas with cooking spray. Place mixture in the center of the tortilla and roll tightly. Place tortilla with fold facing down in baking dish. Repeat until all tortillas are filled and added to dish.
4. Bake 10 minutes or until tortillas are toasted and taquitos are cooked through.

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!



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!



Member Story: Iowa Total Care Prevents Gap in Care

An Iowa Total Care member was about to “age out” of Medicaid-covered home health nursing. This member required 24-hour assistance and two people for personal care needs.

The member was on several waiting lists for new home-based care. But the waiting list was long, and any gap in services wouldn’t work for the primary caregiver: the member’s mother.

Iowa Total Care took steps to prevent a gap in care by reaching out to the state to gain approval to extend nursing care. It worked, and the care was extended for one extra year or until new care was available.

With 16 hours of nursing services each day, 7 days a week, this member can remain at home.



Iowa Total Care Hosts Back To School Green To Go Event



Iowa Total Care Sponsors and Attends Eastern Iowa Health Center Block Party



Iowa Total Care was excited to welcome the back to school season by hosting a Green to Go event with Back 2 School Iowa in August. With the help of our amazing volunteers and community partners, we were able to distribute fresh produce to over 600 families. A special thank you to our hosts at Back 2 School Iowa for helping make this event a great success that positively impacted our community.



We had so much fun participating in the Eastern Iowa Health Center Block Party in August in honor of National Health Center Week! Iowa Total Care hosted a resource table and sponsored part of the event. It was a blast to attend and we loved celebrated health centers around the nation and the mission to transform the health of Iowa communities, one person at a time!

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. 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!

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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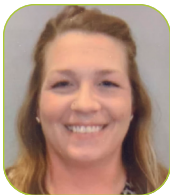
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Iowa Total Care's Resource Team

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 & Resource Specialists



Nicole Naab



Diane Tinker McCoy

Contact our Housing Specialists at
Housing_ITC@IowaTotalCare.com or
ITC_Resource_Referral@IowaTotalCare.com.

Health Equity Specialists



Olga Ayala



Kay Tannatt

Contact our Health Equity Specialists at
C&L@IowaTotalCare.com.



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