

Iowa Community HUB: Role of the HUB Navigator

The HUB Navigator is responsible for helping individuals access community health programs and social services. The Navigator performs health screenings, provides information on available programs, resources and social support all while advocating for individuals and community health needs.

Meet Our New HUB Navigator, Rita Chulu

Rita is excited to start this journey with us. She graduated from Grandview University in the spring of 2020 with a BA dual-degree in Human Services and Psychology and a certificate in Industrial Organizational Psychology. Rita has five years experience in Human Services & Psychology fields with an academic future goal to earn a Masters. She has earned her Community Health Worker certification through Iowa Chronic Care Consortium.

As the new HUB Navigator, she will work with referred individuals and our program partners to support and help deliver excellent health and wellness resource connections statewide.



You can find us at chpcommunity.org and on [Facebook!](#)

Above + Beyond Cancer

Above + Beyond Cancer is grateful to everyone who has provided a gift of donation this year. Community support has helped us in 2022 provide:

- The kick off to the Young Adult (YA) Survivor program.
- Implementation of a Hotel Program that increases the likelihood that patients can complete scheduled treatment without interruption.
- An Urban Pole Walking Program allowing individuals to improve balance, stability, and range of motion while increasing activity, endurance and social connection.
- A Cancer Education Series featuring a different speaker each week, covering health related topics for survivors and caregivers to watch live, streamed or on video.

Together with donors, Above + Beyond Cancer continues to elevate the lives of those touched by cancer, to create a healthier world through each program and event.



Move More: Walk With Ease Program – Your Guide to Walking for Better Health

- **FREE to Join**
- **Participate Anywhere**
- **Start Anytime**



Key Features of the Fully Online Program:

The Walk With Ease self-directed program is a great way to build habits for regular physical activity. It is an evidence-based program with proven results and a manageable 6-week plan to create new healthy habits. It entails self-guided lessons with goal setting and tracking resources with video-based content to learn new skills.



Eat Well: Food Insecurity Continues to Rise

More than 34 million people in the United States were living in food insecure households in 2021, a decline from 38 million in 2020. The combination of the expanded child tax credit, Supplemental Nutrition Assistance Program benefits, and private donations all contributed to reducing food insecurity during the pandemic. Still there is much more work to be done, with food costs spiking 11.4%, the largest annual increase since 1979, inflation factors could easily cause food insecurity to grow.

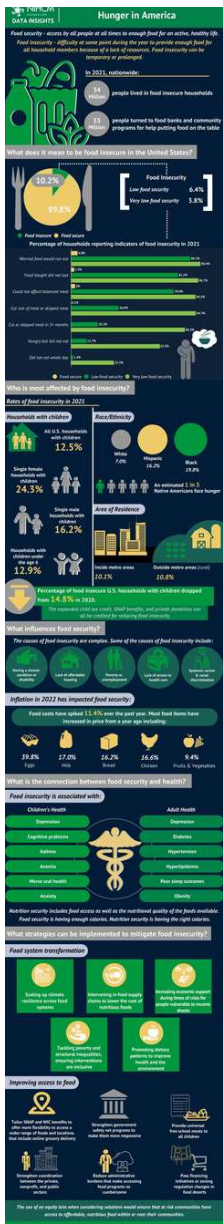
This **infographic** highlights the many challenges contributing to food security in the U.S. as well as steps to improve food access and strengthen food systems nationwide.

Ways to Help:

- Donate
- Volunteer
- Host a Food Drive
- Become a Partner
- Educate your legislatures

Learn more at <https://foodbankiowa.org> and <https://nihcm.org/publications/hunger-in-america>.

Clive Community Services (CCS) is facing similar challenges with lack of donations and volunteers to serve clients. For more information on how to volunteer for a shift or provide donations please reach out to Lisa Earles, Executive Director at director@clivecommunityservices.com or visit <https://clivecommunityservices.com>.

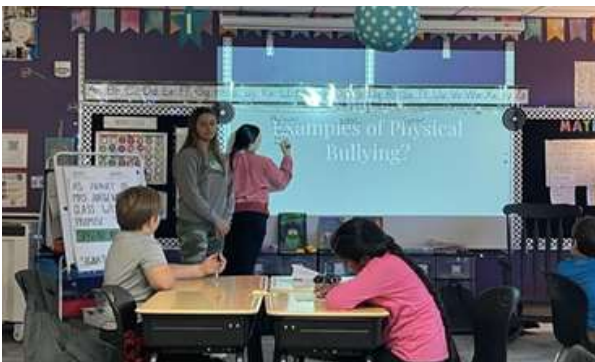




Feel Better: Students Against Bullying Semester Review



Waukeee APEX students, Eva L. and Audrey S. were excited to partner on the Feel Better project. The students focused on leading interactive activities with elementary kids to address bullying in their districts. Eva and Audrey conducted extensive research on the impact of bullying to prepare for their presentations to various classrooms. The project involved presenting to two fourth grade elementary classes as well as two seventh grade classes. The campaign's goal was to get students excited and engaged to make an impact on bullying. The campaign reached over 100 students and received an overwhelming amount of positive feedback from students and teachers alike. There is no doubt the project has empowered students with the confidence to help stop bullying if encountered in the future.



CHPcommunity in the News!

 ACL UPDATES



ACL Announces Selected Participants of the Community Care Hub National Learning Community

The Iowa Community HUB selected for National Learning Community 2022-2023

The Administration for Community Living, in partnership with the CDC, is pleased to announce the selection of 58 organizations in 32 states for participation in the Community Care Hub National Learning Community (NLC).

A Community Care Hub is a community-focused entity that organizes and supports a network of community-based organizations providing services to address health-related social needs. Community Care Hubs play an important role in promoting an equitable health and social care ecosystem. They serve as the bridge between community-based organizations, health care payers and providers, and public health systems to increase a community's capacity to reach populations who are underserved.

Health Resources and Services Administration (HRSA) Phase 1 Winner!

We have been selected as a PHASE 1 winner of the HRSA Building Bridges to Better Health: A Primary Health Care Challenge - to improve health outcomes for health center patients and improve care coordination between local providers and social service organizations. This challenge effort was written in partnership with Dr. Bery Engebretsen, Primary Health Care (PHC), to create a strategic alignment between the HUB and PHC to help advance clinic capacity for pediatric obesity care.



CHPcommunity Partner Highlights

PRESCRIPTION MEDICATIONS FUEL THE OPIOID CRISIS

We lose 285 Americans per day to drug overdoses.¹
We need a solution.



Over the counter and prescription medication misuse is a major problem.
We have a solution to help.



VISIT OUR SITE
[DETERRASYSTEM.COM](https://deterrasystem.com)



CALL US AT
612.568.1128



EMAIL US AT
SALES@DETERRASYSTEM.COM

According to the CDC, the holiday season is the most dangerous time of year for drug-related deaths. As communities gather around this time of the year, unused medications can pose a risk to family and friends. Over 50% of those struggling with drug misuse have received or taken drugs from a friend or relative. Deterra Drug Deactivation Pouches are available for every resident to empty out their medicine cabinets. Deterra is a substance misuse prevention tool, to stop opioid misuse before it starts. Help us fight the opioid epidemic by cleaning out your medicine cabinet this Holiday season!

- It's permanent: Developed under a federal contract, Deterra is independently tested and proven to deactivate and destroy medication permanently and irreversibly.
- It's fast: Deterra can rid any home of dangerous, leftover medication in minutes.
- It's safe: The carbon used is organic, chemical-free, and completely safe for at-home use and disposal in normal household trash.
- It's convenient and easy to use: 95% of consumers report no difficulty with use and 96% report using Deterra within four weeks of receiving it, with nearly half reporting use within the first 24 hours.

For more information please visit <https://deterrasystem.com>, scan the flyer QR code above, or email Holly Krueger at hkrueger@deterrasystem.com

CHPcommunity Partner Highlights

TOBACCO CONTROL

Quarterly Newsletter

July-September 2022



Congrats to our Newest Tobacco and Nicotine-free Child Care Centers!

- Lakes Early Learning Center
- Angeli Cristiani Child Develop
- Lori's Childcare and Misty's Childcare
- Wertz Family Childcare

Contact us today to find out if your childcare is on the tobacco and nicotine-free registry.

You can access the video here: <https://youtu.be/yAjz4iYyk4g>

Learning Opportunity:

Iowa State University Extension and Outreach has CEU's available for completion of the webinar & survey.

To access the survey visit: <https://www.surveymonkey.com/r/requieredeval>

Iowa Students for Tobacco Education & Prevention

It's back to school time, which means it's the perfect time to start an ISTEP chapter at your child's school or youth organization. Students get to learn about and promote lung health through creative activities. Not to mention, it's also a great resume builder and community service activity. **To learn about ISTEP visit**

www.iowastep.org

SCAN ME



To request free tobacco cessation resources, scan the QR code to the left or visit: <https://www.surveymonkey.com/r/requestedmaterials>.



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