



## The Community HUB: Grant Partnerships

The Translation Research Network (U-TuRN) at Iowa State University (ISU), recently received a 3-year (U01) grant from the Centers for Disease Control and Prevention (CDC) to study the potential benefits of the group-based Walk with Ease intervention for reducing risks of falls in older adults. The project will be conducted in collaboration with physical therapists and clinicians from McFarland Clinic and Mary Greeley Medical Center in Ames. The research will also test the utility of the CHPcommunity HUB model to facilitate clinical & community partnerships in Iowa. The HUB supports care coordination by providing health care systems the ability to extend beyond the walls of the clinic and connect with evidence-based, community health and wellness programs as well as wrap-around services that address the social determinants of health. Through this grant partnership, the HUB will help create robust clinical-community linkages and advanced navigation processes for increased identification of falls risk, referral management and enrollment in the Walk With Ease program. Learn more about the Walk With Ease program at <https://www.walkwitheaseisu.org/>.

For more information on other grant partnerships email Trina Radske-Suchan at [tsuchan@chpcommunity.org](mailto:tsuchan@chpcommunity.org) and learn more about how the HUB can support your efforts. Find us on [Facebook!](#)

## Partner Spotlight:

**Iowa's Healthiest State Produce Prescription Program (PPP) is designed to help individuals improve their health by increasing access to fresh fruits and vegetables. Produce prescriptions are a recognized model in helping to manage chronic disease in underserved populations. By implementing the PPP, health care providers have the opportunity to "prescribe" fresh fruits and vegetables to go along with nutrition education, to patients and their families. The PPP is currently designed to be a 6-month intervention. See [Iowa Healthiest State PPP](#) for more information.**

[info@chpcommunity.org](mailto:info@chpcommunity.org).



## Move More: Urban Pole Walking Gains Popularity in Iowa



The Iowa Chapter of AARP, Above + Beyond Cancer, CHPcommunity and the City of Clive Parks and Recreation recently held a community pole walking event on September 19th, to introduce people to this unique form of exercise. Forty-three (43) people participated in three pole walking sessions at the City of Clive's Event Center and Greenbelt Trail. They were introduced to the many benefits of urban pole walking with an educational session and interactive demonstration. The sessions were led by a trained Urban Pole Walking instructor and two current members of a pole walking class who assisted the participants on a short walk on the Greenbelt Trail. The event was very well received and several of the participants have since joined pole walking classes provided by Above + Beyond Cancer.



*"I have always been curious about why people are out on the trails walking with funny sticks. Recently, I was introduced to Pete at the AARP event and my own pole walking journey began. I'm only 3 classes in but am truly amazed how pole walking has eased the arthritic pain in my lower back. This ridiculous looking sport may just be what I've been praying for to help reduce my pain. Anyway, I am hooked. My goal is to master the pole walking technique and become a certified instructor."*

~Event participant, Barb Duff

For more information about Above + Beyond Cancer's pole walking groups, contact Mary at [mary@aboveandbeyondcancer.org](mailto:mary@aboveandbeyondcancer.org) to get started!

For more information on Urban Pole Walking, check out <https://chpcommunity.org/poles/>.



**FOOD  
DONATION**

**Thanks!**

## Eat Well: Food Insecurity Continues to Rise

For the third month in a row, Food Bank of Iowa and its 700 partners have broken records in the number of individuals and households receiving food assistance. In July, the most recent month available, 136,087 individuals and 50,496 households were served in Food Bank of Iowa's 55-county region. The previous record was set in June (135,300 individuals and 48,262 households). The record numbers seeking food assistance now are not only greater than during the peak of COVID-19, but are the highest Food Bank of Iowa has experienced in its 40-year history. In Iowa and across the country, more people are visiting food pantries for help. Higher food, fuel, housing and utility costs are driving the need, but high prices also are affecting food banks. Food Bank of Iowa has spent 650% more to purchase food in the first eight months of 2022 than it did during the same period last year. Food Bank of Iowa's greatest (and constant) need is meat. Decreased USDA support and fewer retail donations mean Food Bank of Iowa needs to buy more meat. The food bank's current protein inventory includes canned meat, eggs and peanut butter, but it is always working to source more fresh and frozen meat.



### Ways to Help:

- Donate
- Volunteer
- Host a Food Drive
- Become a Partner

Learn more at <https://foodbankiowa.org>.

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](mailto:director@clivecommunityservices.com) or visit <https://clivecommunityservices.com>.



## Feel Better: HARP and CAPABLE Programs

Aging well is a puzzle. It requires all pieces to be available and fit together. Believe it or not, our home is one of those puzzle pieces! Our built environment can affect how well we age and if we are able to age in place. Happy at Home Consulting provides home assessments to older adults residing in Iowa who desire to age in place. Home assessments can take place through occupational therapy services or as part of evidence-based programming. The Home Hazard Removal Program (HARP) is an evidence-based program providing a home safety assessment with intervention by an occupational therapist over 1-3 visits in one month. In partnership with the Iowa Department on Aging, Happy at Home Consulting provides CAPABLE to individuals living in Polk and Dallas counties. The CAPABLE program is a combination of 10 visits over 6 months. Happy at Home Consulting continues to develop community partnerships to expand availability of home modifications across Iowa. To request services or refer a client to services, please call (515) 635-4050 or email [admin@happyathomeconsulting.com](mailto:admin@happyathomeconsulting.com). A referral form can be found on our website at [happyathomeconsulting.com](http://happyathomeconsulting.com).



## CHPcommunity Highlight: Clive Greenbelt Triad

In 2016, the City of Clive adopted the Greenbelt Master Plan. This provides a road map to manage and enhance the Clive Greenbelt over the next 20+ years. The Greenbelt Master Plan identified three key projects to build momentum and serve as catalysts for the overall improvement of the Clive Greenbelt. These three projects are known as the Greenbelt Triad and the Greenbelt Landing is the first major construction project to move forward as a result of this plan.



## CHPcommunity Highlight: Clive Greenbelt Triad

The total cost of this project has been estimated at \$9,000,000 and will be constructed over two phases. Phase 1 will be a \$5,500,000 project that includes the special events building, wetland walk, parking lot modifications, Walnut Creek stream bank improvements and a storm water wetland and other stormwater management facilities. The City has budgeted \$3,000,000 for Phase 1, working to secure \$1,750,000 in grant funding and \$1,250,000 in private donations to complete Phase 1. Construction of phase 1 is estimated to start in the spring of 2022 and be completed by the fall of 2022.

### PROJECT DETAILS:

- Updating and renovating the special events building.
- Adding a performance space/pond overlook area.
- Enlarging the existing pond.
- Improving vehicular and pedestrian flow with parking lot redesign.
- Constructing aesthetically pleasing flood protection for the aquatic center.
- Improving pedestrian cross access and trail connections between city hall/public library and aquatic center.
- Developing stormwater management.
- Enhancing Walnut Creek through integration of in-stream and streambank stabilization.
- Increasing access to Walnut Creek to provide active engagement and experiential learning opportunities.

There will be a reception on **October 10, 2022**, at The Palms Theatres and IMAX in Waukee for those interested in learning more about the project and to update everyone on the progress in securing support. The event will begin at 5:15 PM. There will be a short presentation in the IMAX showing new images of the planned enhancements with refreshments to follow. RSVP with Bob Forte by Oct. 3 (630) 808-8365 or [rdfortejr5@gmail.com](mailto:rdfortejr5@gmail.com)

For more information on the Clive Greenbelt Project visit: <https://greatoutdoorsfoundation.org/greenbelt-landing/>