

Winter 2026

Cancer Survivorship Navigator Employee Spotlight

Jessica began her healthcare journey in 2010 and has since dedicated her career to supporting individuals affected by cancer. With over 15 years of experience in oncology, she has developed a deep understanding of the unique challenges patients and survivors face, and a passion for helping them navigate every step of the journey.

In 2019, Jessica earned her Associate Degree in Nursing from Hawkeye Community College and is currently pursuing her Bachelor's Degree in Nursing through Capella University. Her ongoing commitment to education reflects her drive to provide the best possible care and advocacy for those she serves.

Jessica found Iowa Community HUB to be a trusted resource for cancer patients, survivors, and their families across the state. Through compassionate support, personalized guidance, and a deep-rooted belief that no one should face cancer alone, she continues to make a meaningful difference in the lives of others every day.

Jessica
Schellhorn



Lead, Serve, Impact: Join the HUB Board

The Iowa Community HUB Board Development Committee has been actively stewarding the strength and future growth of our Board. Following a recent review of our members' skills, experience, and leadership backgrounds, we are proud of the depth of expertise and commitment guiding our work.

As we look ahead, we are eager to welcome additional members who can expand our expertise, strengthen strategic partnerships, and help advance our mission to better serve communities across Iowa.

We are also looking for an individual who is passionate about organizational excellence to lead the Board Development Committee and help build a strong foundation for the HUB's continued growth and impact.

We welcome individuals with experience in rural health, social services, nonprofit leadership, or who work with diverse and underrepresented communities.

Most of all, we welcome those ready to help the HUB strengthen its impact in communities across Iowa!

Apply here: [Board Application Link](#)

Learn more about our Board and their work on our [website](#).

Help us reach more potential leaders by sharing this opportunity with your networks and online.



Advancing Food as Medicine: A Strategic Opportunity for Healthcare Partners

At the Iowa Community HUB, we know that managing chronic conditions goes beyond the clinic. Through our Fresh Produce Box Program, we tackle one of the most important factors in health outcomes: access to nutritious food. We support individuals managing diabetes, hypertension, heart disease, and other chronic conditions by making sure their nutrition and daily living needs are met. Access to fresh produce, health education, and HUB resource navigation creates medically supported food access, giving patients the nutrition and guidance they need to fully participate in their care.

Food as Medicine approaches:

- Can help reduce hospital readmissions and preventable healthcare use
- Can improve chronic disease measures and overall quality of life
- Can support greater independence for older adults and vulnerable populations
- Can align with value based care and population health strategies

Eat Well

We invite healthcare partners, community groups, businesses, and individual supporters to join us in providing access to fresh produce and health education for Iowans in need. Your support can take many forms including sponsorship, referral partnership, or direct donations.

Just \$38 provides a home delivered 12 lbs. box of fresh produce. That is only \$1.27 per day to help improve disease management and support healthier living for a whole month.

To learn more and support:

DONATE 



HEAL Project Spotlight: Urban Pole Walking for Cancer Survivors

The Iowa Community HUB is pleased to share progress on our HEAL (Healthy Eating & Active Living) project, which continues to expand access to evidence-based wellness programming.

For this grant year, our active living focus is on increasing access to accessible physical activity through an Urban Pole Walking program designed for cancer survivors, in partnership with Above + Beyond Cancer. This partnership builds on the trusted presence and existing support services of both organizations to help cancer survivors regain strength, improve mobility, and enhance overall well-being through Urban Pole Walking.

Move More

Urban Poling is supported by research showing benefits for cancer survivors, including improved balance, strength, posture, aerobic capacity, and functional mobility. For those experiencing treatment related fatigue, neuropathy, deconditioning, or balance challenges, pole walking provides added stability and distributes load across the upper body, allowing longer, more confident walks with less joint stress.

Check out the research on [Urban Pole Walking](#)



HEAL PROJECT CONTINUED

Learn more about [Above + Beyond Cancer](#) and the programs they offer.

Collaboration with HUB Navigation:

HUB Navigators screen and refer eligible cancer survivors to community-based pole walking programs as part of care coordination and survivorship support. Individuals are also enrolled in the HUB Produce Box Program to support access to healthy food while they participate in the pole walking program.

Urban Pole Walking Workshops:

Above + Beyond Cancer will conduct introductory workshops to teach proper technique, safety, and progression. Poles will be available for participant use to ensure that cost is not a barrier to participation.

Community-Based Pole Walking:

The project will establish recurring walking groups within 50314 zip code and surrounding communities, creating sustained opportunities for physical activity, peer support, and social connection among cancer survivors and their support networks.

Outreach and Partner Engagement:

By collaborating with local partners such as the Reichardt Recreation Center, Forest Avenue Library, and Evelyn K. Davis Park, the program will expand equitable access to survivorship wellness resources and support healthier communities.



Urban Pole Walking

6:00 PM ON TUESDAYS

@ Forest Avenue Library / Evelyn Davis Park

Urban Pole Walking is proven to support wellbeing by improving posture, strength, endurance, and heart health. This outcome based class offers wellness coaching, goal tracking, and assessments. This class is FREE, poles are provided, and enrollment is open to all.

FOR MORE INFO OR TO REGISTER FOR CLASS
EMAIL MARY@ABOVEANDBEYONDCANCER.ORG

VISIT WWW.ABOVEANDBEYONDCANCER.ORG
OR SCAN THE QR CODE



SCAN ME



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Urban Pole Walking Workshop 101

@ Forest Avenue Library

Are you seeking ways to improve your strength, mobility, heart health, balance, and posture? Learning how to Urban Pole might be a good fit for you!

Come join the experts at Above + Beyond Cancer to learn the benefits of Urban Pole Walking.

Above + Beyond Cancer offers free programs for the community, which includes cancer patients, cancer survivors, and caregivers. We encourage you to give it a try, and see how you can boost your Wellpower.

Registration is required to attend, and will be capped.

Scan the QR code to register in advance.

FOR MORE INFO
EMAIL MARY@ABOVEANDBEYONDCANCER.ORG

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Feel Better

Strengthening Social Connection in Rural Iowa

The Iowa Community HUB has been selected as a recipient of [USAging's 2026 Strengthening Social Connection in Communities \(SSCC\)](#) grant. From February 1, 2026 through January 31, 2027, this initiative will focus on addressing the social connection needs of older adults and caregivers in rural Iowa.

Through a partnership with [Primary Health Care](#), patients will be screened and referred to the HUB through social prescriptions, where they will receive a personalized assessment and connected to programs, services, and community resources that best support their needs. The project will expand collaboration overtime to additional healthcare, public health, and community partners.



Evaluation will be supported by the [Partnership in Prevention Science Institute](#) at Iowa State University and Age-Friendly care training will be provided by the [Iowa Geriatric Education Center](#). We will also collaborate with [Aging Resources of Central Iowa](#), a trusted leader in serving older adults offering a variety of programs and services.



Student Leadership Spotlight Team Kindness vs. Team Bullying

Students in the Waukee Aspiring Professional Experience (APEX) Program, Brady Eastman and David Benihini-Ongici, led an engaging presentation titled, “Team Kindness vs. Team Bullying” for 5th grade students at Grant Ragan Elementary.

Their presentation highlighted what bullying is, its impact on students’ emotional well-being, school performance, and physical health, and the powerful role peers play in creating a culture of respect.

Through real-life scenarios, they encouraged the students to stand up for others, treat everyone with respect, and choose kindness. This student-led effort is a strong reminder that building a culture of kindness starts with empowering young leaders to lift others up.

Learn more about the [Waukee APEX Program](#) and support exceptional learning opportunities for students.

Feel Better

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As Brady shared, “It was very cool to see all the kids participate in a lesson meant to improve their own experiences throughout their lives. The biggest success of the presentation was the outstanding participation and every student contributed to the discussion.”
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AmeriCorps

AmeriCorps Member Update

Hello friends and families of the HUB! My name is Bobbretta Brewton, and I am an AmeriCorps Member assigned to the HUB in the areas of community outreach, and access to improved healthcare options. I love a job where I can reach out, help shine the light, and assess for results, together. My Father said that I was born to be a teacher because I talked a lot and I had a little sister. Then, he turned our bedroom into a classroom with a chalkboard and typewriter. To say the least, I have been talking and teaching since my sister was born.

I recently visited 5 Senior meal sites across Polk County. People like the concept of the HUB, and they look forward to me coming back with my stories about the HUB offerings. During the month of January and February I attended the Polk County Food Insecurity Meeting, Participated in the community Sneak Peek at the upcoming New Recreation Center, and the Governors Black History Report – Iowa The Free State.



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Over the weeks, I have become a pretty good pitch artist for the HUB. Sometimes I feel like "Pauletta" Revere, letting the community know what grant is coming next.
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Introducing Converge Health Iowa: Advancing Statewide Health Information Exchange

Converge Health Iowa is a newly established organization dedicated to managing and advancing health information exchange across the state. Through a comprehensive suite of services, including clinical data access, event notifications, public health reporting, and secure messaging, Converge Health Iowa supports providers and care teams with timely, secure access to the information they need. By enabling seamless data sharing across organizations, the health information exchange helps strengthen care coordination, reduce duplication, and support more informed clinical decision-making.

To learn more, visit www.convergehlthiowa.org or contact the team at patientcentered@convergehlthiowa.org.

Celebrating a Former Partner Leader as She Begins Her Next Chapter

Zakiya Jenkins, BS, MPA is a seasoned public health leader, community nutrition educator, and holistic wellness practitioner with nearly two decades of experience advancing health equity, food systems, and faith-based healing. She is the founder of Nourished by Faith Wellness LLC, where she integrates evidence-based nutrition, movement, and spiritual grounding to support sustainable, culturally responsive health for individuals and communities.

Zakiya began her public health leadership in 2006 and has held key roles including Director of Primary Healthcare and Founding Executive Director of Grace Fitness. Throughout her career, she has designed and led impactful programs focused on chronic disease prevention, access to care, and community wellness while bridging strategy with practical, sustainable lifestyle change.

She holds degrees in Public Administration from Upper Iowa University and in Nutrition and Dietetics from North Carolina Central University, all earned Summa Cum Laude. Her additional credentials include CDC Certified Lifestyle Coach, Certified Community Health Worker, and NASM Certified Personal Trainer.

Grounded in faith, Zakiya's work emphasizes healing without shame and creates environments where individuals feel empowered, supported, and equipped. Known for her energy and engaging presence, she inspires meaningful change, and we wish her continued success as she carries this impact forward.





The HUB is a Civitas Root Cause Champion Award Winner

- This award honors an organization that has brought together cross-sector community leaders and stakeholders to identify the root causes of inequity, develop a plan to address them, and establish a sustainable model that motivates continued progress.
- Iowa Community HUB stood out for its collaborative and strategic approach to driving meaningful, lasting change.
- What is Civitas Networks for Health? A national collaborative comprised of member organizations working to use health information exchange, health data, and multi-stakeholder, cross-sector approaches to improve health.

To learn more click [HERE](#)