

EveryStep 
care & support services

Formerly HCI Care Services and Visiting Nurse Services of Iowa
Home of Amanda the Panda

Mom Remembers Stork's Nest Support



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Delivered***

***State and Federal
Legislative Priorities***

Safer Child Care Centers

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carematters is published three times per year for friends of EveryStep. Please send us your comments, suggestions and story ideas.

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Behind the Care

with Tray Wade, President and CEO



EveryStep's top priority is, and always will be, the safety and health of its employees, volunteers and the people in our care. This is no different as we face the COVID-19 pandemic.

EveryStep stands beside our employees, volunteers and the people we serve, and we are taking steps to ensure our programs continue to offer care and support to our patients, clients and their families throughout the COVID-19 situation.

As the situation with COVID-19 changes, EveryStep has taken daily steps to make sure our workforce is informed, healthy and prepared to respond. On Sunday, March 15, EveryStep activated its Emergency Preparedness Plan (EPP) under which the organization will take measured and vital steps to ensure the safety of our staff, volunteers, clients, patients and their families.

We continue to support our programs' patients and clients, but many of our care practices are changing daily as we continually adapt to evolving healthcare protocols. All of our group-based events through May 16, at minimum, have been cancelled or postponed. We are also limiting public access at our various locations.

You can find a detailed list of these steps, responses and resources on our website, at www.everystep.org/about/covid19. Please check this page frequently to stay up-to-date on EveryStep's changing processes and practices.

To support EveryStep during this difficult time, please contact EveryStep Foundation at (515) 271-1335 or consider making a donation online. If you haven't already connected with us on social media, now is the time. You'll see up-to-date information about what is happening at EveryStep. Follow us on Facebook, Instagram, LinkedIn, and Twitter.

— **Tray Wade, President and CEO, EveryStep**



Care Comes Full Circle

Mom Grateful for EveryStep's Support

It wasn't until Chelsea Davis learned from a friend about EveryStep's Game On! fundraiser in 2019 that she realized she had once received services from a program that would benefit from that evening's proceeds. As a pregnant high school senior in 2002, she first heard about EveryStep's Stork's Nest program during a young moms class offered at her school.

Within Stork's Nest, an educational incentive program, participants earn points for healthy behaviors such as keeping medical appointments, WIC participation, breastfeeding and school attendance. The points are redeemed for needed baby items offered by Stork's Nest, such as diapers, clothing, strollers, cribs and car seats.

"I was going to be a young mother with limited funds, raising a baby and trying to finish high school," she recalls. "The Stork's Nest program seemed like a great opportunity to help educate myself, ensure proper care for my baby and provide me with a chance to purchase needed items using points I was earning."

Through Stork's Nest, Chelsea secured a crib mattress, bottles, bottle nipples, pacifiers, onesies, diapers, wipes and other toiletries for her daughter. She found valuable resources at EveryStep, including trusted nurses who answered all her questions. Chelsea said she never felt judged during the year she visited EveryStep's Stork's Nest.

"This was huge for a young mom like me and many others," she says. Although nearly 18 years have passed, the impact of Stork's Nest is still felt in her and her daughter's life.

"It made a difference in the way I cared for her and provided things she needed," Chelsea said. "I'm not sure she realized the difference it made, but I sure did. I will always remember how much it helped me."

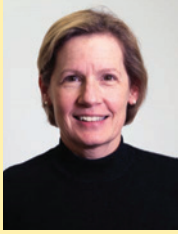
Today, Chelsea works for Swift Resolutions, a property management company, and is a part-time server at Angry Goldfish Pub and Eatery. Daughter Taija is 17 and daughter Abri is 10.

1 Chelsea Davis (center) — who in 2019 attended EveryStep's Game On! event and then volunteered at the Good Grief Golf Open — with daughters Taija and Abri.

2 Raquel Martinez-Robles, Pau Vung and Crystal Lozano were once recipients of the benefits of Stork's Nest. Now the trio work for that EveryStep educational incentive program for young moms.

! Interested in hosting a shower to help stock EveryStep's Stork's Nest? Call (515) 558-9950 to learn more!

Names in the News



Julie Matternas has joined EveryStep Foundation as its executive director. She has more than 20 years of fundraising experience, having served most recently as the corporate engagement officer at United Way of Central Iowa where she managed that organization's more than \$27 million annual campaign. Prior to United Way, she served as the campaign and stewardship manager at Dowling Catholic High School and raised funds for the school's \$28 million capital campaign. Julie has also served as director of development at two private schools, director of alumni relations at DePaul University, and director of community relations at Children's Memorial Hospital (now Laurie Children's Hospital) in Chicago.

For the second time, EveryStep's Board of Directors was included in the *Business Record's* annual list of the Top 25 Most Influential Boards in central Iowa. Named as number 21 of the notable boards in the 2020 *Book of Lists*, EveryStep earned the ranking through an online survey of readers of the Des Moines business publication during the summer of 2019.



Tray Wade (third from left), EveryStep president and CEO, joined other panelists who addressed the ongoing opportunities and challenges in nonprofit funding at the February 13 Power Breakfast Series of the *Business Record*.



Twenty participants in EveryStep Grief & Loss Services' Amanda the Panda fall support group received tickets to attend an Iowa Wolves game in December, courtesy of RE/MAX Concepts Cares Foundation. Wolves' players Trevon Duval and Barry Brown Jr. provided autographs and smiles in the fan zone with Brayan Robb.

5-2-1-0 Healthy Choices Count



EveryStep is a partner in this nationally recognized program that helps keep kids healthy by focusing on the importance of good eating and playing habits. Schools, workplaces, parents, organizations and health care institutions are touting its message:

5 servings of fruits and vegetables!

2 hours or less of screen time!

1 hour or more of physical exercise!

0 sugary drinks! More water!

The 5-2-1-0 Action Guide is available to anyone at www.iowahealthieststate.com/resources/individuals/5210.

COVID-19: How You Can Help

Care and compassion are at the heart of what EveryStep does each and every day. Now more than ever, we are working creatively and collaboratively to ensure support for the people in our care. With the spread of the COVID-19 virus, this is a challenging time, but we are committed to providing care and support to the people we serve.

What You Can Do for Others

If you are healthy and not in a high-risk group, offer to deliver groceries and other essentials for those who cannot safely leave their home, such as seniors and individuals with underlying health conditions. You can also write letters, make phone calls or use technology to reach out to people who may be struggling with isolation.

To Minimize the Spread of Illness

Stay home if at all possible. Only go out for essential trips (the grocery store, pharmacy, medical appointments, etc.). If you do need to go out, maintain distance between you and other people as much as possible.

If you are feeling ill, but do not feel it is an emergency, first call your doctor's office. They can help determine next steps over the phone. You may not have COVID-19, and you should not risk exposure by entering the ER or a clinic without calling first.

As always, cover your coughs and sneezes, and wash or sanitize your hands often. You can find a variety of information and resources at www.everystep.org/about/covid19.

About Our Care

EveryStep is a non-profit health care and support services organization offering compassion and guidance during life's most challenging moments. We were formerly known as HCI Care Services & Visiting Nurse Services of Iowa. EveryStep is also the home of Amanda the Panda. Our programs serve more than 65,000 people and every county in Iowa from our offices in Des Moines, Centerville Council Bluffs, Creston, Knoxville, Mount Ayr, Mount Pleasant, Osceola, Perry, West Des Moines, Winterset, and hospice houses in Des Moines and Creston. More than 32 programs offer services such as prenatal education, home visits, home health care, hospice care, grief support, flu immunizations, family support, connection to community resources and other services for infants, children, young mothers, immigrants and refugees, families and seniors.



30+ Programs. 1 Shared Mission.

EveryStep's diverse programs support vulnerable Iowans at every stage of life. Below is a comprehensive list of EveryStep's many programs. Curious about what they do? Visit everystep.org and see the stories about our people and programs on the @EveryStepIowa Facebook page.

1st Five-Healthy Mental Development

Adopt-a-Family 5-2-1-0

Amanda the Panda

Care for Kids/EPST

Child Care Nurse Consultant

Community Health

Correctly Compliant

Children at Home

Community Home Visitation

Connections *Contract RN*

Correctional Facilities 5th Judicial

DNA Collection

Drake University Head Start Nurse Consultation

FathersMatter **Grief & Loss Services**

Healthy Homes

Healthy Start & Empowerment

Home Care *Hospice* **Interpretation**

Refugee Immigrant Guide

I-Smile™ *Iowa Family Support Network*

Dental Voucher

Maternal Child Health Outreach

Nine2Thrive

Nurse-Family Partnership *Palliative Care*

Play & Learn **Senior Companion**

Stork's Nest/Family Nest

StoryBook Project

Sweet Bites of Comfort

Within hospice, care and compassion come in many forms, including delicious baked goods delivered to our hospice homes by dedicated volunteers. Enjoying a sweet treat can be a comforting and much-needed reprieve for the families of hospice patients.

Approximately 30 volunteer bakers stock EveryStep's hospice homes — Kavanagh House on 56th Street in Des Moines and the Greater Regional Hospice Home in Creston — with baked goods throughout the year. Tables and counters are filled with an assortment of cookies, cupcakes, muffins, breads and other comforting snacks prepared by volunteers with a passion for caring about those we serve and a food flair on the sweet and scrumptious side.

"I've spent a fair amount of time hanging around hospitals for hours on end, and I know family members appreciate it," says Mary Iliff, a baking volunteer for more than a decade at Kavanagh House.

Creston resident Taylor Lynch first volunteered to spend time with patients at EveryStep's Greater Regional Hospice Home. Now she also lovingly brings in her baked goods. "It's fulfilling. It brings me joy to give my time to others and share my hobby."



Chris Mansour, retired nurse and EveryStep baking volunteer in Creston, says, "This gives them the time to sit down and sit back while their family member is resting and have a homemade treat. It's kind of like a creature comfort while they are away from home."

Kavanagh House baker Heather Abuhl says "A baked good is somewhat comforting in itself. It's nice to not have vending machine items while you're spending time with family, and all of life's other tasks. It's one less thing these families have to think of and it can provide a little retreat for the families."

Every Monday, Lori Fangman brings coffee cake, cookies and other treats to the Kavanagh House on 56th Street in Des Moines.

"We experienced the baked goods first-hand when my mother-in-law was there," says Lori. "It's a small way to give back. I know how much the folks who are there appreciate what is brought in for them."

While many of the volunteer bakers have set schedules they try to stick to, others are ready to prepare cookies, bars and other goodies at a moment's notice. Many of the volunteer bakers also make treats for EveryStep's grief support groups, memorial events, special ceremonies, staff trainings and other meetings when the need arises.

Baker Carolyn Abel remembers those small times of reprieve when her mother — and then her husband's parents — received hospice care in Creston.

"A lot of times we'd spend long hours at the hospice house, sometimes you weren't hungry but you needed something," she recalls. "There was always something there."

"It brings me joy to give my time to others and share my hobby."

Taylor Lynch sometimes gets extra help with her baking for Greater Regional Hospice Home in Creston.



Gladys Hertzberg learned first-hand just how much a sweet cookie or scrumptious bar could mean. She started baking for the Kavanagh House in 2003, shortly after her husband Grover passed away there. Now, every Friday she drops off two loaves of cinnamon bread and two pans of Scotcheroos for the family kitchen.



EveryStep hospice patient Harold Linden was delighted with one of the dozens of patriotic cupcakes that baker Norma Baum makes for EveryStep's Veteran recognition ceremonies.

EveryStep

Your donations work in four priority areas within our organization:

1 Innovative Aging

Providing home and community-based care for the aging

2 Emotional Well-Being

Building resiliency in trauma, grief and loss services

3 Family Empowerment

Creating strong, healthy and thriving families

4 Community & Family Advocacy

Offering education, access and support

Donor Bill of Rights

To assure that your philanthropy merits the respect and trust you place in us, EveryStep Foundation adheres to the Donor Bill of Rights, a national standard of not-for-profit organizations. EveryStep Foundation carries out its fiduciary responsibilities by:

- Informing donors of the organization's mission and how donated resources are used effectively for their intended purposes.
- Making public the names of the organization's governing bodies and expecting them to be prudent in their stewardship.
- Allowing access to the organization's most recent financial statements.
- Using gifts for the purposes for which they were given.
- Providing appropriate donor acknowledgement and recognition.
- Handling information about donations with respect and confidentiality.
- Maintaining professional individual relationships with donors.
- Informing donors if a volunteer, organizational employee or hired solicitor is contacting them when seeking donations.
- Offering to remove donor names from mailing lists.
- Responding promptly to donor questions with truthful and forthright answers.



Fourth Day on the Hill with Iowa Legislators

On the floor of the Iowa State Capitol building rotunda and through individual meetings on February 12, EveryStep employees interacted with more than 30 legislators, explaining the organization's priorities, outcomes and funding requests. Within the rotunda, displays of our impactful programs illustrated the vital role that EveryStep plays in the health of Iowans. Throughout the spring session, EveryStep will continue to circle back with key legislators, advocating for support and tracking legislation that could affect the health and wellbeing of Iowans.

EveryStep's 2020 Iowa Legislative Priorities

Children's Resiliency in Trauma and Loss

- Invest \$200,000 to expand EveryStep's grief and loss program (beyond the support provided to six Des Moines Public Schools) to reduce the burden on our mental health system and overall lifetime health costs in central and southern Iowa.
- Provide adequate funding for the recently created Children's Mental Health System and assurance that trauma-informed care is a component of the system.

Medicaid Managed Care

- Require Managed Care Organizations (MCOs) to increase the minimum provider adequacy threshold and negotiate rates so that more pediatric dentists would accept Medicaid at reimbursement rates that adequately cover costs for children.
- Prohibit MCOs from requiring prior authorization for hospice services, as Medicaid hospice is a benefit that follows Medicare standards.

Workforce Shortages

- Maintain RefugeeRISE appropriation at its current funding level of \$200,000 through the Health and Human Services Budget.
- Create a statewide refugee task force, appointed by the governor, that includes participation of service providers and refugees, to address the challenges and create efficient methods of resettlement.
- Establish a state centralized direct care worker database to ensure accurate numbers of those working in direct care and/or continuing a health and long-term services and support career.
- Establish a Direct Care and Child Care Workforce Innovation Fund that supports recruitment and retention initiatives.
- Eliminate the \$14/hour eligibility threshold in the Future Ready Iowa Initiative.

Early Childhood Iowa (ECI) and Children's Health

- Restore ECI funding to FY 08 level of \$45.6 million through a three-year graduated increase plan to serve additional children and families across the state.
- Continue funding to support and promote healthy habits through 5-2-1-0 (a program offered by EveryStep) messaging and technical assistance resourced by childhood obesity funding at the Iowa Department of Public Health.
- Expand the 1st Five program (a program offered by EveryStep) from the current 88 counties to all 99 to ensure healthy outcomes for Iowa's children.



To learn more about EveryStep's advocacy efforts and how you can help, please contact Jim Knoepfler, EveryStep vice president of administration, at (515) 271-1308.

EveryStep's Federal Legislative Priorities

Senior Companion Program

Requesting level funding for FY2021 to support the Corporation for National and Community Service (CNCS) and specifically the good accomplished by the Senior Companion Program. This program improves lives, strengthens communities and fosters civic engagement. EveryStep has received funding for the Senior Corps, Senior Companion Program since 2005.

Healthy Start

Requesting current or increasing funding levels consistent with the rising cost of providing services to help Iowa's most disadvantaged children survive infancy and live longer, more productive lives. Healthy Start is the federal government's signature program focused on reducing infant mortality. EveryStep/Visiting Nurse Services of Iowa has revived federal Healthy Start funds through HRSA/MCHB since 1997.

Hospice Room & Board Pass Through

Requesting federal support to encourage the Centers for Medicare and Medicaid Services (CMS) to grant the State of Iowa's request for a waiver to simplify the reimbursement process when hospice care is provided in a nursing facility. The waiver would activate a common-sense approach that does not increase cost from today's reimbursement level.

Hospice Payment

Requesting reasonable increases in reimbursement for hospice providers that cover the increasing cost of delivering high-quality healthcare to our patients and their families. MediPAC's draft recommendation has no update of current rates, yet their own analysis shows the Medicare margins for not-for-profit hospices were only 2.5 percent in 2017, compared to the 20.2 percent margins of for-profit hospices.

Home Health Patient-Drive Groupings Model (PDGM)

Requesting support of the "Home Health Payment Innovation Act of 2019" (H.R. 2573/S.433) to base payment modifications to the Medicare home health payment system upon data and experience of the new PDGM system that was effective January 1, 2020 so that home care agencies can remain viable.

Connect for Health Act

Requesting support for this act (S.2741/H.R. 4932) that allows for the use of telehealth in the recertification of a beneficiary for the Medicare hospice benefit.



State Representative Kenan Judge received a blood pressure check from Jeanette Luthringer, EveryStep community health director.



Among EveryStep displays in the rotunda, employees interacted with legislators and their staff members.

Did You Know?

One of the easiest ways you can make a significant gift is through a beneficiary designation. If you have a life insurance policy or retirement account, you can add EveryStep Foundation as a beneficiary to receive all or a portion of the proceeds. The beneficiary designation form is simple to complete to name the people and organizations you want to remember. Please request this form through your account administrator. Questions? Please contact Julie Matternas, EveryStep Foundation executive director, at jmatternas@everystep.org or (515) 274-3400.



Working for Safe and Healthy Child Care Environments

1

EveryStep's Child Care Nurse Consultant (CCNC) program brings on-site health and safety consultation and training to more than 200 child care providers in Polk and Dallas Counties. The program utilizes funding from United Way, Polk County Early Childhood Iowa and 4R Kids Early Childhood Iowa so there is no cost to the child care providers, children or families.

"We work with both in-home providers and child care centers on multiple levels depending on their needs," says Jeanette Luthringer, EveryStep community health director. "Our best practice is for a continuum of services for as long as the child care providers are in operation."

When Minnesota-based New Horizons Academy, a family owned business, ventured into the Des Moines metro area in 2018 to open the first of three new child care centers, they turned to EveryStep's CCNC for guidance.

"Because we are accredited, we needed to have a visiting nurse visit the facilities," said Jeannine Laughlin, New Horizons Academy regional director. "We wanted to make sure we are doing what we're supposed to be doing. We wanted someone to come in saying that's right, or maybe do it this way."

After the nurses' initial visits, Laughlin said that she's been able to reach out to EveryStep with any questions

or concerns the center has encountered. The responses are always prompt and helpful. She calls the program "an awesome resource" for the child care industry "to ensure we are doing the best for the children."

Some providers elect to work with CCNC when they have a specific issue or need a health and safety assessment tool as part of the Iowa Quality Rating System. Luthringer notes that the program tracks various performance measures. The most impactful metric shows that 97 percent of care providers working with the program make improvements to health and safety within their practice.

! To learn more about the CCNC program, call Jeanette Luthringer with EveryStep Community Health at (515) 558-9604.



1 Kristin Sjulín, EveryStep child care nurse consultant, performs a hearing test at a child care center in Des Moines.

2 New Horizon's Academy calls EveryStep's Child Care Nurse Consultant program an "awesome resource."

2

EveryStep provides a wide range of free grief and loss services for individuals and families of all ages. Events and support groups are hosted at EveryStep Hospice locations in eight Iowa communities and at the EveryStep Grief & Loss Services office (home of Amanda the Panda) in West Des Moines. To learn what services are available in your area, visit everystep.org or call an EveryStep location near you.

• EveryStep Hospice offices:

- Centerville: (641) 856-5502
- Council Bluffs: (712) 325-6802
- Des Moines: (515) 333-5810
- Knoxville: (641) 842-4312
- Mount Ayr: (641) 464-2088
- Mount Pleasant: (319) 385-4472
- Osceola: (641) 342-2888
- Perry: (515) 465-4705
- Winterset: (515) 462-5205

- **EveryStep Grief & Loss Services** (home of Amanda the Panda), West Des Moines: (515) 223-4847

Support Groups

Touching Our Grief is an ongoing, monthly grief support group hosted at or near EveryStep Hospice locations, led by expert bereavement counselors. Open to adults who have suffered the loss of a family member or friend and are seeking support, education and a safe place to give and receive support from others. Join at any time to talk about your grief or listen. Call an EveryStep Hospice office near you for upcoming dates and locations, or search for meetings at everystep.org/about/events.

For your health and well-being during the COVID-19 crisis, EveryStep has cancelled or postponed all events scheduled through at least early May. Please contact the EveryStep office with questions at info@everystep.org.

Understanding Your Grief is an eight-week educational program hosted at or near EveryStep Hospice locations. Led by expert bereavement counselors, the program helps people learn how to use grief as an opportunity for growth. Participants receive a free copy of Alan Wolfelt's book "Understanding Your Grief" and learn about the 10 essential touchstones for finding hope and healing through loss. Call an EveryStep Hospice office near you for upcoming dates and locations, or search for upcoming meetings at everystep.org/about/events.

Amanda the Panda Grief & Loss Camp is for children and adults. Oct. 3-4 at Pilgrim Heights Campgrounds in Montour, Iowa. Call EveryStep Grief & Loss Services at 515-223-4847 for details, or visit everystep.org/services/grief-loss.

Living with Loss Dinner Club is July 23 (Thursday), 6 to 7:30 p.m. at EveryStep Grief & Loss Services (home of Amanda the Panda) in West Des Moines. Call EveryStep Grief & Loss Services at 515-223-4847 for details, or visit everystep.org/about/events.

Peer Support Groups are offered at EveryStep Grief & Loss Services (home of Amanda the Panda) in West Des Moines and are open to children (kindergarten and above), teens and adults. Attendees divide into peer groups, where trained facilitators guide them through age-appropriate activities. Participants learn about grief emotions, healthy coping skills, how grief affects the mind and body, and how to create rituals to honor loved ones. Supper provided. Child care available. The spring group is on Mondays, April 13 to May 18, 5:45 to 7:30 p.m. The summer groups begins Monday, July 13 and runs to August 17. Call EveryStep Grief & Loss at 515-223-4847 for details, or visit everystep.org/services/grief-loss.

Because of You, the Answer was "Yes"

Your donation to EveryStep Foundation made this possible:

- A front door was repaired so a patient was warm and safe.
- A car was repaired, ensuring that a family was able to keep their only means of transportation.
- An exterminator helped to rid a dwelling of bugs so a patient could continue to stay at home.
- A portion of rent was paid to help a single mother transitioning to a new job.
- A heater was fixed to keep a family warm this winter.

Your donations to the EveryStep Foundation grant patient and client wishes and enhance the quality of life for those in our care. Donate at everystep.org/donate.

Volunteer Opportunities

EveryStep's Amanda the Panda program seeks volunteers to help facilitate support groups, provide childcare or cook meals for a support group, help in the office and assist at camp. Call (515) 223-4847 or visit everystep.org/services/grief-loss for details.

EveryStep's hospice teams offer volunteer orientations several times annually. For more information, visit everystep.org/volunteer, email info@everystep.org or contact an office near you.

Do We Have Your Email Address?

As a cost-saving measure in printing and postage, and as a way to communicate important information in a timely fashion, we need your email address. Please send an email message to info@everystep.org to share your email address.

Cheer Box Record is Set Helping Grieving Families



Jacie Farris knows that when you deliver Cheer Boxes you receive hugs, thanks and tears.



The December holidays were brighter for those feeling the pain of losing a loved one when a record 430 Cheer Boxes were delivered across Iowa. Gratitude goes to more than 30 individuals, groups and companies that provided financial support and donation drives for this annual undertaking! Special thanks to Bertini Tile for donating warehouse space the week of Thanksgiving for dozens of volunteers to wrap more than 5,000 packages and assemble the Cheer Boxes for pre-holiday delivery.

Volunteers who delivered the boxes to individuals and families this holiday season were greeted with hugs, thanks and tears from recipients who were reminded that they always have EveryStep's support and care. One recipient wrote, "Thank you for the generous gifts. The tears that were shed while reading the beautiful, heartfelt sentiments were cathartic and appreciative. The work you do is incredible, you touched our lives in a way few understand." Another stated, "We were overwhelmed by the thoughtfulness and generosity of your gifts. Please accept our utmost thanks for making our first holiday without him more bearable."

Another went into detail about her family's use of several of the gifts: "...as the days go by and this beautiful flower I keep by the sink in the kitchen where I see it all the time grows bigger and now it has sprouted a second stalk, it is so comforting I just can't believe it! And my daughter and grandkids,

EveryStep's Cheer Box Program

Cheer Boxes, a holiday tradition of EveryStep Grief & Loss Services' Amanda the Panda program, are boxes filled with 12 family friendly gifts.

Each gift is adorned with a message describing the item and how it could provide comfort and remembrance during the holidays.

where my son was living till he was killed, came over for Christmas and the baby immediately wrapped himself up in the blanket and the rest of us had a hilarious time playing Jenga. The baby had already appropriated the panda bear the day the box came although it was hard for me to give up that cuddly thing! It seriously surprised me how comforting all those things were and I just have to face it that sometimes other people know better than I do what's best for me! So I want to thank you so much for this and the amazing work Amanda the Panda does. It is an amazing program that I have come in contact with several times for various people I know, and now that I am on the receiving end I see that it is as wonderful as I thought it was."

! Work is already under way in seeking 2020 Cheer Box gifts, wrapping paper and warehouse space for wrapping in November. For more information on how you're your family or your workplace can help, contact Amanda Fagen, afagen@everystep.org.

Building Support for Art of Compassion

On October 8, EveryStep will host its signature fundraising gala to celebrate and support programs that positively impact people at life's most vulnerable times: hospice, grief and loss services and programs for at-risk children and families.



EveryStep friends Heather Simon, Kellie and Aaron DeCamp, and Angela and Brandon Foldes were 2019 Art of Compassion attendees.

The Art of Compassion event will be back at Hy-Vee's Ron Pearson

Center, and it will feature a social hour, formal dinner and program, live and silent auctions, raffles and sponsorship recognition.

! Six different sponsorship opportunities are available, ranging from \$1,000 event sponsorships to an exclusive \$20,000 presenting sponsor. To learn more, contact EveryStep Foundation at events@everystep.org.



Events Calendar

Game On! **Postponed**

New Date TBD – The Loft DSM, 100 Indiana Avenue, Des Moines

Creston Bucket Bash **Postponed**

New Date TBD – Eagles Lodge, 300 East Montgomery, Creston

Good Grief Golf Open

July 16 – Echo Valley Country Club, Norwalk

Art of Compassion

October 8 – Ron Pearson Center, West Des Moines

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The Graham Group

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Kim Willis, Civic Leader



I-Smile™: Grin and Share It!

Imagine having to decide whether you put food on the table or get your child to the dentist. Delayed dental care can be disastrous to a child. With rotting teeth, one can't eat, and without nutrition and in pain a child also can't learn.

Allison Fisher, nurse for the Urbandale School District, reached out for help when she learned a Jensen Elementary School student was experiencing dental pain every moment of the school day. Getting uninsured and underinsured children the dental care they need to thrive — and be free of pain and infection — is the goal of I-Smile™, a program of the Iowa Department of Public Health that's offered by EveryStep in Dallas, Polk, Clinton and Jackson counties. The state program, which began in 2006, reaches all 99 counties, providing pregnant women and children under the age of 21 with dental screenings and fluoride treatments. It involves referring clients to dental providers and assisting in transportation and issuing dental vouchers for payment when needed.

Fisher connected with Sue Winker, EveryStep's I-Smile™ coordinator, who visited the next morning and referred the

student for an initial dental exam and screening. For that appointment, Winker also secured an EveryStep interpreter for the student's family.

"This is really changing this child's world," said Fisher. "The family doesn't have the resources to seek dental care on their own. It can be a little insurmountable to think of all the needs in our schools and not know where to turn for every single one. I'm grateful to have the I-Smile™ team on my list of services."

In 2019, EveryStep assisted more than 2,838 children and pregnant women to receive dental screenings, oral health education sessions and referrals to providers for dental concerns and emergencies. Through a longstanding partnership with the Drake University Head Start program, EveryStep coordinates with hygienists to conduct dental screening and fluoride varnish services. If the hygienist thinks the child needs to be seen by the dentist, Drake Head Start and EveryStep work to determine the family's insurance coverage and refer to an I-Smile™ dental provider.

Golf to Support EveryStep's Grief Programs

EveryStep's annual Good Grief Golf Open is back! Save Thursday, July 16, for this year's outing at Echo Valley Country Club in Norwalk. Join us for a day of play and competition to be the top men's and women's teams, with opportunities to take home silent auction packages and win other prizes.

Stay for the reception after your time on the links. Monies raised help EveryStep fund a variety of life-changing, no-cost grief support programs, including support groups and family events, community educational programs, bereavement counseling, and grief-related literature for families and friends, and the Amanda the Panda Grief & Loss camps.

Sponsorships are available — from \$500 hole sponsor to \$10,000 exclusive presenting sponsor — to help eliminate barriers to care and ensure that all people grieving the loss of a loved one get the help they need.

Registration for the event is \$125 (\$500 per foursome), which includes 18-holes of golf, golf cart, boxed lunch and post-play refreshments. Register now at goodgriefgolf.org.



! For more information or to learn how you can become a sponsor of the Good Grief Golf Open, contact EveryStep Foundation at events@everystep.org.



Notes of Thanks

Thank you seems inadequate when expressing our gratitude for all the loving care you gave our dad and the tremendous support you gave our family. We especially want to thank you for the Veteran honor and visits, awesome care and problem solving, gentle touch, prayers and words of comfort, advocating and guiding. You all seemed to know how to keep us prepared for the next step.

Love,
Jan and Dave Paxton
Albia, Iowa

It's difficult to express the depth of my gratitude to all of you who cared for us during that time. I know my mom enjoyed the music therapy, gentle and loving touch with her grooming and other personal care. I appreciated your concern for our welfare, and most of all, the care and information from all the nurses was invaluable to us. Thank you all!

Sincerely,
Joanne Boeckman
West Des Moines, Iowa

To everyone at the Kavanagh House,

We've talked numerous times about the care you all provided. You are all so special for the work and care you provide. When Dad was first diagnosed, he asked Greg and I to get him some care. I told him we would get him the best — and we did because we found you. He knew, as we know, it was the right place for him.

Thank you for your compassion, patience, care, way too many desserts, spiritual guidance and overall goodness every moment of Dad's last four weeks on earth.

Respectfully,
Phil Wandrey
Omaha, Nebraska



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