



IN THE COMMUNITY



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

Welcome to Iowa Total Care's (ITC) "In the Community" bi-monthly newsletter!

May 2024 Edition

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!](#)



Asian American and Pacific Islanders Month

Within the Asian American and Pacific Islander community there is so much culture, diversity, and languages. Find more resources through the [Iowa Department of Human Rights](#) and [Asian/Pacific Islander Heritage](#) websites.



National Foster Care Month

Every year the Children's Bureau's National Foster Care Month campaign has a different theme. This year's theme is "Engaging Youth. Building Supports. Strengthening Opportunities." This theme highlights the need to create a child welfare system that authentically engages and supports young people who are preparing to leave foster care.

To learn more, visit the [Child Welfare's website](#). Foster care resources are also available on the [Health Books](#) section at [iowatotalcare.com](#).



Community Impact: View our 2023 Community Impact Report

Here at Iowa Total Care, we have three core beliefs: supporting holistic care, enhancing local partnerships and practicing an innovative mindset. That's why in 2023 and into 2024, we have been prioritizing our outreach to communities and strengthening our goals.

Check out our [2023 Community Impact Report here](#), full of our 2023 initiatives and efforts.



Be Well. Eat Well.

Nutrition is key to leading a healthy life and Iowa Total Care makes it a priority to give members the tools and resources to help lead a healthy lifestyle.

This summer, Iowa Total Care will continue hosting our Green to Go Community Health Fairs, a **Be Well. Eat Well.** initiative throughout Iowa. We have hosted two events so far, with eight more to come! Free produce and resources will be given to community members. Our team partnered with the Food Bank of Iowa in April to package over 1,000 bags of non-perishable food items that will be distributed at the event.

Recipe of the Month:

Ground Turkey Sweet Potato Bake *Serves 4-5*

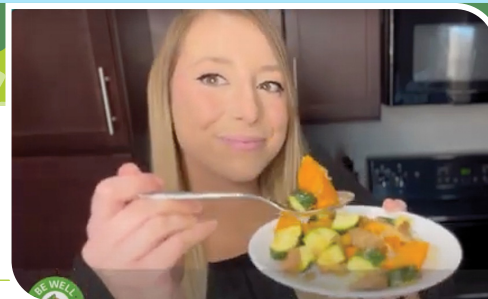
INGREDIENTS

- 2 medium sweet potatoes
- 3 tablespoons olive oil, divided
- 1½ teaspoons garlic powder, divided
- 1 teaspoon rosemary, divided
- Salt and pepper, to taste
- 1 pound ground turkey
- 2 small zucchini
- ¾ cup shredded Parmesan cheese



INSTRUCTIONS

1. Preheat oven to 400° F.
2. Peel and chop sweet potatoes. Place in a large baking dish and toss with 2 tablespoons olive oil, ½ teaspoon garlic powder, ½ teaspoon rosemary, salt, and pepper.
3. Bake for 30 minutes.
4. While sweet potatoes are in the oven, brown ground turkey in a pan. Sauté with remaining 1 tablespoon olive oil, remaining 1 teaspoon garlic powder, remaining ½ teaspoon rosemary, salt, and pepper.
5. Cut zucchini into slices and then quarter the slices.
6. Remove sweet potatoes from oven. Add in the cooked ground turkey and chopped zucchini; combine.
7. Bake for 10 minutes.
8. Remove from the oven. Combine evenly, and top with the shredded Parmesan cheese. Bake for an additional 10 minutes.



Iowa Total Care provides Medicaid health insurance to Iowans. Established in 2019, Iowa Total Care exists to transform the health of communities we serve, one person at a time.

Recipe adapted from: <https://wellnessbykay.com/ground-turkey-sweet-potato-bake/#tasty-recipes-2420-jump-target>

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!

Member Story: Removing Barriers to Recovery



An Iowa Total Care member with a history of cancer was closely watched for several years by Iowa Total Care providers. When warning signals revealed a diagnosis of high-grade carcinoma, treatment options were discussed. But the member chose not to undergo surgery, radiation and/or chemotherapy. The member's condition worsened, and more drastic life-saving surgeries were required.

Iowa Total Care was happy to report that the member received post-op in-home healthcare. Because the member was unable to drive to follow-up appointments with doctors, Iowa Total Care worked to acquire Medical Exemption so the member was eligible for Iowa Total Care transportation services.

With surgical precision, Iowa Total Care removed barriers to yet another member's recovery.



READING WITH DOC



We had a blast reading **'The Book With No Pictures'** last month as part of our Storytime with Doc program. Several story times are hosted at different locations in Iowa. As part of this year's initiative, we are reading to classrooms and partnering with [Community Action Agency Head Start](#).



Quick Links



Care Coordination

Care coordination and disease coaching are two health benefits provided at no cost for Iowa Total Care members. These programs provide services for many conditions, such as asthma, diabetes, COPD, high-risk pregnancy and many more. To learn more call Member Services at **1-833-404-1061** (TTY: 711).



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](#).

GREEN TO GO

Our Green to Go Community Health Fairs are off to a great start this year! We have hosted two events so far and are welcoming several more this summer and fall. Join us for our next Green to Go event next month!

Date: Saturday, June 29

Time: 11 am – 1 pm

Place: Greene Square Park

400 4th Ave. SE

Cedar Rapids, IA 52401



Learn more about our events and find a date near you:

<https://www.iowatotalcare.com/members/medicaid/bewelleatwell.html>

Inspirational Card Project

In March, Iowa Total Care staff created positive messages for a large poster that will be displayed at Green to Go events. Children attendees will be able to color the poster and sign their name.



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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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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