

The Iowa County

magazine

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The Iowa County

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ISAC's Mission:

To promote effective and responsible county government for the people of Iowa.

ISAC's Vision:

To be the principal, authoritative source of representation, information and services for and about county government in Iowa.

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ARPA Funds for Public Health

Walking into Emmet County Public Health, also known as the annex building, prior to January 2023 was confusing for clients and customers. The building had previously been an office building for a meat processing company and then held several offices for different government agencies. Most recently, the building held two agencies that split the square footage until several years ago when Emmet County Public Health remained the last agency in the building. Although there was a lot of square footage, it was not laid out well for a public health agency and maintained the look of an office building. It was nothing close to what a clinical setting typically looks like, with the exception of the lone procedure room. Customers found themselves walking into a very congested area looking straight ahead at a big glass window. To either side was a roll-up window, and while one remained down all the time, the receptionist was behind the other and not in direct line of sight. Add to the confusing, outdated building, the large stockpile of supplies from the pandemic, the annex was a building that required a remodel to become a functional work space for public health.



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When the Emmet County Board of Supervisors learned how ARPA funds could be utilized, they acknowledged the need to make improvements to the public health building. The needs of the building as well as the needs for public health were assessed. Priorities for public health were a better flow into the reception area that would decrease the traffic jams on busy clinic days. The waiting room, which held two chairs and a small bench, was not large enough to accommodate multiple families who needed to fill out paperwork. Priorities for the supervisors were to repair the roof, update the plumbing, and add a handicap bathroom. Adequate storage was also top of the list for improvements that should be made.



The project started in the December 2021 with the handicap accessible bathroom. A large conference room that can easily accommodate over 30 people was added. Improvements to technology in the building will now meet the needs of anyone hosting a meeting. Adjacent to the conference room is a full kitchen which allows for food to be served at meetings. Ample storage was tucked into hallways and corners of rooms so all the supplies for preparedness and public health clinics can be stored appropriately.



The best changes in the building impact the day-to-day business of public health. Customers and clients now walk into a beautiful reception area with a much larger waiting room where the receptionist faces them when they enter. The waiting room now has ample seating for adults and children. The updated furniture is modern yet functional and can be disinfected easily. The old carpet was removed and replaced with vinyl planking which is much cleaner and easier to maintain.

Continued on page 6.

Partnership, Brand, and Community

Murphy Tractor & Equipment Co. proudly supports ISAC. We have locations in Sioux City, Fort Dodge, Waterloo, and Des Moines. We also serve ten counties in Southwest Iowa from our Omaha branch location. For years, working with great organizations like ISAC has been a source of pride to further relationships, build awareness, and help communities when possible.

Murphy Tractor is the Midwest's premier John Deere Construction Equipment Dealer. It offers products and services that lead the industry in partnerships with Governmental agencies, private contractors, and all others who use our products and services. John Deere is a great brand with deep ties to Iowa and its communities. With manufacturing facilities in Davenport and Dubuque, the John Deere brand relies on hardworking families of our communities to build AG and Construction equipment to keep our Fields producing and our roads and infrastructure up, open, and in good shape.



Chad Spencer
Territory Sales Representative
Murphy Tractor & Equipment Co.
www.murphytractor.com

It's *almost* safe to assume that most of us probably know someone or aren't too far removed from someone employed or that uses equipment made by John Deere or sold by Murphy Tractor. These connections help us build the communities that make all Iowans and former Iowans, like myself, proud of where we raised our kids. Murphy Tractor and John Deere continue to innovate new ways of reaching out to our communities to give back or assist and build partnerships that educate and illuminate.

One such program took place August 7-11, 2023. The Iowa State University Institute for Transportation is offering the LTAP (Local Technical Assistance Program) Motor Grader Training Program. This program highlights how to be a more efficient and safer motor grader operator. Experienced operators will lead the program with the skills and understanding that years of practice and implementation bring.

Murphy Tractor is a proud sponsor of this program. It has been involved with its membership for several years, providing the motor grader equipment needed for the training sessions. Murphy Tractor trusts in partnerships with organizations like ISAC to bring all sides together to train the operators we rely on to keep our roadways in the best possible conditions. Murphy Tractor appreciates the same trust in the John Deere equipment we provide for these workshops. We continue to build off these relationships and partner with other organizations like ISAC to build awareness and offer counties the necessary equipment or other resources to assist them with education and training.

This year the Motor Grader Training Program will take place in Johnston, at the Camp Dodge National Guard Base on their more private gravel roads. Attendance will be available for registered participants for either a classroom session or an optional field session, which is new for 2023.

Attendees will be exposed to instruction and presentations focused on blading techniques, including cross-section,



Partnership, Brand, and Community

safety, and equipment in the classroom. In the case that the participant opts for the additional field session, they will be able to work one-on-one with an instructor. The environment will be comparable to the daily road conditions operators are exposed to. Participants will learn a motor grader's basic operations, including moldboard pitch, blade angle, articulation, what needs to be done to achieve proper roadway crown, shoulder work, aggressive balding techniques, and pre-trip inspections.

This training is aimed at the county and city operators and their supervisors. The training offers new operators helpful tips and methods that have taken years of trial and error to perfect. Experienced operators say it's a great refresher course, and supervisors can learn about new developments and operating techniques. Two instructors with extensive on-the-job experience operating motor graders will conduct the training.

When partnerships with organizations and brands unite, we can achieve positive environments and outcomes for our communities. The relationships we build today are cornerstones for the next generations that will take the reins and continue their drive forward.

ARPA Funds for Public Health

A second procedure room with laundry facilities was added. For busy clinic days where services are happening simultaneously, it has proven very beneficial to have a second dedicated space to utilize. Two additional offices finish out the remainder of the building project, leaving the door open to the possibility of expanding services.

Maintaining a functioning clinic during a construction project is challenging. Furniture and supplies were moved again and again. Supply issues slowed the project to a halt more than once. Constant dust and debris needed to be cleaned up, and footprints on the new flooring were always present. As the project nears completion, staff can finally appreciate the updates and improvements. Increased functionality in the workspace allows for streamlined processes in the day-to-day work of the office, decreased chaos on busy clinic days, and is a clinic-like environment appropriate for public health.



2024 ISAC SCHOLARSHIP APPLICATION

ISAC Scholarships

are awarded annually to children and dependents of Iowa county officials and employees. Scholarships will be awarded during the 2024 ISAC Spring Conference. **The deadline for applications is December 1, 2023.**



Scan here!



2024 ISAC Scholarship Application

Criteria, Eligibility, and Process

- 1) Eligibility to apply is limited to children or dependents of current county officials or employees. This does not include city employees, employees of county extension offices, or individuals who are themselves county employees. Final eligibility will be determined by the ISAC Executive Director.
- 2) At least one (1) \$1,000 scholarship shall be awarded annually.
- 3) The candidates must be seniors in high school.
- 4) This is a one-year scholarship and can be received only once by an individual.
- 5) The scholarship can be awarded to anyone who will be a full-time student of any accredited continuing education program (including, but not limited to community colleges, trade schools, and public or private colleges)
- 6) The scholarship monies will be paid directly to the college's financial aid office; one half is to be applied for the first semester, and the second half is to be applied for the second semester.
- 7) The candidates must provide personal reference statements from three (3) individuals other than family members, complete an application, and submit to an in-person interview.
- 8) The criteria used in awarding scholarships will be scholastic achievement, financial need, participation in extracurricular/community activities, and overall character.
- 9) The scholarship committee shall award all scholarships and the decision of the selection committee shall be final.
- 10) The scholarship committee shall consist of seven (7) members, to be appointed by the ISAC President. The selection committee shall consist of one (1) representative from each ISAC district, plus one (1) member of the ISAC Board of Directors.
- 11) ISAC reserves the right to verify any information provided in any application.
- 12) Scholarships will be awarded at the ISAC Spring Conference in March.
- 13) Scholarship winners have two years to use their award. During those two years, they may apply to the scholarship committee for an extension of the time limit. The scholarship committee shall make a recommendation to the ISAC Board of Directors on whether to allow the extension of the time limit.
- 14) It is a requirement of the finalists for this scholarship to participate in a personal interview (early February) with a panel of judges or you may be disqualified for the award.
- 15) Applications must be submitted online at this URL: <https://forms.gle/h567cLEY472yINQX9>.
- 16) References and transcripts must be submitted via mail or email:
ISAC Education Foundation, 5500 Westown Parkway, Suite 190, West Des Moines, IA 50266-8202 or kcook@iowacounties.org.

Applications must be submitted by December 1, 2023.

2023 ISAC Golden Eagle

Joan McCalmant, former Linn County Recorder and ISAC Past President, was honored with the Iowa State Association of Counties (ISAC) Golden Eagle at its 2023 Annual Conference on August 23 in Des Moines. The prestigious Golden Eagle was presented to McCalmant during the ISAC General Session.



Joan McCalmant began working in the Linn Recorder’s Office in 1986 as the Chief Deputy Recorder. She was first elected to the office in 1998 after earlier being appointed to complete the unexpired term of the previous recorder. She served in that capacity until 2022 and is currently the Chief Deputy Recorder. She served as President of the International Association of Clerks, Recorders, Election Officials, and Treasurers (IACREOT) in 2011 and the Iowa County Recorders Association in 2004-2005. She has served on the ISAC Board of Directors from 2012 to 2022 and as President in 2016. McCalmant served on the Board of Directors for the Property Records Industry Association (PRIA) from 2003 – 2014, the last several as secretary.

McCalmant was born and raised in Marion, Iowa and is a graduate of Marion High School and Central College in Pella. She currently resides in Hiawatha with her husband Gary.

“Joan is a consummate professional, performing her duties as a recorder with a very high level of ethics and integrity. Joan’s dependability, initiative, and nobility have earned her the respect of both the citizens whom she served and other recorder professionals across the state and nation. In addition, her quiet and humble leadership in the Iowa County Recorders Association and the statewide impact that it’s had on education and the County Land Records Information System (CLRIS) cannot be overlooked.” As stated in her nomination by Linn County Sheriff Brian Gardner.

The Golden Eagle is given to commend extraordinary public service to ISAC and county government. The honor was created to recognize elected or appointed county officials, business or civic leaders, persons rendering assistance to counties as trainers, consultants or advisors, and former members of ISAC staff also are eligible. The ISAC Board of Directors selected McCalmant as the Golden Eagle, an honor that has been given annually since 2010 on the basis of service rendered to county government generally, including leadership in ISAC, ISAC-affiliated boards, service on state or national boards or commissions, service to the National Association of Counties (NACo), service to counties in training, education and development of local leadership, advocating for counties and good local government, and providing exceptional professional assistance and support to counties. Nominations will open in early 2024 for the next Golden Eagle.

2023 ISAC Excellence in Action Award

The ISAC Excellence in Action Award is a competitive awards program that seeks to identify and recognize innovative county government employees, programs, and ISAC affiliates. The selection committee evaluated the nominees on the following elements: creativity and innovation, leadership, replication, cost-savings, efficiency, cooperation, and perseverance. This year's awards were presented to two recipients at the ISAC Annual Conference last month: Johnson County Public Health Jynneos Vaccine Program and Story County Sheriff's Office Dive Team Advanced Imaging and Robotics Initiative.



Lucas Beenken
ISAC Public Policy Specialist
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Johnson County Public Health Jynneos Vaccine Program

In the public health arena, preparedness and response are often tested by the unknown and unpredictable. We need only look to 2020 and a global pandemic for evidence of that. To properly respond to public health emergencies and other events, agencies prepare broadly and respond specifically. Johnson County Public Health (JCPH) and its Medical Reserve Corps (MRC) displayed this in 2022 when they implemented a mass vaccination campaign in response to a global Mpox outbreak that found its way to Iowa and Johnson County.

When the Mpox outbreak hit Iowa, JCPH initiated its communicable disease response and began working locally with MRC, disease prevention specialists, emergency preparedness planners, and community health nurses. JCPH soon coordinated contact tracing, case investigation, and vaccination. A unique challenge of the response was the use of Jynneos, a newly approved vaccine that saw changes over time in how the two doses could be administered. The vaccination program benefitted from the use of data collection tools to streamline screening, scheduling, vaccine administration, and follow-up for second doses. This streamlining provided for better customer service, efficiencies for the public health staff and volunteer corps, and cost savings for the taxpayers.



Beyond the vaccine program, JCPH and MRC have continued to use the data collection system for health assessment data collection, customer service evaluations, public engagement efforts, and various other projects. They look forward to carrying on the practice for future mass vaccination clinics, as well as other endeavors. The lessons learned and the embrace of new tools and processes will continue to benefit Johnson County Public Health and those they serve.

Story County Sheriff's Office Dive Team Advanced Imaging and Robotics Initiative

When undertaking public safety dive missions, the safety of the divers, thoroughness of the search, and efficiency of the operation are of utmost importance. After leading the dive and search response efforts following the tragic drowning of two student-athletes from the Iowa State University rowing team in 2021, the Story County Sheriff's Office Dive Team knew that the most important lesson learned was that with more advanced tools, future missions could be conducted in a safer and more efficient manner. This was the catalyst for the Advanced Imaging and Robotics Initiative.

The Story County Sheriff's Office began investing in and integrating new, advanced equipment including Livescope sonars, GPS mapping monitors, and the only remote operated underwater robot in Iowa. With the Advanced Imaging and Robotics Initiative fully operational by June of 2022, the team can now efficiently and thoroughly search large areas of water using the sonars and mapping monitors without having to send divers underwater. The team

2023 ISAC Excellence in Action Award

also uses a remote operated vehicle with sonar and 4k camera to confirm targets and ensure the area is safe for the dive team to begin recovery efforts. What may have previously taken days of underwater searching in hazardous conditions, may now be reduced to targeted dives when victims, evidence, or other objects are identified. Beyond the safety advantages, this efficiency can also bring resolution to the loved ones of victims, help investigators retrieve evidence in a timely manner, and save taxpayer dollars on personnel and overtime.



The Advanced Imaging and Robotics Initiative has also proven valuable to other entities, including other counties that have called on Story County to assist with searches and the National Institute of Standards and Technology, with whom the team worked to test capabilities and methods for the benefit of first responders around the world. This intergovernmental cooperation provides value to all involved. The Story County Sheriff's Office Dive Team, other governmental entities, and the public benefit from safety and efficiency provided by this initiative.

Congratulations to the 2023 ISAC Excellence in Action Award recipients Johnson County Public Health Jynneos Vaccine Program and Story County Sheriff's Office Dive Team Advanced Imaging and Robotics Initiative.

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2023 NACo Annual Conference

Just getting to the 2023 NACo Annual Conference in Austin, Texas was a bit of a challenge for Melvyn Houser and I. Getting to Dallas/Ft. Worth was a piece of cake; however, trying to get to Austin provided to be a rather challenging part of the trip. From gate changes 20 gates away and finally getting on the plane after much delay, to then taxiing down the runway and ultimately returning back to the gate due to mechanical issues with the airplane's air conditioning. It's good that it was an early flight since we had a five and a half hour delay and finally arrived in Austin at 7:00 pm.



Richard Crouch
Mills County Supervisor
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We were up early Friday morning to discuss what we would be doing for the day. We all had committee meetings, mine was Ag and Rural Affairs. I've noticed we all seem to face some of the same issues no matter what part of the country we live in. Items of discussion were fiber and broadband, renewable energy, and water quality. It was also stressed that we need to stay together as one body to try and tackle these issues and not individualize things.

One of the breakout sessions that I attended was on emergency services for rural areas. Of the eight attendees present at this session, six were from other states who also saw the same issues of not having enough volunteers and very little support of funding. Six of the eight are looking at passing a tax to offset and help support these much-needed services in the rural areas.

My second breakout session involved the decline of small-town newspapers to provide rural news. Many of the small-town newspapers are being bought out by larger newspapers. Idaho reported that four small counties in the Western part of the state banded together to form a news company that printed local news twice a month and then would have them dropped off in a central location for delivery. This is funded by local advertising.

Owen Hart, head of Ag and Rural Affairs Committee, talked with us about the new proposed farm bill that is currently being drafted. The cost of this bill is \$1.5 trillion dollars, with 81% going to SNAP and other food programs and only 18% going for farm programs. There is 1% they are not sure what they will do with. The bill is being set up for five years to try and get some stability in the program and changes would not need to be made.

Friday night they gave us a tour of the Austin City Library, a beautiful building that spans six stories with a balcony on the top floor that overlooks the city, river, parks, and also includes the view of the "bat bridges".

Saturday brought the General Session where we had a variety of interesting speakers: Dr. Drew Pinsky, a physician, author, and host of a TV and radio show; Joan Lunden, award winning journalist, bestselling author, and TV host; and Allan C. Colston, who is the US President of the Bill and Melinda Gates Foundation. Saturday evening was the Iowa delegation dinner which was set up by Rachel Bennett. The food was great and there were a number of stories that accompanied the meal. The California delegation were also at the same restaurant and one of their representatives came over to our table and gave great praise and tribute to our own Bill Peterson. The evening would not have been complete without a few limericks from Mr. Grant Veeder.

Sunday was a full day of seminars, NACO Awards, lunch, and more of the General Session. I also spent some time in the Exhibit Hall talking with vendors. There were electric cars being used as police cars, with the downsides of course being the cost for one and the availability at shift change to have a charged vehicle to complete the next shift. There were also vendors there talking about the combining of Public Health and Department of Human Services and the lack of certainty on what will happen. This is a current issue we are all concerned about in Iowa.

2023 NACo Annual Conference

Monday, the last day, was the Business Meeting and election of NACo 2nd Vice President. After being credentialed, I was chosen as the representative to read the votes for the Iowa Delegation. There had been some negotiating in votes of the three largest states, California, Texas, and Florida, to vote for J.D. Clark. That left Ron Berry with a small number of votes. Mr. Berry gave a very nice conceding speech. The next item on the agenda was the swearing in of the new NACo President Mary Jo McGuire, who represents the great Midwestern state of Minnesota. President McGuire's color is red, and the stage turned into a sea of red hats, coats, and shoes. President McGuire gave a presentation on making sure we stay united and together in all of our duties. She stressed the importance of working together.

One of the last meetings was the Central Region Caucus which consists of Midwestern and Central states. One of the major discussions in this meeting was what municipalities were doing or had done with their ARPA funds. The Board of Directors meeting was held to give committee reports and other business which was finalized by Grant's limerick.

P.S. Melvyn and I did not have a good travel experience this trip with mechanical failures, gate changes, and delays that were not fun, but we made it. We are a little older and wiser for the trip.



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Iowa Healthiest State Initiative

Healthiest State Annual Walk on October 4: Registration for the Healthiest State 13th Annual Walk, presented by Delta Dental of Iowa, is now open. On Wednesday, October 4, thousands of Iowans across the state will participate in organized walks at schools, workplaces, and in their communities.

Registration is free and easy: Visit [iowaHealthiestState.com/Walk](https://www.iowahealthieststate.com/Walk) to sign-up as a household, school, workplace, organization, or community to walk for 30 minutes any time on October 4.

The 2023 theme “#WhyIWalk” highlights the versatility and impact that something as simple as taking a walk can have on our physical, social, and mental health. Whether you walk to clear your mind, connect with friends and family, to take a break from work, or for daily exercise, staying active is one of the most important steps people of all ages and abilities can take to improve their health.

Healthiest State Month in October

The Healthiest State Annual Walk also helps kick off Healthiest State Month celebrating 5-2-1-0 Healthy Choices Count! across the state. Iowans are encouraged to keep practicing healthy habits, including physical activity, throughout October. Schools, workplaces, health care clinics, communities, and households can download toolkits to help them celebrate Healthiest State Month at [iowaHealthiestState.com/HSIMonth](https://www.iowahealthieststate.com/HSIMonth).

5-2-1-0 Healthy Choices Count Summit!

Learn from experts from across the state implementing [5-2-1-0 Healthy Choices Count!](https://www.iowahealthieststate.com/5-2-1-0) in schools, early care, out-of-school programs, health care clinics, and communities on October 25. Sessions focus on how to adopt strategies that support the healthy choice as the easy choice and create policy and environmental changes within all sectors. Learn more and keep your eyes open for speaker announcements soon at www.iowahealthieststate.com/Summit.

**HEALTHIEST STATE INITIATIVE
FALL EVENTS**

Healthiest State Month
October

Healthiest State Annual Walk
October 4

5-2-1-0 Healthy Choices Count! Summit
October 25

Healthiest State INITIATIVE

This Year's National Preparedness Month Focuses on Older Adults

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and other emergencies that could happen at any time. This year's campaign focuses on older adults and encourages them to prepare for what to do before, during, and after a disaster. The Federal Emergency Management Agency (FEMA) is partnering with local governments in Iowa since older adults often view their local officials as a trusted source for information. As local officials, you know the older adults in your communities along with the challenges that may occur for them during a disaster. FEMA recommends every individual or household follow these three preparedness action steps – get informed, build a kit, and make a plan!



FEMA

FEMA Region 7

816.283.7061

FEMARegion7info@fema.dhs.gov

Get informed

The best no-cost/low-cost way older adults can prepare for disasters is to sign up to receive alerts and warnings when severe weather or other emergencies occur in their area. Local officials can encourage older adults to sign up for free alerts and warnings from local or state emergency management agencies. Apps from trusted sources such as FEMA and the American Red Cross can be downloaded for free and provide disaster alerts as well as post-disaster information, shelter locations, and where to get help. NOAA Weather Radio is another great low-cost resource that provide continuous broadcasts direct from the local office of the National Weather Service.

In Iowa, tornadoes, winter storms, and floods are common. Older adults should know the risks and hazards where they live, which will inform their planning efforts. Do they reside near railroad tracks, industrial areas, or other hazards that might require an immediate evacuation or for them to shelter in place? Are they prepared for a sustained power outage? Does their home have working smoke detectors? It is also important for them to be aware of and prepared for emerging threats such as extreme heat and droughts.

Flooding can be financially devastating and displace residents for long periods of time. If living in a flood-prone area, older adults should find out if their home is located in a flood zone. Flood damage isn't covered by standard homeowner's insurance policies and just one inch of floodwater can cause more than \$25,000 in damage. Flood insurance is recommended even if the home is in a low or moderate-risk flood zone. More than 20% of flood insurance claims come from properties that are not in identified high-risk zones. Flood damaged household goods are rarely salvageable, and renters should purchase a flood insurance contents policy. More information on flood insurance and preparedness can be found by visiting www.floodsmart.gov.

Build a kit

After a disaster, individuals and households may need to survive on their own for several days. Being prepared means having stored food, water, and other supplies for three to seven days, if not longer. Emergency supplies can include items such as flashlights, batteries, maps, manual can openers, and hygiene items. FEMA provides a list of basic supplies at www.ready.gov/kit.

In addition to basic supplies, you can encourage older adults to include items or assistive devices needed to shelter-in-place or evacuate their home that meet their medical, mobility, and communication needs. These items might be: prescription medications; durable medical equipment; mobility aids; visual aids; hearing aids; personal care products; and insurance information. They should also keep a copy of prescriptions as well as dosage or treatment information in their kit. If it is not possible to have a week-long supply of medicines and supplies, they should keep as much as possible on hand and talk to their pharmacist or doctor about what else they should do to prepare.

Following a disaster, having important paperwork easily available can help expediate the recovery process. Older adults should include copies of important documents in their emergency supply kits such as family records, wills,

This Year's National Preparedness Month Focuses on Older Adults

power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. Other important documents include the names and numbers of everyone in their personal support network, as well as medical providers. It is also recommended to include cash or travelers checks to purchase supplies. FEMA's Emergency Financial First Aid Kit is a free toolkit that helps individuals and households collect and organize their critical information essential for emergency recovery. The guide can be found at www.fema.gov/emergency-financial-first-aid-kit.

Make a plan

When creating disaster plans, older adults should consider what disasters would call for an evacuation versus sheltering in place and prepare for both. They should also ask themselves – How would they evacuate if an accessible vehicle is not available? Does their county maintain a registry of those who need special assistance during an evacuation? Does their utility company keep a list and map of the locations of power-dependent customers in case of an emergency? Are their benefits deposited electronically or do they come in the mail? Older adults should determine any special assistance needed and address how each need will be met in their plan. Examples of plans can be found at ready.gov/plan.

For older adults, having a personal support network is key, especially for those adults who are physically or socially isolated. The best way to create a support network is to make a list of family, friends, and others who would be part of their emergency plan and then approach them about being a part of it. The plan should be shared with everyone in the group, including a friend or relative in another area who would not be impacted by the same emergency. At least one person will need a housekey and plan to check on them immediately after a disaster as well as know where they keep their emergency supplies. It is important to include details about communication and ways to contact each other if phone service isn't working.

Members of the support network should know how the person plans to evacuate their home or workplace and where they will go in case of a disaster. Practicing the plan with those who have agreed to be part of their personal support network helps ensure everyone is on the same page and can identify gaps. Older adults should consider family and friends who would be willing to take in them and their pets or locate pet-friendly hotels or local boarding facilities. Pet owners need to build a pet Ready kit with food, water, medicines and medical records, ID tags, and comfort items. More information on pet preparedness can be found at ready.gov/pets.

If undergoing routine treatments administered by a clinic or hospital or if receiving regular services such as home health care, treatment, or transportation, older adults should talk to their service provider about their emergency plans and work with them to identify back-up service providers in the area. If they use medical equipment in their home that requires electricity to operate, their health care provider may be able to recommend ways to prepare for a power outage. A disaster can disrupt mail service for days or even weeks. For those depending on Social Security or other regular benefits, switching to electronic payments is a simple, important way to protect themselves financially before disaster strikes.

Get involved

One of the best ways older adults can build on their individual preparedness and help their community is to take additional training or volunteer. Classes such as Stop the Bleed, First Aid/CPR, or Until Help Arrives empower individuals to not only help themselves but to assist others in their community as well. The training helps build individual and community resiliency and people who are more prepared require less help and can free up local resources to assist others during an emergency.

During disaster response, affected communities depend heavily on local and national volunteer organizations to provide trained volunteers and much-needed donated supplies.

This Year's National Preparedness Month Focuses on Older Adults

Older adults can help their communities by:

- Joining a Community Emergency Response Team (CERT) program and get trained on basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.
- During a disaster, donate to a reputable organization through the National Voluntary Organizations Active in Disasters (NVOAD), or sign up to become a volunteer and respond to both local and national disasters.

Older adults can help save countless lives by taking simple actions to prepare their community or organization for a disaster before one strikes. FEMA offers free trainings and education tools to train individuals and others on the best ways to prepare for, respond to, and recover from a disaster or emergency:

- You Are the Help Until Help Arrives, designed by FEMA, is offered as online or in-person training that teaches the basics of how to save a life before professionals arrive
- Teach FEMA's youth preparedness messaging to local schools or childcare facilities. Preparedness curriculum for grades K-12 can be downloaded at [Ready.gov/kids](https://www.ready.gov/kids)
- Promote preparedness online by sharing preparedness tips on social media with Ready's online social media toolkit or public service announcements.
- Take a free online independent study course through FEMA's Emergency Management Institute or a CPR course through the American Red Cross

Every individual, family and household should plan for emergencies, and older adults and persons with disabilities should consider any unique needs they may have and address them in the way they receive alerts and warnings, create communication and evacuation plans, and build their emergency supply kits. FEMA Region 7 looks forward to continuing to partner with local governments in Iowa to strengthen communities through preparedness. For more information about disaster preparedness, go to [ready.gov](https://www.ready.gov).



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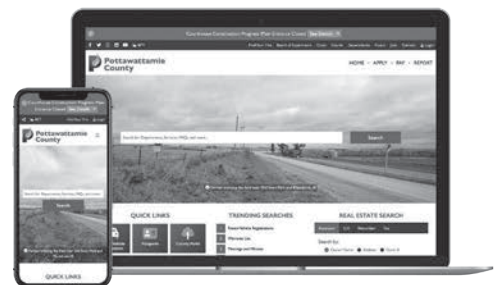
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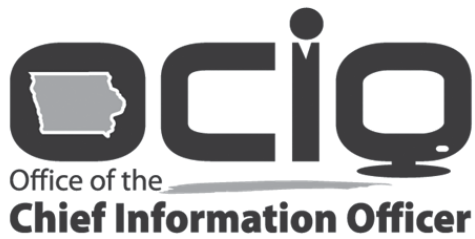
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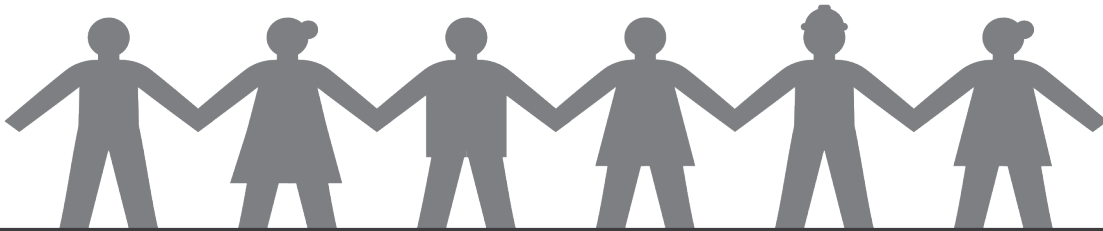
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2023 Calendar

September 2023

- 19-22 ISSDA Fall Jail School
(Holiday Inn Des Moines Airport)
- 20-22 ISAC Board of Directors Retreat
(Linn County, Iowa)

October 2023

- 8-11 Assessors Fall Conference
(Holiday Inn Des Moines Airport)
- 19-20 Treasurers October Leadership Conference
(Cedar Falls, Iowa)

November 2023

- 15 ISAC Board of Directors Meeting
(ISAC Office)

December 2023

- 12-15 ISSDA Winter School
(Holiday Inn Des Moines Airport)
- 13-15 77th Annual Iowa County Engineers Conference
(Veterans Memorial Community Choice Credit Union Convention Center, Des Moines)

January 2024

- 17-18 ISAC University
(The Meadows Events and Conference Center)

February 2024

- 8 Statewide Supervisors Meeting
(Embassy Suites Des Moines Downtown)

March 2024

- 13 County Day at the Capitol
(Iowa State Capitol)
- 14-15 ISAC Spring Conference
(Veterans Memorial Community Choice Credit Union Convention Center, Des Moines)

August 2024

- 21-23 ISAC Annual Conference
(Veterans Memorial Community Choice Credit Union Convention Center, Des Moines)

If you have any questions about the meetings listed above or would like to add an affiliate meeting to the ISAC calendar, please contact Kelsey Sebern at ksebern@iowacounties.org.

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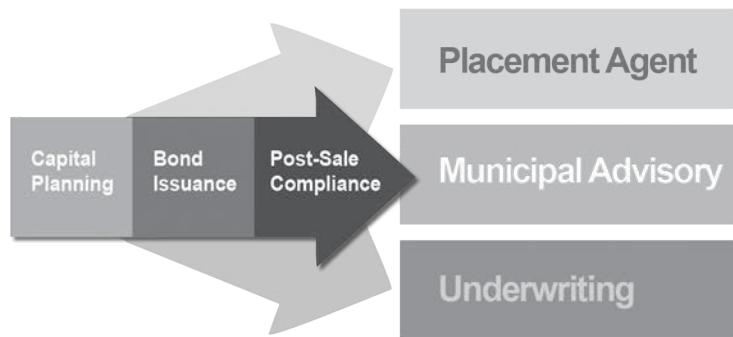
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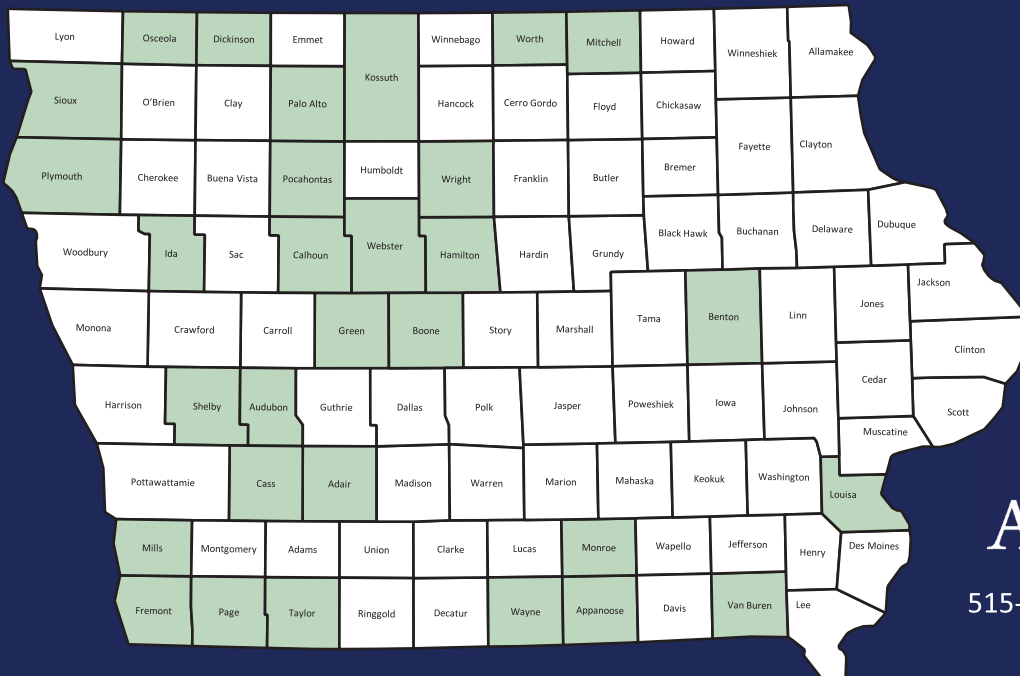
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