



Optimal Health for All Iowans



# Swatches

## Connecting Rural Iowa

December 2017

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Your continued support through membership allows IRHA to continue the work to attain Optimal Health for All Iowans.

### President's Message

Kate Walton, IRHA Board President

For the second year in a row the Iowa Rural Health Association partnered with the University of Iowa Health Sciences Policy Council to host the Rebalancing Health Care in the Heartland Conference. On November 9th leaders in health policy from around the state gathered for a day of discussion, education and networking. Participants heard from the Insurance Commissioner Doug Ommen on the state of the individual insurance market in Iowa in light of the state's decision to no longer pursue the insurance stop gap measure. There were panel discussions on the opioid crisis and dental access, where professionals and subject matter experts discussed what's working and where we need to improve. Republican and Democratic candidates for Governor participated in a discussion as well as Questions and Answers from conference attendees talking about issues related to Medicaid, mental health access and their plans to address the uncertainty in the individual insurance market.

I left the conference energized by the talent and leadership in our great state, but also deeply concerned about the state of health care access and service delivery. We all know we are facing significant challenges at the state and federal level. Here in Iowa legislators will have to grapple with on going challenges in the Medicaid program, mental health services and a challenging budget when they convene in January. In Washington, DC attempts to make changes to the Affordable Care Act have stalled, causing uncertainty and confusion in the insurance market.

We know if we keep talking to each other, keep listening to each other, we can find a path forward to address these serious issues.

Benefits of being an IRHA member:

1. Health advocacy with a rural perspective
2. Access to resources through the IRHA and NRHA websites and email distribution lists
3. Networking opportunities with professionals from diverse disciplines
4. Input opportunities for State and Federal Policy issues
5. Discounted rates for Annual Conference
6. Opportunities for leadership development

**Thank you for your continued support of IRHA!**

**Iowa Rural Health Association**  
515-282-8192  
[www.iaruralhealth.org](http://www.iaruralhealth.org)

The Iowa Rural Health Association was proud to join the University of Iowa Health Sciences Policy Council in hosting a discussion that helps move the conversation toward solutions for all Iowans.

## **Membership Renewal Notice**

The Iowa Rural Health Association's membership year runs with the calendar year. Renewal notices will be sent soon. Please keep an eye on your email for the notification and then take a minute to renew. Online renewal is very easy. You may also renew using a check payment by mail.

We appreciate your continued support and involvement with the Iowa Rural Health Association. We encourage you to invite a colleague to also consider membership!

## **Dr. Bernard Sorofman, PhD, FAPhA named 2017 Jerry Karbeling Award Recipient**



The Iowa Rural Health Association was pleased to present Dr. Bernard Sorofman with the 2017 Jerry Karbeling Award at the annual conference held on November 9.

Dr. Sorofman's entire career has been devoted to advancing healthcare and healthcare policy since he first received a BS in pharmacy from the University of Oklahoma and later earning a PhD in Social and Administrative Pharmacy from the University of Minnesota. His entire professional career has been at the University of Iowa, speaking volumes of his loyalty and service to Iowans.

Dr. Sorofman has made a career out of studying how different groups of people, such as those who live in poverty and criminal offenders, access medications. Through his research he has changed state policy and individual lives. Since 2008, he has

worked to expand a statewide drug repository for unused medications. Another area of focus has been to improve outcomes for Iowa's criminal offenders. Dr. Sorofman has a keen ability to identify when change is needed to serve Iowans and is able to identify the appropriate avenues to make that change happen.

Jerry Karbeling was a member of the Iowa Rural Health Association, served on the Board for 5 years, and served as President of the Association in 2002-2003. At the time of his death in 2005, Jerry was the Senior Vice President for Public Affairs and Corporate Development for the Iowa Pharmacists Association, a practicing community pharmacist, and owner of Big Creek Pharmacy in Polk City. He was a healthcare activist, an adjunct professor, and served on the City Council of Polk City.

The Iowa Rural Health Association seeks to recognize Jerry's legacy and to retain the memory of his contributions. The Jerry Karbeling award is presented annually to an individual who has demonstrated successful activism for improving rural health and a commitment to community service as exemplified by Jerry.

In every way Dr. Sorofman upholds the memory and honor of Jerry Karbeling in that he is a visionary, advocate and leader for Iowa rural health. Congratulations Dr. Sorofman!

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## **Quitline Iowa**

submitted by Samra Hiros, American Lung Association in Iowa

It is no secret that we face a high burden when it comes to smoking and tobacco use both in the U.S. and Iowa. Annually, health care costs in Iowa directly caused by smoking are \$1.28 billion. By quitting tobacco, Iowans can save money and feel better. There are free resources available for those ready to quit tobacco.

It can be difficult to quit tobacco use, but no one has to do it alone. Quitline Iowa is here to help! Quitline Iowa is a free resource that provides helpful tools, information and support throughout an individual's quit process. Individuals may also be eligible for free Nicotine Replacement Therapy (NRT).

Health care providers and public health professionals can make a fax or web referral for patients looking to enroll in Quitline Iowa's tobacco cessation program. Patients trust their healthcare provider. Having a referral from a healthcare provider to Quitline Iowa can be the difference in whether someone will quit or not.

Quitting tobacco is a process. If you have patients that are thinking about quitting, are not yet ready to quit, or have already quit, Quitline Iowa can help with each step of the way. It is never too late to quit. To find out more about Quitline Iowa or to enroll visit [www.QuitlineIowa.org](http://www.QuitlineIowa.org) or call 1-800-QUIT-NOW.

*The Lung Association also provides free technical assistance and resources to the communities. If you would like tobacco cessation resources or a brief training in the Quitline Iowa Ask, Advise, Refer program, please contact [Beth.Turner@lung.org](mailto:Beth.Turner@lung.org).*

## **Farm to School**

submitted by Courtney Long,  
Iowa State University Extension and Outreach

October marked the month for Farm to School. Numerous schools participated in different types of programming, local foods procurement, and nutrition education. The stories shared below highlight a few among many creative and fun highlights from the month. If you'd like to learn more about Farm to School, please consider signing up for the Farm to School Newsletter from the Iowa State University Local Foods Team: <https://www.extension.iastate.edu/localfoods/farm-to-school-newsletter/>. Updates for this newsletter were provided by Lynn Heuss, Program Coordinator with the Iowa State University Local Foods Team.

### **Decorah Community Schools - Chad Elliott**

Mrs. Holthaus and students shucked over 800 ears of corn for lunch! The corn was shipped by the Iowa Food Hub and harvested at Kern's Family Farm. Corn is just one of many local menu items served in the cafeteria this Fall.



### **Food Corps Iowa - Ottumwa Liberty Elementary - Kara Poppe (Food Corps)**



It's a happy Homecoming Week and Farm to School Month in Ottumwa! During Pick a Better Snack at Liberty Elementary, students ventured out into the garden with FoodCorps Iowa service member, Kara Poppe, to review how vine vegetables grow and practice cracking open sunflower seeds. After school,

Kara taught about all about herbs - what they look like, smell like, feel like and what familiar meals we find them in.  
#GardenPajamaParty #F2SMonth #TryThings

**Child Development Center** - Sue Miller- Hawarden

Since we can't do field trips due to transportation issues, we try to bring it into the classroom. We have corn in the sand table with small tractors and wagons. We had cherry tomatoes as an addition to lunch. We brought apples in from an apple tree & explored and painted with them. We plan on making our own applesauce as well in the next few weeks. We are to have a food experience each month so try to bring in things that are locally grown in the area if we can.

**Allamakee School District** - Julie Magner

Farmers served lunch and students dressed as farmers. Lots of celebrating happening at Allamakee schools!



**Central Decatur Watermelon Harvesting** - Joy Everston



**The Postville 4-H Garden Club and Food Corps Iowa** service

member Claire Anderson harvested 293 lbs. of butternut squash from the school garden. This squash will make its way to the Postville School cafeteria and into yummy local lunches like lasagna, spaghetti and chicken parmesan. Student-grown produce for Farm to School Month!



#F2SStrong #SweetHarvestTime

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