



1908 – 2023:

115 Years of Care and Support

2022 Report to Donors

EveryStep 

Pregnancy & Parenting Support

Home Care

Hospice

Interpretation

Community Health

Grief & Loss Services



OUR MISSION

We empower individuals, support families
and strengthen communities.

OUR VISION

EveryStep is the recognized and trusted leader
in supporting people as they navigate life's challenges,
through diverse expertise and inclusive care.

Last year, we proudly served nearly
70,000 Iowans.

For 115 years, EveryStep has provided care and support to Iowans during life's most challenging moments. Because of your support, our hospice patients are provided dignity and comfort in their final days; grieving families receive the support they need to cope with a loss of a loved one; parents-to-be achieve healthy pregnancies, and their babies reach important developmental milestones; and refugees and immigrants receive assistance navigating the health care system.

During FY '22 we began to emerge from the pandemic and operate in a more "normal" environment. Some highlights of the year include:

- In January 2022, hospice patients returned to a completely renovated Kavanagh House, thanks to the successful completion of a \$3.6 million capital campaign.
- EveryStep's Art of Compassion achieved record success despite being rescheduled to April 2022 due to pandemic concerns.
- With support from donors and legislative appropriations, EveryStep Grief & Loss Services expanded grief support programming into more than 18 schools, reaching many children who might not otherwise receive these vital services.
- EveryStep was awarded a \$2 million grant from the Department of Housing and Urban Development to help identify and address health hazards or asthma triggers in the homes of low-income families with children, and safety risks for seniors who are living at home.
- In November 2021, our Cheer Box packaging site was robbed, but donors from Iowa and 22 other states demonstrated tremendous support that allowed us to not only replace the stolen items, but deliver 686 Cheer Boxes, a nearly 25% increase over 2020.

We never take for granted the investment our donors make in EveryStep and the work we do. Together we are making a difference to those who are experiencing some of life's most challenging times.



Tray Wade
President & CEO



Bill Warner
Chair, Board of Trustees



Pat Barry
Chair, Board of Directors

EVERYSTEP'S PROGRAMS

1st Five – Healthy Mental Development
 5-2-1-0 Let's Go!
 Amanda the Panda
 Biometric & Wellness Screenings
 Care for Kids – EPSDT
 Child Care Nurse Consultant
 Correctly Compliant
 Children at Home
 Community Home Visitation
 Contract RN
 Correctional Facilities 5th Judicial
 Drake University Head Start
 Nurse Consultation
 FathersMatter
 Flu Vaccination Clinics
 Grief & Loss Services
 Hawki
 Healthy Homes Iowa
 Healthy Start & Empowerment
 Home Care
 Hospice
 Interpretation
 Refugee Immigrant Guide
 Iowa Family Support Network
 I-Smile™/Dental Voucher
 Maternal Child Health Outreach
 Nine2Thrive™
 Nurse-Family Partnership
 Palliative Care
 Senior Companion
 Senior Health
 Share the Joy (formerly Adopt-A-Family)
 Stork's Nest/Family Nest
 StoryBook Project

Hospice & Home Care

EveryStep Hospice provides patients and families with comfort, compassion and dignity at the end of life. Care is provided across **44** counties, wherever people call “home,” and at Kavanagh House in Des Moines.

When people need extra support following an injury, illness or hospitalization, EveryStep Home Care provides care in the comfort of home. Nursing, medication management, therapy and more are available to lowans across **24** counties.



1,445
patients were served
by EveryStep Hospice

285
veterans were served by
our hospice teams

EveryStep Hospice
ended the year with all
Hospice Quality Reporting
Program (HQRP) indicators
**above the
national average**

1,158
patients were
served by
EveryStep
Home Care

*Sally Lovig with her mother, Ann Wright,
at EveryStep's Kavanagh House*

9 hospice offices in:

- Centerville
- Council Bluffs
- Des Moines
- Knoxville
- Mount Ayr
- Mount Pleasant
- Osceola
- Perry
- Winterset

90%

of hospice patients
and families would
recommend EveryStep
(National average: 82%)

4 home care offices in:

- Centerville
- Creston
- Des Moines
- Knoxville

Additional Support for Seniors

EveryStep **Palliative Care** served **120** patients in Madison and Union counties, offering pain and symptom management and psycho-social support for those living with serious, complex or chronic disease.

EveryStep's **Senior Companions** provided weekly support to **237** homebound individuals to help them maintain their independence. Senior companions provide friendship, transportation and respite for caregivers throughout Marion, Polk and Pottawattamie counties.



*Donald Davidson with Senior
Companion volunteer, Victoria Harris*

Through Polk County community funding, EveryStep's **Senior Health Program** provided blood pressure checks, foot care and health education to **1,028** seniors in the Des Moines metro area.

Grief & Loss Support

When someone experiences the death of a loved one, EveryStep is there to provide support and guidance throughout the grieving process.

Our hospice teams include bereavement counselors who provide free grief support to families whose loved ones receive hospice care from EveryStep. Counselors call families, offer personal visits, and host support groups that are free and open to anyone in the community experiencing loss.

Amanda the Panda is a program within EveryStep's grief and loss services that provides hope and healing to grieving individuals, children and families. Our staff customize services to meet the needs of each individual. Activities include:

- School-Based Support (*see page 9 for more information*)
- Social Gatherings
- Specialized, Peer-based Support Groups
- Community Support
- Cheer Boxes/Holiday Support

91 Grief Support Group Sessions were conducted by EveryStep's hospice-based bereavement counselors

423 participants took part in grief support groups hosted by EveryStep Grief & Loss Services' Amanda the Panda Program

1,887 Individuals were served by EveryStep's hospice-based bereavement counselors

Amanda the Panda reached nearly **1,500 Individuals** last year to provide support and resources following the loss of a loved one.

686 Cheer Boxes were delivered in 2021 to grieving families and individuals throughout Iowa and 18 other states.

Since 2018, Amanda the Panda has conducted grief support groups at **31 schools** throughout central and southern Iowa

Amanda the Panda volunteers donated nearly **4,000 hours** through support group facilitation, leading activities and assisting staff at the office and events.



Pregnancy, Parenting & Growing Families

EveryStep offers support to children and families by providing home nursing visits, prenatal and parenting education, parent support groups, case management, developmental screenings and more.

Our staff help families access health care, baby supplies and vital resources so they can grow and thrive.

Nurses with EveryStep's Community Home Visitation program and Nurse-Family Partnership served **228 women and 162 children**



We helped **302** pregnant women and children apply for presumptive Medicaid eligibility and the Dental Voucher Assistance program

The 1st Five program followed up on **772 referrals** from medical providers to address developmental concerns, family stress and other issues.

The Children at Home program helped **494 families** obtain \$532,675 in services and equipment for their disabled children

EveryStep's Healthy Start & Empowerment Project provided **9,160 visits** to women and children

EveryStep's I-Smile™ program provided **2,208** dental screenings, fluoride applications, and referrals to dental providers

Stork's Nest and Family Nest participants earned **\$55,205** worth of baby items like cribs, car seats and diapers

EveryStep's Iowa Family Support Network completed **5,311 referrals** for Early ACCESS, hearing tests, education and connection to community resources.

Community Home Visitation clients Masenga Nagijimana and Nankumi Esperance with their children.

Interpretation — a Critical Component of Care and Support



EveryStep interpreters serve as a gateway, helping Iowa's immigrants and refugees gain access to vital services and resources in our community. As native speakers, our staff have in-depth language and cultural knowledge to help to help both clients and the organizations and businesses that serve them.

Our interpreters speak more than **25 languages** and receive specialized training in health and human services programs, making EveryStep uniquely positioned to serve our diverse and growing communities.

Events

Thank you to the many sponsors and attendees of EveryStep's 2022 fundraising events. Funds raised at these events play a critical role in maintaining programs that support children, families and individuals as they face life's challenges.

We also wish to thank the many volunteers who served on event committees and generously contributed their time to the planning of these events.

APRIL 2022

Art of Compassion

PRESENTING SPONSOR
Suzie Glazer Burt

MAY 2022

Amazing FundRacer

PRESENTING SPONSOR
F&G Annuities & Life

JUNE 2022

Good Grief Golf Outing

PRESENTING SPONSOR
Merchant's Bonding

CUMULATIVE AMOUNT RAISED:

MORE THAN \$412,000

Mark Your Calendars for EveryStep's 2023 Events

Support EveryStep by attending an event, becoming a sponsor, volunteering on a committee, or donating items for auctions and raffles. To learn more about our events, visit www.everystep.org/about/fundraising-events

Amazing FundRacer *May 18, 2023*

Good Grief Golf Outing *June 13, 2023*

Sip, Savor & Support *October 5, 2023*





Leslie Tingwald

A Mother's Story

Finding Solace at Kavanagh House During a Daughter's Final Weeks

Leslie Tingwald respected, cared for and loved the sick and elderly her entire life. When Leslie's four-year cancer journey ended at just 47 years of age, her mother, Debbie Grimes, says Leslie was given the same respect, care and love from the people Debbie now calls "family" at EveryStep Hospice's Kavanagh House in Des Moines.

"Leslie was just a very warm and caring individual. She was a wonderful human being," says Debbie about her daughter, whose career included working at nursing homes, a hospice house and the oncology unit of a Des Moines hospital. When Leslie was diagnosed with gastric cancer, she found herself on the receiving end of the care that she had dedicated to others.

Debbie says her daughter was a fighter. "The oncologist at University Hospitals in Iowa City told us that with the type of cancer Leslie had, people typically live about 18 months. Leslie lived four years." But in spring 2022, it was concluded Leslie had run out of treatment options and the conversation about hospice began. After meeting with a doctor and assessing Leslie's complex medication needs, they determined that EveryStep's Kavanagh House was the best place for Leslie to receive around-the-clock care.

Her daughter's month-long stay at EveryStep's Kavanagh House changed Debbie's life. "A couple of weeks in, we started staying at the house pretty much 24/7, so we got to see the staff at all times of the day and night. They became family and they are still family. They are the most kind, loving people ever — from the nurses, doctors and staff to the housekeepers — they were amazing, always putting us first. The love, care and respect they show the patients, even in their last days and hours, the tenderness and thoughtfulness — they're just amazing people that work there every day."

As a mother, Debbie had trouble leaving Leslie when she had other obligations to fulfill. "A few days into Leslie's stay, I knew if I had to leave for some reason, my mind



Debbie Grimes with her daughter, Leslie

was at ease, and I didn't have to worry that she wasn't getting constant care. I think that was my greatest comfort — knowing that I could leave and my worry level wasn't at a 100. I knew if I couldn't be there, she was in tremendous hands."

During Leslie's stay at Kavanagh House, she was able to visit with her family and friends. "We were very fortunate to use the deck," says Debbie. "The deck was just incredibly comforting — to be able to go out and enjoy the fresh air, especially when her children were there." The last week, Debbie says

Leslie started to become a bit sleepier and on June 10, 2022 she passed away.

Debbie says EveryStep Hospice's Kavanagh House is a place where she still finds comfort.

"I'm drawn there," says Debbie. "I feel Leslie was loved there so much, that I'm drawn to go back. I swore on her grave that I would go every week and bring goodies for the kitchen and say hello at Kavanagh House. They are family to us and I'll go there every week until I die or until I can't go. That's how much of an impression they made on our family and me."

View Debbie's video about her family's experience at EveryStep's Kavanagh House.



Finding Comfort With A Furry Friend



Hospice care is about more than managing symptoms and providing physical care. It's about caring for the whole person, spiritually and emotionally. That support can take many forms, and for one patient, it came in the form of a tiny, furry companion.

When Steven Ruble was diagnosed with lung cancer and his condition worsened, he was connected to EveryStep Hospice. His nurse, Kelsey, soon learned that Steven and his wife had recently lost their beloved Yorkshire Terrier, "Snickers." Married for 54 years, they never had children, so they thought of Snickers as their child. Steven

told Kelsey that he would love to have a Yorkie to lay with him, especially since his disease was progressing quickly and he found it more difficult to leave his bed.

It was then that the EveryStep Hospice team in Centerville went to work. Kelsey reached out online, and eventually found a puppy that needed a home.

Enter Furbie, the adorable Yorkie whose arrival was a complete but wonderful surprise. "It's just unbelievable. I was very surprised — I wouldn't have thought this could ever happen. I was just totally shocked!" says Steven.

Through its Quality of Life program, the EveryStep Foundation was able to cover the cost of Furbie's first visit to the veterinarian, immunizations, registration and other initial supplies.

Steven says he's been overwhelmed by the kindness and care he has received. "I just can't believe everything that everybody does for me! We couldn't ask for more. Everyone is so nice."



Read the full story and view the video of Steven and Furbie.

EveryStep's Quality of Life Program is funded by our generous donors. It allows us to provide special comfort items and final wishes at the end of life to help create lasting memories for patients and their families.



Amery with her grandmother, Ann

Learning to “Let it Out”

EveryStep’s Amanda the Panda Program Helps a Young Participant Express her Grief

When you’re a 7-year-old girl, your mind is probably occupied with your favorite toys, Disney movies and possibly concern about tomorrow’s spelling test. But 7-year-old Amery had more on her mind.

Amery was mourning the sudden death of her dad.

Amery’s father had battled a substance use disorder and had been sober for six months when he died from an accidental overdose on November 1, 2020. He left behind a grieving family, including his daughter Amery. She says at first, she didn’t know how to handle the emotions she was experiencing.

“I was really sad and I didn’t really feel like talking about it to anyone,” says Amery. “I would just go off and play — I just felt like I shouldn’t think about it.”

But then, Amery and her grandparents received a Cheer Box from EveryStep’s Amanda the Panda program which included 12 meaningful gifts to help the family honor and remember Amery’s father during the holidays. She especially remembers the paper lantern gift that she watched float into the night sky from her grandparents’ back yard.

The family then discovered EveryStep’s grief support groups. Amery became involved with an online grief support group for kids.

One of Amery’s favorite activities involved coloring “grief pages” in an activity book provided by EveryStep.

“There are these little monsters and they have feelings in the middle of them — they have a heart around them in the middle of their chest,” says Amery. “[The heart] would say a feeling like happy, sad, mad, angry, disappointed — something like that. We would color them a specific color if that’s what we were feeling. We would color them green if we were feeling that, and red if we never felt that.

“At first, I colored in happy and sad with green because I had felt those before. Now, if I were doing the page, I would color happy, sad, mad, angry and disappointed.” Amery says the pages helped her feel a lot better and she felt more like expressing her feelings.

Amery made friends with other children in the online grief support groups. She remembers scavenger hunts where the children would find things that would help them remember their loved one. Amery would usually take her teddy bear. “[It has] a zipper on the back and you can stick a glass heart in it and it has my dad’s ashes in it,” says Amery.

For Amery, EveryStep's Amanda the Panda program gave her the skills to acknowledge her grief and permission to feel whatever emotion she was feeling. "I would be willing to talk to a grownup too, but I really feel, like, safe to talk to the kids more."

Amery wants to help other children grieving the loss of a loved one. She wants to share this piece of advice for other kids — a skill she learned through her experience with EveryStep's Amanda the Panda children's grief group:

"Well, I would like them to know it's not a shame if you're in class and you start to cry. It's not a shame. If you have to cry, just let it out."



Amery with her dad, Daniel

View Ann and Amery's video about their experience with EveryStep Grief & Loss Services, Home of Amanda the Panda.

(Video follows Debbie Grimes' segment about her daughter, Leslie, featured on page 6)



Rise in Overdose Deaths Leads to Greater Need for Grief Support

According to the Iowa Department of Public Health, drug overdose deaths climbed 34% between 2019 and 2021. Among Iowans age 25 and younger, overdose deaths surged by 120% during that same time.

Those increases have also resulted in a greater need for grief support.

In 2022, staff with EveryStep's Amanda the Panda program began experiencing a larger number of participants reaching out for help with the complex emotions that occur when a loved one dies of an overdose..

Staff help participants address complex grief and continually evolve to meet the needs of the children, families and individuals served.

EveryStep offers grief services at no cost. You can help us meet our community's growing need for support by visiting everystep.org/donate.

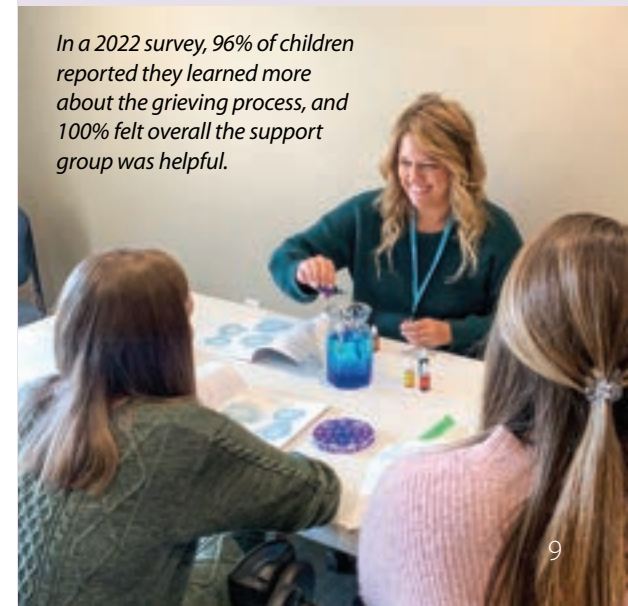
School Grief Programs — Bringing Hope and Healing to Iowa's Children

Studies show that roughly 1 in 14 school-aged children will lose a parent, and 1 in 5 will lose someone close to them. Feelings of grief and loss can also stem from divorce, abandonment, incarceration, and other traumatic events. EveryStep addresses the impact these losses have on children in Iowa.

Since 2018, EveryStep's Amanda the Panda program has provided on-site programming at more than 30 Iowa schools to support children experiencing grief and loss. Throughout each 6-week session, students share their grief stories, connect with peers and learn resiliency skills to feel better equipped to cope with grief in healthy ways.

By giving kids healthy coping skills and tools to address their grief, we can help them down a path that leads to healing, positive relationships with others, and success at school. Our group-based approach provides the necessary amount of support for most kids, while allowing our staff to identify kids who need a higher level of support.

In a 2022 survey, 96% of children reported they learned more about the grieving process, and 100% felt overall the support group was helpful.





Connected and Empowered

Introducing Support and Resources to Help a Young Mother Thrive

When Shalaeha found out she was pregnant, she struggled with feelings of anger and depression. She isolated herself and avoided talking with others. After missing several prenatal appointments, Shalaeha's doctor suggested she have a nurse come to her home, and gave her information about EveryStep.

Shalaeha reluctantly agreed, but when EveryStep community home visitation nurse Amanda Redhead called and texted her, Shalaeha didn't answer. "A couple days later I decided to call her back," says Shalaeha. "The day she came, it was a bad day. I was mad and miserable. But she just listened to me and said, 'we can work through that, I can help you with that.' I felt like she was listening. She just talked to me and listened to me. I felt like somebody cared about me."

Amanda remembers that day, too. "She was very emotional, but I could immediately tell what a strong woman Shalaeha was. I could tell what a good mother she already was to her first daughter and she knew what she wanted for this baby that was coming." So, Amanda and Shalaeha forged a partnership.

"With Amanda we could talk about things I needed for my baby and concerns I had about the baby, and how I was feeling. She helped me with everything!" says Shalaeha. "I never felt like she was trying to get in my business. She just wanted to help me."

With her mother living two hours away, Shalaeha was concerned she'd be alone when it came time to give birth. So, Amanda arranged for her to have a doula through the Iowa Title V Doula Project, a collaboration between EveryStep and the Iowa Department of Health and Human Services. The project pairs Black-identified community members with community-based doulas.

Shalaeha's doula, Sydney, went with her to prenatal appointments and was there when an ultrasound gave Shalaeha the first glimpse of her baby daughter's face.

"[Sydney] is great. I love her. When I had my daughter, she was there. During my pregnancy, she was my best friend and was a lot of help."

Sydney also went with Shalaeha to EveryStep's Baby Bloom event, held in June.

"I got so many things and learned so much — like how to install a car seat the right way." Shalaeha recalls of her experience at Baby Bloom.

Amanda signed Shalaeha up for EveryStep's Black and Birthy classes, which Shalaeha loved. "We learned about positions for birth, and I also learned about the statistics about being Black and having a baby — what can happen, like blood clots." Although she had given birth before, to her now

9-year-old daughter, Shalaeaha says she was much more prepared for delivery this time. “It was almost exactly how we talked about it in that class. I learned so much.” Shalaeaha began taking her EveryStep folder of information with her to her prenatal appointments, and asking questions based on what she had learned in class.

In July 2022, Shalaeaha gave birth to a healthy girl. And EveryStep was there for her and her newborn in the months that followed.

“When I first got pregnant, I was so scared,” remembers Shalaeaha. “EveryStep helped me and my baby so much. I never knew there was so much support from one [organization]. It makes you feel like there are a lot of opportunities you never knew about.”

“One of the best things about my job is to see my clients thriving,” says Amanda. “That’s what I’m here as a nurse for and that’s why I do this job. When people congratulate me on my client’s successes, the truth is we’re doing very little of the work. We’re empowering our clients. Shalaeaha has done the work.”



Shalaeaha and her daughter, Shania, with community home visitation nurse, Amanda Redhead.



View Shalaeaha’s video

Racial Disparities in Healthcare

Racial inequities in health care have not been addressed broadly until recent years. Many Black and minority individuals experience difficulty in receiving high-quality care, which results in poorer outcomes. Consider the following statistics regarding maternal mortality, which is defined as death of a mother during pregnancy or up to 1 year following delivery :

- Nationally, Black individuals die at **3 times** the rate of whites.
- In Iowa, Black individuals die at **6 times** the rate of whites.

Racial and ethnic disparities in health care reflect other differences in socioeconomic conditions, such as access to care and language barriers. However, increasing evidence indicates that even when accounting for those differences, race and ethnicity remain significant predictors of the quality of health care received.

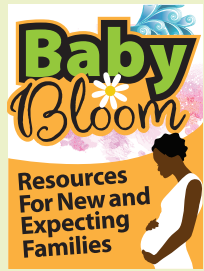
Sources:

Iowa Dept. of Public Health
www.CDC.gov

Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care (2003)

Baby Bloom

On June 25, EveryStep and other members of the Community Action Network (polkcountyCAN.org) held a resource fair for new and expecting parents, with a goal of



reaching underserved communities who are at a greater risk of maternal mortality and other complications during pregnancy and throughout the first year after delivery. The event aimed to provide education and resources to help families have healthy outcomes, to bring awareness to racial biases in healthcare and how individuals can advocate for themselves and others in the healthcare setting.

More than 120 families attended Baby Bloom, which was held at Martin Luther King Jr. Park in Des Moines. Eighteen exhibitors were on site to share information about pregnancy and parenting, and to connect people to services. Attendees also enjoyed a free lunch, music, educational games and prizes.



Caring Legacy

The following people represent a group of visionary, forward-thinking supporters who have made estate-plan provisions to give a lasting gift to EveryStep's programs.

James L. and Beth Andersen
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Thank You, Donors

Thank you to the following individuals, organization and foundations that made gifts to EveryStep totaling \$250 or more during the July 1, 2021 – June 30, 2022 fiscal year.

\$100,000+

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Estate of Martha Gross
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Iowa Department of Public Health
Polk County Auditor's Office
Polk County Board of Supervisors
Polk County – Early Childhood Iowa
United Way of Central Iowa

\$50,000 - \$99,999

Blank Children's Hospital
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\$20,000 - \$49,999

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With your help, the EveryStep Foundation provided more than **\$1.7 million** in support to patients, clients and programs to ensure quality care for all — to help those without means to pay for their services, to provide end-of-life wishes, to help families with basic needs, and for operations support.

Thank You!

Financials

REVENUE

Net Patient and Program Service Revenue	\$21,369,049	67.4%
Government Grants	\$8,361,377	26.4%
Charitable Contributions	\$3,438,846	10.8%
Investment Income	\$1,094,917	3.5%
Net Realized and Unrealized (losses) on Investments and Charitable Trusts	\$(2,988,227)	-9.4%
Loss on Disposal of Property and Equipment	\$(164,215)	-1%
Other Revenue	\$597,477	2%
TOTAL	\$31,709,224	

EXPENSES

Programs and Patient Support	\$27,064,142	78.6%
Organizational	\$6,563,288	19.1%
Fundraising	\$793,362	2.3%
TOTAL	\$34,420,792	

CHARITABLE IMPACT

Innovative Aging Hospice, Home Care, Senior Companion Program	\$1,060,069	32.0%
Community & Family Advocacy	\$737,561	22.2%
Family Empowerment	\$780,945	23.5%
Grief and Loss	\$738,337	22.3%
TOTAL	\$3,316,912	

Support Our Nonprofit Mission

As a nonprofit organization, EveryStep relies on the support of generous donors. Below are just a few of the many ways you can help.

Honor Your Loved Ones



You can choose to support EveryStep in a meaningful way by honoring your loved ones. Gifts to EveryStep are sometimes made on special occasions such as birthdays or anniversaries. You can even establish a recurring gift on a regular basis — either monthly, quarterly or annually.

Memorial gifts of \$1,000 or more are recognized on memorial displays at Kavanagh House and each of our hospice offices. Contact EveryStep Foundation to learn more about memorial gifts or visit everystep.org/donate.

Cheer Box

Each year, hundreds of Cheer Boxes are delivered to grieving families who are experiencing the holidays for the first time following the death of a loved on. Each box contains 12 meaningful gifts meant to bring comfort and healing. Our staff need donations of cash, wrapping paper and other items throughout the year, as well as volunteers to help wrap and make deliveries. Call (515) 223-4847 for details.

Stork's Nest

This incentive-based program helps low-income parents access much-needed baby items by engaging in healthy activities. Families earn points which can be redeemed for cribs, strollers, car seats, diapers and more. Contact the EveryStep Foundation team to learn about hosting a Stork's Nest Shower with your friends, family or co-workers and collect new items for our Stork's Nest store.

EveryStep Giving Tree Thrift Store



Shop and discover high-quality clothing, furniture, décor and more at EveryStep Giving Tree, located at 3330 100th Street in Urbandale. This upscale thrift store offers ever-changing merchandise and a unique shopping experience. Proceeds benefit patients and families served by EveryStep.

You can also provide support by donating your gently-used items, or by volunteering at the store. For more information, visit everystepgivingtree.org.

Share the Joy

EveryStep's Share the Joy program (formerly known as "Adopt-a-Family") is a holiday gifting program that pairs businesses, groups and individuals with families in need. Sponsors purchase gifts and household items from families' wish lists to help make the holidays brighter. Call EveryStep at (515) 274-3400 to learn more.

Flu Clinics and Wellness Screenings

EveryStep Community Health can contract with businesses and organizations to provide yearly flu vaccinations and wellness screenings. Our experienced nurses travel throughout Iowa* to provide on-site clinics, making it convenient for both employers and staff. All proceeds from these services support EveryStep's other nonprofit programs. For more information, contact our Community Health team at (515) 558-9993.

**Minimum number of participants required for travel to some areas*

To learn more about how you can support EveryStep, contact our Foundation staff at (515) 274-3400 or giving@everystep.org.

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