

EveryStep 
care & support services

Our Mission: We empower individuals,
support families and strengthen communities.

EveryStep's Amazing FundRacer

In this Issue:

***Golfers Help Fund
Grief Services***

***Hospice House
Renovations Underway***

***Art of Compassion
Set for Oct. 7***

***Committee Embraces
Diversity, Inclusion***

***Remembering
Mary Kay Bruce***

While completing the Adopt-a-Family challenge at EveryStep's Amazing FundRacer, a glove-wearing Eliza Quigley laughs while struggling to open a paper-and-packing tape-wrapped package as her father, Ross, cheers her on.



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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



The staff at EveryStep agrees: There appears to be a light at the end of the pandemic tunnel. We will stay diligent and cautious in the months ahead, but we are proud of the many ways our programs and people have successfully adapted and stretched their

capabilities over the past year. Those working in our hospice and home care programs have done a fantastic job of ensuring that patients continued to receive essential home visits throughout the pandemic. While those in our other programs were unable to make home visits, they quickly pivoted to provide telehealth services and creative solutions to maintain support for our clients.

As protocols slowly and safely lift, we look forward to once again meeting in person with all the people we serve. Utilizing the recommendations of the CDC and the Iowa Department of Public Health for workplace protocols — plus guidance and direction from our national programs and grant sources — we anticipate soon resuming in-person interactions through all our home-visiting programs.

While all locations are open, many of our office-based employees have been working entirely from home. In July, we will begin to safely re-introduce staff back into our office settings. We're also exploring work-from-home or home/office hybrid models and considering their implications on staff productivity and organizational culture.

The brighter days ahead aren't the only reasons I smile. I can't stop being grateful that throughout the COVID pandemic, we were able to keep all of our employees on staff. In turn, they rewarded those we serve by stepping up, doing an amazing job of providing care and coming up with new ways to positively impact our communities, clients and patients, all while continually supporting each another. My thanks extend to our donors whose trust in us and generosity throughout the challenging times have been most gratifying.

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



1

\$39,000+ Raised at EveryStep's 2021 Good Grief Golf Open

Some 134 lovers of the links — and loyal supporters of our organization — generated more than \$39,000 for the programs of EveryStep Grief & Loss Services at Echo Valley Country Club in Norwalk on the morning of June 17.

Funds raised at the fifth annual Good Grief Golf Open go toward the no-cost bereavement support groups conducted by our bereavement counselors throughout 44 southern and central Iowa counties and to our Amanda the Panda programs for activities with children, families and individual adults as they experience hope and healing during times of grief and loss.

No one minded the rain that caused a slight delay to the morning start for a day that was slated to be 102 degrees F! Good Grief Golf Open's participants enjoyed a four-person best ball competition for both men's and women's teams playing 18 holes of golf.

EveryStep Foundation thanks SHYFT Collective for this year's golfers' gifts, as well as this year's golfers, volunteers and sponsors for helping the organization assist those on a grief or loss journey:



2



3

1 The Sammons Financial team captured first place with Mik Stavig, Billy Backer, Tim Byrne and TJ Monner and a score of 56.

2 The SHAZAM foursome included Andi Donaghy, Sharon Peters, Andrea Cook and Megan Kruger.

3 Amanda the Panda gives a hug to golfers Mary Brooks and Deb Milligan.

Principal Sponsors

Mary Kay & Doug Bruce



Hope Sponsors



and 17 other sponsors!

Names in the News



Chris Espersen joined EveryStep's quality department to serve as the new organizational integrity director. Most recently she used her 20-plus years of healthcare administration and health research experience to operate her own consulting business. Chris's expertise in the field of quality improvement, compliance and learning collaboratives includes proficiency with policy and contract management as well as emergency preparedness programs. She holds a master's degree in public health from the University of North Carolina and a global health certificate from the Gillings School of Public Health at UNC – Chapel Hill.



Jennifer Klinkhammer joined the EveryStep Foundation as grants manager with experience in both grant writing and grant supervision. She previously served as community impact investment manager for United Way of Central Iowa, overseeing the annual and ongoing grant-making processes for \$15 million in health and human service program grants. Her philanthropic background includes serving as executive director of the Foundation for Dubuque Public Schools, education programs director of the Dubuque Symphony Orchestra and special events manager for the Pacific Northwest Ballet.



Deb Milligan, EveryStep Foundation trustee, received the United Way of Central Iowa's 2021 Hand-Raiser Award for her many contributions to EveryStep. She has chaired EveryStep's Board of Directors, co-chaired the recent Kavanagh House Capital Campaign, is co-chairing our Art of Compassion event this year and is a hospice volunteer at EveryStep's Kavanagh House on 56th Street in Des Moines. EveryStep's Stork Nest program and other event fundraisers also have benefitted from Deb's energy and commitment.



Pam Schoffner, EveryStep board member and a past EveryStep Foundation chair, is the recipient of the 2021 Drake University Alumni Community Service Award for her involvement with EveryStep. Pam volunteers within EveryStep's hospice and Amanda the Panda programs, as well as for the organization's Good Grief Golf Open and Art of Compassion events. She also received a 2021 Campus Connect Alumni Leadership Award based upon a nomination by Drake University, which lauded her EveryStep activities.

Notes of Thanks

We want to express our thankfulness for the excellent care that you showed our mom/grandma. You all are such a blessing. Many thanks to Kim, Mike, Melissa, Suzanne, Kathleen and Christina. You guys ROCK!

The Family of Janet Bailey

There are not enough good things I can say about how much my family appreciated the loving care you all provided for my dear sister Vickie Randolph. You all brought such comfort to Vickie and the rest of our family. ...She truly loved you all. God bless you all and keep up the good work.

Nelma Hammend and Family

Thank you so much for the beautiful memory rose. I absolutely love it! I will think of mom and all your caregivers each time I look at the rose. You are the BEST.

Gloria Detrick

Renovations at Kavanagh House Begin

While EveryStep residential hospice patients receive care at EveryStep's Bright Kavanagh Center on Easton Boulevard in Des Moines, Kavanagh House on 56th Street is in the midst of efforts to restore, renovate and upgrade the 1993 hospice house. Inside, demolition has taken place and construction has begun to make major upgrades of medical equipment, technologies and patient and family amenities. Nearly \$3.7 million has been received to date from generous donors, and additional donations will provide annual income for future maintenance and repairs through an endowment fund. Kavanagh House on 56th Street is expected to reopen this fall.

! Donations toward the renovation work are still welcome. Visit everystep.org/kavanaghhouse to make a gift or view architectural renderings of renovation plans.



On May 11, renovation work officially began at Kavanagh House on 56th Street. EveryStep representatives who gathered to mark the moment included Pat Barry, chair of EveryStep Board of Directors; EveryStep Board of Trustees member Deb Milligan and husband George Milligan, who served as Kavanagh House capital campaign co-chairs; Bill Warner, chair of EveryStep Board of Trustees; and Tray Wade, EveryStep president and CEO.



1

1 Marissa, David and Jamie Chavez were all smiles after David's Tesla ride.



2

2 EveryStep Hospice patient David Chavez (in wheelchair), his family members and hospice staff hear from Dustin Miller, EveryStep IT team member, about his Tesla before David goes for a ride.

Tesla Ride provides Birthday Smile for Hospice Patient

David Chavez enjoyed his outdoor wheelchair rides on the grounds of EveryStep's Bright Kavanagh Center in Des Moines as a hospice patient there this spring. But on his 37th birthday, during an afternoon outing with his wife Jamie and 19-year-old daughter Marissa, a different set of wheels caught this car-enthusiast's eye. They were the wheels of a Tesla.

David was immediately intrigued and wanted to know if he could speak to the car's owner about the electric-powered vehicle because Tesla was among his favorite vehicles. A little sleuthing by Lori Bailey, EveryStep Hospice ARNP, discovered the car's owner: Dustin Miller, a member of EveryStep's IT team. Dustin, who shares David's love of Teslas, had saved for several years to be able to buy his dream car.

Like many EveryStep employees, Dustin Miller has done much of his IT work from home during the COVID pandemic. By happy coincidence, Dustin's beloved Tesla was at the EveryStep office, parked where David would see it, and hospice staff could connect the two car lovers.

Not only was Dustin happy to talk with David, he also offered David a ride. Soon, they were off for a short drive around east Des Moines, enjoying the sunshine, distinctive new car smell and car talk.

According to an exhilarated David, this birthday was "the best birthday ever. I feel like running right now!" he said. And while he soon tired, and birthday cake was no longer something David could eat and enjoy, wife Jamie said it didn't matter. "The ride was all he needed," she says. "They made his day. EveryStep has been amazing. Hospice got him to a place where he could enjoy life."

July 14

Free Virtual Hiring Event for NURSES

On July 14, join EveryStep medical leaders and CEO Tray Wade on Facebook Live to talk about the mission of our organization and the valuable role our nurses play. Learn benefits and other informative details, ask questions, and be part of special giveaways! Plus, hospice and home care nurses who join EveryStep may be eligible to receive a significant sign-on bonus. Learn more about this event at facebook.com/everystepiowa.



Barbara Pottorff: Giving Back Where Her Father was Served

When Jim Pottorff of Mt. Ayr was diagnosed with cancer 14 years ago, he was given nine months to live.

“My father was very punctual, to the minute, so I knew when he would die,” said daughter Barbara Pottorff, who today is a donor database specialist with EveryStep Foundation. But she also knew there was a lot the family could do during those nine months, especially if they ensured her father was receiving proper care. That’s when they found EveryStep.

Her father received EveryStep hospice care in his home and spent the last week of his life at Kavanagh House on 56th Street, EveryStep’s hospice house in Des Moines.

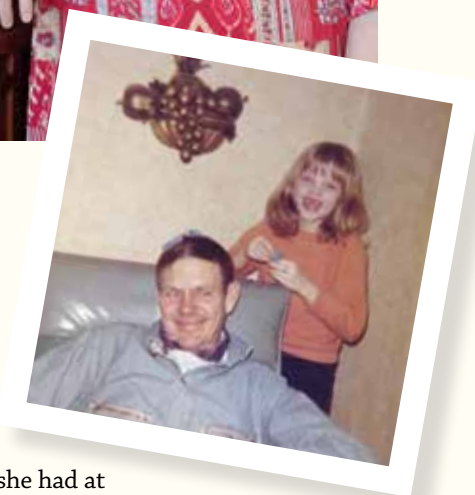
“The people there, the nurses and aides, were amazing. They were absolutely a God-send,” Barbara said. “We couldn’t have done it without them. My dad was comfortable there. I thought the world of the organization and the people.”

Though her experience with EveryStep Hospice was relatively short, Barbara was significantly impacted by the care and support her family received, and she wanted to do something to give back. She started by marking the anniversary of her father’s death by bringing cookies or cinnamon rolls to the family room at Kavanagh House.

“I knew I was going to volunteer when I was ready,” she added. And eventually she was. A few years ago, Barbara went through EveryStep’s volunteer training program and began volunteering at Kavanagh House, visiting with patients, retrieving water and warm blankets for patients, answering the phones and directing families around the facility.

Of the patients, she said, “It was so rewarding to know that you’re part of their final journey, they really appreciated it. It’s one of the most rewarding personal experiences you can have.”

Not long after Barbara started volunteering, she noticed a job posting for a donor database specialist with EveryStep Foundation.



“Once I saw it was EveryStep, I knew it was where I belonged,” said Barbara, who now has been an EveryStep employee for nearly three years. While her position is similar to one she had at another non-profit, Barbara says she’s been blown away by how everyone at the organization lives out EveryStep’s mission.

“I believe in the mission, and believe that the leadership believes in the mission, and I think that carries over to the employees and we can see that. The employees talk the talk, and walk the walk,” she said.

Throughout her experiences with EveryStep, as a family member of a patient, a volunteer and an employee, Barbara has always felt heard and appreciated.

“I do feel like it was a way to give back,” she said of her experiences. “I always thought if this was my dad again, I’d want someone to come in and be nice and help him. And working at EveryStep, it seems that every single person is here for the right reason.”



EveryStep's Amazing FundRacer Raises \$23,050

More than 20 teams competed on May 15 in a scavenger hunt-like trek around Des Moines, raising more than \$23,000 to support at-risk and low-income children and families served by EveryStep. Teams of two to four people competed against each other to decipher clues to destinations and complete timed challenges at each stop.

Some of the seven challenges: eating strained peas and other baby foods, diapering and dressing dolls and putting them into car seats (Stork's Nest challenge), unwrapping boxes covered in layers of holiday paper and packing tape (Adopt-a-Family challenge, shown on cover), tossing plastic fruit into laundry baskets (5-2-1-0 challenge) and counting the mountain of steps outside Iowa's State Capitol building (Day on the Hill challenge).

"We needed to replace our Game On! indoor fundraiser that we had to cancel last year due to the pandemic," said Julie Matternas, executive director of EveryStep Foundation. "So we created a largely outside event — a takeoff of the Amazing Race television show — that allowed small groups

of people to safely be together for several hours. Then we ended the event at The Hall in West Des Moines for the presentation of awards."

Each challenge was timed by event volunteers, but driving time between the well-known central Iowa locations was not. Some teams were very focused and competitive, and others simply had a great time interacting with each other and the event volunteers supervising each location. "It was a fun way to educate participants about EveryStep's maternal, child development and family programs and boost funds to operate those," said Matternas.

Dr. Tom Mouser, EveryStep's chief medical director, said his participating friends not only thought the event was the best fundraiser they had ever participated in, but were enthusiastic about doing the Amazing FundRacer again next year and recruiting more friends to sign up. He said, "They could not believe how much they learned about the organization and how much fun they had doing it!"



1



2

1 The championship team of Aaron McElroy and Kyle Estenson of Access Systems power through the fruit toss.

2 Jeremy Adams, Katie Adams, Mark Beary and Angie Beary were ready to roll and decipher clues.

Congratulations to the winning teams:



1ST PLACE – ACCESS SYSTEMS TEAM (19.58 MINUTES)



2ND PLACE – MATTERNAS FAMILY TEAM (23.46 MINUTES)



3RD PLACE – AMY HUGHES TEAM (24.16 MINUTES)

Special thanks to the Amazing FundRacer's primary sponsors:



FIDELITY & GUARANTY
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Presenting Sponsor



JEN STANBROUGH
REAL ESTATE
Community Sponsor

Plus, seven other sponsors of this new EveryStep event!



A Tax-Saving Way to Help EveryStep

Are you 70½ or older? Then you qualify for a special opportunity to make a difference today and save on taxes when you support EveryStep through your IRA.

You can give any amount — up to a maximum of \$100,000 per year — from your IRA directly to a qualified charity such as EveryStep without having to pay income taxes on the money. This popular gift option is commonly called the IRA charitable rollover, but you may also see it referred to as a qualified charitable distribution, or QCD for short.

It's a financially efficient way for you to make a difference at EveryStep that allows you to:

- pay no taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions.
- make a gift that could reduce your annual income level because the gift doesn't count as income to you.
- satisfy all or part of your IRA's required minimum distribution (RMD) for the year if the gift is made in the year you turn 72 (or older).
- see the impact of your gift immediately. Perhaps you've already named EveryStep as the beneficiary of your IRA, a legacy gift for which we are most grateful. With a QCD, you are jump-starting your legacy and giving yourself the joy of watching your philanthropy take shape.

IRA charitable rollover gifts must be received by December 31 for your donation to qualify for the year. If you or your spouse are both 70½ or older, you each can give up to \$100,000 annually from your individual IRAs. If you are at least 59½, you can take a distribution and then make a gift from your IRA without penalty. If you itemize your deductions, you qualify for a charitable deduction for the amount of your gift.

! If you are interested in learning more about charitable gifts, please contact Heather Stuyvesant at (515) 344-8096, hstuyvesant@everystep.org.



6



7

1 The Jen Stanbrough team quickly found their next clue.

2 A blindfolded F & G Annuities and Life team member dresses a baby doll.

3 Chris Benda and Tray Wade tackle steps at the State Capitol.

4 The Schoffner/Jespersen team deciphers a clue.

5 Team Holmes Murphy — Eliza and Ross Quigley — celebrate their challenge time.

6 Team NCMIC: Avery and Nicky Carpenter with Melissa and Emmeline Knutson.

7 Liz Mayer and Skyler Chopp prepare to compete.

Vietnam Vet Volunteer

Dennis Abel's mother-in-law, mother and father were patients at EveryStep's Greater Regional Hospice Home in Creston. He and his wife Carolyn never forgot the care provided to their loved ones there. "I really liked the people and atmosphere," Dennis recalls, noting that the Abels donated heated blankets to Greater Regional Hospice Home and Carolyn has baked treats for patients and families there.

But it is with EveryStep's Veteran-to-Veteran program that Dennis, who spent 13 months in Vietnam driving a tank, has found his fit as a hospice volunteer. An invitation to a meeting in EveryStep's Mt. Ayr office "hooked" him on that EveryStep program.

"We've all been there, done that, we know what it's like to be in a combat zone and know the mindset," he said of visiting with fellow military veterans. "I can sit down and talk to anyone and they might not relate, but with a veteran, he knows exactly what I'm feeling and I know exactly what he's feeling."

"I can sit down and talk to anyone and they might not relate, but with a veteran, he knows exactly what I'm feeling and I know exactly what he's feeling."

In addition to sitting with veterans and listening to their stories, Dennis has attended more than 30 veteran pinning ceremonies, which provide honor, dignity and recognition to veterans at the end of their lives. Family members and friends were often on hand with EveryStep staff and volunteers during the celebratory events.

Veteran pinning ceremonies feature the Pledge of Allegiance, a prayer of thanks, the awarding of a veteran service flag pin, the singing of "God Bless America," a reading of "What is a Veteran," and the presentation of a certificate of recognition. During the pandemic, the ceremonies have been adjusted



Dennis Abel, at left, at the veteran pinning ceremony for Leo Burg, with Angie Dodge, hospice volunteer coordinator (center) and Kathy Rinehart, bereavement counselor.

to adhere to safety precautions, enlist the use of virtual participation options, and honor social distancing protocols.

While a pinning ceremony for a good friend last fall was particularly meaningful for Dennis, he's been touched by each event he's attended, noting that his favorite part is pinning the flag pin on the patient's lapel and simply thanking them for their service.

"Hospice means a lot to us, because of our parents being there and the people," Dennis said of his and Carolyn's involvement with EveryStep. "Volunteering is so rewarding to your mental and your physical health. You're doing something good for people."

EveryStep provides a wide range of free grief and loss services for individuals of all ages and families. Events and support groups are hosted by EveryStep Hospice and EveryStep Grief & Loss Services' Amanda the Panda program. 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

VIRTUAL OFFERING Touching Our Grief is an ongoing, monthly virtual grief support group on the second Tuesday (5:30 to 7 p.m.) or Thursday (5:30 to 6:30 p.m.) of the month. The group is 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 with questions, or search for meetings at everystep.org/events.

VIRTUAL OFFERING Understanding Your Grief is an eight-week educational program hosted by EveryStep Hospice. 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/events.

NEW! VIRTUAL OFFERING Anticipatory Grief Support Group

meets the third Thursday of each month, starting August 19, 5:30 to 7 p.m. Open to adults, held on Microsoft Teams. Anticipatory grief is the inner experience of expected loss. This type of grief can be common when you have a loved one who is living with a terminal illness, experiencing end of life changes, or dementia. In this group, individuals who are experiencing anticipatory grief can

find peer support, share their stories, and explore ways of healing without judgment. Space is limited. To register call 515-223-4847 or email griefandloss@everystep.org.

VIRTUAL OFFERING Braving Grief Support Groups are offered free online for children (kindergarten and above), teens and adults. The focus is on finding personal strength, forming deeper relationships, sharing stories, discovering more meaning in life and seeing new possibilities. The six-week summer group begins the week of July 12 and all sessions start at 6 p.m. Youth ages 5-8: Thursdays; Youth ages 9-12: Wednesdays, 30 minutes; Teens ages 13-17, Wednesdays, 1 hour; Adults: Mondays, 1 hour. A trained facilitator will guide a small group of guests through discussions that will foster connection in supportive space. To register contact griefandloss@everystep.org or call (515) 223-4847.

VIRTUAL OFFERING Living with Loss Dinner Club is a group of guests enjoying their dinner over a Zoom call. Participants are guided by a trained facilitator through discussions that will foster connection in an atmosphere free of stigma and silence. Participants pick up a complimentary dinner from Amanda the Panda Grief & Loss Center in West Des Moines and then join virtually, 6 to 7:30 p.m. Call EveryStep Grief & Loss Services at (515) 223-4847 for details, or visit everystep.org/events. Held July 27.

Amanda the Panda Grief & Loss Camp is for children and adults. Next camp is September 18-19. Location TBD (virtual or in person). Call EveryStep Grief & Loss Services at (515) 223-4847 for details, or visit everystep.org/services/grief-loss.

GRIEF & LOSS SOCIAL Socials are a one-time, self-care based activity or experience provided free of charge to current and past Amanda the Panda program participants. Socials do not incorporate grief-focused curriculum, but are instead a chance to get together and have fun to reinforce the idea that joy and grief are both valid and can coexist. Tentative date, December 10. Call EveryStep Grief & Loss Services at (515) 223-4847 for details, or visit everystep.org/events

Because of You, the Answer was "Yes"

- Two bed-bound patients who had no source of entertainment or news received new televisions to fill their hours of isolation.
- A patient who was suffering from dementia who missed her cat received a comforting life-like companion pet.
- Rent assistance was provided to a person grieving the sudden and tragic loss of a partner. The individual had fallen behind on rent because of lost income while needing time off work to process grief.
- A hospice patient received an ambulance ride to visit with his mother one last time at her residence in a senior living facility.



THE ART OF COMPASSION

Attendees to Gather for Gala

On October 7, Glen Oaks Country Club will be the site of EveryStep's fifth Art of Compassion, the organization's signature fundraiser. Deb Milligan and Kim Willis, EveryStep Foundation trustees and event co-chairs, announced that the first 250 people registering for the event will attend in-person. A virtual component of the dinner and program is being explored so that additional supporters may participate at a location of their choice. Event registration opened July 1 at www.everystep.org/art-of-compassion or artofcompassioniowa.org.

"If you want to be in 'the room where it happens,' I recommend you look at the sponsoring opportunities for Art of Compassion and register early," said Julie Matternas, Foundation executive director.

The "art" component of the event will focus on providing new original artwork for EveryStep's Kavanagh House Hospice, now undergoing a major renovation.



For more information contact Maggie Mathiasen, events coordinator, at (515) 238-0898 or MMathiasen@everystep.org.

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



Diversity and Inclusion Committee

EveryStep's Diversity & Inclusion Committee met on June 17 to finalize its action plan and initiatives for the coming year. Founded last year with participation from across the organization, the committee has been busy establishing resources for employees and developing a common voice for EveryStep's stance on diversity, equity and inclusion issues.

"I strongly believe that in order to build trusting relationships there has to be a foundation of connection and belonging," says committee member Jen Stout, who also serves as EveryStep's maternal child health director. "I serve on the D&I Committee at EveryStep because every person is worthy of celebration; because of what makes them unique, not in spite of those things."

To date, the Diversity & Inclusion Committee has:

- Developed an 18-month activity calendar of events, observances, actions and learning opportunities for EveryStep and its employees
- Initiated the option for employees to use preferred gender pronouns in their email signatures
- Identified and distributed relevant reading materials and videos to employees

- Conducted an organization-wide survey of staff to collect their experiences and sentiments on issues related to diversity and inclusion
- Launched a new online learning platform for staff for ongoing staff development and personal growth
- Shared EveryStep's stance on a number of diversity, equity and inclusion issues via social media and internal staff communications

Sophannara Chau, maternal child health program assistant with EveryStep, also serves on the Diversity & Inclusion committee. "I believe diversity, equity and inclusion work is important at EveryStep because it serves as voice for both those within our agency as well as the communities we serve," Sophannara says. "It will give us an opportunity to begin some real change."

1 Members of EveryStep's Diversity and Inclusion Committee include (L to R) Belen Ceballos, Kalen Stapp, Liz Rezek, Jean Walker, Gena Fernandez, Brent Osborne, Sophannara Chau and Claire Mraz. Not pictured: Jen Stout and Danette Hanson.

EveryStep Flu Vaccine Clinics Aid Employers



What's one thing you can do to minimize employee health concerns? Provide flu shots, because healthy employees equal a healthy bottom line!

Each year the flu costs employers an estimated \$10.4 billion due to hospitalizations and adult outpatient visits. Some 111 million work days are lost due

to flu-related illness. Now is the time to book a fall clinic at your workplace to keep things running smoothly. EveryStep Community Health offers on-site flu clinics at competitive prices and various billing options. We also can submit the insurance claims for you.

Our clinics have online scheduling and registration and accommodate multiple shifts at no extra charge. We provide employers with encouragement letters and educational materials to increase employee participation. All vaccinations are administered by experienced and friendly nurses. Contact Rosario Manzano (515) 499-0536, communityhealth@everystep.org about a flu clinic or to learn about our biometric screenings for health risks, TB tests, Hepatitis B immunizations and more for your workplace.

Proceeds from our wellness services benefit other programs offered through EveryStep — programs that support vulnerable populations, including more than 67,000 children, families and seniors each year.

Special Thanks to EveryStep's Children at Home Program

I cannot even begin to express how appreciative we are with your organization's generosity towards our daughter, Kaya. It has been a long and stressful process in getting the things that would help her in life. We cannot say thank you enough for your help with the Rifton bicycle and the Link Chair.

Kaya is already getting so much use out of the bicycle and she loves it. You take for granted and sometimes it's hard to understand how as simple a thing as a bike can bring a child so much joy and also a means to exercise. I started the journey for a bike and I never expected to get help with a lift chair for our vehicle. I knew we needed it but we have lifted her for so long, I was willing to sacrifice that need to get her the bike. I never realized how difficult the process would be to get a vehicle modified. I am forever grateful to you (EveryStep) and Aaron at Mobility Motoring for helping us through this process. It still brings me to tears to see that there are people out there willing to help others in their time of need.

Sincerely,

Chris, Melissa and Kaya Humphrey



Community Garden

The EveryStep Community Garden is starting to “grow” for the third year in a row outside EveryStep’s Bright Kavanagh Center in Des Moines. Tomatoes, peppers, onions and herbs will be provided to EveryStep clients and any remaining produce taken to community refrigerators around the Des Moines metro. EveryStep offers public kudos to the Des Moines Herb Study group whose members have continued to volunteer since the garden’s inception. This project is always looking for more volunteers to help with daily watering, weeding, harvesting and produce/herb distribution. If you are interested in volunteering your time and passion with the EveryStep Community Garden contact Cindy Winn, cwinn@everystep.org.



Dianne Hickman, Sharon Rosenberg and MaryPaul Even don their gardening garb and tools to work EveryStep’s Community Garden, supplying herbs to flavor meals for families in need.

About EveryStep

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 67,000 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.

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The Unforgettable Mary Kay Bruce

Mary Kay Bruce, a dear friend to EveryStep and all who knew her, died on April 20. Mary Kay embraced EveryStep's programs with every ounce of her being. A strong believer in doing all she could to help people and organizations further their missions, Mary Kay gave generously and energetically of her time, talents and resources.

Mary Kay's initial involvement with EveryStep came as an advisory board member through EveryStep's hospice office in Perry, and most recently she was a member of the organization's Board of Trustees and the Kavanagh House capital campaign cabinet. Her challenge grant to the boards of EveryStep realized nearly \$1 million in campaign giving. With Mary Kay and her husband Doug standing behind the campaign and showing their support, many others quickly followed, and the campaign swiftly met its goal. Mary Kay and Doug also were principal sponsors of EveryStep's recent Good Grief Golf Open.

Mary Kay quietly made her mark in many other personal ways, often inspiring smiles from staff and volunteers through gifts of flowers and sweets, or coming through with thoughtful encouragement when needed or thanks for a job well done.

"All of God's gifts to her gave her infinite delight in giving to others," said close friend Mary Brooks, who credits the Bruces with cherished support of her during the months and years of grief that engulfed her following the death of her husband. "I know that I was not the only one who has been the recipient of countless acts of kindness from Mary Kay. It was in her DNA to give and give and give. She did things to surprise me, to encourage me, to help me move forward. One step at a time. One day at a time."

Brooks puts Mary Kay "in a class by herself" for impacting people in powerful ways through endless actions that were "out of compassion for people and a deep concern and commitment to community." She admired Mary Kay's spunk, humor, "can do" attitude, strong opinions and ability to put others before self. "If a 'kind ask' — and those are Mary Kay's words — comes one's way, say 'yes' and you will always honor her memory," said Brooks.



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"EveryStep will always be thankful for Mary Kay's constant kindness and support," said Tray Wade, EveryStep president and CEO. "Our hearts and thoughts are with her family and friends, who she held so dear."

1 *Mary Kay and Doug Bruce at home.*

2 *Mary Kay (center) with friends Mary Brooks and Deb Milligan at an EveryStep Art of Compassion event.*

Childhood Grief and Loss Effort gets \$83,000 from Legislature



This year, the Iowa Legislature included an \$83,000 appropriation in the state's education budget for EveryStep Grief & Loss Services Amanda the Panda program. The funding is for expansion of its current school-based

trauma, grief and loss support group efforts outside the Des Moines metropolitan area. A request for \$200,000 in funding was part of EveryStep's 2021 legislative priorities, which this year focused largely on children's mental health.

If fully funded, the program would have allowed for the addition of a full-time facilitator to serve students in rural schools or districts where counseling resources were not readily available to provide students with guidance and coping skills following losses that could include:

- the death of a loved one,
- the loss of a parent or guardian in the home due to divorce, abandonment, incarceration, mental illness or addiction,
- the loss of home due to financial hardship or natural disaster,
- the loss of "self" or sense of security following traumatic events,
- the loss of culture and homeland for refugee families.

It's believed this is the first time EveryStep has received a direct budget allocation from the legislature. EveryStep is currently determining how the program can be tailored to serve youth with the appropriation received.

EveryStep and Zoo in Partnership

EveryStep's Play and Learn program is taking monthly field trips to Blank Park Zoo working with the Zoo's "Ruby the Reading Red Panda" program in promoting literacy in a fun way. On the second Monday of each month, Aaron Shore, EveryStep literary specialist, reads a new story to young children over Zoom and an EveryStep interpreter joins him, reading the story in another language to allow more children to join in on the experience. Here Aaron Shore is pictured reading a book in English, and Priscilla Barrett, strategic operations analyst who helps when needed as an interpreter, then read the book in Swahili. Plus, the group gets to visit with an animal friend and zookeepers take questions from the audience. To find out more about this event series and other Play and Learn events, join the Facebook group at www.facebook.com/groups/PlayAndLearnCentralIowa.





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