



Care & Support Services
Home Care
Hospice
Interpretation
Community Health
Grief & Loss Services

Non-Profit, Since 1908

When Life Changes, We're With You, at EveryStep.

EveryStep 

2022 Program Guide



Our Mission

We empower individuals, support families and strengthen communities.

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The information in this book is reflective of EveryStep's programs and service areas at the time of printing, *April 2022*. To view the most current copy of this book, please visit everystep.org/programguide.



EveryStep is one of the oldest and largest non-profit organizations in the state. When Iowans face life's most difficult moments, EveryStep offers support and empowerment in the right place and at the right time. Our people and programs provide support and education to young moms; assistance to immigrants and refugees; wellness services to communities; in-home care to people who are ill, injured or facing the end of life; and compassionate support to families during times of grief and loss.



30+
programs

99 counties

Every corner of the state is touched by at least one EveryStep program.

380
employees

590+ *volunteers*



More than 60,000
Iowans served each year

Join Our Mission

REFER | DONATE | VOLUNTEER

Our History

*EveryStep has been serving the needs of Iowa's most vulnerable populations since **1908**.*

1908

EveryStep is founded as Visiting Nurses' Association of Des Moines, later becoming Visiting Nurse Services of Iowa.

1978

Hospice of Central Iowa is founded and begins providing home hospice care in Des Moines and the surrounding areas.

1993

Hospice of Central Iowa opens Kavanagh House in Des Moines, central Iowa's first hospice house.

2010

Our thrift store, now known as EveryStep Giving Tree, opens in Urbandale to benefit patients and families.

2011

Hospice of Central Iowa becomes "HCI Care Services" as services grow and offices are established outside of central Iowa.

2012

HCI Care Services & Visiting Nurse Services of Iowa merge to form a single organization with 30+ programs.

2014

Expansion of services continues with the addition of:
Amanda the Panda Grief Support Services – *West Des Moines, IA*
Hospice programs in *Albia, Council Bluffs and Winterset, IA*

2018

HCI Care Services & Visiting Nurse Services adopts the name **EveryStep** to better reflect its mission and scope of services, bringing all programs together under a unified name.

2019

Palliative Care launches in Winterset and has since expanded to Creston.

2020

Home Care services continue to grow with the addition of six more counties in southern Iowa, bringing the total to 24 counties served.



1st Five - Healthy Mental Development Initiative

This program is funded by the Iowa Legislature (IDPH) to assist medical providers in enhancing well-child care for children birth to age 5 through surveillance and screening of child development, family stress indicators and caregiver depression. If a concern is detected through completion of surveillance or a developmental screening tool, the child is then linked to EveryStep for developmental support services. A referral to 1st Five for a child birth to 5 years old often benefits the whole family.

After developmental support services are provided, the 1st Five Developmental Support Specialist then contacts the referring medical provider regarding the outcome of the referral. The 1st Five program is available to any medical provider or clinic providing primary care services that is willing to implement the 1st Five referral form and developmental screening tool(s). Any child identified as needing additional services is eligible for developmental support services.

*Last year, more than **770** children with developmental concerns were referred to EveryStep's 1st Five program.*

(515) 558-9954
Serving Polk and
Dallas Counties



5-2-1-0 Healthy Choices Count!

EveryStep Community Health is proud to be a community partner in the 5-2-1-0 program, a childhood obesity prevention initiative focused on increasing healthy behaviors. The program is based on the following daily recommendations for children: Eat **5** or more fruits and vegetables, spend **2** hours or less on recreational screen time, get **1** hour or more of physical activity and consume **0** sugary drinks.

EveryStep's 5-2-1-0 program coordinator supports early education providers, schools and other out-of-school programs by:

- Providing guidance and training to establish healthy environments for staff, children and families
- Helping to align programs for physical activity, nutrition and curriculum goals
- Providing educational materials for staff, children and families
- Collaborating with United Way, Healthiest State Initiative and Iowa Dept. of Public Health
- Identifying potential community resources

*EveryStep provided guidance to **75** early education participants in central Iowa.*

(515) 558-9993
communityhealth@everystep.org
Serving Dallas, Polk and Warren counties

Adopt-A-Family

EveryStep's Adopt-a-Family program is a way for businesses, organizations and individuals to "sponsor" a family and make the holidays brighter for those in need. Each fall, families are identified and asked to provide wish lists. Many times, lists consist of basic household necessities such as diapers, clothing and other items parents and caregivers are struggling to provide for their families. We encourage families to also include toys and other items that would bring joy during the holidays.

Sponsors are assigned a family and given a list of items to purchase. Once gifts are collected and wrapped they can be dropped off at EveryStep's offices. Our staff and volunteers then make deliveries to families between December 21 and 24.

47 families were adopted during the 2021 holiday season.

(515)371-0912

(515) 991-5960

Serving the Greater Des Moines Area



Amanda the Panda, a program of EveryStep Grief & Loss Services

Amanda the Panda — a special program of EveryStep Grief & Loss Services — offers free support to children and individuals of any age following the death of a loved one. Activities include camps, peer support groups, school support and community events. While many of these services are based out of our office in West Des Moines, our staff often travel to other communities to provide support and education when needed. Camp is held in various locations throughout central Iowa and attracts participants from around the state.

Cheer Box Program

Each year, hundreds of "Cheer Boxes" containing 12 thoughtful gifts are delivered to grieving families and individuals throughout Iowa and beyond. Gifts are meant to bring comfort to anyone experiencing the holidays for the first time following the death of a loved one. Nominations are accepted throughout the year and Cheer Boxes can be shipped anywhere in the U.S.

*Amanda the Panda served **1,500** individuals last year and delivered **686** Cheer Boxes.*

(515) 223-4847

Serving Iowa and beyond





Biometric & Wellness Screenings

EveryStep Community Health offers biometric and wellness screenings to businesses and organizations throughout Iowa,* helping employees become aware of risk factors for chronic health conditions such as diabetes, high blood pressure and cardiovascular disease.

Our online tools guide participants through every step of the process, including registration, and scheduling of on-site screenings and blood draws. Participants are provided with easy-to-read results and can take a variety of follow-up actions based on their results.

EveryStep provides aggregate reports which offer insight into overall employee health, helping organizations structure future programs that appropriately address risks, leading to improved employee health and reduced costs.

*EveryStep provided **850**
biometric screenings last year.*

(515) 558-9993
communityhealth@everystep.org
Statewide

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



Care For Kids – EPSDT

EveryStep operates Care for Kids — an Early Periodic Screening, Diagnosis & Treatment (EPSDT) program. EPSDT is the benefit package of Medicaid/Title 19 for individuals under age 21 years. The focus is to:

- Inform families of the benefits they receive with Medicaid/Title 19.
- Help individuals secure a medical and dental home.
- Ensure that eligible individuals receive and understand the importance of preventative health care.
- Link families to other community resources to improve their health and well-being (WIC, Early ACCESS, parenting classes, child care assistance, housing assistance, food pantries, etc.).

*Last year, the families of **8,735**
eligible children were provided
information about EPSDT benefits
and preventative health care.*

(515) 283-1422 or (877) 540-1422
careforkids@everystep.org
Serving Polk, Dallas, Jackson and
Clinton Counties

Child Care Nurse Consultant (CCNC) Program

EveryStep Community Health manages the CCNC Program which provides on-site consultation and training to early education centers and child care providers on issues related to health and safety. Our nurses offer technical assistance, conduct assessments, provide help with disease outbreaks and collaborate to make improvements in child care programs. They also perform screenings, help develop care plans for children with special needs and make referrals to other programs when appropriate.

*Last year, our nurses served
326 child care providers.*

(515) 558-9993 | communityhealth@everystep.org

Serving Clinton, Jackson, Dallas and Polk Counties

Correctly Compliant Program

This program aims to ensure that all pre-K children who attend a licensed child care center meet the minimum immunization requirements based on Iowa law. Our nurses conduct on-site audits of immunization records, provide written documentation on children without required immunizations, make referrals to health care providers, look up immunizations and provide technical assistance to improve record keeping.

(515) 558-9993 | communityhealth@everystep.org

Serving Polk County



Children at Home, *a program of Iowa Family Support Network*

The Children at Home program assists families raising a child (ages 0-21) with a disability by helping them obtain needed services and supports that are necessary in helping their child remain at home.

Financial assistance enables families to obtain services and supports that are not met by insurance or other programs. Examples include special adaptive devices, camps for children with disabilities, travel expenses, nutritional supplements, respite care and educational seminars. The family's intent must be to secure these resources to enable their child to remain in the family home, function more independently in the home and engage in the community. Income guidelines apply. Applications can be found at iafamilysupportnetwork.org

*Last year, 494 families received
\$532,675 in assistance from the
Children at Home program*

1-888-IAKIDS1 (1-888-425-4371)
iafamilysupportnetwork@everystep.org
Statewide Service





Community Home Visitation

The Community Home Visitation Program provides nursing visits to pregnant and parenting women living in Polk and Dallas counties. Registered nurses provide: prenatal and postpartum health education, child development screening and education, prenatal depression screening and referral, referrals to community resources, nutrition counseling and family planning counseling. Interpretation services are available upon request.

*Last year our CHV nurses served **136** pregnant and parenting women and **103** children.*

(515) 558-9946

Serving Polk and Dallas counties



Contract Nursing

EveryStep Community Health offers nursing services to businesses and organizations that lack on-staff nurses to support the health needs of their clients and employees. Our nurses provide clinical services and health education based on the specific health concerns of each organization. The frequency and duration of visits are also scheduled according to each organization's needs. Our nurses have the experience and expertise to also offer guidance and referrals to other community agencies serving similar populations. Services include, but are not limited to:

- Immunizations including Hepatitis A/B and TDaP vaccinations
- Tuberculosis skin testing
- Nursing assessments
- Medication management
- First Aid and CPR certifications (American Heart Association)

*Last year our Community Health team provided **663** contracted nursing health services.*

(515) 558-9993

communityhealth@everystep.org

Serving Polk County and surrounding areas

Correctional Facilities 5th Judicial

EveryStep Community Health nurses provide on-site nursing assessments at both the men's and women's residential facilities in Des Moines for offenders who have recently been released from jail or prison through work release and probation programs. Our nurses:

- Provide individual screenings of personal health conditions
- Work with 5th Judicial staff to make necessary referrals to physicians for health or dental needs
- Provide tuberculosis skin testing
- Provide on-site classes for employees in regard to medication allotment

Did you know? *Many county jails provide less than one day of prescription medications to released offenders. Many medications, especially those used to treat mental health conditions, must be taken regularly to prevent serious consequences.*

(515) 558-9993

communityhealth@everystep.org

Serving Polk County



Drake University Head Start Nurse Consultation

Head Start is a school readiness program that serves children ages 0-5, including children with disabilities. Our nurses provide support to 16 Drake University Head Start sites by:

- Ensuring that immunizations, physicals and other medical records are up to date.
- Conducting screenings or assisting in the coordination of screenings for children in regard to vision, hearing, dental, and lead.
- Assisting in development of care plans for children with special health needs.
- Making referrals as needed.

493 *children were served through this program last year.*

(515) 558-9993

communityhealth@everystep.org

Serving Polk, Warren and Jasper Counties





FathersMatter

EveryStep offers a special program for new and expecting dads called FathersMatter. The program offers support, education and information for fathers of children enrolled in the Healthy Start Project.

Our FathersMatter consultant can provide:

- Home visits
- Tips for new dads
- Information about baby's health
- Information about safety concerns
- Strategies to help fathers succeed

68 men participated in this educational and support program for new and expecting dads in 2019.

(515) 558-9946

Serving Polk County



Flu Vaccination Clinics

Each year in the United States, it's estimated that on average, more than 26 million people are infected with the flu. Additionally, the flu costs employers more than \$10 billion due to lost productivity, hospitalizations and outpatient visits.

EveryStep Community Health can contract with businesses and organizations to help keep employees healthy with yearly flu vaccinations. Our experienced nurses can travel throughout Iowa* to provide on-site clinics, making it convenient for employers and staff. Other benefits include:

- Free online scheduling and registration for participants
- Educational materials and letters to employees to increase participation
- Accommodation for multiple shifts at no extra charge
- Competitive pricing, various billing options, and filing of health insurance claims

*Last year we provided
11,673 flu shots to help
Iowans stay healthy.*

(515) 558-9993

communityhealth@everystep.org

Statewide

Grief & Loss Services

EveryStep offers grief support at no cost to anyone following the death of a loved one. Our professional bereavement counselors lead group sessions in a relaxed and comfortable setting, allowing for sharing and growth. Sessions are typically held at or near our hospice offices (see list on page 26).

In addition to support groups, our bereavement counselors offer memorial events, educational resources and one-on-one visits when needed. Support is most often sought by family and friends of EveryStep's hospice patients; however, prior use of our services is not a requirement— everyone is welcome.

Grief Support Groups

The following support groups are offered throughout the year for individuals 18 and older.

- **Touching Our Grief** is an ongoing, monthly grief support group.
- **Understanding Your Grief** is an eight-week educational program which helps facilitate the basic skills needed to heal through the pain of grief.

Amanda the Panda

Amanda the Panda is a special program within EveryStep Grief & Loss Services that provides peer-based support groups for children (kindergarten and up), teens and adults. Other offerings include camps and support groups for specific types of loss such as traumatic loss, perinatal loss and anticipatory loss.

Amanda the Panda also provides support within schools to help children cope with grief that results from a death, incarceration, divorce or other traumatic event.

More information about Amanda the Panda can be found on page 6.

Cheer Box

Each year, hundreds of "Cheer Boxes" containing 12 thoughtful gifts are delivered to grieving families and individuals throughout Iowa and beyond. Gifts are meant to bring comfort to anyone experiencing the holidays for the first time following the death of a loved one. Nominations are accepted throughout the year and Cheer Boxes can be shipped anywhere in the U.S.

Each hospice team offers free grief support groups in their community. Anyone may participate, regardless of whether their loved one was served by EveryStep.

(800) 806-9934

Serving Iowa and beyond





Hawki

EveryStep helps families sign up for Hawki, an affordable medical and dental insurance program for children under 19. Unlike other programs with more restrictive income guidelines, Hawki coverage can help families at a wide variety of income levels. The monthly premium costs are based on income, but no family pays more than \$40 per month, regardless of how many children they have.

EveryStep's Hawki outreach specialists can answer questions about Hawki and Medicaid, assist with completing forms and applications, determine eligibility, provide same day enrollment and help families through next steps.

*Last year EveryStep's Hawki outreach specialists connected to **147** locations, including schools, agencies, faith-based organizations and medical providers*

(515) 558-6243

Serving Polk and Dallas counties



Healthy Homes Iowa

Healthy Homes Iowa is a collaborative effort to minimize clinic and hospital visits related to pediatric asthma. Through this program, families with children suffering from asthma or reactive airways can receive help with identifying household issues that cause acute asthma episodes such as pests, mold and other triggers.

Through our community partners, home repairs are made to address asthma triggers, and families receive health education to self-manage asthma and maintain a healthy home.

EveryStep is proud to be the managing organization of this community collaboration, providing outreach, health education and care coordination. Services are available to families in Polk County with children ages 2-18 with asthma or reactive airways. Participants must receive, or be eligible for, Medicaid and meet income guidelines.

*In the first three years of the program, the percentage of children with well-controlled asthma increased from 45% to **81%** and asthma-related ER visits were reduced by **60%**.*

(515) 333-4549

healthyhomes@everystep.org

Serving Polk County

Healthy Start & Empowerment

Healthy Start & Empowerment provides case management to families in Polk County who are pregnant or have a child up to the age of six. Services include: home visits, prenatal, postpartum and parenting education, child development screenings and education, prenatal depression screenings and referral, support groups, referrals to community resources and support in accessing services. Referrals can be made by a physician, social worker, family member or friend. Individuals may also self-refer.

91% of families either improved or maintained healthy family functioning and communication, 94% of children were up to date on immunizations and 100% of children had health insurance.

(515) 558-9946
Serving Polk County



Home Care

EveryStep Home Care has been providing trusted home nursing services for more than 100 years. We deliver the support and coordinated care patients need to continue living independently after an illness, injury or hospitalization.

Comprehensive care includes skilled nursing; physical, occupational and speech therapy; counseling; personal care and other services. Care is provided in our patients' homes, and coordinated with their physician and other health care providers.

With three offices located in Des Moines, Creston and Centerville our staff provide care in 24 counties across central and southern Iowa.

Last year EveryStep Home Care served 1,158 patients.

To make a home care referral, call (855) 867-4692
Serving 24 counties – see map on page 26





Hospice Care

EveryStep Hospice helps those living with serious, life-limiting illness make the best out of every day by managing pain and symptoms, helping with daily needs and providing emotional and spiritual support. Members of the hospice care team include the patient and their family, the patient's physician and/or an EveryStep team physician or nurse practitioner, nurses, aides, social workers, spiritual care counselors, bereavement counselors and other professionals. Together, they create a customized plan of care to meet each patient's needs and quality-of-life goals.

Support for our nation's Veterans is an important aspect of the care we provide, and we are proud to be a partner in the "We Honor Veterans" program. Last year, our hospice staff and Veteran-to-Veteran volunteers provided specialized care to **285** Veterans and held **12** recognition ceremonies in honor of their service.



WE HONOR VETERANS

Additionally, EveryStep has more than **230** dedicated hospice volunteers who help support patients and their families by providing emotional support and friendship, helping with small household tasks, running errands and more. For information about volunteer opportunities with our hospice teams, see page 23.



Our Hospice Houses

Most hospice care happens in people's homes. However, when a patient needs around-the-clock hospice care, including pain and symptom management, EveryStep's Kavanagh House house is available, which provides a home-like atmosphere with private bedrooms, a family room, family café and other amenities.



Kavanagh House,
Des Moines



*EveryStep's **9** locally based hospice teams and **Kavanagh House** served **1,445** patients last year.*

To make a hospice referral, call (515) 333-5800

Serving 44 counties — see map on page 26

For a list of all hospice offices and locations, visit everystep.org/locations

Interpretation

EveryStep Interpretation serves as a gateway, helping Iowa's immigrants and refugees gain access to vital services and resources in our community. Our interpreters bridge language gaps for clients and patients across EveryStep's many programs, and are available to contract with other businesses and organizations to eliminate communication barriers with their own clients. As a non-profit program, all proceeds benefit children and families served by EveryStep.

- We provide interpretation in more than 25 languages and dialects.
- Staff are knowledgeable about the community's health and human services programs.
- Our interpreters are native speakers with in-depth language and cultural knowledge to help clients understand.
- Our interpreters are empathetic and compassionate, working to achieve the best outcomes for each client.

*Last year, **100%** of reporting agencies indicated satisfaction with EveryStep's interpretation services.*

(515) 557-9008

interpretation@everystep.org

*In-person services are available in Polk County.
Virtual assistance is available statewide.*



Community Interpreter Training

EveryStep, in partnership with Real Time Interpretations, offers several levels of interpreter training courses, designed to help participants learn the standards of practice to become professional interpreters. Participants must be bilingual in English and at least one other language. Call for more information.

(515) 271-1321

interpretertraining@everystep.org

Serving Central Iowa

Refugee Immigrant Guide (RIG)

The Refugee Immigrant Guide (RIG) Program is a community partnership that provides services for refugee and immigrant families who face language and cultural barriers and are involved with the Iowa Department of Human Services (DHS) or juvenile court.

EveryStep interpreters serve as guides in the program, providing interpretation, cultural understanding, advocacy and help with understanding processes related to DHS and the court system.

*Last year, EveryStep's Refugee Immigrant Guides helped **41** clients navigate the court and family welfare systems.*

(515) 271-1304

Serving Polk County





Iowa Family Support Network (IFSN)

The Iowa Family Support Network provides a coordinated intake and referral system to assist families with children ages 0-5. Through this statewide service, families, healthcare providers and other professionals may call the toll-free number or make an online referral through the IFSN website whenever there is a concern about a child's development.

Our staff provide support and links to community resources, such as childcare providers, nurses and healthcare providers, group-based parent education, housing assistance, employment opportunities, access to health insurance and legal help.

The IFSN website — **iafamilysupportnetwork.org** — is an important component of this program. Here, families and professionals can find a searchable state resource directory, information about child development from birth to age 5, a guide to Iowa's Early ACCESS program, a list of support services in each county and much more.

*Last year, IFSN made **5,311** referrals to connect people to education, screenings and much-needed community resources.*

1-888-IAKIDS1 (1-888-425-4371)
iafamilysupportnetwork.org
Statewide



I-Smile™

I-Smile™ is a statewide program that helps children ages 0-20 and pregnant women get the dental care they need. EveryStep's dental professionals reach out to at-risk communities to provide free oral health screenings, fluoride application, oral health education, referrals to dentists and more. Through this outreach, they can prevent cavities before they start, make referrals for urgent procedures and assist parents with finding a dentist for regular checkups.

Dental Voucher Program

EveryStep's dental hygienists provide direct services and care coordination to uninsured children who do not qualify for Medicaid or Hawki. They may also assign vouchers for dentists contracted with EveryStep to be used for treatment of critical oral health needs following the approval process.

*Our dental hygienists served **2,208** children and pregnant women last year.*

(515) 557-9023
Serving Polk and Dallas Counties

Maternal Child Health Outreach

EveryStep's Maternal Child Health program provides education, support and home nursing visits for pregnant and postpartum women and helps to ensure that babies are as healthy as possible. Our staff provides:

- Individualized prenatal and postpartum health education
- Infant care and safety education
- Depression screening and referrals
- Family planning consultation
- Help choosing a doctor and signing up for health insurance, including Hawki and immediate presumptive Medicaid coverage
- Oral health screenings and help with obtaining dental vouchers

*Last year, **302** pregnant women and children were processed for presumptive Medicaid eligibility as well as assistance with the Dental Voucher Assistance Program.*

(515) 558-6243

Serving Polk and Dallas Counties



Nine2Thrive™

EveryStep's Nine2Thrive™ program supports the healthy development of babies during pregnancy. Studies show that stress during pregnancy can have a direct effect on unborn babies, possibly resulting in pre-term birth, low birth weight and poor physical and emotional health by the age of 18 months. Additionally, there is evidence that stress can imprint on a developing baby's DNA, resulting in negative health issues across multiple generations.

The Nine2Thrive™ project model is a public-private partnership bridging primary care and public health services. If a concern is identified during an initial intake assessment at a prenatal visit with an obstetrician or midwife, the mother is connected to a Nine2Thrive™ support specialist. The support specialist coordinates referrals and interventions, and provides targeted follow-up with the mother. These services are also extended to address the needs of the entire family.

*Last year, Nine2Thrive expanded to include Wayne County and a total of **214** pregnant individuals were referred to the program.*

(515) 333-4533

Nine2Thrive@everystep.org

Serving Dallas, Polk and Wayne counties





Nurse-Family Partnership

The Nurse-Family Partnership program matches first-time parents with a nurse home visitor who provides education and support that begins during the mother's pregnancy and continues until the child turns 2 years old. Education focuses on healthy behaviors, what to expect during pregnancy, infant care and their child's growth and development.

The Nurse-Family Partnership model is an evidence-based, nationally-recognized model to improve pregnancy outcomes, child development outcomes and family self-sufficiency.

*The Nurse Family Partnership program served
92 women and **59** children ilast year..*

(515) 558-9946

Serving Polk County



Palliative Care

EveryStep's Palliative Care is specialized medical care for people living with serious or chronic illness. It focuses on providing relief from stress, physical pain and emotional suffering. The goal is to improve quality of life for both the patient and the family. Palliative care does not replace ongoing health care and patients may still pursue other types of treatment.

Physicians, physician assistants and nurse practitioners can refer their patients to EveryStep, with appointments taking place at Madison County Memorial Hospital Specialty Clinic in Winterset, and at Greater Regional Health Visiting Physicians Clinic in Creston.

EveryStep's palliative care team includes a physician, registered nurse, licensed social worker and spiritual care counselor.

*Last year, our palliative care program served
120 patients in Creston and Winterset.*

(515) 333-5800

*Serving Madison County residents
and patients of Greater Regional
Medical Center in Creston, IA*

Senior Companion

The Senior Companion program provides weekly assistance at no cost to older adults who may be homebound and can benefit from extra social/emotional support, transportation to appointments, help with shopping, or respite for clients' caregivers.

The program recruits seniors, age 55 or older, to serve as "Senior Companions" to people in their community while earning a tax-free hourly stipend and other benefits. Participants report that they are better able to remain living independently in the their own home with help from the Senior Companion program.

*Last year, **42 Senior Companions** offered help and support to **237 clients**, providing services to homebound seniors to maintain their independence in the comfort of home.*

(515) 558-9957

seniorcomp@everystep.org

*Serving clients in Lucas, Marion,
Polk, and Warren counties*

(515) 499-5464

seniorcompwest@everystep.org

Serving clients in Pottawattamie County



Senior Health

EveryStep's community health nurses provide on-site health screenings and presentations at various community centers and senior housing complexes each month. Services include blood pressure checks, foot care and health education related to diabetes, high blood pressure, heart health, cholesterol, nutrition and flu prevention.

*Our nurses served **1,028 seniors** through visits to community centers and senior housing complexes.*

(515) 558-9993

communityhealth@everystep.org

Serving Polk County





Stork's Nest/Family Nest

Stork's Nest is an educational incentive program for new and expecting moms who live in Polk County and meet income guidelines.

Participants earn points for healthy behaviors such as keeping medical appointments, smoking cessation, WIC participation, breastfeeding, school attendance and more. Points can then be redeemed at the Stork's Nest store for needed baby items such as diapers, clothing, strollers, cribs and car seats. Parenting and prenatal classes are also available.

Family Nest is an extension of Stork's Nest and allows families to obtain other items like laundry soap and other household supplies.

*Last year **1,336** women and families earned points which were redeemed for **\$55,205** in baby items and household supplies.*

(515) 558-9950

Serving residents of Polk and Dallas Counties



Storybook Project

The Storybook Project is a special program that keeps incarcerated parents and their children connected through reading. Once a month, EveryStep's trained volunteers assist parents and grandparents at three of Iowa's correctional facilities with selecting a book and reading it into a digital voice recorder. Recordings are then transferred to a CD and mailed with the book to the child. The goal of the Storybook Project is to strengthen and maintain the bond between parent and child during separation while promoting reading and literacy.

*Last year **24** individuals participated in the Storybook Project .*

(515) 558-6228

Serving individuals at correctional facilities in Clarinda, Newton and Mitchellville

Our Vision

Life is fragile. For any of us, a daunting challenge can surface in a heartbeat, creating an unpredictable path. Because of our dedicated staff, volunteers, donors and community partners we're able to help vulnerable Iowans face life's changes and challenges.

In the coming years, we'll continue to grow our programs and people, explore needs and seek out new opportunities that exemplify our mission of empowering individuals, supporting families and strengthening communities.

You can be confident that our efforts will always align with our mission, and our future will always be guided by our vision — that EveryStep is the recognized and trusted leader in supporting people as they navigate life's challenges, through diverse expertise and inclusive care.



Tray Wade
EveryStep President and CEO



Ways to Support EveryStep

It takes a community of people to provide support during life's most difficult moments. As a non-profit organization, we are incredibly grateful to those who have chosen to be a part of the EveryStep family through their support.

Donate

There are many ways to give, including donations in honor or in memory of a loved one, planned giving, bequests, monthly giving and more. Gifts can be designated in support of:

- Area of greatest need
- End-of-life care
- Grief and Loss/Amanda the Panda
- Healthy family programs
- Other areas of care and support

In-Kind Donations

Donating items to our event auctions, Cheer Box program, EveryStep Giving Tree, Stork's Nest or our emergency pantry are just a few more ways you can make a difference.

Volunteer

Each year, we depend on hundreds of volunteers to help fulfill our mission. Volunteers are the heart of EveryStep, and we are always looking for people who want to give back to their community in a meaningful way. Opportunities include:

- Helping with fundraisers and special events.
- Visiting hospice patients to provide comfort and support.
- Assisting at our thrift store in Urbandale.
- Helping at Grief & Loss camp or a support group.
- Sharing gardening or office skills at our facilities.

To learn more about our volunteer opportunities, contact your nearest EveryStep office or call **(800) 806-9934**.

Attend an Event

Sip, Savor & Support – October 13, 2022

Sip, Savor & Support, EveryStep's signature fundraising event, will feature a variety of culinary creations and drink pairings. Enjoy heavy hors' d'oeuvres and our signature cocktail while shopping for unique Iowa experiences at the silent auction. Proceeds benefit more than 30 programs including services for at-risk children and families, grief and loss services, hospice care and our quality-of-life program everystep.org/sipsavorsupport

EveryStep's Amazing FundRacer – May 2023

Join us for this fun and fantastic journey across Des Moines. Decipher clues to find your next stop, complete physical and intellectual challenges, and work together to win. Proceeds support at-risk and low-income children and families served by EveryStep.

EveryStepsAmazingFundRacer.org

Good Grief Golf Outing – June 13, 2023

Hit the links at Legacy Golf Course in Norwalk, Iowa to support our grief support services, including Amanda the Panda.

GoodGriefGolf.org

Watch for these events and others on our @EveryStepIowa Facebook page and at **everystep.org/events**.

EveryStep's Wellness Services

Help your workforce remain healthy while supporting EveryStep! Our nurses can provide flu shots and wellness screenings at your organization or place of business. All proceeds from these services support EveryStep's non-profit programs. Find more information on pages 7 and 12.

EveryStep Giving Tree

Shop

Located in Urbandale, Iowa, EveryStep Giving Tree is an upscale thrift store selling gently used furniture, home décor, housewares, men's and women's clothing, accessories and collectibles. Inventory is continually changing, offering a unique shopping experience with each visit.

Proceeds support EveryStep's non-profit programs, including hospice care, grief support and services for children and families.

Donate

Donations help us ensure our services are available to anyone who needs our care. Many of our support programs are offered at no charge, and no one is ever turned away from hospice care due to inability to pay. Donations of gently used items and quality goods help make a difference for our patients, clients and their families.

Volunteer

EveryStep Giving Tree is always looking for enthusiastic volunteers to manage the cash register, assist customers, set up displays, sort donations and more. If you are able to dedicate at least four hours per week, and would like to learn more about volunteering, please contact us today!

For More Information

To learn more about our store, visit **everystepgivingtree.org**. You'll find a list of items we can accept, store hours and a sign-up form to receive our newsletter. You can also connect with us on Facebook to stay up to date on new merchandise and store events.



We make pickups of large donations!

Call (515) 270-2414.

3330 100th Street
Urbandale, Iowa

(515) 270-2414

everystepgivingtree.org

Visit our website for store hours.



Careers with EveryStep

We make a difference. You can too!

The best careers are those filled with purpose, and with more than 100 different types of positions, EveryStep offers a wide range of opportunities for anyone wanting to make a difference.

At EveryStep, we walk alongside the people we serve, assuring no one is alone in facing life's challenges. Our direct care providers experience this journey every day, but our mission-driven culture is evident throughout the entire organization. Administrative and operational staff understand the important role they play in supporting our direct care workforce to ultimately better serve our clients, patients and families. In fact, 93% of our staff report that their job gives them a sense of personal satisfaction.

When you join EveryStep, you are part of a non-profit organization that has earned the trust of thousands of Iowans. We take that trust seriously, and we strive to provide a work experience that encourages integrity, respect, compassion, excellence and teamwork.

Our own staff say it best. Hear what they have to say by visiting everystep.org/careers

EveryStep has been named a "Top Workplace" nine times by the Des Moines Register, and 2021 runner-up for "Best Non-Profit" by the Des Moines Business Record.



**TOP
WORK
PLACES
2021**

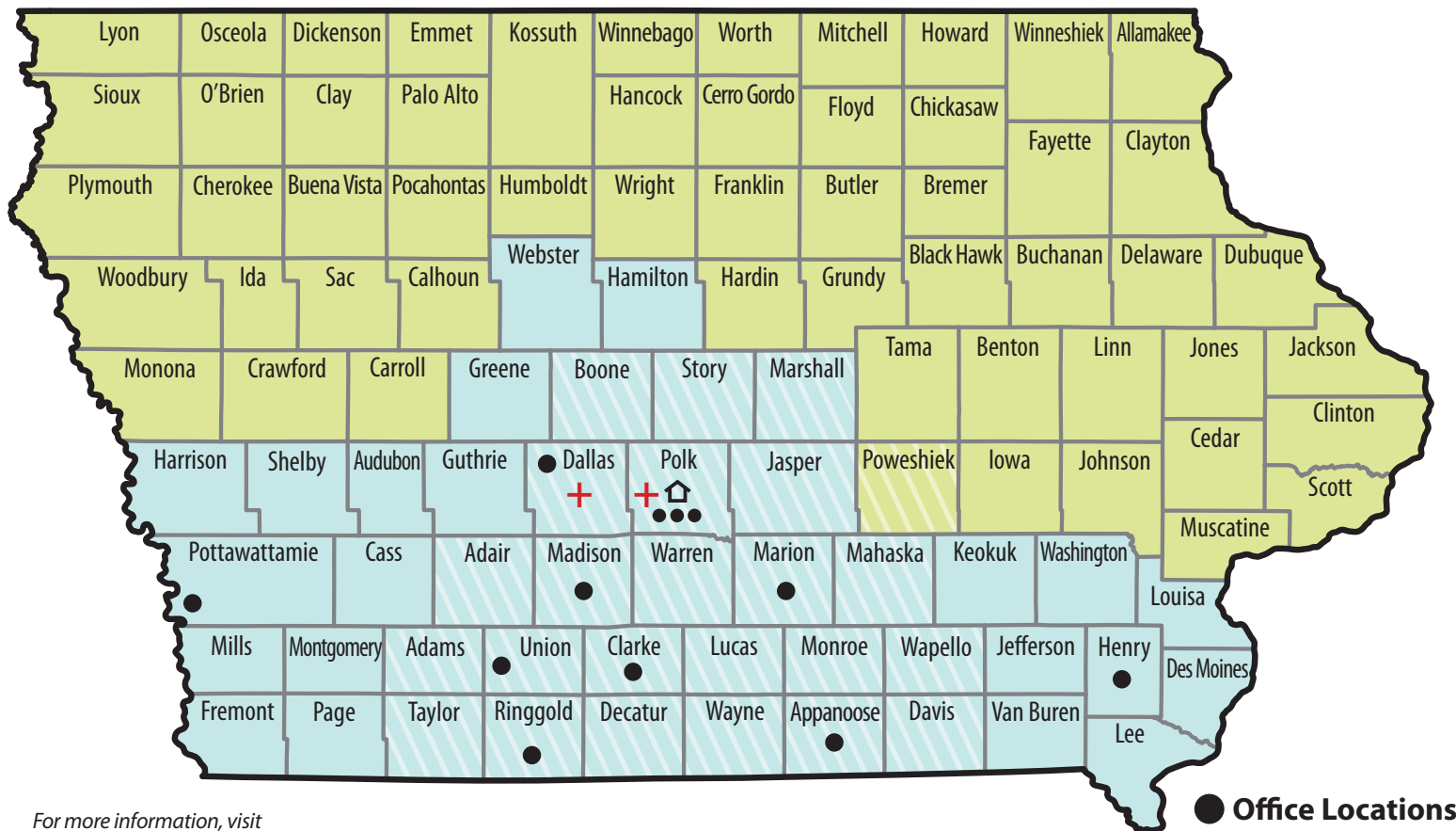
Des Moines Register



For more information, contact us at hr@everystep.org or (800) 806-9934

Where We Serve

Our service area is concentrated in 45 counties, however, EveryStep's impact extends across all of Iowa, with at least one program available in each of Iowa's 99 counties.



For more information, visit

everystep.org/locations

9 Hospice Offices

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

4 Home Care Offices

Centerville
Creston
Des Moines
Knoxville

1 Hospice House

Kavanagh House
Des Moines

1 Office Serving At-Risk Children & Families

Des Moines

1 Grief & Loss Center

West Des Moines

HOSPICE

provided throughout all blue counties except Clinton and Jackson

HOME CARE

provided throughout striped counties



SUPPORT FOR AT-RISK CHILDREN & FAMILIES

Counties with emphasis on services for children & families

At least one EveryStep program or service is available in each of these other 54 counties

STATEWIDE SERVICES

- Children at Home
- Iowa Family Support Network
- Flu Clinics & Biometric Screenings
- Interpretation & Translation
In-person interpretation available only in Polk and Dallas counties. Tele-interpretation available statewide.
- Grief & Loss Services
 - Free grief support groups take place virtually and/or in person at our offices. They are open to residents of any county.
 - Amanda the Panda Grief & Loss Camp takes place at various locations around the state, and is open to anyone.

● Office Locations

🏠 Kavanagh House

General Intake/Referrals
(515) 558-9946

Administration
(515) 274-3400
(800) 806-9934

Hospice Referrals
(515) 333-5800

Home Care Referrals
(515) 558-9591

e-mail
info@everystep.org

EveryStep

everystep.org

3000 Easton Boulevard
Des Moines, Iowa 50317



Home Care and Hospice