

# Public Health Newsletter

MARION COUNTY



## Marion County Public Health

### National Preparedness Month!

Being prepared for disasters starts at home. Does your family have an emergency plan? All members of the family can be part of helping to prepare for emergencies.



Prepare your family and build a kit. Along with essential items like food, water, and flashlights, it's crucial to customize emergency kits to include medications, hygiene products, and first aid supplies. Special attention should be given to households caring for young children, the elderly, and pets.

When you have to think fast – it can be hard to remember everything. By having an emergency kit ready in advance, you will be better prepared if a disaster hits. Make sure everyone in your household knows where the kit is and update the kit often to assure medications are accurate and supplies are not outdated. It's also important to have a shelter plan and evacuation plan- so everyone knows where to meet.

During a disaster it's important to have reliable sources for communication. Are you aware of your local alert systems? Helping individuals in the community connect with these alerts will increase reliable communication during a disaster.



**Scan the QR code to sign up for Marion County/Alert Iowa Alerts!**

This is a free service provided by Marion County and the state of Iowa. In the event of an emergency or severe weather, an alert will be sent to the phone number and/or email address provided by voice, text and/or email.

#### Marion County Programs/Services

- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Immunizations
- Preparedness (Emergency Response)
- Private Well Grants
- Senior Meals
- Tobacco Cessation

#### Community Education

- CPR/First Aid Classes
- Dementia Friends Sessions
- Narcan Training
- Stop the Bleed Course



## 99 Counties Project

Let's talk about cancer in our community! The 99 Counties Project is a public health initiative aimed at enhancing cancer education across Iowa.

Join experts from the Iowa Cancer Registry as they present cancer data specific to Marion County and address community concerns.

The team is presenting in Marion County on Monday, September 8 at 9:30 a.m.

You can attend virtually or in person at Marion County Public Health.

Local residents, public health officials, community leaders, and policy makers are encouraged to attend and participate in this discussion.

## Learn more about cancer

in Marion County

**Did you know?** Iowa has the 2nd highest rate of new cancer diagnoses in the U.S., and rates are rising!

### 225 people

in Marion County are diagnosed with cancer each year, on average

### 78 people

in Marion County die of cancer each year, on average

Marion County ranks

**#36**

for new cancer rates in Iowa where #1 is highest and #99 is lowest

Join experts from the Iowa Cancer Registry to learn about cancer trends, statistics, and risk factors in your county.

**Monday, September 8, 2025**

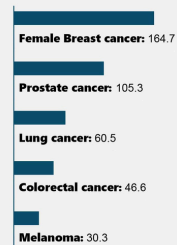
**9:30 - 10:45 AM**

Marion County Public Health  
2003 N Lincoln St  
Knoxville, IA 50138

This meeting will be livestreamed via Zoom  
RSVP to attend online or in-person at  
<https://canceriowa.news/marion>  
or use the QR code



Top cancers in Marion County  
Based on age-adjusted incidence rate per 100k



Iowa Cancer Consortium

IOWA HEALTH CARE

Hidden Comprehensive Cancer Center



## Bean Bag Baseball

The Friendship League! A monthly gathering for adults with special needs.

### THE FRIENDSHIP LEAGUE

A fun group for adults with special needs to play games, make friends & share laughter!



**Starts:** Sept. 25th, 2025

**Time:** 10:00am

**Where:** Pella Manor, 608 E. 2nd St. (West Social Room)  
Pella, IA

**Activity:** Beanbag Baseball & Social Time

**TO REGISTER CONTACT**

Montessa Brown- [mbrown2@wesleylife.org](mailto:mbrown2@wesleylife.org)  
Judi Van Hulzen- [jvanhulzen@marioncountyiowa.gov](mailto:jvanhulzen@marioncountyiowa.gov)

**What:** Beanbag Baseball Social

**When:** Last Thursday of every month  
starting at 10:00am

**First Game:** Thursday, September 25

**Duration:** 90 minutes

**Where:** Pella Manor (West Social Room)  
608 E. 2nd Street - Pella

**Who:** Adults with special needs living at home or independently, accompanied by a family member or caregiver

Teams will be formed when you arrive - everyone will be included.

Everyone is welcome! Whether your loved one uses a wheelchair, is visually or hearing impaired, or has other support needs - this game is designed so everyone can play and belong.

# Fall Prevention Month

Falls are a significant concern for Iowans, especially with Iowa's aging population. Falling can happen to anyone, and there are simple things you can do to lower your risk. Staying active, making your home safer, and keeping up with health checkups all help.

For those over the age of 65, falls are the leading cause of injury deaths with the highest rate in those over the age of 84. The causes of falling vary with contributing factors including:

- reduced strength in lower extremities
- use of four or more medications
- poor vision
- chronic health problems
- unsafe home conditions



Marion County Public Health's walk-in immunizations clinics are every Wednesday from 8:30-4:00pm

**NO APPOINTMENT NECESSARY!**

\*Appts can be scheduled from 4:30-6:00pm



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Follow us on: [Facebook](#)



## Employee Spotlight

Meet Stacy Haas - Public Health Emergency Preparedness Coordinator!

Stacy has been with Marion County Public Health since 2016 and currently serves as the Public Health Emergency Preparedness Coordinator for Service Area 1C. In this role, she provides strategic support and coordination to help public health departments prepare for and respond to emergencies.

What Stacy enjoys most about her work is the chance to support individuals and contribute to meeting the essential needs of the community.

This year, Stacy is excited to continue leading multi-agency drills and tabletop exercises. These activities play a vital role in testing core emergency response functions and strengthening readiness among staff and community partners.

## SPECIAL EVENTS

Board of Health Meeting  
Marion County Public Health Training Room  
Tuesday, September 16, 2025 @ 5:00pm



Scan the QR code  
to receive this  
newsletter electronically!