

Public Health Newsletter

MARION COUNTY



February is American Heart Month!

February is recognized as American Heart Month, a time to raise awareness about heart disease, the leading cause of death in the United States. According to the 2023 Iowa Health & Human Services (Iowa HHS) statistics, Marion County has about 75 deaths per year. The good news is that many heart conditions are preventable.

Small steps like staying active, choosing nutritious foods, managing stress, and keeping up with regular health screenings can make a big difference in heart health.



Marion County Public Health offers CPR certification courses both in person and online through the American Heart Association.

Learning lifesaving skills like CPR is critical—cardiac arrest can happen anytime, anywhere, and knowing CPR can double or even triple a person's chance of survival until emergency responders arrive. CPR training empowers individuals to take immediate action, protect their families and coworkers, and save lives in their community. Just a few minutes of training can truly make the difference between life and death.

The Marion County Opioid Committee is currently receiving applications to provide funding for organizations focused on prevention and treatment of opioid use in Marion County. The RFP has been posted and will remain open.

Link to RFP: https://www.marioncountyiowa.gov/bid_notices/

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



The Friendship League of Marion County is growing!

A new monthly Knoxville league will begin this month, giving adults with special needs even more places to connect, laugh, and build friendships. With both the Pella and Knoxville gatherings, friends now have two welcoming opportunities to participate and enjoy all the fun the friendship league brings!



What: Beanbag Baseball

When: Knoxville: Thursday, February 12

Marion County Public Health
2003 N. Lincoln Street

Pella: Thursday, February 26

Pella Manor (West Social Room)
608 E. 2nd Street

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

Employee Spotlight



Ashley Buckalew

Ashley is our Receptionist. She's the first face you'll see when you enter our building! This month marks her 6 year anniversary with Marion County Public Health. She also provides assistance to the Care for Yourself program and Environmental Health. What Ashley enjoys most about her work is knowing that the services provided may be the reason a client's life takes a turn for the better. Being able to help others during challenging times and contribute to positive change is what makes her role especially meaningful.

Outside of work, Ashley is most excited about making memories with her three children. As a family of sports enthusiasts, her goal is to take each child to a major sporting event of their choice this year.

Ashley also shares this encouraging message: Everyone experiences hard times. Don't let those moments take over your life. If assistance is available, don't hesitate to reach out, resources exist for a reason.



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SPECIAL EVENTS

Board of Health Meeting
Marion County Public Health Training Room
Tuesday, February 17, 2026 @ 5:00pm