

## 2023 Community Health Improvement Plan Progress Report (January 22, 26)

Objective in CHIP	Strategy/action steps written into the CHIP	Strategy/Action Steps	Progress	Goal Met, Unmet, or In progress
Objective 1: Access Healthcare Services Goal: Improve access to healthcare and support services for all Shelby County Residents.	Strategy 1: Utilize a variety of outreach opportunities to facilitate health maintenance.	Offer immunizations/lead checks/health education at Community Health building.	Lead testing at WIC clinics monthly and Community Health building as needed.	On-going
		Social media post on Myrtue Medical Center Facebook page.	Monthly information posted on multiple health topics.	On-going
		Myrtue Medical Center message board.	Displaying health events.	On-going
		"Did You Know?" weekly newsletter from Shelby County Chamber of Commerce and Industry	Sharing health information and events taking place around the county	On-going
		Myrtue Public Health will develop a Facebook page.	Facebook page started on February 17, 2025.	Met
		Myrtue Public Health Free Lead clinic	On September 11, 25 Myrtue Public Health having a free lead testing day. Available to 12 month to 5 years	In progress
		Myrtue Public Health and Angels Home Health providing educational to area living facilities.	Varies health topics discussed along with blood pressure checks.	On-going
	Strategy 2: Partner with local resources to increase access to transportation for healthcare.	Partner with RSVP (Retired Senior Volunteer Program) to provide transportation to and	October 2023 finalizing this partnership.	On-going

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		from medical appointments.		
		Partner with SWITA Bus to provide transportation to and from medical appointment.	Continue working with the SWITA Bus.	On-going
	Strategy 3: Develop and implement a transportation that will fill identified gaps.	Partner with RSVP (Retired Senior Volunteer Program) to provide transportation to and from medical appointments.	October 2023 finalizing this partnership.	Goal met: November 2023 RSVP Program launched at Myrtue Medical Center.
	Strategy 4: Provide promotional activities including education, workshop, integrating preventative care.	March 2024: Planning Senior Health and Fitness Day at Peterson Wellness Center.	Event scheduled for May 29, 2024.	Goal met: May 29, 2024 Senior Health and Fitness Day at Peterson Wellness Center occurred.
		April 2024: Planning Kids Fest 2025.	Event scheduled for April 26, 2025.	Goal met: 160 adults and 216 children attended. 30 vendors from around the area had booths.
		January 2024: Planning for Mental Health Awareness event	Event scheduled for May 16, 2024.	Goal met: May 16, 2024 Mental Health Action day occurred. 1 pm-4pm at Petersen Wellness Center was Mental Illness Simulations & Resource Fair (experience an immersive simulation of depression, anxiety, addiction, or ADHD and

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				connect with area resources that support mental health for you and your loved ones) 5:30pm -7 pm Community Walk (Chris Adcock from NAMI Southwest Iowa shared her experience with a mental illness and gather as a community to support mental health with interactive activities, food trucks and more)
		August 2024: Bike Safety Rodeo.	Event scheduled for August 3, 2024.	Goal met: Harlan Community Library along with local bike club held a Bike Safety Rodeo at Vets Auditorium in Harlan.
		National Night Out	Event scheduled for August 6, 2024 and August 5, 2025	Goal met: Harlan Fire Department, EMS, Shelby County Sheriff Department, EMA and several local businesses sponsored this event. Large number of citizens attended this night out.
		October 2024: Farm Safety and Field Day	October 1, 2024	Goal met: ISU Extension Office held a Farm Safety and Field Day for Harlan Community School 5 <sup>th</sup>

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				graders. 120 people in attendance.
		October 2024: Senior Fest	Event scheduled for October 2, 2024	Goal met: Hansen House and Elm Crest sponsored a Senior Fest. Multiple Community Partners had booths containing resources and educational information about health.
		November 2024: Flu Vaccines for Dairy Farm workers	Social Media post	Ongoing: Educational material updated on Social media and sharing with the local dairy farms.
		November 2024: Lead Grant information	Inform the citizens of Shelby about a program to assist with lead paint in home.	On-going: Social media, Chamber of Commerce, and newspaper article in local paper about this grant opportunity.
		February 2025: Stop The Bleed Training at EMS conference	February 8, 25 Anna Schwarte, Paula Becker, and Tina Holdsworth presented STB training at Shelby County EMS Conference. August 2025: 200 Stop the Bleed Kits delivered to the following schools: Irwin, Harlan Community Schools, Shelby County Catholic, and Elk Horn Schools	Goal met: 62 STB kits given out during the training.

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		May 2025: Senior Wellness Day at Peterson Wellness Center.		Goal met: This event was held on May 29, 25. 127 was in attendance.
		May 2025: Fishing for Fun		Goal met: Event was held on May 5, 2025. Fish were caught.
		June 2025: Community Baby Shower	Planned event for pregnant moms and s/o to attend. Educational information, prizes, games, and food.	Goal met: June 21, 2025. 22 mommas registered, 17 attended. Dr. Kelly Anderson, OB-Gyn, Cara Cacy, lactation consultant, Michele Monson, OB Director presented.
		Providing education on First Aid to community members	August 6, 25 provided education on First Aid to Vocational Rehab members.	On-going
		Providing Immunization education/information	August 8, 25 Radio interview about immunization requirements for school.	On-going
		Providing Influenza/COVID/RSV information, prevention measures, case level, still get immunized.	January 14, 26 Newspaper interview	On-going
	Strategy 5: Expand Mental Health Services to Shelby County residents.	March 2025: Therapy Place Inc from Atlantic has an outreach office in Harlan, available to the	Will continue to see individuals and families in the Shelby County area.	On-going

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		residents of Shelby County.		
		March 2025: Beyond Behavior Autism Services, LLC – Harlan office is one of 9 clinics in Iowa.	Will continue to be staffed by behavior experts to serve children and families in the Shelby County area.	On-going
		January 2026: Myrtue Medical Center Behavioral Health moved location and changed name	Myrtue Medical Mental Health Center moved to 1220 Chatburn Ave. Level 2, Harlan	Met
	Strategy 6: Myrtue Medical Center will review after-hour options to ensure our patients have convenient availability when needed.	Myrtue Medical Center will start a Quick Care Clinic for evening and weekend clinics.		Goal Met! On January 20, 24 Myrtue Medical Center extended clinic hours to 8pm Monday-Thursday, Friday until 6pm, Saturday 8am-4pm, Sunday 11am-3pm
		Myrtue Medical Center Public Health teamed up with Nebraska Aid Project and Pottawattamie County Public Health for free STI, Hepatitis C, and HIV testing		Goal met: They are in Shelby County the 1 <sup>st</sup> Thursday of month
	Strategy 7: Myrtue Medical Center will strive to maintain the current services offered and	Myrtue Medical Center OB/Gyn collaborates with Audubon County	November 2023: Dr. Kelly Anderson, OB-Gyn, starts getting OB referrals at	On-going

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	recruit needed and new beneficial service.	Memorial Hospital for OB referrals.	Audubon County Memorial Hospital. January 2026 Dr. Kelly Anderson starts seeing patients ½ a day a month at Audubon Hospital.	
		Myrtue Medical Center Public Flu vaccine clinics throughout Shelby County.	August 2024 and 2025: Planning Flu vaccine dates and sites.	On-going: Flu Vaccine clinics held around Shelby County during September and October. Clinics held at multiple locations.
		Myrtue Medical Center Public Health to become a Vaccine for Adults (VFA) provider.	September 2024: Educational webinar and application process to be completed.	Goal met: Shelby County Public Health approved to be VFA providers, September 2024.
		Myrtue Medical Center Emergency Room expansion.	November 2024: ER to increase sign from 5 bays to 9 bays.	Goal met: Myrtue Medical Center Emergency Room expansion completed. 9 ER bays available to the citizens of Shelby County. November 20, 2024.
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		Myrtue Medical Center OB/Gyn seeing patients at Manning Regional Healthcare Center.		Goal met: June 2025: Dr. Kelly Anderson, OB-Gyn starts a monthly day at Manning Regional Healthcare Center.
Objective 2: Environmental Health Issues.	Strategy 1: Collaborate with the Shelby County EMA and local fire departments about	Meetings with all local fire departments, local EMA, and surrounding	May 2025: Burn ban issued during water shortage.	On-going

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Goal 1: Make Shelby County residents aware of ongoing concerns about water access in the midst of continued drought.	alternative water sources for fire suppression.	communities stakeholder about water shortage.		
	Strategy 2: Provide education to Shelby County Residents about ways to conserve water.	West Central Iowa Rural Water Association educated their consumers about ways to conserve water.	Summer 2024 letter sent to consumers on be mindful of water use.	On-going
		Meetings with all local fire departments, local EMA, and surrounding communities stakeholder about water shortage.	May 2025: We still have a water shortage in the area. Pipes extended from Avoca, Iowa to Council Bluffs.	On-going
	Strategy 3: Identify resources in Shelby County to assist with healthy water supply for residential, commercial, and agricultural use.	Educate the communities of Shelby when water sources are compromised and actions need to be taken.	Informational fliers posted in area businesses, social media, and business website when situations occur.	On-going/as needed: Area communities have been educated when the water source had been compromised. Local businesses supplied bottled water to effected residents.
		Meetings with all local fire departments, local EMA, and surrounding communities stakeholder about water shortage.	Myrtue Medical Center Public Health sharing water educational links on Facebook.	On-going
	Strategy 4: Collaborate with community resources to increase	February 2025 working with Environmental	Info shared on Facebook on Well rehab provided by Luke Wolken, Shelby	On-going

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	community education on well rehab, testing and water testing results.	Health Department to increase education.	County Environmental Health.	
		Meetings with all local fire departments, local EMA, and surrounding communities stakeholder about water shortage.	May 2025: Myrtue Medical Center Public Health collaborated with Luke Wolken, Shelby County Environmental Health. Facebook post with information about getting your well tested provided.	On-going
Goal 2: Increase awareness about radon in Shelby County.	Strategy 1: Collaborate with Shelby County Public Health and Shelby County Environmental Health to educate the public about radon and health effects.	January 2024: Myrtue Medical Center posted a Social Media post on Radon.	Provide awareness to the county.	On-going
		February 2024, Public Health is working with a BSN nursing student on a radon education.	February 2024, meet with Lyndsey Miller on an overview of radon, needs of the community.	March 15, 2024 Lyndsey Miller, RN, presented a power point and brochure on radon.
	Strategy 2: inform Shelby County residents where to purchase radon test kits. Assist persons with increase radon level with mitigation resources.	January 2024: Myrtue Medical Center posted a Social Media post on where to purchase radon kits.	Provide up to date information on where to find/purchase kits.	On-going
		Radon Free test kits	Facebook post July 2025 on how to get free Radon	On-going

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			Test kits from American Lung Association.	
		January 2026: Facebook Post about purchasing radon kits from Luke Wolken at Shelby County Environmental Services	Shelby County Environmental Health has radon kits available to purchase.	On-going
	Strategy 3: Research funding sources for radon services.	December 2024: American Lung Association store <a href="#">American Lung Association Store</a> offers 2 free radon test kits	Link provided to the community.	On-going
Objective 3: Community Protective Factors Goal: Increase awareness of health information, life styles, and chronic illnesses.	Strategy 1: Enhance protective factors for Shelby County residents.	Have Nebraska AIDS Project attend Public Health Events to educate citizens on STI's, AIDS, and prevention/testing.	October 2024: Jo from Nebraska AIDS Project attended a Public Health Flu clinic and educated citizens on STIs, offered free on-site testing, and resources available.	On-going
	Strategy 2: Collaborate with current community resources to increase community education on the following topics: *Vaping/Tobacco Use *Chronic Health conditions *Risky Health Behaviors *Mental Health Issues	Myrtue Medical Center Behavior Health having a Mental Health Action Day on May 16 <sup>th</sup> .	Event Scheduled for May 16, 2024.	Goal met: May 16, 2024 Mental Health Action day occurred. 1 pm-4pm at Petersen Wellness Center was Mental Illness Simulations & Resource Fair (experience an immersive simulation of depression, anxiety, addiction, or ADHD and

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				connect with area resources that support mental health for you and your loved ones) 5:30pm -7 pm Community Walk (Chris Adcock from NAMI Southwest Iowa shared her experience with a mental illness and gather as a community to support mental health with interactive activities, food trucks and more) May 15, 2025 another walk completed
		Poverty Simulation	HMS Hub, Thriving Families Alliance, Shelby County Prevent Child Abuse, and Omaha Bridges planned a poverty simulation	Goal met: June 23, 25 event was held. Good turn-out.
		Social Media post on vaping.	April 2024: Myrtue Medical Center Facebook had a post on vaping. October 2024: Myrtue Medical Center Facebook had a post on vaping. July 2025: Myrtue Medical Center Facebook had a post on vaping.	On-going

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			November 2025: promoting Iowa Quit Line.	
		Shelby County Public Health partnered with Manning Regional Recovery Center to educate school staff on risky health behaviors.	April 2024: Irwin School staff educated on vaping, Narcan, and opioid use.	On-going
		Shelby County Public Health partnered with Manning Regional Recovery Center to educate school staff on risky health behaviors.	August 2024: Exira-Elk Horn-Kimballton School staff educated on vaping, Narcan, and opioid use.	On-going
		Harlan Community Schools offers educational presentation on Social Media and the Brain.	August 2024: Presentation on Digital Media and Brain Development completed on August 28, 2024. The Harlan Community Schools continues to post this information on social media	On-going
		Harlan Community Schools offered Hope Champions-train the Trainer	October 2024: HOPE in-person training completed on October 9 <sup>th</sup> and 25 <sup>th</sup> 2024.	On-going
		99 Counties Project- Cancer in Shelby County	February 6, 25. Zoom meeting completed by Iowa Cancer Consortium and Iowa Cancer Registry talking about the top 5	Goal met

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			cancers in Shelby County. 38 known viewers Also link to meeting shared on February 25, 25.	
		Myrtue Medical Center Public Health will post mental health information on Facebook.	February 2025: Facebook post with mental health information start	On-going
		Myrtue Medical Center teamed up with Thriving Families Alliance and Roscrance on Understanding Addiction, Reducing Stigma, and Reversing Overdoses.	Inservice scheduled for September 17, 25 at Myrtue Medical Center.	In Progress
Objective 4: Social Determinants of Health Goal: Address social determinants to reduce health inequities.	Strategy 1: Collaborate with childcare providers to educate community resources	Meet with local childcare centers to discuss resources available to families of Shelby County.	Health Service Advisory Committee Meeting held October 2024. Discussion about meals, growth assessments, special diets, and nutrition consults.	On-going
		Petersen Wellness Center offering daycare services.	Monday-Thursday 8-10:30am, \$4 per child	On-going
		March 2025: City of Shelby working on a daycare building.	Discussion held at an informational meeting 3/14/2025, researching the option of adding a daycare service in the town of Shelby.	On-going

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		Myrtue Medical Center Public Health attends Harlan Preschool round up	Myrtue Medical Center Public Health attended Harlan Preschool Round up to educate families on immunizations and lead testing.	Goal met: March 13, 25
	Strategy 2: Explore opportunities to share information in multiple media platforms.	Partnership with Harlan Community Schools (school credit class) and Shelby County Wellness inform Shelby County Residents on upcoming events and health topics.	Shelby County Wellness Facebook page post events and health topics.	On-going
	Strategy 3: Continue screening to identify depression, suicide risk, and substance use.	Myrtue Medical Center RHC screening.	Staff at RHC will screen patients during every visit.	On-going
	Strategy 4: Continue to collaborate with Shelby County Wellness Alliance to document existing programs and resources for healthy food.	Shelby County Wellness Alliance: Eat Well working with Harlan Community Schools to start hydroponics growing stations.	January 2024: Mary Buchanan worked with nine teachers at Harlan School.	March 2024: Hydroponics growing stations started producing food for students!
		Grow Another Row: Self – Service Produce Stands sponsored by Master Gardeners.	Summer 2024 and 2025: Place self-service produce stands around the county.	On-going As of August 2024 there is self-service produce stands in towns around the county. June 2025: self-service stands up and going again this year.

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		March 2025: Harlan Community Library now has a Free Little Food Pantry February 2025 Facebook post.	Will check with the library to see if donations are being received.	On-going
		October 2025: offer cooking class for Shelby County residents	Good Nutrition on a Budget class held on October 30, 2025	On-going
		December 2025: Irwin City Hall now has a small food pantry available	Food available at city hall during business hours. Free of charge.	On-going
		October 2025: listing of food pantries	HMS Hub created a listing of food pantries in the area. Listing located on hmshub.org website. Listing has been on Facebook and in the newspaper.	On-going
	Strategy 5: Provide consistent messaging, with a focus of long-term benefits, regarding consumption of healthy food and beverages throughout the community.	Social Media post on food recalls and safe handling.	November 2023: Myrtue Medical Center Facebook post has informational food safety and recall guidelines.	On-going: February 2025, started posting information on Myrtue Medical Center Public Health Facebook page.
		Social Media post on nutrition and health conditions.	March 2024: Myrtue Medical Center Facebook post had information on Dietary Guidelines:	On-going

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			Disease Prevention and Diet for Healthy Teeth.	
	Strategy 6: Identify what we need to build and who we need to build for.			