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POLK COUNTY UPDATE NEWSLETTER

POLK COUNTY IOWA: SETTING NEW STANDARDS

2011 ANNUAL SENIOR FEST

Polk County's Senior Services celebrated Older Americans month by hosting the Annual Senior Fest and Health Fair at the Iowa State Fairgrounds on May 18. A fun packed 4-1/2 hours featured over 70 vendors showing merchandise or spotlighting services that would benefit older adults. The festival included everything from a DART bus to walk-in bath tubs to explore. Entertainment included talented musicians jamming on stage, line dancers in one area and bingo in another corner.



From L to R: Supervisor Angela Connolly, Mary Claire Cox and seniors

The Health Fair featured 50 health-related agencies providing various services such as chair massages, blood profiles, carotid artery screening, hearing, memory and balance tests. In this area, people were encouraged to have their "screening card" punched so they could enter into a drawing to win a gift certificate to Hy-Vee.

New this year was the Car Fit service provided by the Iowa Department of Transportation. Seniors drove up in their cars and had their seat and mirror positions evaluated. They were able to visit with occupational therapists and professionals who could advise on ways to help adapt their vehicle for safer driving.

The Polk County Board of Supervisors and other elected officials appreciated the opportunity to meet, greet and serve over 1,700 seniors that were in attendance.



Supervisor Robert Brownell in white hat and seniors

Older Americans Month is an occasion to show appreciation and support for our seniors as they continue to enrich and strengthen our communities. This event is sponsored yearly by Polk County and funded, in part, by Older Americans Act funds administered by Aging Resources of Central Iowa. Look for it again next year in Older Americans Month in May of 2012.

AVOID PARKING WOES

Renew Vehicle Tag Registration and Property Taxes Online

With heavy construction around the Polk County Administration Building, access to parking is limited. Try renewing vehicle tag registrations and paying your property taxes with the eCheck option on the Treasurer's payment website at www.IowaTaxAndTags.gov. The eCheck option is less than the cost of a postage stamp and certainly less than the cost of gas, meter change and a parking headache. The web service is available 24 hours a day, 7 days a week.

More secure? www.IowaTaxAndTags.gov—the most secure government websites are those with a .gov in the web address. Your online payment is safe and secure.

Faster? The fastest way to pay those pesky car tags and property taxes in just a few steps is through www.IowaTaxAndTags.gov.

More cost effective? Pay online with an eCheck (an electronic version of your paper check) for only forty cents at www.IowaTaxAndTags.gov.

POLK COUNTY ELECTED OFFICIALS



ROBERT BROWNELL
 1ST DISTRICT SUPERVISOR



TOM HOCKENSMITH
 3RD DISTRICT SUPERVISOR



ANGELA CONNOLLY
 5TH DISTRICT SUPERVISOR



JAMIE FITZGERALD
 AUDITOR



BILL MCCARTHY
 SHERIFF



MARY MALONEY
 TREASURER



E.J. GIOVANNETTI
 2ND DISTRICT SUPERVISOR



JOHN F. MAURO
 4TH DISTRICT SUPERVISOR
 CHAIR



JOHN SARCONI
 COUNTY ATTORNEY



JULIE M. HAGGERTY
 RECORDER



FOR MORE INFO OR QUESTIONS
 POLK COUNTY ADMINISTRATIVE BUILDING
 111 COURT AVENUE, DES MOINES, IA 50309
WWW.POLKCOUNTYIOWA.GOV

COMMUNITY CONVERSATIONS WITH ELI LILLY

In May, the Polk County Criminal Justice Coordinating Council (CJCC) held their first Eli Lilly Community Conversation event with guest speaker Suzanne Clifford, President of Inspiring Transformations, Inc. and former Indiana Director of Mental Health & Addiction.

The Polk County CJCC was established in 2008 and meets monthly to carry out the council's adopted mission of identifying possible improvements in the criminal justice system; developing system-wide solutions; proposing actions; executing strategies; and generally improving the criminal justice system.

The CJCC now wants to take it to the next step in order to position the CJCC, service providers and the public to work together more efficiently and effectively so that, together, Polk County can move toward a consensus concerning the jail population, recidivism and prevention.

At the Eli Lilly Community Conversation event, Clifford addressed the group on national programs and practices regarding recidivism and discussed the next steps that Polk County should take to break that cycle.

"Good treatment can help people get back on their feet and become good role models," Clifford said. "There are a lot of people who have an mental illness and then are looked

WHAT IS ELI LILLY?
Lilly was founded by Eli Lilly, a chemist, in 1876, and is now the 10th largest pharmaceutical company in the world. Headquartered in Indianapolis, Lilly is a global company with more than 35,000 employees worldwide. Lilly has major research and development facilities in eight countries and conduct clinical trials in more than 50 countries. Innovation is at the heart of Lilly. Without innovation, there wouldn't be discovery and the hope of developing new generations of lifesaving medicines that help patients live longer, healthier lives. Lilly's ability to invest in innovation is key; hence, helping to inform the debates on health care and innovation globally.

down upon because they have a label attached to them. We really need to identify what people really need, so we can make these people role models."

Statistics show that one out of every five people has some kind of mental health issue.

At the meeting, action items were created and people were assigned to begin working on their tasks. A status report on the action items will be given at every CJCC meeting, to ensure progress. One of the action items was to create a business case. The business case would identify a small number of highly recidivism offenders that have been cycling through the criminal justice system for a year or two and then create a pilot business case around them.

The group began brainstorming what a pilot program would look like for Polk County. More discussion regarding the pilot will take place at the second Community Conversation event.

"Dealing with the effects of these issues is necessary in bringing the prisoner costs under control," said Board of Supervisor Angela Connolly. "Until we, as a society, devote more attention to root causes, we will always be paying more to respond to the effects than prevention."

The second Eli Lilly Community Conversation event is scheduled for August 8 at Hy-Vee Hall.



From L to R: Polk County Juvenile Court Marilyn Lantz, Polk County Supervisor John Mauro, Chief Judge Arthur Gamble, Ankeny Chief of Police Gary Mikulec; Polk County Supervisor Tom Hockensmith; Polk County Sheriff Bill McCarthy, Polk County Captain Tim Krum, Polk County Supervisor Angela Connolly, and Polk County Health Services Lynn Farrell

POLK COUNTY HEALTH DEPARTMENT OFFERS DIABETES CLASSES

The Polk County Health Department offers an educational program for people at risk for diabetes and people with Type I and Type II diabetes. The Choose to Live Diabetes Education Program is offered four to five times a year at the Polk County Health Department. The cost is \$10.00 for all five classes with scholarships available. Using a Care Coordination approach, the program offers other services to help participants self-manage their chronic disease and stay healthy.

Reading materials and class presentations are offered in both Spanish and English. Attendees are welcome to bring a family member to each class. The five classes deal with the following topics: the disease process of diabetes and how to monitor blood sugar levels; healthy meal planning with a focus on portion size and how to "create a plate"; the importance of physical activity to manage diabetes; proper administration of medications and understanding of side effects; and for the last class, the complications of diabetes and how to avoid them.

At a client's request, an educator will meet with them privately at the end of the program to provide information about community resources, health coaching and other services offered at the Polk County Health Department. Our goal is to help each client self-manage their condition. Over 50 percent of the people who took a survey after completing the class indicated they believed they "can prevent higher blood sugar levels".

The next class will begin on August 30, 2011 and run through September 27, 2011. It will be held at 1907 Carpenter Avenue, Des Moines, from 9 A.M.-10:30 A.M. Need more information? Call the Polk County Health Department at 515 286-3798 or visit us on the web at <http://www.polkcountyia.gov/Health>.

UPCOMING COUNTY EVENTS

CENTRAL IA RIVER KAYAK TRIP.....AUGUST 13
 BUTTERFLIES.....AUGUST 27
 WESTERN IOWA WONDERS.....AUGUST 31

FOR MORE INFORMATION ON THESE ACTIVITIES AND OTHERS, PLEASE VISIT:
[HTTP://WWW.CONSERVATIONSBOARD.ORG/PAGES/CALENDAR.ASPX](http://www.conservationsboard.org/pages/calendar.aspx)

THE BOARD OF SUPERVISORS CONVENES EACH TUESDAY AT
 9:30 A.M. IN ROOM 120 IN THE ADMINISTRATIVE BUILDING