



Hope. Resilience. Possibilities.

“Sometimes, you need to step outside, get some fresh air, & remind yourself of who you are & who you want to be.”

-quotes-life.com

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Managed Care in Iowa

Managed Care in Iowa continues to move forward. The four MCO's (WellCare, UnitedHealth Care Plan of the River Valley, Amerihealth Caritas, and Amerigroup) have been making strides on becoming ready for implementation on January 1, 2016. The State of Iowa has submitted a request for all of these entities to come together under the IA Health Link program. If you currently receive Medicaid you should have received an informational letter with the IA Health Link logo on it. In the next few weeks you should receive another letter notifying you of the MCO you have been assigned to. Current members have until December 17 to choose for January 2016, with an additional 90 days after the assignment to change MCOs for any reason .

The Iowa Department of Human Services has shared the following information to help answer questions related to Managed Care.

Services: Services provided today will continue to be offered under the MCOs, including physical healthcare, behavioral care and long term care services.

All the Medicaid state plan and Home and Community Based Services (HCBS) waiver benefits available today will continue to be available through the MCO. This includes prescription medicine and the Brain Injury (BI) waiver services.

Dental services (provided by Iowa Medicaid or Delta Dental) will stay the same, and will not be provided by the MCO.

Enrollment: Members will have the choice to select one of four MCOs. The member will receive services through the MCO's provider network. Member Services is the independent Enrollment Broker and responsible for providing information and conflict free choice counseling for members in the selection of a MCO.

The Department has developed a member outreach plan to make sure members know of any changes. MCOs will be required to manage member's care and help with changes when a member moves from one MCO to another.

MCOs must have statewide coverage to allow for members to move through the state without having to change coverage

For more information you can contact IME provider services at:

IMEMemberServices@dhs.state.ia.us

Call Center: 1-800-338-8366, 8am-5pm, M-F

Annual Amana Colonies Tour

Back by popular demand, seven CSA members visited the Amana Colonies in late September. For those who are unfamiliar with the Amana Colonies, the colonies were settled by German immigrants of the Community of True Inspiration faith in 1854. The Amana Colonies are made up of 7 villages: Amana, High Amana, East Amana, West Amana, South Amana, Middle Amana, and Homestead. They are located near Williamsburg, Iowa. The colonies were self-sufficient and were arranged as a communal setting, where everyone worked together and received what he/she needed. This meant that those living there would not need to rely on the “outside world” for their needs. On this trip, members were given the choice to eat at the Ronneburg Restaurant, which serves authentic, German food. It has been open since 1950. We toured the Amana General Store, which has been in operation since 1858. It is on the National Historic Registry. The Amanas are known for homemade coffee, tea, wine, wool, furniture, art, jams & jellies, fudge, and pastries. Many toured shops which sold crafts, art, and many yummy food options. It was a great time and an opportunity to meet new people. Those attending picked out places they would like to tour next year when they plan to go back.



Microwave Fudge

**KEEP
CALM
AND
CLICK THE
COOKIE**

3 cups semi-sweet chocolate bits

1 can sweetened condensed milk

1/4 c butter

Microwave at 50% power for 3-5 minutes. Add 1 c chopped nuts. Put into greased 9x9 pan. Refrigerate until set. Cut into pieces.

Holiday Treasure Cookies

Ingredients

- Crisco® Original No-Stick Cooking Spray
- 1 1/2 cups graham cracker crumbs
- 1/2 cup All Purpose Flour
- 2 teaspoons baking powder
- 1 (14 oz.) can Sweetened Condensed Milk
- 1/2 cup butter, softened
- 1 1/3 cups flaked coconut
- 1 3/4 cups (10 oz.) mini chocolate drops or milk chocolate or semi-sweet chocolate baking pieces
- 1 cup holiday candy bits

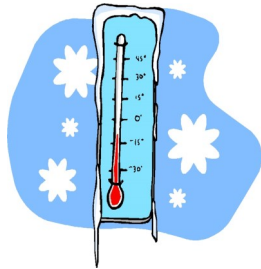
Makes 5 dozen cookies
Prep Time: 10 Minutes
Cook Time: 9 Minutes

Instructions

- HEAT oven to 375°F. Spray cookie sheets with no-stick cooking spray.
 - COMBINE graham cracker crumbs, flour and baking powder in medium bowl; set aside.
 - BEAT sweetened condensed milk and butter in large bowl until smooth; add reserved crumb mixture, mixing well. Stir in coconut, chocolate pieces and holiday bits. Drop by rounded teaspoonfuls onto prepared cookie sheets.
- BAKE 7 to 9 minutes or until lightly browned. Cool 1 minute; transfer from cookie sheet to wire rack. Cool completely.

Energy Assistance-APPLY NOW

It's that time of year. Energy assistance applications will be accepted by your area community action center from Nov 1, 2015-April 30, 2016. Tips to remember when applying: go to your closest community action agency and bring social security numbers for all household members, income for the last 90 days and copy of your current electric bill. Also, before you go, make sure that you are current on your energy bill.



Winter weather reminder- SAGE CLOSES when DES MOINES PUBLIC SCHOOLS CLOSE

Ask Rupert

Dear Rupert:

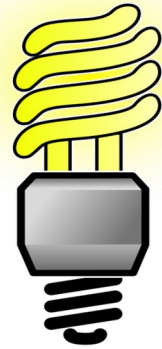
How can I can I prepare for this winter to assure I stay safe?

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - o Be aware of the wind chill factor.
 - o Work slowly when doing outside chores.
 - o Take a buddy and an emergency kit when you are participating in outdoor recreation.

Carry a cell phone and let people know where you are going.

Be prepared to check on family and neighbors who are especially at risk from cold weather hazards.

*** Please remember your pets that are outside and bring them inside during the cold. Remember, if it is too cold for you outside it is too cold for your pets.



“Great things are done by a series of small things brought together.” – Vincent VanGogh

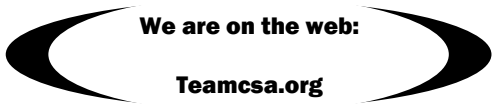
“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.”
– Brene Brown



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Our Mission

Partnering for Growth and Resiliency

UPCOMING EVENTS:

Join us for the Annual CSA
Holiday Celebration

Details coming soon!

SNOWMEN

How many smaller words can you make from the letters above?

_____	_____
_____	_____
_____	_____
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