

The Self Reliance Group is actively engaged in building community partnerships, services and programming in Southeast Iowa to assist individuals in managing and caring for their physical health, intellectual disabilities, and/or mental health diagnoses. Our programming will supplement already existing services to create broader opportunities.

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JEFFERSON ST. FARMER'S MARKET

The Self Reliance Group is participating in the Jefferson St. Farmer's Market through June. Come out to learn more about The Group, its' 2024 priority action areas, and local successes. The Group is a private, community focused nonprofit organization that strives to assist individuals in their pursuit to maintain and improve their individual health goals and outcomes.

CFDMC AWARD

In May, The Group was awarded \$2,500 from the Community Foundation of Des Moines County. This funding supports the implementation of local veterans' services and supports (social, tech, & transportation). Each of these local supports assist area veterans in achieving improved health outcomes.

2024 PRIORITY ACTION PROGRESS



Veteran's Tech Support (VTS) delivered the technology equipment required to host local classes at the Burlington VFW! Local veteran and class leader: Sargent 1st Class Nathaniel York also mounted an 80" flat screen TV to facilitate group instruction! **VTS classes are offered on the 1st and 3rd Mondays of every month from 5-6PM.**



The SEIA Dental Access Solutions Development Plan is officially underway! Project partners met last week at the Burlington Public Library to discuss and identify 1) problem perspectives, 2) shared goals, and 3) targeted improvements. This group will meet three more times over the next year to develop & finalize this plan.



Did you know there is a growing community of Ukrainians moving to Southeast Iowa? Pictured to the right are Kate & Mike - both of whom have formal education in dental care delivery. Welcome to Burlington, IA! Thank you for sharing your education & skills with our community.



Director Feature!!

Kim Hixson has served on The Group's Board of Directors for 10 months!