

September Newsletter

August in Review

In August, The Self Reliance Group (The Group) progressed local action in each of its' four priority action areas. Review these priority action areas (below) & their growing local sponsors (next page).

The Group also continued local fundraising outreach in support of the **1st Annual Charity Game Night**. This event is scheduled for **Saturday, October 12th from 5-8PM at Cornerstone Wedding & Event Center** (1204 Washington, St. Burlington, IA 52601). For more details, see the event flyer attached to this email.

Through local action such as August's **Hygiene Products Donation Drive**, The Group connected with over 50 new local residents who either 1) signed up for this monthly newsletter or 2) liked & followed The Group's Facebook page! This is a huge boost in The Group's consistency of connection with individual community members.

Action Area Crossover(!) Group staff had the opportunity to attend the Veterans Oral Health Summit in Des Moines this month. Hosted by the American Institute for Dental Public Health, staff collaborated with focus & sector diverse attendees to identify effective strategies for impactful local action utilizing first-of-its-kind research into veterans' oral health access across the state of Iowa. If you have the time, it's worth the review - (<https://aidph.org/veterans/>)

Priority Action Areas:

Dental Outreach	Veterans' Services & Supports
Personal Hygiene & Wellbeing	Youth Supports

Photo Gallery

With over \$300 collected & over \$100 worth of hygiene products donated - The 2nd Annual Hygiene Drive was a success! The Group is targeting a late-fall launch for this new local program.

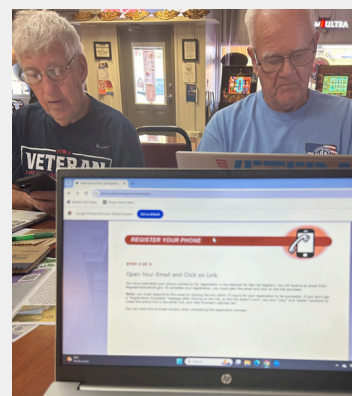


Staff & Julie C., a volunteer, tabling at Angular HyVee on Tuesday, August 6th.

Want to see your business featured as a local sponsor? Check out The Group's website for sponsorship package details.



Veterans' Free Fare Pilot Program Extended through 9/30. Collaborating with the community towards resource permanence.



8/19/24 VTS Class Topic:
-Cybersecurity & Online Safety

In-Class Activities:
-Registered on national "Do Not Call" lists
-Updated weak passwords with 'strong' passwords

Local Veteran Nate York is the volunteer leader for VTS Classes. Join us on 9/16 at 5PM for the next class!

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September in Advance

Dental Outreach

Following up on local outreach action conducted in July, The Group will circle back with local dental care providers to discuss coalition development. The Group will continue to attend & contribute to Oral Health Iowa (OHI) Advocacy Committee meetings with statewide advocates. The Group will collaborate with LCHD to shadow the implementation of a dental tele-health referral project out of SEIRMC.

Youth Supports

Following up on local outreach action conducted in August, The Group will conclude the framing period of local coalition development. The Group will begin collaborating with coalition members to identify aligned opportunities to take action and create impact. The Group will identify preliminary barriers to local action and begin developing targeted solutions.

Personal Hygiene & Wellbeing

Did you know that mental health & personal hygiene outcomes have a reciprocal relationship? This means that improvements to one predict improvements in the other. That's why The Self Reliance Group has developed the "Activities of Daily Living: Personal Hygiene Resource & Adapted Educational Program". This program targets individual health outcome improvements for DMC residents living with LTSS, HAB & HCBS Medicaid waiver services. This program incorporates the professional healthcare perspectives of local, topic-expert health care professionals. The Self Reliance Group will identify viable funding sources to implement this program & resource.

Veterans' Services & Supports

The Self Reliance Group will be presenting a case for Veterans' Free Fare Program permanence to Burlington's City Council during their upcoming 9/9 work session. That same night, The Group is joining the Marine Corps League Hamilton-Walters Detachment 616 to share details & information on local services & supports developed for area veterans. The Group will also join local veterans & their families for the 15th Annual AMVETS Members Appreciation Picnic. The VS&S Coalition meets again on 9/23 at 9AM. Anyone is invited; call for details.



Inaugural Sponsors

The Self Reliance Group, a 501(c)(3) nonprofit organization, secures funding from a variety of sources. These funds provide the opportunity to reinvest in the Burlington area community through the development of partnerships, programs, and services in alignment with The Self Reliance Group's mission, vision & values.

Want to see your business featured as a local sponsor?

Check out The Group's website for sponsorship package details.

2024 Community Sponsors: *

Northwestern Mutual
(Jeffery Erickson)

Community Health
Centers of SEIA

Self Reliance Inc.
Cray Law PLC

Brueck Construction

In-Kind Donors Not Included

Want to see your name in The Group's October newsletter? Talk to the CEO to learn more about **sponsorship packages available for local businesses**. You can designate your donation to fund specific action areas, specific local programs, or contribute to the operating fund. All donations are tax-deductible.

Thank You!!

Prioritizing
Equity in
Health



THE SELF RELIANCE GROUP

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.

