



Hope. Resilience. Possibilities.

“Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.”—
William James

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Managed Care Organizations (MCO) Announced For Iowa

Four Managed Care Organizations have been selected by the State of Iowa and will start their contracts on January 1, 2016.

This announcement affects all Medicaid services including Habilitation, ID waiver, Pharmacies, Hospitals, etc, any company that currently provides Medicaid services will need to contract with one or more of the new Managed Care Organizations (MCO). The four new Managed Care Organizations are: WellCare, Amerigroup, AmeriHealth Cartis, and United Health.

CSA has and will continue to be meeting with 4 MCO's to learn more about how they are going to operate and what this will mean for all of our members who receive Medicaid services. We have been told mailings will go out to all existing Medicaid members within the next 4 weeks which will include general information on the change, FAQ's, and timeline information. In October you will receive a second mailing which will have your automatic enrollment in one of the MCO providers. There is an enrollment broker through an organization called MAXIMUS who will be available to assist members in processing through conflict free enrollment selection. If you currently receive Medicaid, you will be automatically enrolled in a MCO. The States goal is to auto assign members to each MCO and they have stated they will be trying to keep all family members in a household under the same MCO.

What you need to do now is be checking your mail to look for anything from one of the four MCO's listed above. Keep your team members updated on any material and information you receive. Especially as you are receiving enrollment notice and being contacted by an individual MCO. Please reach out to your team members with questions.

WRAP NEWS

Do you ever feel stressed to the max and fell like you are loosing control? Do you know what your triggers may be and not sure how to handle them? WRAP may be the answer you are looking for to get control over your stresses and triggers. WRAP is a program that CSA offers to members in groups or individual basis to teach you how to prevent or cope with crisis situations. You learn to understand yourself a head of time to be the healthiest you can be by building a foundation of 5 key recovery concepts: hope, personal responsibility, education, self advocacy, and building a support system. The key is to learn what you look like healthy and at your best and to structure life with the supports that keep you that way. When stressors and crisis come along you can recognize the issues before they take control and use the tools you've learned in WRAP to manage and ward off the stressors before they get control over you. Are you interested in finding out more about WRAP? Contact your staff or Caitlin or Connie at the office.

VOLUNTEERING

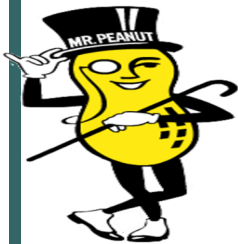
I have been a volunteer at the Connection Café for about 8 years. The Connection Café is a free lunch program downtown for homeless and low-income individuals. Meals are served five days a week. When I first started going, I ate lunch, but then started staying after and helping with clean-up every day. Different groups bring in the meals each day and I have gotten to know a lot of nice people from these groups. I am also friends with the Director and the Security staff at the Connection Café. When I have questions, they have helped me and/or help me call my staff who can help me follow-up with the situation. Being a volunteer has helped me to get to know people and to do something nice for the community.



Iowa State Fair

This was my first trip to the Iowa State Fair in years. It was humongous! I had to walk a lot. I got the best corndog I ever ate in my life. I saw a presidential candidate, Santa Claus, and the Butter Cow and Monopoly Man (also made out of butter). I met two new people who went with me. I had a good time, despite the rain.

~Laura G.



Salted Peanut Chews

Directions:

Preheat oven to 350 degrees and spray pan with cooking spray

Crust: In a large bowl add flour, confectioners' sugar, peanut butter and cut the butter in with 2 forks. Keep working until mixture is pea sized. Turn mixture into pan and press down with hands in a flat layer to form crust. Bake for about 15 minutes or just until set.

Middle: Remove pan from oven and sprinkle with marshmallows. Bake this layer for 3-4 minutes or until marshmallows are puffed-not brown. They will start to puff at about 2 minutes so watch them closely.

Topping: In a large microwave safe pan add peanut butter chips, corn syrup, butter and heat on high power to melt about 2 minutes but stop every 30 seconds to stir. Add in vanilla once mixture is melted.

Add cereal and peanuts to the melted mixture.

Layer melted mixture over the marshmallows.

Cover with foil and put in the fridge for 2 hours or until set

Crust:

- 1 cup all-purpose flour
- ¼ cup confectioners' sugar
- ¼ cup creamy peanut butter
- ½ cup unsalted butter, softened

Middle:

- 2 heaping cups or the whole bag of mini marshmallows

Topping:

- 1 10oz bag of peanut butter chips
- 1/3 cup of light colored corn syrup
- 2 Tablespoons of unsalted butter
- 2 teaspoons vanilla extract
- 1 ½ cup rice krispies cereal
- 1 ½ cup salted or honey roasted peanuts

New Staff Update

Welcome to Evan Schultz and Deb Belcher to the ISA teams! We are excited to have both of them join us.

Ask Rupert

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Question for Rupert

"I am thinking about taking a step forward with my recovery and someone mentioned volunteering to me, but I am not sure what this is all about. Can you help?"

Volunteering – a person that offers their service and time freely.

Why would you volunteer?

It allows you to give back while making you feel good about helping.

It offers a chance to meet new people and have new experiences.

Volunteering has proven to improve your mental and physical health by increasing self confidence and reducing isolation.

It is a next step to prepare you for working and is helpful if you have gaps in your employment.

When you volunteer, you gain experience and skills for future employment possibilities.

You can make a difference in your community.

If you are on SSDI or SSI – you will need to watch the hours and report if it becomes a paid position.


Where can you volunteer?

Food/Clothing pantries, churches, hospitals, libraries, schools and retirement homes.

Red Cross, Soup kitchens, Fire Departments and Animal Shelters.

"The great thing in this world is not so much where you stand, as in what direction you are moving."— **Oliver Wendell Holmes**

"Nurture your mind with great thoughts. To believe in the heroic makes heroes."— **Benjamin Disraeli**



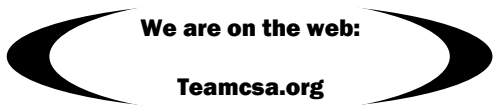
START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.

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Our Mission

Partnering for Growth and Resiliency

UPCOMING EVENTS:

Annual Picnic for members and families

Where: Pete Crivara Park

When: September 17th

Time: 4-6pm



October- Haunted House- Contact
Caitlin 515-210-0113

December- Holiday Part-Date/time/
location TBD

