

Quick Peek

Upcoming Events

- ◇ September 11 from 12:30-3:00p and October 17 from 6:00-8:00p at IVCE—Mandatory Reporter Training
- ◇ September 28 is the United Way Day of Caring. Find out how you can volunteer by contacting our office or the Marshalltown Area United Way
- ◇ October 5 at 5:00 —CAPS Annual Meeting

Support CAPS by shopping on Amazon Smile. Simply select Child Abuse Prevention Services as your charity of choice!

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You shop. Amazon gives.

Keep up to date by liking us on Facebook!

Check out our new website at www.capsonline.us



CAPS News

Issue 15

August, 2017

Refugee Health Connections

Christina, Lydia, and Plu
Community Health Workers

Refugee Health Connections (RHC) serves families that identify as Southeast Asian refugees. Services are available in Burmese, Chin, Karen, and Karenni, and are available to expecting families and families that have a child under the age of five that live in Marshall County. Community Health Workers provide home visiting services, with an emphasis placed on health



education. Along with developmental monitoring, this program's main goal is to help strengthen the relationship between families and their health care providers, this is accomplished by providing transportation and interpretation to medical appointments.



RHC has been serving the Southeast Asian Refugee population since May of 2015 after receiving funding from the Health Resources and Services Administration of the US Department of Health and Human Services Rural Health Care Services Outreach Grant Program. RHC provides one of a kind support to families in Marshall County. Last year, we provided 61 families with 93 children 1,023 home visits and transportation to 300 medical visits. At home visits, families learn about their child's development, receive support in maintaining healthy habits, and gain useful knowledge about community resources. We are also able to help educate medical professionals about traditions and beliefs from other cultures for a smoother care experience for both provider and patient.



Child Abuse Prevention Services

811 E Main Street, Marshalltown, IA
www.capsonline.us 641.752.1730

Tips and Tidbits

Parenting Hacks

- ◇ Make a beaded bracelet with your child's name, your name, and your phone number for your next family outing!
- ◇ Rip a sticker in half and place one half in each shoe to help kids learn how to put shoes on the correct feet
- ◇ Put a pool noodle underneath a fitted sheet to help prevent kids from falling out of bed at night
- ◇ Put dollops of yogurt on a wax paper-lined cookie sheet and freeze them for an easy summer treat

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Meet the Staff—Lydia Lian



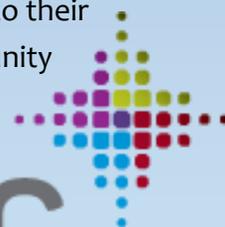
Lydia is a Community Health Worker in the Refugee Health Connections Program. She started working for CAPS in 2015. Lydia is a refugee from Myanmar and settled in Marshalltown in 2011 after coming to the US in 2009. Lydia speaks English, Chin, and Burmese.

Lydia is married and has a young daughter named Grace. “The best part of my job is working with moms that are new to the country and don’t know where to access help with basic needs. I’m proud to be able to help them in this area.” Lydia does an excellent job of partnering with

healthcare professionals and other community agencies to provide families the support they need to succeed. Her infectious laugh brightens our office and brings a smile to her clients!

Community Partner—Primary Health Care

Primary Health Care (PHC) is a nonprofit community health center in Marshalltown that serves those who need health care but aren’t always able to receive it for various reasons. PHC provides quality, affordable care in areas where health care may be scarce or not easily accessible. CAPS and PHC work together to create a better medical experience for our families enrolled in the Refugee Health Connections program by transporting families to their appointments and providing translation services. CAPS Community Health Workers are able to bridge the gap between provider and patient by helping to foster greater understanding at medical appointments. Thank you for working to better the community with us, Primary Health Care!



PHC
primary health care

Our Programs

Building Healthy Families ~ Refugee Health Connections ~ Strong Foundations ~
Crisis Intervention Program ~ Crisis Child Care ~ Sexual Abuse Prevention ~
Adolescent Pregnancy Prevention ~ The Nest