

COVID Recovery IOWA



Issue 1 | Date: July 13, 2020

Follow us on Social Media!



Click any of the logos to visit the websites for more information or call 1-844-775-WARM

STORIES OF RESILIENCE



Ready to graduate as a Physician Assistant (PA), Taylor and her classmates at Des Moines University (DMU), in addition to losing the opportunity to celebrate graduation together, did some of their most crucial end-of-year training remotely.

[Click here for full story](#)

JOIN OUR FACEBOOK GROUPS!



- Missing Church?
- Crafty Kids Club
- Four-Legged Therapy
- Book Club
- Workforce Resources
- Tell Me a Story
- How Does Your Garden Grow?
- Meditation & Yoga
- Inclusion for All
- Show Us Your HE(ART)
- Story Starters

[How to Access the Facebook Groups](#)

UPDATED INFO

CDC Areas of Concern

- Buena Vista County
- Crawford County
- Louisa County

Counties on the Rise

- Cerro Gordo County
- Mitchell County
- Tama County

Cases in Iowa as of 7/12/2020

Tested: 374,817

Positive: 35,002

Recovered: 26,206

Total Deaths: 749

UPCOMING EVENTS

Activities for the Week:



- Stress on the Farm
- Pre-teen Support Group
- Teen Support Group
- Parent Support Group
- Coloring Hour

Coming Soon:

- Resume Workshop!

[Click here for dates, times and additional information](#)

STAYING HEALTHY

Tips for Grocery Shopping



1. Stay home if sick or showing symptoms (fever, cough, shortness of breath)
2. Order online or use curbside pickup
3. Protect yourself while shopping
 - Practice social distancing
 - Wear a mask
 - Use touchless payment
 - Avoid peak hours
4. Use hand sanitizer after leaving
5. Wash hands once home

TIPS FOR COPING

4-7-8 Breathing Technique

Inhale through nose for 4 seconds

Hold breath for 7 seconds

Exhale slowly for 8 seconds

Repeat 4x



This technique aims to reduce anxiety and relax the body.

If you have any comments or want to submit a success story, please email boneill@heartlandfamilyservice.org.

Visit our website at covidrecoveryiowa.org