

DECEMBER 20, 2016

## THE SHOCKING DANGER OF CONSTIPATION IN KIDS

By Everything Kids - Parents.com

Last week brought news that British authorities have been investigating the death of a teenage girl from constipation. That's right: death. The girl's colon became so engorged with stool that it compressed her chest cavity and triggered a heart attack.

This story sounds unbelievable—shocking, at the very least. But you know what? I'm not shocked.

Though I have not, thank goodness, personally seen a case of such tragic proportions, my clinic is booked solid with children whose severe constipation went unrecognized for years.

Many of these children are so stuffed with poop that their bladders are flattened and highly irritated; as a result, they wet their pants daily and the bed nightly. In other children, the rectum has become so stretched that it has lost tone and sensation and poop just falls out—without the child even noticing. I routinely treat 5-year-old girls harboring so much poop that they develop urinary tract infections almost monthly.

The sheer number of these cases is a sign that we in the Western world have a childhood constipation epidemic on our hands. [CONTINUE READING](#)

## DHS Payment Schedule

**REMEMBER DUE TO THE HOLIDAYS YOUR JANUARY CHECK FROM DHS WILL BE SLIGHTLY DELAYED.**

Payments to foster families and adoptive families are available for worker approval on the first business day of each month. The payments are mailed out of Central office two business days after the approval occurs. Payments issued via direct deposit are issued two business days after the approval occurs, and are deposited into the account three banking days after issuance.

Arrangements are made in local offices to ensure staff approves payments timely.

Below is an approximate schedule for payments for the first half of the upcoming fiscal year. Please know these dates can vary. If you do not have your check within five days of the approximate delivery date, please contact your social worker or subsidy worker. If you don't know who your subsidy worker is, you can contact your local DHS office and you will be given contact information.

| Date Payment available for Worker Approval | Date Payment would be mailed if approved on 1st business day | Date Payment would be deposited in Bank account when paid via Electronic Funds Transfer approved on 1st business day |
|--|--|--|
| 01/03/17                                   | 01/05/17   | 01/09/17   |
| 02/01/17                                   | 02/03/17   | 02/07/17   |
| 03/01/17                                   | 03/03/17   | 03/07/17   |
| 04/03/17                                   | 04/05/17   | 04/07/17   |
| 05/01/17                                   | 05/03/17   | 05/05/17   |
| 06/01/17                                   | 06/05/17   | 06/07/17   |
| 07/03/17                                   | 07/06/17   | 07/10/17   |

## A HOME FOR THE HOLIDAYS

The Dave Thomas Foundation for Adoption is once again sponsoring the "A Home for the Holidays" TV special and Miranda Lambert will be headlining! This is a night of inspiring stories of adoption and great music. Tune into CBS on Friday, Dec. 23 at 7pm (CST).

# IFAPA's CPR & First Aid Trainings

| Date & Location  | How to Register   | Late Registrations  |
|--|---|---|
| Sat., Jan. 7, 2017<br>(1:15pm-5:30pm)<br><b>COUNCIL BLUFFS</b> | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 1  | There is a \$10 late fee per person if payment is not received by Jan. 1.<br><a href="#">REGISTER &amp; PAY LATE FEE</a>  |
| Sat., Jan. 14, 2017<br>(1:15pm-5:30pm)<br><b>CEDAR RAPIDS</b>  | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 1  | There is a \$10 late fee per person if payment is not received by Jan. 1.<br><a href="#">REGISTER &amp; PAY LATE FEE</a>  |
| Sat., Jan. 21, 2017<br>(1:15pm-5:30pm)<br><b>CEDAR FALLS</b>   | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 8  | There is a \$10 late fee per person if payment is not received by Jan. 8.<br><a href="#">REGISTER &amp; PAY LATE FEE</a>  |
| Sat., Jan. 28, 2017<br>(1:15pm-5:30pm)<br><b>ANKENY</b>        | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 15 | There is a \$10 late fee per person if payment is not received by Jan. 15.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Feb. 4, 2017<br>(8am-12:15pm)<br><b>DAVENPORT</b>        | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 22 | There is a \$10 late fee per person if payment is not received by Jan. 22.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Feb. 11, 2017<br>(1:15pm-5:30pm)<br><b>AMES</b>          | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Jan. 29 | There is a \$10 late fee per person if payment is not received by Jan. 29.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Feb. 18, 2017<br>(1:15pm-5:30pm)<br><b>INDIANOLA</b>     | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Feb. 5  | There is a \$10 late fee per person if payment is not received by Feb. 5.<br><a href="#">REGISTER &amp; PAY LATE FEE</a>  |
| Sat., Feb. 25, 2017<br>(1:15pm-5:30pm)<br><b>SIoux CITY</b>    | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Feb. 12 | There is a \$10 late fee per person if payment is not received by Feb. 12.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Mar. 4, 2017<br>(1:15pm-5:30pm)<br><b>ANKENY</b>         | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Feb. 19 | There is a \$10 late fee per person if payment is not received by Feb. 19.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Mar. 11, 2017<br>(1:15pm-5:30pm)<br><b>CEDAR RAPIDS</b>  | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Feb. 26 | There is a \$10 late fee per person if payment is not received by Feb. 26.<br><a href="#">REGISTER &amp; PAY LATE FEE</a> |
| Sat., Mar. 18, 2017<br>(1:15pm-5:30pm)<br><b>MASON CITY</b>    | <a href="#">REGISTER ONLINE</a> or<br><a href="#">REGISTER VIA MAIL</a><br>To avoid late fees, pay by Mar. 5  | There is a \$10 late fee per person if payment is not received by Mar. 5.<br><a href="#">REGISTER &amp; PAY LATE FEE</a>  |



THE TOOTHBRUSH

LEFT BEHIND

By Rachel Hillestad

It took his left-behind toothbrush to undo me. I'm sitting here in a parking lot sobbing my guts out. He was mine for two and a half weeks, but those days and nights saw him smile, sleep through the night instead of freezing awake in terror, swing for hours on the swings my kids take for granted. He called me Mama and I told him every time I left that if I said I would come back, I would. I prepared him for his new home as well as I could, but now it's nap time and his new mom says he misses me. I texted her a picture to show him.

The number one thing people say to me is, "I could never do foster care. I would get too attached." Guess what: I'm just like you. I "got attached".

[CONTINUE READING](#)

# IFAPA's Mandatory Reporter Trainings

| Date                | Time          | Location              | How to Register               |
|---------------------|---------------|-----------------------|-------------------------------|
| Sat., Jan. 7, 2017  | 9am-12:15pm   | <b>COUNCIL BLUFFS</b> | <a href="#">REGISTER HERE</a> |
| Sat., Jan. 14, 2017 | 9am-12:15pm   | <b>CEDAR RAPIDS</b>   | <a href="#">REGISTER HERE</a> |
| Sat., Jan. 21, 2017 | 9am-12:15pm   | <b>CEDAR FALLS</b>    | <a href="#">REGISTER HERE</a> |
| Sat., Jan. 28, 2017 | 9am-12:15pm   | <b>ANKENY</b>         | <a href="#">REGISTER HERE</a> |
| Sat., Feb. 4, 2017  | 1:15pm-4:30pm | <b>DAVENPORT</b>      | <a href="#">REGISTER HERE</a> |
| Sat., Feb. 11, 2017 | 9am-12:15pm   | <b>AMES</b>           | <a href="#">REGISTER HERE</a> |
| Sat., Feb. 25, 2017 | 9am-12:15pm   | <b>SIoux CITY</b>     | <a href="#">REGISTER HERE</a> |
| Sat., Mar. 4, 2017  | 9am-12:15pm   | <b>ANKENY</b>         | <a href="#">REGISTER HERE</a> |
| Sat., Mar. 11, 2017 | 9am-12:15pm   | <b>CEDAR RAPIDS</b>   | <a href="#">REGISTER HERE</a> |
| Sat., Mar. 18, 2017 | 9am-12:15pm   | <b>MASON CITY</b>     | <a href="#">REGISTER HERE</a> |

[VIEW OUR FULL TRAINING SCHEDULE](#)

SEE YOU IN TWO WEEKS

THE WEEKLY  
WORD WILL  
RETURN ON  
TUESDAY, JAN.  
3RD. HAPPY  
HOLIDAYS  
FROM IFAPA!

