

THE ICAP UPDATE

2018 | First Quarter



2018 | First Quarter

WHAT'S INSIDE



Want a more sustainable community?
We offer a few simple tips to help your
entity get started on page 19.

ANNOUNCEMENT

ICAP's 2018 Educational Summit will be held **Thursday, June 14**, at the **Johnston Hilton Garden Inn**. The event will focus on municipal communication, and will feature two separate tracks for the benefit of member representatives. Track 1 will be oriented towards management and supervisors, and will address common issues such as communicating with the media and gender in the workplace. Track 2 will offer presentations for other municipal team members, with highlighted content including workplace conflict (know your rights!) and communicating with the public. Visit www.icapiowa.com/

- 1** **News, Events and Announcements**
- 2** **Flu Prevention: What You Should Know**
- 6** **The ICAP Grant: Nearly \$1M to Members in Two Years**
- 8** **American Red Cross AES: It's Eligible for the Grant!**
- 10** **Agent Education: Past, Present and Future**
- 13** **Member Education: The Resources They're Using**
- 14** **ICAP Members Recognized By 1000 Friends of Iowa**
- 20** **Monthly Calendars (Cut Them Out and Go!)**

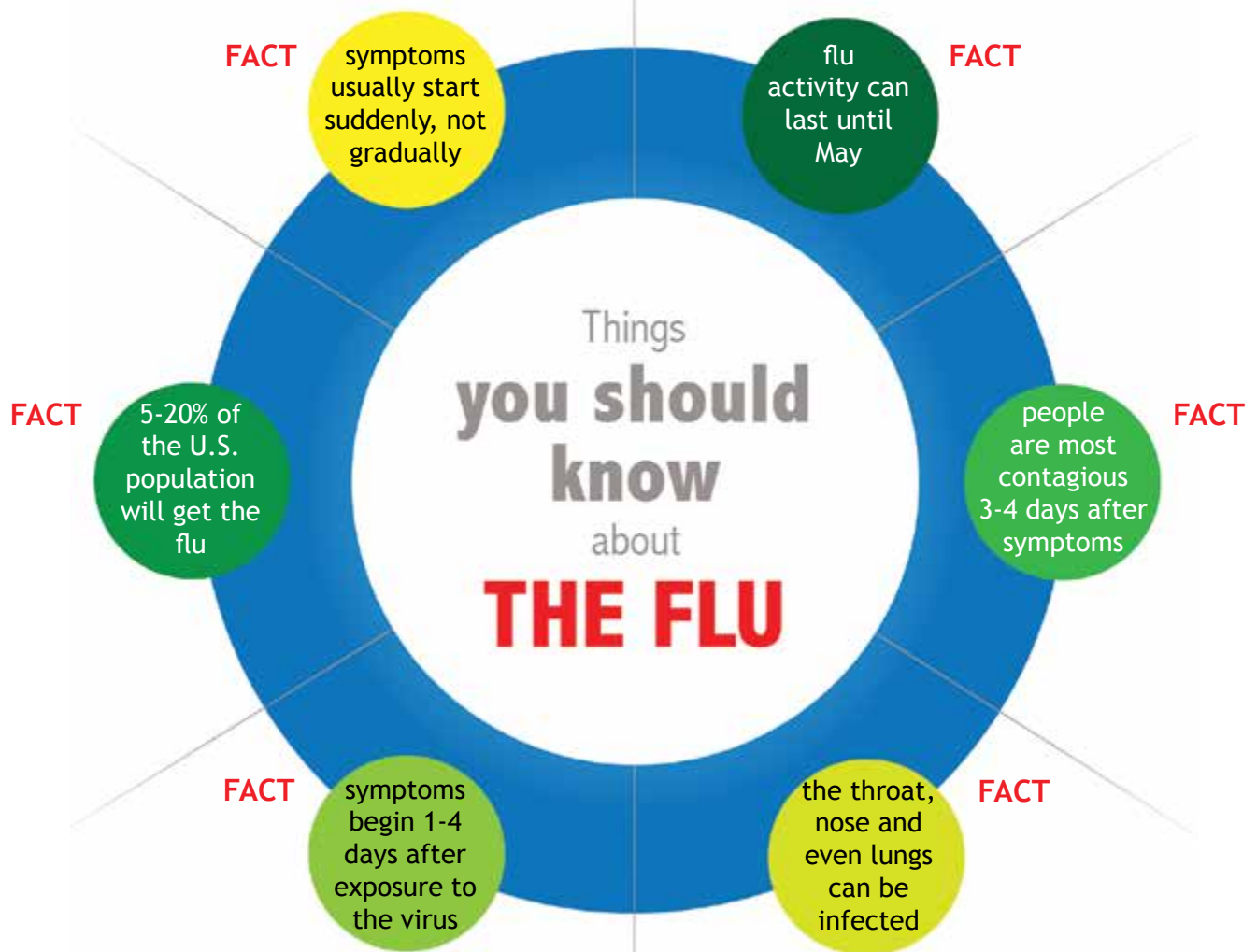
NEWS & EVENTS

what's happening. and when.

- 1]** **Presidents' Day** (ICAP offices closed)
February 19, 2018
- 2]** **County Day at the Capitol**
March 14, 2018
- 3]** **ISAC Spring Conference** (find us at Booth #1)
March 14-16, 2018
- 4]** **ICAP Board Meeting**
April 12, 2018
- 5]** **IMFOA Spring Conference** (find us at Booth #16)
April 18-20, 2018
- 6]** **ICAP Agent Academy: Part I**
May 10, 2018

**VALENTINE'S DAY IS THIS MONTH. TELL
US WHAT YOU LOVE!**

Want more? Want less? Want something? Let us know! Email
article requests and ideas to kasi@icapiowa.com.



The CDC confirms this is the worst flu season since 2009, and indicates the season still has not peaked. What does that mean for Iowans?
Here are a few things you need to know.

INFLUENZA 101

Dr. Nicole Stoecken, D.O.

Those of us with access to the news, internet, or social media, are being inundated with information related to the current influenza epidemic. (yes-an epidemic is a BIG deal!)

For the first time in the Center for Disease Control and Prevention's 13 years of influenza monitoring, every state in the continental U.S. is seeing "widespread" virus activity.

The flu is so widespread, in fact, the CDC has officially declared it an epidemic, and there are some important things we should all know.

To start, what, exactly, is the "flu?"

In actuality, it is influenza, which is often synonymously referred to as the "flu."

Influenza is a viral infection of the upper respiratory tract. Its primary symptoms include fever, chills, headache, sore throat, body aches, cough, runny nose and congestion, and fatigue.

Viral gastroenteritis has symptoms of vomiting and diarrhea, and is also often termed the "flu", but don't be confused - this is an illness entirely separate from influenza.

True influenza related illness can cause symptoms that last 5-7 days.

Perhaps of greater concern than the symptoms themselves are the complications that can arise following an influenza infection.

Complications can be mild, such as an ear or sinus infection; however, they can also be more severe, and may lead to dehydration, pneumonia, myocarditis (inflammation of the heart muscle which can then lead to irregular heart rhythms), encephalitis (inflammation of the brain leading to seizures and altered mental status), rhabdomyolysis (breakdown of muscles which can lead to kidney failure), and multi organ failure leading to death.

The most vulnerable populations - those at the highest risk of more severe complications - include the very young (less than 5 years of age, especially less than 2 years of age), the elderly (individuals over the age of 65 years), pregnant women, and individuals with chronic disease (diabetes or asthma, for example).

Don't take that to mean you are off the hook if you don't fit into one of those categories, though, because we are all at risk. Especially as influenza activity is currently widespread right here in Iowa.

As of January 20, there have been more than 747 influenza associated hospitalizations throughout the state, and more

INFLUENZA 101

continued

than 43 influenza related deaths in Iowa alone (October 2017-present).

Over 40 schools have reported >10% of their student population absent due to illness.

These numbers will continue to increase, as peak influenza activity has not yet been reached.

If you or your loved ones begin to show signs of illness as detailed above, you should stay home from school or work and be evaluated by a healthcare professional as soon as possible.

So what can you do to protect yourself and prevent influenza illness? It's so simple: VACCINATE.

Everyone age 6 months and older is recommended to get a seasonal influenza vaccine - also known as a "flu shot" - in the fall, ideally before the end of October. If you haven't had your yearly vaccine yet, it's not too late.

I recommend calling your primary care provider to schedule a vaccine appointment as soon as possible.

Influenza vaccination efficacy can vary, with average rates between 40-60%. This efficacy is variable depending on the circulating influenza strains.

The current influenza vaccine is estimated to be about 30% effective (note this is not definitive, as we have not yet completed the influenza season). Wondering why anyone should get a vaccine that is only 30% or maybe less effective?

Because additional benefits of the vaccine have been

shown to include:

- a milder form of illness if you do contract influenza;
- a reduced risk of influenza associated hospitalization; and
- reduced risk of influenza associated death.

Unfortunately, even knowing the above information, the national rate of influenza vaccination across all ages was

**HOW CAN YOU HELP
PROTECT YOURSELF?
VACCINATE.**

only 38.6% at the end of November 2017.

In Iowa, the statistic is historically much higher, with around 50% of Iowans receiving their yearly influenza vaccine.

As a pediatrician and primary care provider with the passion for preventative health, I have a dream to see this number continue to grow each year, and I encourage you to stay up to date on the influenza vaccine.

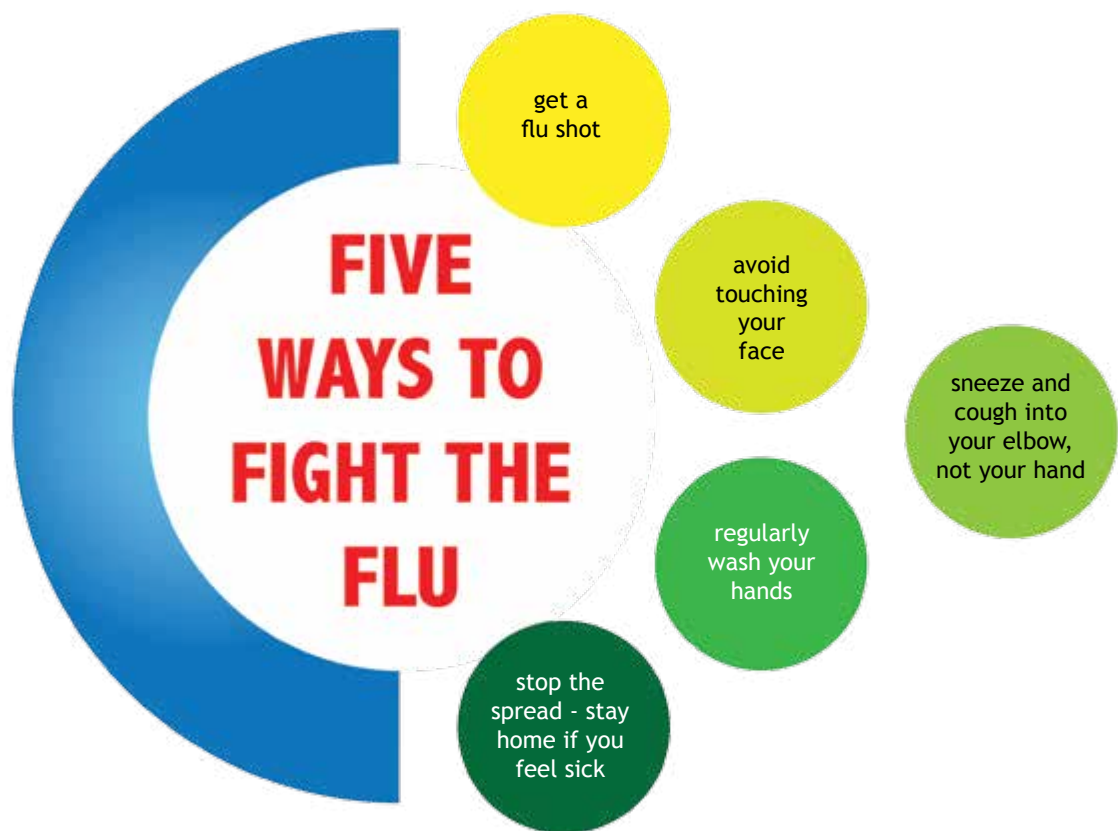
Should you have any questions or concerns regarding influenza or the influenza vaccination, I encourage you to contact your primary care provider immediately.

Reliable and up to date information on the current influenza epidemic for 2017-2018 can also be found at www.cdc.org and idph.iowa.gov.

Dr. Nicole Stoecken, D.O. is a pediatrician practicing at Mercy Grimes Pediatric Clinic 250 SW Brookside Drive Grimes, IA 50111 515-300-3900. She has a strong passion for children's health and disease prevention.



WE CAN ALL DO MORE!



KNOW YOUR SYMPTOMS

Not all symptoms are created equal, and not all symptoms show up with each case of influenza. That said, it is important to recognize the most commonly reported symptoms. Refresh your knowledge by reviewing the list below!

- 1) Fever or feeling feverish/chills
- 2) Cough
- 3) Sore throat
- 4) Runny or stuffy nose
- 5) Muscle or body aches
- 6) Headaches
- 7) Fatigue (very tired)
- 8) Vomiting and diarrhea (more common in young children than in adults)



**It is important to note not everyone will demonstrate each symptom.*

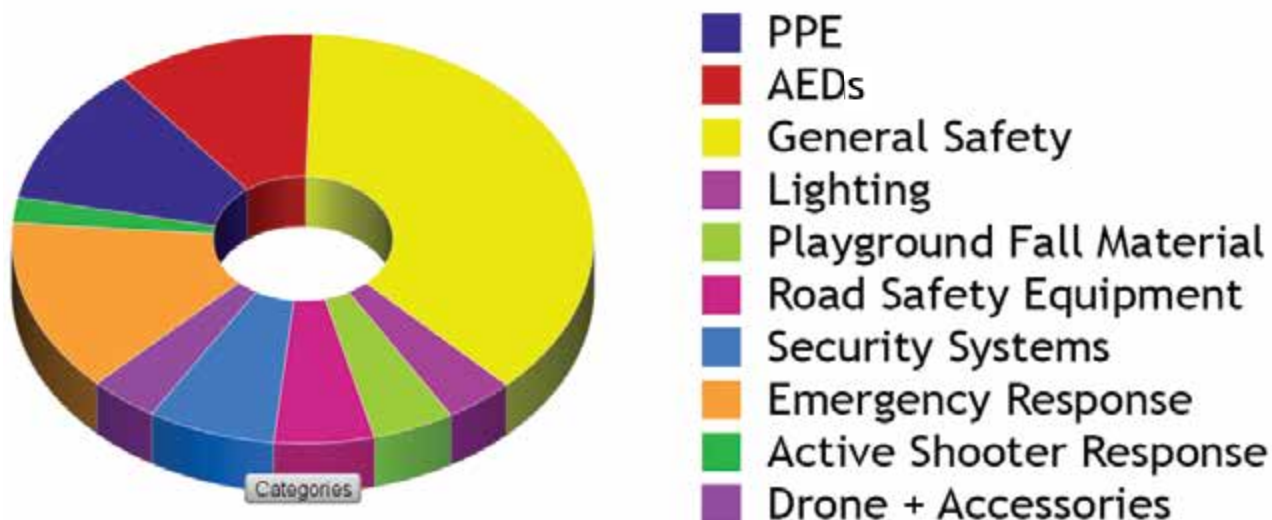
YOU SHOULD KNOW: Flu activity usually peaks between January and March and can last until May. + Antiviral drugs may help treat the flu if you get sick.



The ICAP Grant **NEARLY \$1,000,000** **AWARDED TO ICAP MEMBERS** **IN JUST 24 MONTHS**

And we're giving more in 2018! Every member is eligible to receive \$1,000. It's easy. It's simple. And it's for a good cause. Find out what \$1,000 can do for your entity.

In 2017, ICAP members purchased safety, loss control and risk management items in the following categories:



In 2016, the ICAP Board of Directors launched The ICAP Grant, a program through which every ICAP member is eligible to receive \$1,000 per year for the purchase of approved safety, loss control and risk management items.

Since then, ICAP has given nearly \$1,000,000 in grant funds to Iowa public entities, including nearly \$600,000 in 2017 alone. In 2018, we intend to take those totals even higher.

In fact, ICAP's ultimate goal is to ensure every ICAP member utilizes the maximum \$1,000 in grant funds per entity this year. That's \$773,000 to Iowa public entities in 2018.

That's a lot of money to give away, and it begs the question: "Why?" The answer is easy - you are the reason the Pool gives back.

The ICAP Board of Directors decided to continue the grant

solely because it benefits you, both as Iowans and as ICAP members.

It helps to know ICAP members are putting the funds to great use. Many members have written in to the local ICAP office to let us know how they used their funds and, in certain instances, what tremendous benefit their purchase brought about.

Through The ICAP Grant, member communities have purchased drones used in life-saving rescue missions; they've replaced stairs and handrails that could have caused injuries; and they've purchased safety and protective equipment to help protect the public, including search and rescue equipment, security camera systems, personal protective equipment (PPE) and more, as shown in the chart above.

[continued on following page](#)

The ICAP Grant

WHAT OPTIONS DOES YOUR ENTITY HAVE FOR 2018?

In addition to the categories shown on the previous page, ICAP members can also purchase other loss control items and services that are intended to help mitigate risk for their entity.

One such service is the **Aquatic Examiner Service (AES) by the American Red Cross**. This service is designed to:

- Develop goals to improve operations, training and performance
- Increase lifeguard accountability, attention to safety, professionalism, and pride
- Reinforce and strengthen the lifeguard's emergency response skills
- Maintain high lifeguarding operational standards



What is the Aquatic Examiner Service (AES)?

AES and other similar programs are designed to educate aquatic safety team members and promote confidence with facility specific training.

They provide a comprehensive third-party objective evaluation, analysis and report of your facilities' safety and lifeguarding operations.

Facilities have found that utilizing these programs cannot only improve your facility and staff operations, they can also serve as a proactive stance taken by management towards facility safety.

During the Red Cross AES program, specifically, an examiner conducts an in-depth facility tour and unannounced site visits to understand your safety and lifeguarding operations.

The examiner will evaluate on-the-job lifeguard performance, including surveillance and rescue skills.

Participating members will then receive a comprehensive evaluation, including recommendations and resources to help the member achieve and maintain facility improvements.

The core Red Cross AES package includes a facility walk through, unannounced surveillance visits, and optional add-ons such as aquatic EAP drills and in-service training.

The unannounced visits include:

- Review of policies and procedures, paperwork, and safety equipment;
- Covert video recordings of lifeguards performing surveillance; and
- Lifeguard skills evaluation.

This and other similar programs are customizable to meet your facility's needs, and can be of immeasurable benefit to ICAP members.

And now, with The ICAP Grant, participating in these programs is easier than ever.

All ICAP members are eligible to request up to \$1,000 in funding from The ICAP Grant, and those with aquatic facilities are automatically eligible to use the funding for participation in an AES or similar program.

There are multiple aquatics program packages available from a number of providers, including the American Red Cross, Jeff Ells and the Starfish Aquatics Institute.

If you partner with another service provider or wish to inquire about a program's eligibility for the grant, please contact your ICAP representative for assistance. Members may also email the grant committee directly via grant@icapiowa.com.

Members wishing to proceed with a request for grant funding for a specific program, please complete the form at www.icapiowa.com/grant.



January 2018

County Risk Management Services (CRMS), which represents ICAP and IMWCA exclusively to Iowa counties, hosted two one-day seminars for the exclusive benefit of county agents earlier this year.

266 continuing education (CE) credits were provided to 67 participating agents, who benefitted from comprehensive presentations on the Pool's history, evolution and financial health. *See more information on the following page!*

June 2018

ICAP's 2018 Educational Summit will be held Thursday, June 14, in Johnston, Iowa. The theme of the 2018 event will be all things communication!

As usual, this one-day event will be open to members and agents alike, and advance registration to the event will be required.

We'll be talking about how to communicate with the media, coworkers, management and more.

Those interested in attending can learn more about the Educational Summit at www.icapiowa.com/education.

November 2018

The ICAP Agent Seminar will be held Thursday, November 8, in Johnston, Iowa.

Given the popularity of the event, seating is limited and advance registration is required. Agents will receive email notification when registration opens in August, encouraging them to sign up immediately.

ICAP agents are encouraged to mark their calendars now, as the event is an ICAP agent exclusive and tends to sell out, due to the fact it consistently proves itself a seminar agents don't want to miss.

Anyone with questions, comments or suggestions before then may contact Kasi Koehler via kasi@icapiowa.com.

DID YOU KNOW?

ICAP has created a new web-based informational video, which is available on our homepage (www.icapiowa.com). The video provides a great opportunity for members, agents and CSRs to learn about the Pool and get to know the ICAP team.

Anytime

All ICAP agents are invited to complete an ICAP 101 session, which is the prerequisite to the ICAP Agent Academy.

An ICAP 101 session will provide participating agents with a wealth of information, including a history of the Pool, as well

as an overview of how ICAP works, the programs we offer and the coverages the Pool affords.

Agents interested in signing up for a 101 session may do so by emailing Kasi Koehler via kasi@icapiowa.com.

All Year

We are pleased to announce the 2018 Agent Academy class is full, with participants of the class noted in the map below.

Each of the class participants has agreed to a one-year commitment, during which time they will complete two Academy sessions and participate in the Pool's Annual Agent Seminar.

In addition, each agent has committed to completing a 101 session prior to the first meeting of the ICAP Agent Academy,

which will be held in Johnston on Thursday, May 10.

The waitlist for the 2018 Agent Academy class is full; however, we are now accepting participants for the 2019 Agent Academy.

Interested agents are encouraged to put their name(s) on the waitlist now, and to complete a 101 session at their earliest convenience. Those with questions or wishing to participate may email kasi@icapiowa.com.



CONTINUING EDUCATION

66 ICAP AGENTS ATTENDED CRMS EDUCATIONAL EVENTS

County Risk Management Services, Inc. (CRMS) hosted its first-ever agent education events just a few weeks ago, on January 16 and 17.

Like the ICAP educational events (see previous page!), these seminars featured a wealth of Pool-specific information that is both relevant and timely for participating agents, who left the seminars better equipped to respond to members' needs.

The CRMS seminars were open exclusively to local insurance agents who represent ICAP and/or IMWCA member counties, and were held at two separate locations for the convenience of participants.

The first event was held Tuesday, January 16, at Buena Vista University in Storm Lake, while the second seminar was held just one day later, January 17, at the Hilton Garden Inn in Johnston.

In total, more than 90 individuals attended the seminars, with 66 ICAP agents among them. These agents benefitted not only from their interactions with other local agents and the four continuing education (CE) credits that were provided, but also left with valuable information specific to the Pool. Highlighted presentation topics included:

- Municipal pooling, with examples of why it is a successful alternative to traditional insurance
- The history, evolution and financial standing of both ICAP and IMWCA
- Tips and tricks for helping members handle the anniversary process with ease

CRMS received valuable feedback on the event, with comments such as "outstanding," "great presentations," "I learned a lot about the Pool," and "will be back for more."

Of the survey responses received, 100% of participants indicated the presentations were invaluable in content, and they would attend a CRMS educational event again.



County Risk Management Services, Inc., represents ICAP and the Iowa Municipalities Workers' Compensation Association (IMWCA) exclusively to Iowa counties. CRMS works with county officials and their local insurance agents to help ensure Iowa counties have access to the coverages and resources they need to prevent and respond to loss.

We've created a comprehensive directory of the materials available through ICAP's Resource eLibrary. Click the announcement bar on the homepage of the ICAP website (www.icapiowa.com) to view!

ICAP AGENTS AREN'T ALONE - OUR MEMBERS ARE LEARNING, TOO!

ICAP has long provided its membership access to online resources and web-based training materials. In recent months, we have started seeing our members use these resources more and more. In fact, in 2017, the Pool saw a 33.21% increase in overall usage of online training materials from the 12 months prior. This is incredible!

We are, of course, thrilled with these results. We are even more thrilled with the fact ICAP members are using the resources and finding benefit in them. Curious to see the resources other members are using? Take a peek at the breakdown of resources in the body below!

And remember, every ICAP member representative is eligible to access the Resource eLibrary, which provides access to tens of thousands of online training materials. Registered users can log in to the site (www.aepepelibrary.org) 24 hours a day, seven days a week. Non-registered individuals may request login credentials to the Resource eLibrary by completing the [New User Registration](#) on the eLibrary website.

The ICAP membership saw a **USAGE INCREASE** of available DVDs by **16%** last year!



USAGE of video streaming resources **INCREASED BY 157%** from 2016 to 2017!

Direct streaming resource **USAGE** saw a **58% INCREASE** last year.



Affiliate webinar viewership **INCREASED 357%** over the last twelve months.

Public Entity University saw a **39.47% JUMP IN USERSHIP** last year.



Are you among the ICAP users who've been using these resources? If not, you should be! Visit www.aepepelibrary.org to learn more or login.

MEMBER NEWS BULLETIN

1000 Friends of Iowa Recognizes Four Members

CONGRATULATIONS ARE IN ORDER FOR FOUR ICAP MEMBERS, each of which recently received recognition as 2017 Best Development Award Winners by 1000 Friends of Iowa. Take a look at the members that have been recognized, and acknowledge their efforts towards a more sustainable future and a better state for us all.

information and acknowledgment by 1000friendsofiowa.org

The City of Clive, ICAP Member Since 1987

Award:

Project:

What:

Innovative Leadership

Walnut Creek and Clive Greenbelt Initiatives

The City of Clive invested substantial resources in the Walnut Creek and Clive Greenbelt Initiatives, and completed a comprehensive plan update grounded in the 10 Iowa Smart Planning Principles. The plan laid the groundwork for a sustainable, fully-developed community through long-range planning of the City's infrastructure, existing neighborhood assets and quality of life amenities.

Through a two-year public process, Clive completed a comprehensive Greenbelt Master Plan and increased flood storage capacity. In addition, the City provided leadership within the Walnut Creek WMA and its efforts toward the creation of a comprehensive Watershed Master Plan.

Why it's important:

"The Greenbelt is a key asset for the City, and it was becoming an urbanized flood concern for the community," Doug Ollendike, Community Development Director, commented. "We came to the realization that, in order to continue to enjoy this asset, we needed to nurture it a bit more, so we did."

"We have a lot of community interest in the greenbelt, and we've received a ton of input into what the appropriate method of handling could be. We've taken that community input and used it to create a practical solution that is not only beautiful and enjoyable for the community, but also does its job."



The City's comprehensive plan and project initiatives have addressed and increased flood storage capacity, which has a direct benefit to approximately 10% of the taxable properties nearby.



The City has used goats and sheep as a means to clean up and control the invasive brush within its parks. Not only is this environmentally friendly, trail users have also loved seeing the animals as they go by.

MORE KUDOS FOR CLIVE!

The City of Clive has also been recognized for its work on water resources from several other organizations. Recent recognitions include:

- 2017 Iowa River Town of the Year
- 2017 Iowa Stormwater and Urban Watershed of the Year
- 2017 Iowa Floodplain and Stormwater Association Floodplain Manager of the Year

continued on following page

The City of Muscatine, ICAP Member Since 2014

Award: Transportation/Complete Streets
Project: Kent Stein Park to Deep Lakes Park Trail
What:

Muscatine's trail project received recognition for its new 4.55-mile segment of a 10-foot wide handicap accessible trail, which connects recreational amenities within the community and leads to pedestrian-friendly connectivity.

The new trail not only creates a safer bike route, reduces motor vehicle traffic and promotes healthy living, but also connects Deep Lakes Park to the community. In addition, it increases community shared space and promotes sustainable practices around natural resources without negatively impacting any historical assets or cultural resources.

Why it's important:

"To extend our trail infrastructure is an ongoing project for the city, and the big driving force behind it is the quality of life for our residents. We want them to use and enjoy our venues and amenities," Richard Klimes, Parks and Recreation Director, stated. "We are always trying to make our venues a little better than they were yesterday, and that includes not only lessening our environmental impact, but also increasing community usage of such facilities.

The really great thing about this project was it brought so many departments and organizations together. The trail just connects so many facilities, and we've received so many positive comments from the community already. We are really looking forward to seeing what feedback we get when the weather lightens up for us this spring."



The trail's width not only makes it handicap accessible, but also increases usership by making it more user-friendly to bicyclists and pedestrians alike. The City will do a comprehensive user evaluation/count for the trail later this year.



The trail connects many facilities, structures and businesses throughout the community, even stretching into the county. There are hopes to further extend the trail in the years to come.



The City of Dubuque, ICAP Member Since 1986

Award:

Jurors' Choice

Project:

Upper Bee Branch Restoration Project

What:

Through its Upper Bee Branch Restoration Project, the City of Dubuque replaced nearly an entire mile of storm sewer with a creek and floodplain to resemble one that traversed the area roughly 100 years ago. The restoration was split into two separate sections, each with its own set of characteristics.

As a result of the updates, through which the previously buried Bee Branch Creek was allowed to resurface, stormwater from flash floods is now able to move safely through the area without flooding adjacent properties. The process, known as "daylighting," is the natural and preferred method to handle stormwater flooding.

Why it's important:

"Besides addressing a long-standing flooding issue, the day-lighted creek and associated floodplain resulted in a unique public greenspace," Deron Muehring, Dubuque Civil Engineer, commented. "Day-lighting a creek enhances the environment around it and creates natural habitat, which improves the quality of the water that discharges from the City into the Mississippi.

"The day-lighted Bee Branch Creek is now drawing citizens from throughout the community to a common, peaceful place to enjoy the outdoors, nature, and each other...it reminds you that creeks, or streams, or rivers are worthy of our care and should be cherished."

continued on following page



The City of Glidden, ICAP Member Since 1986

Award: Best Development, Placemaking/Greenspace Category

Project: Albert Kruger, Sr. Shelter House

What: The City of Glidden was recognized for its replacement of a smaller, outdated shelter with the Albert Kruger, Sr. Shelter House, a new energy-efficient shelter that is able to accommodate large community and private events. The shelter is conveniently located and easily accessible via all modes of transportation.

The City redeveloped the land where the smaller shelter sat and repurposed the old shelter as a garage, which now sits in Lidderdale. Reusing the parkland allowed other city land to be utilized for different development or to be left undeveloped to preserve its integrity.

Why it's important:

"The City didn't own a facility that was all-season, so we knew we needed something energy-efficient that could be used year-round," Suzy Danner, Glidden City Clerk, commented. "It was important to us the building be energy-efficient in order to save our residents money long-term. It may have cost a bit more upfront, but we were really looking at this as a long-term, sustainable project that will benefit the entire city for many years, and now we know it will.

"Already, we're seeing tremendous results. The shelter house doesn't just benefit our residents, it's also being utilized by the surrounding communities, which is really amazing to see."



1000 Friends of Iowa is a statewide nonprofit organization that promotes responsible land use and sustainability in community, state and federal development decisions.

WANT TO GO GREEN? START HERE!

Looking to be known as a more green community? Hoping to receive recognition for sustainability, be it for overall community lifestyle or a single municipal building? You aren't alone!

Towns, cities and counties around the world seek acknowledgment as green communities, because the benefits are many-fold.

To start, a more sustainable community is better for the planet. The benefits of renewable energy, recycling, urban

forests and more do wonders for helping keep global climate change at bay.

In addition, there are other benefits to being known as a green community, including benefits to residents, sentiments from community members, lower municipal costs, and more.

There are things you can do, now and every day, to lead your community towards a more sustainable, greener future. For a start, take a peek at the ideas below!



PLANT TREES

Trees combat climate change, clean the air, cool the streets, prevent water pollution, and more! Did we mention they look good?

ENFORCE A "NO IDLING" POLICY FOR MUNICIPAL VEHICLES

Set a five-minute limit on idling for all entity-owned vehicles. You'll not only save on fuel costs, but will also reduce the entity's environmental impact. It's win-win!



NO IDLING



ADD PATHS

Adding safe, off-street bicycle and walking paths can help lessen vehicle traffic and improve healthy living scores for any community. Think beyond local parks - what other amenities or locations do residents enjoy? Think big, and plan a path to get there!



sunday

monday

tuesday

wednesday

thursday

friday

saturday

				1 ISAC STATEWIDE SUPERVISORS MEETING	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17 ICAP BOARD MEETING
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28			

february



sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
4	5	6	7	8	9	10
11 Daylight Savings Time	12	13	14 Iowa Municipal Management Institute (IMMI) ----- ISAC Legislative ----- ISAC County Day at the Capitol	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31

march

