

# MCHCS expands specialty care: mental health counseling available

Madison County Health Care System is expanding its specialty care services. Erin Knauer, MSW, LISW of Silver Lining Counseling will be providing mental health counseling services at Madison County Memorial Hospital every Wednesday.

Knauer is a highly experienced, compassionate mental health professional offering evidence-based counseling for adolescents, adults, and seniors. With over 10 years of experience, Knauer has helped clients navigate complex emotions and life challenges. She can help with anxiety, depression, and mood disorders; chronic pain and chronic illness; grief, loss, and bereavement; trauma and PTSD; life transitions (such as divorce, pregnancy, postpartum, and end-of-life concerns); relationship and family conflicts; women's issues, body positivity, and self-esteem; behavioral issues and ADHD; dual diagnosis and substance use counseling; coping with stress, sleep, and insomnia; and recovery from domestic violence and abuse.

Patients will benefit from a variety of advanced therapeutic techniques, such as accelerated resolution therapy (ART), cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), trauma-focused counseling, coping skills development and life coaching.

"We know that having expert mental health services close to home is essential for building the resilience, well-being, and strength of our entire community," said Marcia Hendricks, CEO of Madison County Health Care System.

"This new counseling service demonstrates our ongoing commitment to expanding comprehensive specialty care for Madison County and neighboring communities. We're working to make it easier for residents to get the support they need, when and where they need it most."

Appointments for mental health counseling are now being accepted. Schedule by calling or texting 641-932-6567.

For more information about this new service, or to learn more about the range of specialty services at MCHCS, visit [www.madisonhealth.com](http://www.madisonhealth.com).



**Photo special to the Madisonian**  
Erin Knauer, MSW, LISW of Silver Lining Counseling will provide mental health counseling services at MCHCS.

## SHERIFF'S REPORT

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Warren Ave: assault report only	blk Carver Rd: 911 abandoned	wires/etc
•11:53 a.m.-2000 blk 210th St: 911 wrong number	•4:37 p.m.-2700 blk US Hwy 169: traffic stop	•8:15 p.m.-1100 blk Quail Ridge Ave: noise complaint
•11:57 a.m.-200 blk W River Rd: family problems/custody/etc	•5:08 p.m.-Deer Run Ave/ Hwy 92: traffic stop	•9:33 p.m.-2500 blk Hwy 92: traffic stop
•3:40 p.m.-1600 blk North River Trl: animal complaint	•5:44 p.m.-1300 blk US Hwy 169: traffic stop	•10:07 p.m.-1100 blk W Summit St: welfare check
•4:16 p.m.-2300	•6:07 p.m.-3300 blk Hwy 92: public intoxication	•10:11 p.m.-1000 blk N Chestnut Ave: traffic stop
	•8:03 p.m.-1500 blk US Hwy 169: traffic stop	•10:51 p.m.-N 8th St/ Hwy 92: traffic stop
	•8:13 p.m.-1400 blk US Hwy 169: sign/tree/	•11:45 p.m.-1000 blk N John Wayne Dr:

intelligence info/data	info/data	complaint
<b>July 27</b>	•1:53 p.m.-1700 blk 330th St: intelligence info/data	•6:27 p.m.-3000 blk 220th St: civil paper service
•12:10 a.m.-305th Ln/ Truro Rd: assistance	•2:33 p.m.-3000 blk St Charles Rd: sign/tree/ wires, etc	•8:04 p.m.-1500 blk US Hwy 169: traffic stop
•12:44 a.m.-2900 blk Hwy 92: accident property dmg only	•4:57 p.m.-2900 blk 133rd Ct: civil paper service	•9:04 p.m.-W Main St/ S Walnut St: traffic stop
•8:20 a.m.-3100 blk Millstream Ave: talk to officer	•5:04 p.m.-2600 blk Cumming Rd: traffic stop	•9:27 p.m.-1100 blk Heritage Ave: motorist assist
•11:45 a.m.-3100 blk Cumming Rd: traffic complaint	•5:25 p.m.-1400 blk McBride Rd: animal	•10:32 p.m.-120th St/ Quail Ridge Ave: motorist assist
•12:45 p.m.-3000 blk 310th St: intelligence		

[www.wintersetmadisonian.com](http://www.wintersetmadisonian.com)

### Currents of Change

On July 22 Dr. Allen Shriver, Director of Wellness and Nutrition Policy at the Harkin Institute, hosted a webinar titled "Toxic Ties: What's in our Water?" As part of the 2025 Watershed Talks, the focus of his presentation was the status of Iowa's water quality. He highlighted the upcoming public release of a water quality report from a study commissioned by Polk County Board of Supervisors: "one of the most comprehensive water quality studies ever conducted of the Des Moines and Raccoon Rivers, titled Currents of Change."

On Monday, August 4, 6:00 – 7:30 pm, the public is invited to the first official presentation of findings from the study ([harkininstitute.drake.edu/events-calendar](http://harkininstitute.drake.edu/events-calendar)). During the webinar Dr. Shriver also shared the genesis of the Harkin Institute's increasing focus on industrial agriculture's impact upon public health and the environment.

As background he noted that after some early nonstarters and negotiations, the newly established Institute chose to seek a home with Drake University rather than continue the initial effort to be housed by Iowa State. By choosing a private university rather than a regents institution, the Harkin Institute would have more freedom from political pressure exerted by powerful special interest groups' constraints, all seeking to gloss over or omit uncomfortable results from going public. Such constraint would compromise a core value: "The Harkin Institute was founded on the premise that good public policy is best achieved when policymakers have access to high quality information, political processes are open and well-understood and citizens are informed and active participants."

Aware and alarmed by Iowa's number two position with the highest cancer rate in the nation, the Harkin Institute, in collaboration with a number of agencies and entities, is conducting a scientific review about any correlations between cancer incidences and three ag practices: pesticide use, water-borne nitrate levels, and PFAS contamination. Complementing the scientific review is the public outreach currently underway. The Institute is doing listening sessions in 15 different sites across the state to collect stories of lived cancer experience. An early outcome is that the public hungers for a venue where their stories can be heard.

After the recent release of Currents of Change to the Polk County Board of Supervisors, an unsurprising result was pushback by entities who wanted the results to be muted or just not publicly presented. Noting pressure to water down the information, the Harkin Institute volunteered to host an official public release at Drake University next week. Dr. Shriver noted that current registrations for the free event indicate the same hunger as the listening sessions mentioned above. He also indicated that a large turnout on the 4th would send a strong message to decision makers about how interested and concerned the public is about our water quality.

To find more information and to register for the event, go to [harkininstitute.drake.edu/events-calendar](http://harkininstitute.drake.edu/events-calendar).

"Our Water Our Future: A Look at the Central Iowa Water Quality" report is available at [www.polkcountyiowa.gov/public-works/water-resources/polk-county-water-quality-initiatives](http://www.polkcountyiowa.gov/public-works/water-resources/polk-county-water-quality-initiatives).

"Iowa's water quality has been significantly impaired by both urban and rural activities. The familiar sights of pavement-filled cities and acres of corn and soybean fields are far different from the native prairies that once dominated Iowa. Historical alterations to Iowa's landscape, along with changes in climate, have had a profound impact on the State's water quality."

What can an individual do in the face of such complex problems? Sometimes the most constructive action is just to SHOW UP. The August 4 release is one way to show up, either on Zoom or in person.

**MADISON COUNTY MASTER GARDENERS DOWN TO EARTH**

WHEN THUNDERSTORMS ARE AHEAD

**BE WEATHER READY.  
HAVE A PLAN.  
GET THE WARNING.  
TAKE ACTION.**

[WEATHER.GOV](http://WEATHER.GOV)

## Community Announcements

Send news to [info@wintersetmadisonian.com](mailto:info@wintersetmadisonian.com) or 515-462-1535

### CELEBRATIONS

Happy 25th anniversary **Randy & Karla Gehringer** on Aug. 4! Send cards to PO Box 83, St. Marys, IA 50241.

Happy 108th birthday **Pauline Jones** on Aug. 6!

Happy 44th anniversary **Dave & Sara Braga** on Aug. 8! Shower them with cards at 511 E. North St., Winterset, IA 50273.

### REMINDERS AND NOTICES

**July is UV Awareness Month** so make sure to protect your skin and eyes!

**Mobile Pantry Program:** 1st Monday of each month, 4:30-6:30 p.m. at First United Methodist Church (309 E. Jefferson, Winterset); or the following Tuesday, 9-10 a.m. Free to all who qualify.

**Paw Pantry Food Pantry** is open second and fourth Thursday of the month, 4:30-6:00 or by appointment at 515-462-3010, located at the SW corner of the Winterset Middle School. **July date change:** July 17, 4:30-6 p.m.

**The Cupboard at New Bridge Church** (1305 W. Jefferson, Winterset) will provide food: come either third Thursday of the month (4-6 p.m.) or the following morning (Friday, 9-10 a.m.).

**Earlham Mobile Food Bank** provided by the Food Bank of Iowa at the Earlham Library (120 S. Chestnut) every third Monday of the month. Drive-up between 5-7 p.m. All are welcome.

**Lions BINGO** will be held first and third Sundays of each month unless otherwise noted at the VFW Hall beginning at 2 p.m. Snacks and water available for purchase, single BINGO cards 50¢ each/game, paper BINGO cards \$1.50. Card prices double for the blackout game – blackout game payout is progressive until there is a winner. Playing only the blackout game is not allowed.

**Scout Troop 121** bottle/can drop off box, SW corner of Hy-Vee parking lot.

**OA Meeting** Mondays at 7:30 p.m., Community Center (108 S. Chesnut St, Lamoni).

**Winterset AA:** 7 p.m. Monday, Friday & Saturday at First Christian Church (103 W. Green St.), 8 p.m. Wednesday at First Christian Church, 7:00 p.m. Tuesday at Winterset Community Church (113 S. 2nd St.). First Saturday of the month is potluck at 6:00, meeting to follow at South Shelter of City Park (S. 9th St.) in summer, or First Christian Church in winter. For info visit [aadesmoines.org](http://aadesmoines.org).

**Women's AA:** 7 p.m. on Thursdays at First Christian Church.

**AIAnon:** 7 p.m. Saturday at First Christian Church.

**Winterset NA:** 7:00 p.m. Sundays at First Christian Church. **Earl-**

**ham NA:** Saturdays at Presbyterian Church (255 E. 1st St., Earlham). Open meetings. For info call 515-229-2894, 515-493-8174.

**GCR, Gospel Centered Recovery,** meets Thursday nights, 6:30-8 p.m. at Redeemer Church at 16th & Jefferson. We take the light of the gospel into the darkness of addiction. Welcome! Come hear the word of God weekly. Men's and women's breakout groups.

**Evening Star Masonic Lodge #43** meets the second Monday of each month, 7 p.m., at the lodge hall located above Shawn's Furniture.

**The Iowa Theater** doors open 30 minutes prior to show time.

### CALENDAR THIS WEEK

**Friday-Sunday, Aug. 1-3 – City Wide Garage Sale** at Patterson Community Center (9-5 Friday and Saturday, 10-4 Sunday), contact Bev Jenks for more information at 515-321-0925.

**Saturday, Aug. 2 – Madison County Farmers Market** 8 a.m.-noon at the Courthouse Lawn. **West Central IA Gospel Sing** 10 a.m.-7 p.m. at Gathering Place, 102 SW Kent St. in Greenfield; doors open at 9:45, free-will donation, seating and food available (formerly Guthrie County Southern Gospel Sing); learn more on Facebook @West Central IA Gospel Sing. **Estate Auction** 11 a.m. at Fairgrounds Community Building, Winterset; Hartman Auctioneering. **Cancer Sucks Car Show** 11:30 a.m.-2:30 p.m. at McKinley Park in Creston; learn more on the Facebook event page Cancer Sucks Car Show, email [cancersuckscarshow@gmail.com](mailto:cancersuckscarshow@gmail.com) or contact Chris Loudon at 641-203-6334; \$10 donation vehicle entry fee (proceeds benefit Greater Regional Infusion & Oncology Center), awards, 50/50 Raffle, live auction, food trucks, Cruise for a Cure 3-4 p.m.; sponsored by Creston Crush Cancer in Every Color.

**Sunday, Aug. 3 – Auction** noon at 914 N. 1st Ave., Winterset; Garrison Auction Service.

**Tuesday, Aug. 5 – The Madison County Genealogical Society meeting** 6:00 p.m. at the Winterset Public Library meeting room – a presenter will speak about the Morgan and Armstrong families of St. Charles; everyone is welcome to attend, Please note the earlier start time of 6:00 p.m.

### LOOKING AHEAD

**Saturday, Aug. 16 – Allsup Family Reunion** 4-8 p.m., dinner at 5 p.m. at Winterset City Park North Shelter House – hamburgers, hot dogs, ham balls, condiments, plates & silverware provided.

**Saturday, Sept. 13 – Fall City Wide Garage Sale** in Winterset, save the date!