



children &
families of iowa
www.cfiowa.org

ASPIRE

Volume 119, Issue No. 2 2015-2016

Finally Free from Abuse

After years of heartbreaking abuse, 23-year-old Shelly* isn't taking the simple things in life for granted these days.

Shelly grew up in an abusive home, becoming pregnant at age 16 by an abusive partner. Shortly after Shelly gave birth to her son, her partner became increasingly aggressive. Things turned physical when he hit her while she cradled their newborn in her arms. For the next four years, Shelly endured painful abuse. "He would stuff clothes in my mouth so no one could hear while he assaulted me," she says. The abuse sent Shelly to the emergency room multiple times. He even made threats to end her life.

In addition to the physical abuse, Shelly also faced traumatizing emotional and economical abuse. "I was the only one in the family who was working, but he took all of the money we had," she says. "He made me feel worthless, and was always telling me I wouldn't amount to anything. I could never ask for help with our kids without starting a fight." She tried

to leave multiple times, but each time he promised to change. Each time, the abuse returned.

At the time, Shelly and her son were living with her partner at his parents. Shelly had just had their second son when things took another turn for the worse. Both her partner's parents passed away just one year apart, and he became involved with drugs and alcohol. When he turned his rage onto their oldest son, Shelly knew it was time to break away to keep her family safe. She left with her two children to live with her partner's sister, and then moved in with her father until she was able to afford a home of her own.

Once free from the crippling abuse of her past, Shelly enrolled in college and earned a medical assistant degree. To help her family work through the traumatizing effects of the abuse they endured, Shelly and her two boys became involved in counseling through Children & Families of Iowa's Mental Health Services. Together, the family has worked to overcome their tragic past and find happiness in their new lives. Shelly hopes to someday go back to school to become a nurse practitioner, but for now, she is grateful to have a safe, happy home to share with her family. ■

**Names have been changed to protect client confidentiality.*

LEARN MORE

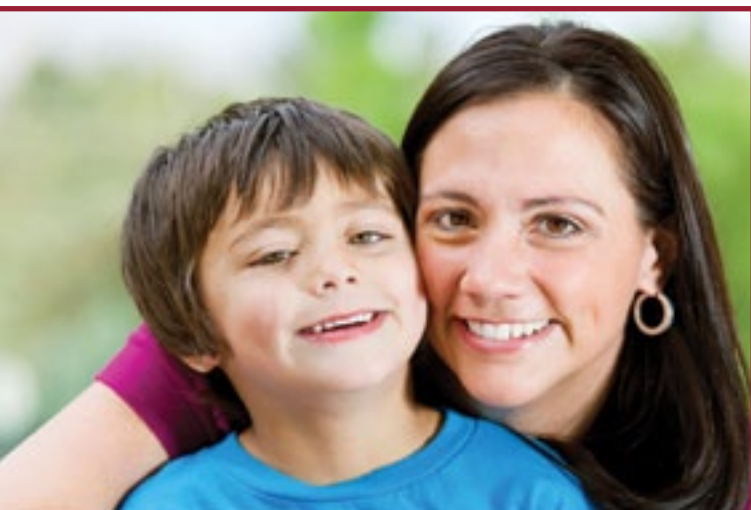
For up-to-date information and registration for CFI events, visit us at cfiowa.org. Like us on Facebook and Twitter!



@CFIowa



Children & Families of Iowa



THANK YOU

Nationwide Grants Help Keep Clients Safe

For over thirty years, Children & Families of Iowa's (CFI) Domestic Violence Services have helped thousands of victims find new, independent lives free from their abusers. During our 2014-2015 fiscal year 6809 individuals, including 319 children, received support from these services.



Two recent grants from the Nationwide Foundation will help CFI continue meeting its number one priority for victims: keeping them safe. The awards, totaling \$120,000, will help provide resources to domestic violence survivors and needed security updates to CFI's Domestic Violence Shelter. These updates are crucial to the safety of CFI's clients, as the intensity of abuse increases at the time of a victim's attempted departure or immediately following.

"Nationwide is a strong supporter of the important mission at Children & Families of Iowa because we believe in supporting the communities where we live, work and do business," said Chad Jester, vice-president, Nationwide. "Providing a pathway to safety and a supportive environment for victims of domestic abuse is critical to the health and wellbeing of the community." ■

New Board Members

Please join Children & Families of Iowa in extending a warm welcome to incoming members of the Foundation Board of Trustees and Agency Board of Directors.



Matthew Fryar
Foundation Board of Trustees



Steven Wheeler
Foundation Board of Trustees



Brad Broberg
Agency Board of Directors



Nola Cartmill
Agency Board of Directors

Volunteers

Special thanks to those who volunteered for Children & Families of Iowa during the months of July - September 2015.



Mailing Mamas
Bridget Banks
Sydney Barber
Rikita Bhakta
Erica Carlson
Jasmine Chavarria
Michael Dayton
Pricila DeAvila
Laurie Dickinson
Rachel Frey
Lisa Heagle
Jordan Heagle
Stephanie Jgielski
Levon Johnson

Azima Juraeva
Amy Kubli
Delsin Knowler
Ahyanne Kubli
Jennifer Mendez
Maggie Murphy
Jennifer Osnaya
Sierra Palmer
Evelin Ramirez
Selena Ramos

Katie Rubine
Heather Saxton
Jaimie Summers
Darya Sydorenko
Heidi VonDeBur
Abbie Westlund
Cassie Westlund
Katie Westlund
Nicole Wine

Honor & Memorial Gifts

The following are additions to the list of gifts given to the Foundation for Children & Families of Iowa between July 1, 2014 and June 30, 2015.

IN HONOR OF

Jen Athens
by Dave Roszak

IN MEMORY OF

A. H. Gladfelder
by Neil & Andrea Colorado

learn more at cfiowa.org

MARK YOUR CALENDARS



Children & Families of Iowa's Kidsfest is about families, fun and lending a helping hand. Kidsfest is a kid-centered festival of activities, games and entertainment for kids and their families. This exciting event promises to thrill families and children of all ages.



Andrea Kreuz enjoys one of the many daily stage shows at the 2015 Kidsfest.



Brody Dreeszen, poses with his favorite super hero, Spider Man, at the 2015 Kidsfest.



Super Girl shares a moment with Brody Westrem at the 2015 Kidsfest.

Kidsfest, 2015

Friday, March 4, 6 – 9 p.m.
Saturday, March 5, 9 a.m. – 6 p.m.
Sunday, March 6, 10 a.m. – 4 p.m.

Iowa State Fair Grounds
Varied Industries Building,
Des Moines, IA

\$7.50 per person
(kids under age 2 are free)

LEARN MORE

For up-to-date information and registration for CFI events, visit us at cfiowa.org.

CFI EVENTS

Princess Party

The Princess Party was held Saturday, September 26 at Jordan Creek Town Center. More than 530 princesses and their chaperons attended for a morning full of princess fun and breakfast provided by Panera Bread Cafe, raising more than \$16,300 for CFI programs!



Sleeping Beauty shares a moment with the Harlan family: Lexi, Tori, Shiloh and Skyler.



Princesses Ziyah Richardson and Baylin Schoelerman have their nails painted.



Princess Kin Luong celebrated her birthday at the Princess Party.

learn more at cfiowa.org

Planned Giving – Easier than Ever

Donating to Children & Families of Iowa through a planned gift is a tremendous way to make a lasting impact in the lives of others and your community. At our planned giving site we can help you make the best plan for the most meaningful legacy. All you have to do is reach out at <http://cfiowa.planmylegacy.org/>.

Please consider making a planned gift; there are a large variety of ways to do so. You will find an array of resources to help you determine if a planned gift is right for you. If you have additional questions, please call Amy Stapp-Arpy, Chief Development Officer/Vice President of Development & Communications at (515) 697-7921 or email Amy at amysa@cfiowa.org.



Children & Families of Iowa has been helping Iowa's at-risk children and families live safe, healthy, productive lives for 127 years! Our donors make it possible for us to help the thousands of individuals we serve each year. To that, we say THANK YOU. Experience tells us there will continue to be those who need our services in the future.

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