



children &
families of iowa
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Just One Small Step

Katrina* has been at Children & Families of Iowa's (CFI) residential treatment group home for girls, for seven months. Domestic violence had been the norm in her life up until the time Katrina's mother took her and her siblings away from their father. "Life was difficult. We had no way to pay our bills, let alone buy food," Katrina explains. At the group home, she has access to the support she needs. CFI provides a structured residential and outpatient therapeutic environment for teenage girls who have found themselves in need of guidance. CFI's programming includes counseling, education, and skill-building.

Katrina still struggles with trauma symptoms. "I had given up on everything, and tried to please everyone," she says. She still struggles with "pleasing everyone" because, in her family, it wasn't safe to voice an opinion. At CFI she feels safe and sees that what she has to say is important.

Katrina struggled with substance abuse, self-harm and wasn't comfortable in her own skin. "I hated myself so much that I couldn't even look at myself in the mirror. I feel horrified about everything I've done. I have learned that it doesn't matter what people think. I need to be good to myself," says Katrina.

Katrina expresses her uniqueness in her style of dress, and her writing. "CFI helps me to express my individuality, and that has helped me develop a good relationship with my mom," says Katrina. They have learned appropriate mother/daughter boundaries, processed the trauma they experienced, and worked to learn why Katrina acts the way she sometimes does.

"It was hard for her at first, but Katrina has engaged wholly in extensive therapy," says Katrina's therapist. "She also has a kindness towards others that you

don't often see. It is new for her, but she is making progress towards putting herself first. To stay strong, Katrina seeks support from those she trusts. She gets inspiration from listening to the lyrics of her music and writing poetry, which puts pictures and words to her feelings. When she needs to, she reminds herself of her goals. She's learned that she matters and that what has happened to her was not okay."

"Life is about taking risks and learning from them," says Katrina. For me it was all worth it to come to CFI. I faced reality. I never tried to run and I stayed strong. ■

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



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Children & Families of Iowa

THANK YOU

New Board Members

Veridian, Restoring Hope

Veridian Credit Union has been a valued partner of Children & Families of Iowa (CFI) for over 10 years. As the presenting sponsor for Kidsfest, CFI's largest annual fundraising event, Veridian works with CFI to ensure all funds raised by the event benefit Iowa's most at-risk children and families. Since Veridian became the presenting sponsor in 2006, CFI has seen record attendance and their support has allowed the opportunity for new attractions and fun entertainment.



Please join Children & Families of Iowa in extending a warm welcome to the incoming members of the Agency Board of Director.

"Veridian has also provided over \$38,000 in program funding. The impact these gifts have on the children and families we serve has been tremendous," states Amy Stapp-Arpy, CDO/VP of Development and Communications.



"Veridian supports Kidsfest because Kidsfest supports Iowa families, and CFI's services are vital to the communities we share," said Veridian Regional Manager Shelly McGill. "Veridian's partnership with CFI continues year after year because we're grateful for their work and understand its impact." ■



Kerry Ketcham



Mark Hastings

Volunteers

Special thanks to those organizations and individuals who volunteered for Children & Families of Iowa during the months of October - December 2015:

CDS Global	United Way	Renee Glynn
John Deere	Mailing Mamas	Danielle Hoffman
Financial Services	Mary Adofi	and child
Leadership Team	Sydney Barber	Jenni Losee
John Deere Intelligent	Brittany Blanford	Sheila Manteaw
Solutions Group	Pat Fike	Christa Snyders
Merrill Lynch	Whitney Garcia	Rachel Wade

Thank you to everyone who volunteered in our 2015 Adopt-A-Family program this holiday season. Volunteers worked over 1,000 hours from November 23 to December 22, including but not limited to groups and individuals from ITA Group, Philadelphia Insurance Company, Principal Financial, Simpson College, Wellmark, Wells Fargo, and more.

Special thanks to Amy McDowell and the McDowell children for volunteering each week during the holiday season.

learn more at cfiowa.org



Wells Fargo volunteers organized the Toy Room so clients not involved in Adopt-A-Family could pick out toys for their children. Pictured from left are: Volunteers Katharine and Sean Nelson.

MARK YOUR CALENDARS



KidsFest 2016

Friday, March 4, 2016
Saturday, March 5, 2016
Sunday, March 6, 2016
Iowa State Fair Grounds
Varied Industries Building
Des Moines, IA

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 entertain families and children of all ages.

2016 Family Tees Golf Tournament

Friday, July 1, 2016
Terrace Hills Golf Course
Altoona, IA

Join Children & Families of Iowa for our signature Family Tees Golf Tournament. Family Tees offers a wonderful opportunity for families to be active and play together while supporting the important mission of Children & Families of Iowa.

Ladies' Invitational Golf Tournament

FRIDAY, JULY 15, 2016
Copper Creek Golf Club
Pleasant Hill, IA

Tango

FRIDAY, JULY 29, 2016
Sheraton
West Des Moines, IA

Princess Party

SATURDAY, NOVEMBER 5, 2016,
Jordan Creek Town Center
West Des Moines, IA

LEARN MORE

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

CFI HOLIDAY HELPERS

Thank You to All Our Holiday Helpers

We would like to thank everyone involved in making this a meaningful holiday season for over 1,300 CFI client families in need of assistance.

Coaches Toy Drive – The 2015 Coaches Toy Drive sponsored by Applebee's collected more than 1,000 toys for families across the state. CFI appreciates the support of Applebee's, WHO TV-13, and the Iowa State coaches who made this toy donation drive possible.

Toy Donations – CFI received donations of new, unwrapped toys from ABATE of Iowa, West Bank, and generous individuals.

Adopt-A-Family – Over 1,100 children and adults from 277 families were adopted by 64 sponsors.

Breakfast with Santa – Jordan Creek Town Center and BRAVO! Cucina Italiana hosted breakfast with Santa on December 5, raising \$1,440 for CFI Programs.

Food for the Holidays Drives – World Wide Logistics, Kum & Go, Polk County Area Employees AFSCME Local 1868, and West Bank sponsored food drives to help low-income families provide nourishing meals for their children who were on winter break.

Winter Gear Drive – Principal Financial Group collected coats, hats, gloves, and boots for CFI clients.

Holiday Parties – Girls staying at CFI's Farrand House, a residential and outpatient therapeutic environment for girls, were provided with presents by members of Plymouth United Church of Christ.

Children enrolled in CFI's Child Development Center were surprised with two holiday parties this year. Merrill Lynch brought games and activities for the children and solicited a donation of outdoor toys from Scheels. CDS Global hosted a party featuring Santa and a gift bag for each child.

learn more at cfiowa.org

2016 Honorary Tango Chairs Announced

Children & Families of Iowa (CFI) is pleased to announce Suku and Mary Radia as the 2016 Tango Gala Honorary chairs.

Suku Radia, CEO and President of Bankers Trust, and Mary Radia, D.O., Rheumatology, Iowa Arthritis and Osteoporosis Center and Adjunct Assistant Professor at Des Moines University, have been involved in countless volunteer and charitable causes with the aim of making Des Moines a better place. "Children & Families of Iowa provides comprehensive programs which help every family in a crisis situation," says Suku Radia. "It has a long history of providing exceptional services with a deep sense of compassion. Its mission is very much aligned with our beliefs in helping those who are less fortunate."

The 14th annual Tango Gala is a premier social event in the greater Des Moines area. Guests



Suku and Mary Radia, 2016 Honorary Tango Chairs.

enjoy a spectacular night of entertainment while benefiting a good cause by attending the event. Last year's event raised over \$127,000 for CFI providing support to programs serving thousands of at-risk children and families.

"Tango is a wonderful opportunity for people to enjoy a night out while giving back to vulnerable families in their community," says Amy Stapp-Arpy, CFI's CDO/VP of Development and Communications. "Contributions from Tango provide critical support to CFI's programs."

Tango will be held on Friday, July 29, 2016 at the Sheraton in West Des Moines. ■

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1111 University Ave.
Des Moines, IA 50314

