



children &  
families of iowa  
www.cfiowa.org

# ASPIRE

Volume 120, Issue No. 1 2016-2017

## Happy and Healthy Thanks to CFI

At five years old, Layla\* experienced more trauma than most of us experience in a lifetime. Her dad was murdered. Her mom was constantly high on meth and fighting with her live-in boyfriend. When she was four, the Department of Human Services (DHS) removed Layla and her older sister from her mother's care and placed them with their grandparents.

When Layla's mother kidnapped the girls from their grandfather, DHS removed them from the only security they had known and placed them in foster care. The girls, sad and confused, cried every day. Eventually, the court returned the girls to their grandparent's care.

From the beginning, Layla showed signs of delayed mental and physical development. She was still in diapers at four years old and her emotional

development was that of an average two-year-old. Layla tested her boundaries with her over-lenient and guilt-ridden grandparents, started fights with her older sister to gain attention, and was disruptive at home and on visits with her mom.

DHS suggested the family seek therapy to help Layla overcome her trauma. She started receiving play therapy through Children & Families of Iowa's (CFI) Mental Health Services. At first Layla would not respond to therapy

sessions, and would not speak to her therapist but eventually she became comfortable and responsive.

Visits with her mother caused additional trauma for Layla as her mother was very volatile with her grandmother. CFI was called in to supervise the visits and, though her mother's attendance was sporadic, the visits ran more smoothly.

Last September Layla started preschool, "Unfortunately her behaviors and lack of attention were so disruptive that her grandfather or I were often called to the preschool to help keep her focused," says her grandmother. CFI helped the family learn to hold Layla accountable for her behaviors at home. Layla was then enrolled in CFI's Therapeutic Childcare to help her prepare for school this fall. CFI offers intensive care and education for young children with severe emotional and behavioral disorders. Special curriculum and a low student-teacher ratio help prepare children to enter the regular classroom setting.

"The court system terminated my daughter's parental rights and I was able to adopt the two girls just before Christmas," says their grandmother. "Layla now plays softball and is in gymnastics while her sister dances and plays soccer."

Layla's CFI therapist comments "Layla is now happy, developmentally healthy and is on track at school." ■

*\*Name has been changed to protect client confidentiality.*

### LEARN MORE

[www.cfiowa.org](http://www.cfiowa.org)



@CFIowa



Children & Families of Iowa



# THANK YOU

## Triplett's "Fill the Backpack" Project

Thank you to Triplett Office Essentials employees and partners for their first August "Fill the Backpack" project. 150 backpacks were filled for children living in poverty. The backpacks provide children with new, age-appropriate school supplies for the coming school year.

Our thanks also goes out to Wellmark and Equitrust employees who provided additional supplies for CFI's School Supply Drive.



Backpacks provided by Triplett employees and vendors were delivered to CFI's Child Development Center on Monday, August 15, just in time for the new school year!

## Telligen Grant Provides Mental Health Services to Rural Iowans

In May, CFI was awarded a generous grant of \$36,450 from the Telligen Community Initiative (TCI). This partnership will help CFI provide mental health services to rural Iowans through the use of video-conferencing. CFI's clients can travel to Fort Dodge or Osceola and video-conference with licensed psychiatrists located at CFI's Des Moines Family Service Center. Telehealth services target the divide caused by location, poverty, and stigma that often prevents rural residents from receiving mental health services. CFI looks forward to spreading TCI's mission of initiating and supporting innovative and forward-looking health-related projects aimed at improving health, social well-being, and educational attainment.

[learn more at cfiowa.org](http://cfiowa.org)

## New Board Members

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



**Marie Roberts**  
Board of Trustees



**Don Cahalan**  
Board of Directors



**Kerry Ketcham**  
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**Brian Mamola**  
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**Rosemary Parsons**  
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**David Sagula**  
Board of Directors



**Jill Thompson  
Hansen**  
Board of Directors

## Volunteers

Special thanks to those organizations and individuals who volunteered for Children & Families of Iowa during the months of May - July 2016:

John Deere Women's  
Reach group  
Mailing Mamas  
Prairie Ridge Church  
Youth Group  
Cherly Allen  
Susan Andersen  
Jeff Barnes  
Shannon Belgarde

Shirley Coleman  
Vijay Daripalli  
Soni Hansen  
Joyce Lewis  
Lory Malcom  
Dani McLellan  
Pedro Ocampo  
Annie Peyton  
Ryan Simons

Halee Sinner  
Mackenzi Swenson  
Joyce Vanderwilt  
Diane Warren  
Amanda Watson  
A special thank you to  
Anne Parish,  
Foundation summer  
volunteer.

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## Honor & Memorial Gifts

The following gifts were given to the Foundation for Children & Families of Iowa between July 1, 2015 and June 30, 2016. To make a gift in honor or in memory of a loved one, friend or organization, please complete and mail the enclosed donation envelope or visit [www.givetocfi.org](http://www.givetocfi.org).

# THANK YOU

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### IN HONOR OF

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**In honor of Angel Works**

*James and Angela Romig*

**In honor of****Margo Blumenthal**

*Susanne Elson*

**In honor of****Judy and Joe Carney**

*Ron and Clarice Rubek*

**In honor of John Cayley**

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Mary Kell Cayley*

**In honor of Francie Crupper**

*Dave and Bettye Crupper*

**In honor of Eric Faust**

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Grace Donnelly  
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Christi Good  
Homes By Holmes, LLC.  
Brenda Kelloway  
Elizabeth A. Kotz  
Alessandra Meschini  
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**In honor of Laura Folsom**

*Patrick J. Dorrian*

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*Darlene Gorton*

**In honor of Meheret Grau**

*Julie and Chris Grau*

**In honor of Dr. Gloria J. Gray**

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**In honor of****Grace Green Dickerson**

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*Susan Phipps*

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*Ann and Bob Sloan*

**In honor of Tobin Jay Smith**

*Fred and Fran Smith*

**In honor of****Saralyn Sue Smith Collingwood**

*Fred and Fran Smith*

**In honor of Marie Spieler**

*Steven and Kimberly Baltes*

**In honor of****Cliff and Sue Swartz**

*Holly Gettys*

**In honor of****Sam and Sally Wallace**

*Thomas Press and Donna Paulsen*

**In honor of Sarah Wendler**

*Holly Gettys*

**In honor of Nova Williams**

*Verda Williams*

**In honor of****Miriam Woods Heuermann**

*Joe and Nadine Woods*

**In honor of John Reed Woods**

*Joe and Nadine Woods*

learn more at [cfiowa.org](http://cfiowa.org)

## IN MEMORY OF

### **In memory of Steven Arens**

*Melissa Tangen*

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### **In memory of Rachel Barrett**

*Barbara Barrett*

### **In memory of**

#### **Dorice Bassewitz**

*Gary Bishop*

*Jerry Borowick*

*Gary Bremen and Linda Bremen*

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*Marsha Wiggins*

*Allen and Gail Zagoren*

### **In memory of**

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*Anonymous (9)*

### **In memory of Anne Boye**

*Arthur Turner*

### **In memory of Carol Breese**

*David and Joy Barsetti*

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*Ann Sparks*

### **In memory of Muriel Cooper**

*Franklin and Jean Weymiller*

### **In memory of**

#### **Angela Crupper**

*Dave and Bettye Crupper*

### **In memory of**

#### **Christine Crupper**

*Dave and Bettye Crupper*

### **In memory of Vicki Current**

*Stephen and Kay Elliott*

### **In memory of**

#### **Tallie Jean Dickerson**

*Rita Lepeska*

*Mercy Hospice*

*David Yurdin and*

*Elaine Lundstrom*

### **In memory of**

#### **Theodore Doffin**

*Kellie Doffin*

### **In memory of**

#### **Kewpie Dorweiler**

*Philip Dorweiler*

### **In memory of Jim Douglas**

*Jan Douglas*

### **In memory of**

#### **Edwarda Dunkin**

*Orville Dunkin*

### **In memory of Florian Fisch**

*Ronnie and Joseph Vitiritto*

### **In memory of Amber Fraaken**

*Upper Iowa University Staff*

### **In memory of Amy Fraaken**

*Upper Iowa University Staff*

### **In memory of Wade Franck**

*Gregary and Georgann Franck*

### **In memory of**

#### **Barbara J. George**

*Carol George*

### **In memory of**

#### **Joyce Ann Gesiriech**

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*Elizabeth Kegler*

### **In memory of David Gleason**

*Chris Gleason*

*Brian Gorton*

*Darlene Gorton*

### **In memory of Mike Gowdy**

*Michael and Marjorie Gowdy*

### **In memory of Lucy Green**

*Ed Green*

### **In memory of Marlene Grunig**

*Ruby Grunig*

### **In memory of G. David Hurd**

*Dr. Gloria J. Gray*

### **In memory of**

#### **Dennis Patrick Hurley**

*Michael and Sheila Dalton*

### **In memory of**

#### **Merle and Helen Kreager**

*Michael Kreager*

### **In memory of Francis Ludwig**

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### **In memory of Anne Maitre**

*Sarah Maitre*

### **In memory of**

#### **Gene and Maxine Martinson**

*Anonymous*

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*C.J. and Sarah Alexander*

### **In memory of Marc Moline**

*William and Joan Moline*

### **In memory of**

#### **Ronald Mosqueda**

*Randy Blair and*

*Linda Mosqueda Blair*

### **In memory of**

#### **Sharon Parriott**

*Susan and David Spalding*

# THANK YOU

**In memory of Howard Paulsen**

*Janet Paulsen*

**In memory of Sally Paulsen Wallin**

*Janet Paulsen*

**In memory of David Pence**

*Cheryl Pence*

**In memory of Julia Raymond**

*David Raymond*

**In memory of Rowena Taylor**

*Diane Jensen*

**In memory of Elizabeth Turner**

*Arthur Turner*

**In memory of Jeff Van Ommen**

*Kathy Ahnen*

*Dale and Joann Van Ommen*

**In memory of Caleb Vilmain**

*Dawn Martino*

**In memory of G. and M. Vitzthum**

*Tom and Joy Smull*

**In memory of**

**James T. Weymiller**

*Franklin and Jean Weymiller*

**In memory of Diana Wolfskill**

*Martha Anderson and*

*Robert Brammer*

**In memory of Patricia Wright**

*Jaci Wright*

**In memory of Jeff Zimpleman**

*Stephen Berry*

*Mary Schmidt*

*Thomas Zimpleman*

By honoring your loved one with a gift to Children & Families of Iowa, you helped at-risk children and families across Iowa find the support they need to live happier, healthier lives. For a tour of one of our programs please call 515-697-7972.



Children enrolled in Children & Families of Iowa's Child Development Center (CDC) enjoy time on the playground. With your support the CDC provides quality, affordable child care for low income families in Des Moines.



learn more at [cfiowa.org](http://cfiowa.org)

# The Foundation for Children & Families of Iowa's Tango Gala

July 29, 2016

The Foundation for Children & Families of Iowa (CFI) hosted 293 attendees at the 14th annual Tango Gala. Guests enjoyed dancing to music provided by Final Mix, a buffet of hors d'oeuvres and bidding on spectacular live and silent auction items. The event raised over \$142,600, benefiting programs that help thousands of at-risk children and families throughout Iowa every year.

"Tango is a wonderful opportunity for people to enjoy a night out while giving back to vulnerable families in their community who are struggling with daily life," says Amy Stapp-Arpy, CFI's Chief Development Officer/Vice President of Development and Communications. "We had a great crowd and are very thankful to everyone who chose to come out in support of

those in need. Our deepest appreciation goes out to Tango Honorary Chairs, Suku and Mary Radia for their leadership and commitment to restoring hope for at-risk Iowans."

Without the gracious support of our sponsors and supporters, this event would not be possible. A few of our sponsors include: Kyle J. & Sharon Krause; Sheri Avis Horner, in memory of Randall John Avis; John & Zeldia Grubb Charitable Foundation; HyVee; Meredith; Nationwide; Principal Financial Group; and Slater & Norris, P. C.

We would also like to recognize the dedication of our Foundation Board President, Paul Erickson and Event Chair, Heath Bullock.



Mary and Suku Radia, 2016 Tango Gala Honorary Chairs.



Jyyad Rayyan and Foundation for Children & Families of Iowa Board of Trustees member and Events Committee Chair, Heath Bullock.



Foundation for Children & Families of Iowa Board of Trustees member and Tango Committee member, Karen Goldsworth, Tango Committee member, Carla Gillotti, with Julie Able.



Ron Schroeder and Children & Families of Iowa CEO, Janice Lane.



Tammy Stapp, Brad Waller, Brian Arpy and Foundation for Children & Families of Iowa CDO/VP of Development and Communications, Amy Stapp-Arpy.



Guests danced to live music provided by Final Mix.

# MARK YOUR CALENDARS



## Princess Party–New Date!

Saturday, November 5, 2016  
Jordan Creek Town Center  
West Des Moines, IA

Children & Families of Iowa's Princess Party invites princesses and their chaperones to join us for a fun-filled morning of crafts and activities, including breakfast, games, princesses and kids spa treatments. All children are welcome and encouraged to dress up! Help make dreams come true for children in need!

Come out and enjoy the activities while bidding on silent auction items in support of programs provided to struggling Iowa families.

Register online at <https://cfiowa.ejoinme.org/2016PrincessParty>



Sleeping Beauty shares a moment with family: Lexi, Tori, Shiloh and Skyler Harlan at the 2015 Princess Party.

## Mr. B \$100 for \$100 Fundraising Event

OCTOBER 31 - NOVEMBER 4, 2016

RECEPTION, THURSDAY,  
NOVEMBER 3, 2016, 5-7 P.M.

Mr. B Clothing  
1995 NW 86th Street  
Clive, IA

## Kidsfest! 2017 presented by Veridian Credit Union

FRIDAY, MARCH 3

SATURDAY, MARCH 4

SUNDAY MARCH 5, 2017

Iowa State Fair Grounds  
Varied Industries Building  
Des Moines, IA

## LEARN MORE

*For up-to-date information and registration for CFI events, visit [cfiowa.org](http://cfiowa.org).*

## CFI Summer Golf Events

Thank you to all our Family Tees and ladies' golf tournament sponsors, volunteers and golfers!



Family and friends of all ages enjoyed an active day at the Foundation's Family Tees Golf Tournament on July 1, 2016 at Terrace Hills Golf Course in Altoona! Pictured from left to right: Will Overberg and Foundation for Children & Families of Iowa Board of Trustees member, Nathan Overberg.



Our 16th annual Ladies' Invitational was held on July 15, 2016 at Copper Creek Golf Course in Pleasant Hill. Golfers are Laura Hildreth, Mary Decker, Angelique Smyth and Kendra Kurth.

learn more at [cfiowa.org](http://cfiowa.org)



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## Planned Giving – Easier than Ever

Donating to Children & Families of Iowa through a planned gift can be as simple as adding the Foundation for Children & Families of Iowa as a beneficiary on your 401K or life insurance policy. A gift which will impact the lives of others and your community for years to come. At our planned giving site we can help you make the best plan for the most meaningful legacy. Go to: <http://cfiowa.planmylegacy.org/> for more information.

You will find an array of resources to help you determine which planned gift is right for you. If you have additional questions, please contact Amy Stapp-Arpy, CDO/VP of Development and Communications.

Our donors make it possible for us to help the thousands of individuals we serve each year. To that, we say THANK YOU.

**Foundation for  
Children & Families of Iowa**

515.697.7972 or [www.cfiowa.org](http://www.cfiowa.org)



**Amy Stapp-Arpy**  
CDO/VP of Development  
and Communications

Restoring hope. Building futures. Changing lives.