



children &
families of iowa
www.cfiowa.org

ASPIRE

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CFI helps victim of domestic violence discover hope

For Jamie*, poor decision making started at a young age when her boyfriend moved into their family home. At only 15 years old, her relationship turned abusive.

Jamie mothered three children while living in an unhealthy home and abusive relationship. Because she was so young and vulnerable, it took her many years to recognize that her young romance had turned dangerous with very negative effects.

After divorcing the father of her three children, she unfortunately entered yet another abusive relationship. The repercussions of this situation were much worse than those of her past. Jamie's abusive partner knocked most of her teeth out, taking her confidence with them. Searching for hope, Jamie entered Children & Families of Iowa's (CFI) shelter for victims of domestic violence. As a result of CFI's program, Jamie has begun to deal with the significant abuse and adversity stemming from her past relationships.

Initially, Jamie even felt distrust for her domestic violence advocate. Together they worked diligently to help overcome her lack of trust in others. Now, Jamie and her advocate have developed a good connection. Jamie is on the road to building healthier relationships and making positive choices. She has learned to set healthy boundaries in relationships and has become empowered to do everyday tasks with confidence. She now has her own apartment after almost a year of chronic homelessness, and is working on getting partial dentures to fix her teeth. Having her smile back will increase her confidence and continue to drive her progress forward. Through CFI's domestic advocacy program, Jamie has been able to improve her mental health and take charge of her life.

Domestic violence is a destructive force in society. CFI's domestic violence outreach program strives to help the 44,000 Iowans who suffer through domestic abuse every year. At any given time roughly half of those staying at CFI's shelter are the children of those negatively impacted by abuse. CFI's domestic violence services provide everything victims of domestic violence need to help them rebuild their lives.

CFI offers healing for survivors of domestic violence and hope to their families and friends through crisis line services, safe shelter, medical and legal advocacy, consultations, trainings, and counseling. ■

**Name has been changed to protect client privacy.*



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Children & Families of Iowa

THANK YOU

Bank Iowa to sponsor CFI fundraising events

CFI is proud to announce our new partnership with Bank Iowa. John Rathjen, Regional President, and the Bank Iowa team have committed to supporting three of CFI's fundraising events: Princess Party, Kidsfest, presented by Veridian Credit Union, and Tango Gala! Partners like Bank Iowa allow CFI to continue to maintain our life changing programs throughout Iowa. To learn more about Bank Iowa, visit <https://bankiowa.com/>.



New Board Members

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



Cathy Nelson
Red Maple Management



Michael Malone
R&R Realty Group

MARK YOUR CALENDARS



2018 Kidsfest, presented by Veridian Credit Union

Friday, March 2, 2018, 6 - 9 p.m.

Saturday, March 3, 2018, 9 a.m. - 6 p.m.

Sunday, March 4, 2018, 10 a.m. - 4 p.m.

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

Kidsfest is about kids helping kids! Attend Children & Families of Iowa's Kidsfest, presented by Veridian Credit Union, for great attractions while helping at-risk families in Iowa.



Family Tees Inter-generational Golf Tournament

JUNE 11, 2018

TERRACE HILLS GOLF COURSE, ALTOONA, IA

Ladies' Invitational Golf Tournament

JULY 13, 2018

COPPER CREEK GOLF COURSE, PLEASANT HILL, IA

Tango Gala

JULY 27, 2018

LOCATION TO BE ANNOUNCED

LEARN MORE

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

Volunteers

Special thanks to those organizations and individuals who volunteered for Children & Families of Iowa during the months of September and October 2017.

- | | | | |
|-------------------|--------------------|-------------------|---------------------|
| Abby Vinsick | Chris Fowlie | Jackie Sanford | Melissa Swan |
| Allie Calton | Christina Bunk | Jacqueline Garcia | Michelle F |
| Allyvia Von Ahnen | Christina Melendez | Jasmina Odakovic | Moses Sloven |
| Amber Myers | Cindy Huynh | Jeanson Mena | Natalie Fowler |
| Amber Painter | Cing Mang | Jen Leonard | Nikki Christianson |
| Amy Booth | Claire Taets | Jenna Pearce | Nyandeng Anyang |
| Andrea Nieuwnhuis | Colleen Kless | Jill Morgan | Olivia Young |
| Angie Streyffeler | Cynthia Ellsworth | Joanna Drake | Phoeniz Doan |
| Anna Readman | Dawn Rutter | Justin Amerine | Rachel Moen |
| Arnela Karajic | Deanna Krikorian | Kelly Current | Rachel Venardi |
| Ashley Keyes | Elizabeth Nickel | Kelsey Pasa | Rachelle Longley |
| Ashley Lovan | Ellie Bryan | Ki Boatwright | Raegan Christianson |
| Atlee Moss | Emily Lindholm | Krista Schatz | Ruby Huynh |
| Bella Arpy | Emily Rutter | Kristen Butler | Ryan Beckett |
| Brandy Chilton | Emily Tinsman | Lauryn Maggart | Scotlyn Havick |
| Brayton Forbes | Erinn Smith | Laverta Ashley | Sherry Coughenower |
| Brindy Arrendondo | Esmeralda Flores | Libblie Pavn | Shirley Ann Coleman |
| Brittany Miller | George Morales | Lindsay Doran | Tatum Little |
| Carla Hawkins | Grace Baumgartner | Liv Cooney | Terri Sims |
| Carley Prejna | Hailey White | Macy Gaskill | Tess Julien |
| Carolyn Thompson | Hannah Frisch | Maggie Wildermuth | Tonya Amerine |
| Carson Forbes | Hannah Shafer | March Kirby | Zoey Glenn |
| Cassie Lemar | Hayden Bouchard | Marisa Maniglia | |
| Cheryl Westbrook | Heidi Hoppe | Megan Ford | |
| Chris Artman | Iris Wenceslao | Megan Mowery | |

CFI Princess Party

Princess Party was held on Saturday, October 21, 2017, at Jordan Creek Town Center in West Des Moines. Attendees met their favorite princesses, enjoyed breakfast provided by Panera Bread and danced with Southeast Polk High School's RhythAMetteS. A special thank you to University of Iowa Community Credit Union, Great Western Bank, Bank Iowa, PIMSY, and Cellular Advantage for sponsoring the event.



Princesses Carly and Kenzie enjoy the craft area during Princess Party 2017. The Foundation's popular fundraising event took place on Saturday, October 21.

Mr. B \$100 for \$100

Thank you to all who participated in the Mr. B \$100 for \$100 event, and to those who attended the reception on November 9, 2017. A special thank you to Mr. B for hosting this valuable fundraiser again this year. Funds raised from the event benefit the programs of CFI.

learn more at cfiowa.org

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Donate to CFI using your IRA

If you are 70½ years old or older, you are able to take advantage of a simple way to make a major contribution to the future success of at-risk Iowans. Through an IRA rollover, you are able to directly donate up to \$100,000 from your IRA to CFI's valuable programs — all without having to pay income taxes on the money.

Fortunately, this law no longer has an expiration date, so you are now able to make annual gifts to CFI and planned gifts well into the future.

To learn more about giving through your IRA, visit <http://cfiowa.planmylegacy.org/ira-charitable-rollover>, or contact AmySA@cfiowa.org or 515.697.7921.



Amy Stapp-Arpy
CDO/VP of Development
and Communications

Restoring **hope**. Building
futures. Changing **lives**.

**Foundation for
Children & Families of Iowa**

515.697.7972 or www.cfiowa.org