



children &
families of iowa
www.cfiowa.org

ASPIRE

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“He Didn’t Want Me To Get Clean...”

I was in a bad situation, at just 27 years old, with a new baby, and an abusive husband. That was 25 years ago. Often, I would find myself hiding in the closet with our baby when my husband (Joe*) got mad. As I started to get sober and off drugs, Joe became more and more abusive. Our relationship started because of my drinking and drug usage. He did not want me to get clean.

I was once again crying and upset when I called a close friend. She told me she wouldn’t live that way. Her simple statement made me realize that I didn’t have to either. Another friend (in whom I had confided) put me in touch with Children & Families of Iowa’s (CFI) Domestic Violence Shelter and Services. With CFI’s help, I made a solid plan to leave Joe. At the time, Joe was part of a bowling league. When he went to league one Thursday night, I picked up our son and took off for CFI’s shelter. I left him a note saying that we were safe and telling him when he could see our son at an arranged time. We arrived at the shelter about 9:30 p.m. that evening.

My story of abuse is not the worst-case scenario. I didn’t see myself as that much of a victim. My ex-husband’s abusive behavior didn’t happen all the time. Even though it didn’t happen every day and



every night, I still needed to leave. I want victims to know that they don’t have to be in the worst-case scenario for abuse to be wrong.

At the shelter I appreciated the feeling of safety. I connected with two other women who were staying at shelter. I am still friends today with one of these remarkable women. We talk often. Having this woman as a resource has been helpful for me.

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THANK YOU

New Board Members

Please join us in extending a warm welcome to incoming board members:



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Board of Directors
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Broadlawns Medical Center



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Thank you to...

Thank you to TJX Companies, Inc., and Andersen Corporation Foundation for their generous \$10,000 contributions.



Volunteers We thank you!



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Volunteers

Special thanks to the following individuals who volunteered for Children & Families of Iowa from May 1 - October 16, 2020:

Denise Anderson
Darcy Beckett
Sherry Felton
Sabrina Hotic
CJ Jacobson

Lindsey Link
Andrew Newman
AJ Pasdiora
Karla Struecker
Jody Vandever

Tribute Gifts

The following gifts were made to the Foundation for Children & Families of Iowa between July 1, 2019 and June 30, 2020. 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

IN HONOR OF

Sean Abramowitz
Patricia Beach Smith

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Ryan Carvalho
Now This IS Wrestling

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THANK YOU

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IN HONOR OF *(continued)*

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THANK YOU

Through your tribute 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.



Talk to a CFI Mental Health Counselor from Home

Feeling anxious, experiencing sadness or extreme stress... CFI has resources to help you through the hard times and back on the road to feeling more like yourself. Talk to a licensed counselor from the comfort of your home through Children & Families of Iowa's Mental Health Services located at Cornerstone in Ankeny.

To schedule an appointment, call (515) 697-7916. Visit <https://bit.ly/2jvttSZ> or <https://www.cficounseling.org/> to learn more about CFI's Mental Health Services.



FOUNDATION FOR CHILDREN & FAMILIES OF IOWA

Thank You to Our Generous Family Tees Sponsors and Donors

When CFI's Families Tees Intergenerational Golf tournament was canceled due to the pandemic these generous sponsors and donors stepped up and designated their contributions to CFI's COVID-19 relief efforts.

Bernie Lowe & Associates

Bell Brothers Heating and Air Conditioning, Inc.

Iowa-Des Moines Supply Inc.



Children & Families of Iowa's Holiday Shop

The Foundation for Children & Families of Iowa's holiday shop giving program allows our clients to choose gifts for their children. Families are able to make selections from gift items, much needed cleaning supplies, household items, and staples to replenish their pantry in hopes of alleviating some of their struggles during the holiday season.

Items donated will be utilized for CFI programs and current clients that were not able to participate in the Adopt-A-Family program. This year the need is greater than ever. Please consider a monetary contribution to offset operational costs or a new, unwrapped toy or gift items, food, household and cleaning supplies, or organize a donation drive. For more information, or to schedule a donation delivery time, please contact Heather Lee, Community Engagement Coordinator at HeatherL@cfiowa.org.



“He Didn’t Want Me To Get Clean...” Continued from page 7

With CFI’s help, I made plans for my future. I was a new mom, with no past experience to help me learn about parenting. As a teen, I hadn’t even had any babysitting experience. CFI helped me hunt for the services my son and I needed. They showed me what resources were available and encouraged me to make those phone calls.

All though I no longer feel the need for the support groups, at the time they helped me stay strong and out of the abusive relationship with Joe.

Now, 25 years later, my life is fantastic! It is better than I could dream possible. I am in a 17-year healthy, happy marriage. I found the courage to come out. Back then, I didn’t know that a long-term marriage, safe and peaceful home, pets, and a stable job would

be my future. My wife also has domestic violence in her history, so the sanctity of our home is a high priority to us, both emotionally and physically.

At age 26 my son is a good guy. He is raising his own child and showing no signs of continuing the cycle of abuse.

As fantastic as my life is today it is going to get better, more satisfying, more thrilling.

Without the help of CFI, my happy ending would not have been possible.

Sincerely,

Joyce*

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

CFI Ladies Invitational Golf Event

Thank you to all our Ladies Invitational Golf Tournament sponsors, volunteers and golfers!

Golfers joined the Foundation for Children & Families of Iowa on Friday, October 16, 2020 for CFI’s Ladies Invitational Golf Tournament held at Copper Creek Golf Club and Event Center in Pleasant Hill. Funds generated by the tournament will be used to benefit CFI’s Domestic Violence Services and most emergent needs.

Sponsors:



Team West Bank: Bobbie Kemble, Ashley Rottinghaus, Amber Weger, and Sara Larson.

Team Turtle bears, pictured left to right: Dawn Bauer, Tami Butler, Stephanie Swanson, and Emily Smith.

Lunch Donor:



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LEARN MORE

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



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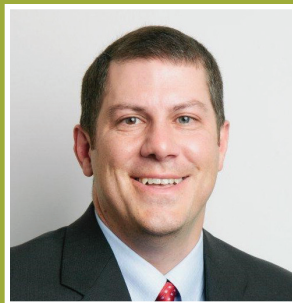
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Tessie Johnson,
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David Attaway,
Newly elected President
Foundation Board of Trustees
2020-2021

Foundation Announces Board Leadership Transition

On July 1, 2020, the Foundation for Children & Families of Iowa's board of trustees announced the election of David Attaway, Sammons Financial Group as the 2020-2021 Foundation board president. He has served on the board for two years.

David replaces Tessie Johnson of PricewaterhouseCoopers, LLP, now serving as past-president. Tessie has been a wonderful asset leading the board to success last year by completing and exceeding all strategic goals.



Amy Stapp-Arpy
CDO/VP of
Development
and Communications

**Foundation for
Children & Families of Iowa**

515.697.7972 or www.cfiowa.org

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