



Friendship Ark
HOMES & COMMUNITY SERVICES

Fall/Winter 2017
VOLUME 18, ISSUE 3

FAITH • FAMILY • FRIENDSHIP

Counting Our Blessings

It's that time of year again, the time when so many wonderful activities and celebrations are happening that you almost don't have time to enjoy them to their fullest. Hopefully, this holiday season you can find a few minutes to reminisce about the wonderful blessings that have happened over the past year.

While 2017 has certainly presented Friendship Ark with challenges, it has also brought us many blessings. We completed construction on the Westfield home and welcomed five new core members into the Friendship Ark family. We have also welcomed many other new core members in the Day Hab and SCL programs. Our core members have been involved in lots of activities throughout the Ames community and Iowa State University, which we encourage you to read about in our newsletters, on our website or by following us on Facebook.

We continue to strive to celebrate the uniqueness of all our core members and help them reach their fullest potential through faith, family, and friendship. We appreciate all those who have continued to support Friendship Ark and our mission. It's through your support that all these wonderful blessings continue to be possible. Wishing you all a very Merry Christmas and a Happy New Year!

Jennifer Ellis, Executive Director

Philanthropy Award and House Naming



Alan and Mary Christy were recently recognized by the Story County Alliance for Philanthropy as Outstanding Volunteer Fundraisers. Alan and Mary have tirelessly given of their time and resources to support Friendship Ark as well as the Emergency Residence Project and Mary is currently serving on the Steering Committee for the Ames Miracle Park.

Additionally, because of their dedicated support of Friendship Ark over many years, we are excited to announce that the home on Kansas Drive will officially be named the Christy Family Home going forward.

Congratulations Alan and Mary, and thank you for all that you have done and continue to do for Friendship Ark.

Published by Friendship Ark Homes & Community Services

Editor Martina Luppen
President Sarah Buck
Vice President Dr. Lou Scallon
Treasurer Hugh Marsden
Secretary Amber Deardorff

Board of Directors

Kyle Briese
Sarah Buck
Al Carver
Amber Deardorff
Lisa Downs
Deb Fennelly
Lee Griffin
Hugh Marsden
Rev. Tom Prochnow
Nicole Rasmussen
Dr. Lou Scallon
Rep. Beth Wessel-Kroeschell
Galen Wilke

In this Issue

Partnering with ISU Fall Benefit	2
A Journey of Learning and Growth Orchard Fun Thank You to Our 2017 Sponsors	3
Staff Spotlight	4
Loving Our Neighbors Cultural Learning Service to the Community New Home Supported Community Living	5
Wish List	6

Partnering with Iowa State University

We are grateful for all of the opportunities we have had and continue to be offered through our relationship with Iowa State University. From the dedicated group of volunteers from the College of Agriculture and Life Sciences that has helped us with many home maintenance and upkeep projects to the hard working Construction Engineering students who have helped with various building projects over the years and the two groups of students from the ISU Class LD ST 270, a Leadership Development Course, for whom we were able to serve as a Service Learning Site. The students visited every other week and helped us with various organizational projects as well as the planning and execution of our core member Halloween parties and culminating with a holiday decorating session at our homes.

Iowa State University has also supported our core members as they participate in their community by inviting us to special experiences such as standing with the team during the National Anthem at a softball game and from time to time providing us with tickets to sporting events. Several of our core members enjoy participating in the ISU Sparkles Squad (an all inclusive cheerleading team) and the men of Pi Kappa Phi—Iowa State (Alpha Omicron) have hosted our core member gatherings this year.

As an organization, we appreciate being able to participate in job fairs and the National Campus Sustainability event as well as having had a guest lecturing opportunity to students in the Nonprofit Event Management course. We are also very thankful for donations of event tickets we have received in support of our Fall Benefit Live and Silent Auctions.

We have thoroughly enjoyed our interactions with the students, staff and athletes of Iowa State University and hope to continue this valued relationship during future years.



Fall Benefit

On Friday, September 8th, we gathered for our annual Fall Benefit, Friendship Ark's main fundraiser. There were many exciting auction items in the live and silent auctions, Cy paid a visit, and there was even an opportunity for us to try our hand at bags. Core member Marianne shared how Friendship Ark has helped her grow and gain independence (see page 3 for a transcript of her presentation). The event was catered by Gatherings/Farmhouse Catering. We are grateful for the support of all of our sponsors and contributors for another successful event.



A Journey of Learning and Growth

As a part of our annual Fall Benefit we typically ask a core member parent to share about their experience with Friendship Ark and the impact our programs have had on the parent and core member. This year, it turned out that the parents we were going to ask to present were going to be out of town on the day of the event. When core member Marianne heard about this she asked whether she might be able to speak in their place. We were thrilled to have her share in her own words about the ways Friendship Ark has helped her to learn and grow as she gains independence. Because she did such a fantastic job and we are so very proud of her for taking on this task, we would like to share a transcript of her presentation with everyone who could not be there to hear it in person. Keep reading to learn about Marianne's story.



Hi, my name is Marianne Russell. I am 23 years old and was born in Omaha. I got adopted when I was 2 ½ years old. Someone told my mom and dad about Friendship Ark Homes and Community Services. I was 18 and in High School when I moved into the Coolidge House. I then moved into the Friendship Ark Homes Johannis House and lived there until September 2015. I learned that we were like a family while living in the Johannis House. The Johannis House helped me stand up for myself and I learned new living skills. I moved out of the Johannis House being more independent. I then moved into an apartment with the Supported Community Living Program. I lived with one roommate and enjoyed the closeness to my programs. I then moved into a house with two roommates. While in the SCL Program I am learning how to be safe on social media and with cooking skills and making new friends in Ames. From this experience, I have learned to be more independent and advocate for myself. I like how we have more space, a backyard, and are able to invite friends over for sleepovers! I like how staff is always there for us when we need anything and a shout out to the staff in the office! Friendship Ark is an amazing place because they teach what it is like in a family environment setting and they accept everyone. People should come to Friendship Ark because they help so many people with different kinds of disabilities, and you can make friends and go on cool outings such as the Iowa Wild Game and the gatherings. I want to thank my family and friends for teaching me who the real me is, I would not be here if it was not for all of them. They teach everyone kindness and respect and are always in a safe environment. I like how Friendship Ark helped me build a good relationship with my staff. Friendship Ark teaches us how to be ourselves no matter what others say about us. Please, come to Friendship Ark, they have awesome services and help everyone with disabilities and they can even help you get your driver's license and I enjoy meeting new staff.

Orchard Fun



Our core members have loved visits to Center Grove Orchard this fall.

Thank You to Our 2017 Sponsors

Sponsorships help to make it possible for us to continue to offer two great fundraising events each year: our 5K on the 4th of July and our Fall Benefit. Proceeds from these events allow us to continue to meet our mission by enhancing the services we offer or expanding to offer new services. We would like to thank the businesses and organizations below for their support.

Ames Convention and Visitors Bureau

Barilla America, Inc.

Championship Productions

CPMI Event Center

Fareway

1st National Bank

Greater Iowa Credit Union

Mary Greeley Medical Center

Todd and Sargent

Wilson Toyota

Wolfe Eye Clinic

Staff Spotlight



Laura Capps (on right) with a core member at our Fall Benefit.

I am so excited to announce the newest winners of our mission award. Laura Capps has been with Friendship Ark for almost 4 years and Samantha Chizek started in June of this year. It is great to see both our newer and seasoned staff recognized for the great efforts and services they provide to our core members. Here's what makes these two wonderful people so great at what they do.

What brought you to Ames? Laura: I grew up outside of Boone and moved away for a few years to the Council Bluffs area. I moved back and started working with Friendship Ark in 2014. I continue to live in Boone close to my family. Samantha: I moved to Ames when I transferred to Iowa State in the fall of 2015.

Who is your hero and why? Laura: I can't pin point just one hero because I have several; my parents have always been my heroes because they have raised 4 kids and they are such hard workers; working side by side every day at their print shop. I learned from them the meaning of hard work, the importance of spending time with family, going to church and having a relationship with God and they have set a great example of a healthy marriage (they have been married over 45 years). I learned from all of my heroes that money doesn't buy love and happiness. My next heroes are my Grandma and Grandpa Erb who were married for over 67 years and Grandma and Grandpa Whattoff who were married for over 74 years. They showed me to be family oriented. My Grandpa Whattoff never knew a stranger. I also witnessed how real men should treat the women in their lives from my Grandpa Erb who gave his bride a rose for each year of marriage on their anniversary so he set the bar high. Samantha: My hero is my Mom. She was a single mom, and she always made sure that my sister and I had what we needed and more. And even when she was working 2 full time jobs, she would make sure to go to our school events or just have girls' nights with us. She always made sure we felt supported and loved.

What is your proudest accomplishment? Laura: I got the privilege of taking care of my Mom's parents Clara and Donald Whattoff for over 5 years while they lived at home at the end of their lives. Even though it was hard work somedays due to their failing health, I had the chance to make some fun memories with them before they passed in 2015 and 2016. My Grandma and I had weekly sleepovers and we laughed at things that Grandpa didn't find funny. My Grandpa was able to call out what kind of car would come into their driveway. I am thankful for all of my cherished memories and I'm glad I got to be one of their caregivers. Samantha: At this point in my life, the accomplishment I am most proud of is being a first-generation college student, working quite a bit, and keeping acceptable grades.

What is your favorite thing about Friendship Ark? Laura: One of my favorite things is getting to interact with our wonderful core members on a daily basis and seeing their faces light up when I come into work after being gone; it puts a smile on my face every time. Samantha: My favorite thing about Friendship Ark is the fact that we are always having a fun time. I love the fact that even when we are just having a night relaxing at the house, we stay entertained whether it be dance parties, playing board games, movie nights, or going to the park to play basketball and go down the slide.

What is your favorite memory at Friendship Ark? Laura: One of my favorite memories is taking a core member to ISU basketball games. Seeing the core member's face light up when the players came out and gave them high-fives just made my day. Samantha: I have already had so many great memories with Friendship Ark. My favorite memories so far have probably been when I have had the opportunity to go to the Arc dances with my house. It is such a blast getting to interact with people from all of the houses and from the community, and seeing how much fun all of the core members are having. Especially when the Cha Cha Slide comes on and everyone gets involved.

Congratulations to both of you on the good works you provide daily. It is not just noticed by your co-workers but also by families and most importantly the core members! Thank you!

By Laura Dolan, HR Manager



Samantha Chizek (on left) with a core member at a softball game.

Loving Our Neighbors



In August, we shared and discussed Isaiah's Call from the Spark Children's Bible with the core members (Isaiah 6:1-8). Core members and staff then baked cookies and delivered them to a neighbor. Our core members had a lot of fun with this activity.

Cultural Learning



This summer core members and staff enjoyed visiting the Meskwaki Powwow in Tama, Iowa.

Service to the Community

Participants of our DayHab program helped to prepare pumpkins at Reiman Gardens for their annual Spirits in the Gardens event which featured a Jack-O-Lantern walk with 650 carved lit pumpkins.



New Home

Five core members from our waiting list found a new home this fall with the opening of our recently completed Westfield House. The construction of this home started with donations from St. Cecilia Catholic Church and the Hunziker Foundation for the purchase of the lot and was supported throughout the building process by many generous monetary and in-kind donations. We would like to thank everyone who was involved with making the dream of a fifth home a reality. Our new core members are quickly establishing friendships and have been welcomed with open arms into the greater Friendship Ark family.



Westfield House core members enjoying one of their first family-style meals in their new home.

Supported Community Living

One of the skills many of our Supported Community Living core members work on is the planning and preparation of nutritional meal choices. Here, SCL Supervisor Nikki works with a core member on preparing a variety of salads. As you can see, they have a lot of fun in the process.





Friendship Ark

HOMES & COMMUNITY SERVICES

130 S Sheldon Ave, Suite 203
Ames, Iowa 50014
P 515.292.9556
friendshipark@friendshipark.org

Address Service Requested

Non-Profit Org
U.S. Postage
PAID
Ames, IA
50010
Permit 293



Stay Informed by E-Mail

Contact us at friendshipark@friendshipark.org to request our newsletter by e-mail. We will not share your email information with any outside entity.

Make a Donation

____ Yes, I/we would like to help Friendship Ark continue to serve persons with intellectual disabilities in a faith-based family home environment! Amount donated: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

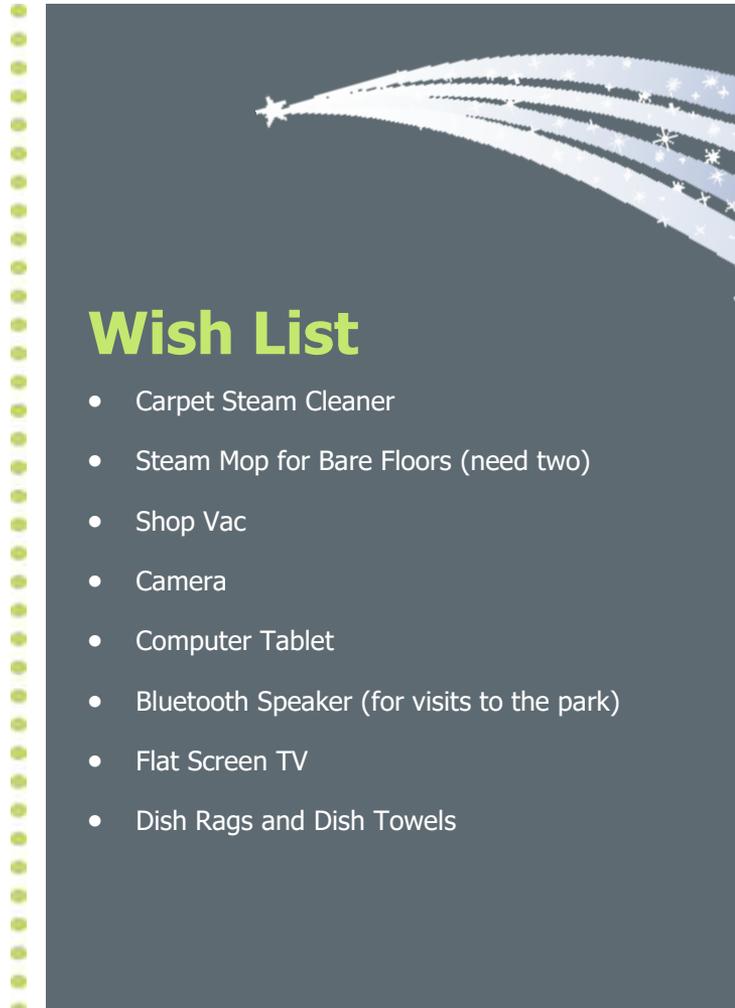
Please apply my/our donation to the following:

- General Operations Endowment Fund New House
- Core Member Outings Transportation Fund
- Rose/Lois Johannis Educational Fund (Staff Training and Education)
- I would like to learn more about making a planned gift.
- Friendship Ark is a part of my estate planning.

You may now use your credit card to make a one time or recurring monthly gift by going to our website and clicking the "Donate" button.



Like us on Facebook! This newsletter provides limited space for us to share all of the exciting things happening at Friendship Ark. Visit and like our Facebook page for more stories, news and pictures.



Wish List

- Carpet Steam Cleaner
- Steam Mop for Bare Floors (need two)
- Shop Vac
- Camera
- Computer Tablet
- Bluetooth Speaker (for visits to the park)
- Flat Screen TV
- Dish Rags and Dish Towels