



Friendship Ark
HOMES & COMMUNITY SERVICES

SUMMER 2017
VOLUME 18, ISSUE 2

FAITH • FAMILY • FRIENDSHIP

13th Annual 5 on the 4th



Thank you to everyone who supported FA by participating in our annual 5K run/walk at Ada Hayden Park in Ames. Sunny skies welcomed our runners and walkers and we were able to wrap things up before the heat of the day set in. Ada Hayden Park in Ames always provides a very scenic setting

for this event. Special awards were presented to the overall male and female participant as well as the most patriotic entry. First through third place finishers in each division received medals presented by our core members, a part of the race that makes this event an extra special experience for both, the core members and the runners. We started the race with the singing of the national anthem and all participants were treated to bagels, bananas and cookies as well as juice and water upon completing the race. Our core members especially enjoyed gathering along the stretch of the race course right before the finish line to cheer on the runners as they completed the race.



Most Patriotic



Cheering on the Runners



Core Members and Runners after the Medal Presentation

Published by Friendship Ark Homes & Community Services

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Community Collaboration

This summer, the Friendship Ark DayHab program was able to collaborate with Boy Scout Troop 160 (chartered by First United Methodist Church), Munn Lumber and Northridge Village for a project that has brought a lot of joy to our core members as well as the residents of Northridge Village. Boy Scout Troop 160 used lumber donated by Munn Lumber to build raised planting boxes which were then placed at Northridge Village. Together with the Northridge Village residents, our core members planted flower and vegetable plants in the boxes and have tended to them throughout the summer. The core members have enjoyed taking care of the plants and have truly loved the interaction with the Northridge Village residents. We have already been able to harvest peas, green beans, peppers and other vegetables. Thank you to Northridge Village, Boy Scout Troop 160 and Munn Lumber for partnering with us to make this experience happen for our core members and the residents of Northridge Village.



Garden Art Fair

Supported by the creations of our newly established Art Club, we were able to have a table at the Reiman Gardens Garden Art Fair on Sunday, July 9th. We offered beautiful garden stones, wind chimes and record planting bowls for a free-will donation. It was a lovely afternoon and core members took turns manning the table with staff. They enjoyed visiting with the people attending the fair. Funds raised will be used to purchase supplies to be used by the Art Club.



Dual Perspectives

My name is Cindy Campbell and I began my employment as one of the new Live-Out Assistant float positions last December. I am also the mom of four children, two of whom are young adults with special needs. My genetic code is woven into just one but both of them possess my heart. My family and I have spent the last 19 years of our lives advocating for our children to have the same opportunities to learn, grow, achieve success and realize their dreams as typically developing individuals. We have worked with (and sometimes against!) 2 school districts, DHS, the court, adoption workers, and multiple agencies on this journey. There has been immense joy and also moments of frustration as we have worked within “the system” for the benefit of our children.



Cindy and a Core Member at Miracle League Park in Ankeny

When we were told my husband was being transferred to Ames last summer, we immediately began looking at agencies to provide residential care for our adopted daughter. Knowing some case managers in the area, we contacted them to inquire about the possibilities. We were told that Friendship Ark was the premiere agency in central Iowa but that the waiting list was very long. This spoke well of Friendship Ark on two levels - glowing recommendations and the number of people hoping for our services. I would like to add a third. Since starting at Friendship Ark, I have been doing a lot of observation as an employee but also as a mom. My radar as a special needs mom is always on high alert. What I see at work has been amazing. The heart of my co-workers is truly dedicated to the well-being of our core members. The love, respect and genuine kindness they are shown is second-to-none among the other agencies we have been involved with. The community involvement and choice they have appears to have no limits. I am truly honored to be a part of this family and I trust that knowing the kind of care I desire for my own children makes me a better staff. As I have gotten to know our core members better, it is my commitment to give them the same love, kindness and respect I would desire for my own children. And, among all the agencies we have worked with over the years, Friendship Ark is the place I could confidently trust with the care of my own children. That speaks volumes. And that’s my perspective!

By Cindy Campbell, Live-Out Assistant

We Love Ames Parks



Taking a walk at area parks such as Ada Hayden Park in Ames has been a favorite pastime this summer.

New Board Members

Kyle Briese, CPA, currently works for Iowa State University’s College of Human Sciences as an Academic Fiscal Officer. Kyle has over 10 years of experience in healthcare and non-profit financial management.

Lisa Downs works as a Business Manager/Realtor for EXIT Realty in Ames. She has a background in Event Planning and Coordinating Membership Sales.

Welcome, Kyle and Lisa, and thank you for serving!

Please visit our website at www.friendshipark.org to learn more about Kyle and Lisa and to view their photograph.

Staff Spotlight

Congratulations to Anna Enabnit and Wendy Golden for being selected by their peers as our next Mission Award winners for the quarter.



Anna was hired as a House Coordinator in March 2016. Anna's proudest accomplishment is graduating from ISU in 2015. She has always lived close to the Ames area as she grew up in Radcliffe, Iowa. Radcliffe is a quick 35 minute interstate drive to Ames. Anna does currently live in Ames.

Anna says her heroes are her Mom and Dad, whom Anna states were always so supportive of her and all of her siblings (5 of them). Anna feels that they were great role models and wonderful people that she could always look to for advice even in the most difficult of times. Anna has enjoyed building relationships with both the core members and her co-workers, but states her favorite thing at Friendship Ark is the bond that you make with everyone. She states "It's crazy how much you care about the core members. Plus, Lucy always makes you feel good; she's so full of compliments." Anna's favorite Friendship Ark memory is going to the Special Olympics Cheerleading competition.

If you see this self-professed "NERD" around make sure to tell her "thank you" for all her hard work. If you are a Lord of the Rings fan you could even tell her in Elvish, she will understand you.

This is the second time that Wendy is receiving this award which shows how much her co-workers appreciate her hard work. Wendy continues to go to school where she is currently in Communication Studies, but has



taken an astrology class that has sparked a new interest for her. This is classic Wendy, she always wants to learn something new and this spills into her work. She loves offering new experiences to our core members and helping them to learn something new. Wendy was thrilled that Adam tried the Raging River on their Adventureland trip and LOVED it!

Wendy is an oddly nice combination of adventurous and organized. While she loves to have adventures with our core members she also offers color coded support and planning to her co-workers at the Kansas home. She participates in both the

Accessibility & Advocacy Taskforce and the Recognition & Retention Taskforce. When asked how she stays so positive Wendy stated "I'm so thankful for what I have, my family, a roof over my head, the core members, I have so much to be thankful for."

Anna and Wendy are both very outgoing people; we are blessed to have them at Friendship Ark. If you see them tell them congratulations on their stellar work!

By Laura Dolan, HR Manager

Fall Benefit

Our annual Fall Benefit will feature a Live and Silent Auction as well as music and delicious food catered by Gatherings/Farmhouse Catering. This is Friendship Ark's largest fundraiser of the year. We hope to see everyone on September 8th. To inquire about tickets visit our website at www.friendshipark.org or call 515-292-9556.



Animals Steal Our Hearts



Interactions with animals in the community and on our many outings always win a special place in our hearts. The core members so readily connect and bond with

any animal we encounter and it is always a joy to witness this.

New Home

As previously announced, we are in the process of building a fifth home which will allow us to serve more core members in a residential setting. Construction is coming along nicely. If you would like to contribute and be a part of this awesome project visit www.friendshipark.org/donate-now.aspx to learn more.



Arc Awards

We were honored to have two employees recognized by the Arc of Story County at their annual Viva la Arc event this spring. Anna Enabnit received the award for Professional of the Year and Brian Ouverson was recognized as Direct Support Professional of the Year. Congratulations Anna and Brian. We are very proud of you!

Vehicle Donation

We would like to thank Connie and John Litzel for donating a 2008 Buick Lucerne with movable handicap seat to Friendship Ark. The seat is operated by remote control and swivels out and around from the car to aid with the transfer from a wheelchair or walker to and from the vehicle. This vehicle will make it easier for core members with these needs to access the community. Thank you Connie and John!

Here John Litzel is presenting FA Executive Director Jennifer Ellis with the car and giving instructions on how to operate the handicap seat.



Memorial Donations

In May, we received a donation made by Dennis Risse in memory of his wife, Lynda. Dennis and Lynda's grandson lives in a Friendship Ark home. FA Executive Director Jennifer Ellis met Dennis and his daughter Denise Macdonald at his grandson's home to accept the donation and provide a tour of the residence. Thank you, Dennis, for your kind donation made in loving memory of Lynda Risse.



In June, we were saddened by the passing of our core member John. Our staff had formed a special bond with John and they especially enjoyed their time spent on car rides, where they would often joke around. We would like to thank the Samuelson family for directing memorial donations toward the purchase of a vehicle for our DayHab program. We were blessed by the time we were able to spend with John and he is dearly missed among the Friendship Ark family.





Friendship Ark

HOMES & COMMUNITY SERVICES

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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

- Vacuum
- Exercise Equipment - Low-Seated Exercise Bike, Treadmill, Elliptical
- Specialized Exercise Equipment at a cost of \$50
- Two Living Room Chairs (brown leather or solid color preferred)
- Computer Tablet
- 60" Smart TV