



Friendship Ark

HOMES & COMMUNITY SERVICES

FAITH • FAMILY • FRIENDSHIP

Our 20th Anniversary - Help Plan Our Celebration

Did you know Friendship Ark is about to turn 20? Officially incorporated in late 1999, Friendship Ark began serving two core members in our first home in 2000. Fast forward 20 years, and we are now serving 25 core members in 6 homes, 40 core members in our DayHab program, and 13 core members in our individualized supported community living program. We want to celebrate not only our beginnings and the present, but also all the wonderful years in between. That's where you come in.

We are inviting anyone past, present and future, who would like to help lead us in planning activities or events for our 20th Anniversary. If you are interested in being a part of this planning committee, please contact Jennifer Ellis at 515-292-9556 or by email at friendshipark@friendshipark.org. Once we have a list of interested individuals, we will be looking to schedule our first 20th Anniversary Committee meeting later this spring.

If you are not able to help with the 20th Anniversary Committee, you can still get involved by emailing us stories, memories and information, or making a donation to support the special events we will be planning.



Our first home,
purchased in 1999.

Our newest home,
completed in 2017.



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Vice President Dr. Lou Scallon
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Altrusa International of Ames Donation



We were honored to be a recipient of funds raised by Altrusa International of Ames during their 2018 Holiday Home Tours. Our Advocacy and Accessibility Taskforce is working with a community partner to install an Adult Changing Station in Ames, and we are planning to use the money to complete this project. Friendship Ark Supervisor and Advocacy and Accessibility Taskforce Member, Natalie Seibold (center), presented to the Altrusa group about the project and accepted the check on our behalf. Thank you Altrusa International of Ames for supporting individuals with disabilities within our community.

15th Annual 5k on the Fourth Run/Walk Supported by Ames Convention & Visitors Bureau Community Grant Program

Our annual July 4th run/walk at Ada Hayden Park has become a popular part of the 4th of July celebration in Ames. In January we received a grant from the Ames Convention & Visitors Bureau Community Grant program in support of our race.

Join us once again on the morning of July 4th, 2019 to kick off the festivities with some physical activity before heading downtown for the parade and other events. Ada Hayden is beautiful this time of day and the run/walk will give you energy for the rest of the celebration.

Watch our website and Facebook page for event details and registration information or look for our race on getmeregistered.com.



FA Executive Director, Jennifer Ellis (c), and Accountant, Diane Bjorklund (r), accepted a check in support of our race at the ACVB Annual Meeting in January.

Become an Event Sponsor

Friendship Ark holds two annual events (the 5k on the 4th race and our Fall Benefit) to raise funds that allow us to continue to provide high quality, personalized supports for adults with intellectual disabilities in an environment of Faith, Family and Friendship. The faithful commitment of event sponsors is crucial to the success of our fundraising efforts. Several levels of sponsorship are available for business or private sponsors and sponsors will be recognized on event promotional materials, Friendship Ark social media and our website. Contact our office at 515-292-9556 or friendshipark@friendshipark.org for more information or to receive a sponsorship package.

Family and Friendship



Friendship Ark's core members form a strong bond with their peers in our homes and our other community support programs where they become like a second family. They genuinely care about each other and look out for each other's well-being. We celebrate the good times and comfort each other when life is hard. Our staff become an extension of that family, offering structure and guidance along the way. As many who have experienced our Friendship Ark family first-hand

can attest to, the environment and the relationships that develop are truly special and leave an impact on anyone who has been a part of our programs.



Embraced by Our Community

We have been blessed by a number of individuals who have shared their gifts and talents with Friendship Ark over the past few months. Our core members are really enjoying all of the opportunities they have been given because of these people's willingness to engage with them. If you have a special talent or hobby you would like to share with our core members, please contact our office at 515-292-9556. The core members delight in learning new skills and exploring new experiences.

Seth Phillips, an Iowa State second year Vet Med student, has been bringing his therapy dog Fred to meet with us once a week and the core members have been ever so excited to get to know him. Fred has been getting lots of attention and snuggles and his visit has quickly become a favorite part of the week for many of our core members.



Ananya Mitra is a Friendship Ark staff with great musical talent. Because of the recent donations of two acoustic guitars to our DayHab program, our core members have been able to explore music with her. She is able to play just about anything the core members request of her and has patiently been guiding them as they take their first steps playing a guitar.

Claire Hergott is an Iowa State student who participated in a student leadership group that completed a volunteer project with Friendship Ark in the fall. Her time learning about Friendship Ark and our core members inspired her to rally students from her dorm to create Christmas cards for our core members. The core members felt very special when they each received their own card. We appreciated the care the students put into creating a unique design and message for each of the cards.



In Loving Memory



*Steve Becker
October 28, 1951 - March 16, 2019*

Forever in our hearts.

Planetarium Visit

Late last year, our DayHab groups visited the planetarium at the Iowa State Physics Hall to learn about astronomy and the night sky. Several of our core members were quite knowledgeable in this subject area. We also took the opportunity to ride CyRide to our destination which was a little adventure in itself for many of the core members.



Shining Star Award



Our many dedicated staff members have the opportunity to recognize each other in the areas of Friendship, Sincerity, Preparation, Action, Faith, Enthusiasm, Excellence, Compassion, Integrity, Tolerance, Respect, Honor and Love & Trust with nominations for our Star Award. A winner is drawn from all of the nominations at the end of each calendar quarter and rewarded with a special prize. Our January winner of the Star Award was Brian Ouverson, House Coordinator at the Johanns home. Brian won a Fitbit Versa which should have him well prepared to meet all of his fitness goals this year. Congratulations, Brian!

The Arc of Story County - Arc Awards

The Arc of Story County recognized three individuals connected to Friendship Ark at their annual Viva la Arc event in February. The awards were presented by Tricia Crain, Executive Director of the Arc of Story County.

Thomas, a Friendship Ark core member, received the Self-Advocate of the Year award. Thomas knows he is responsible for his own well-being and voices his concerns when they come up. He is showing his peers that they, too, can advocate for themselves. Thomas is a joy to everyone he interacts with and is amazingly creative in the ways he communicates and participates in everyday life.



Thomas (right)



Laura Dolan (right)

Laura Dolan, Friendship Ark Human Resource Manager, received the Professional of the Year award. Laura has been with Friendship Ark since 2007. She started her career with us as a Site Supervisor, moving to the Human Resource Manager position in 2014 upon completion of a degree in this area. Laura has a close relationship with our core members who love to come and visit her office frequently and provides our staff with all of the tools they need to deliver excellent services to our core members. Through her work, she is enriching the lives of our employees and the adults with intellectual disabilities that we serve.

Sarah Buck, President of Friendship Ark's Board of Directors, received the Volunteer of the Year award. Sarah has been a member of our Board of Directors since 2014 and the Board President since 2016. Sarah serves the Ames community in many ways. In addition to being on our Board of Directors, she is active on Mary Greeley Medical Center's Board of Trustees, as well as its Foundation. She also is a member of the Rotary Club of Ames, St. Andrew's Lutheran Church, and the United Way's Women with Initiative. Sarah's generous contributions of time, talents, and resources to Friendship Ark have enhanced the lives of adults with disabilities now and into the future.



Sarah Buck (left)

We want to thank all of our award recipients for their support of and advocacy for adults with disabilities and the Arc of Story County for the recognition. Congratulations to all of them on this honor.

Winter Outdoor Fun



We didn't let the weather keep us inside this winter. Whenever the conditions and the

temperatures allowed, we made sure we ventured outside.

Staff from Story County Conservation and Polk County Conservation were amazing teachers and helped us explore some new outdoor activities. We tried our hand at snowshoeing at McFarland Park and learned how to ice fish at Jester Park.

Everyone had so much fun learning these new skills, we are already looking forward to doing it all again next year.



Friendship Ark Receives CARF Accreditation



In February we received our second three-year certification from CARF International (Commission on Accreditation of Rehabilitation Facilities). A three-year certification represents the highest level that can be achieved.

Shoe Drive Wrap-Up

With the help of many donors in Ames and the surrounding communities we surpassed our seemingly impossible goal of collecting 2,500 pairs of shoes during our shoe drive. Between mid-November and mid-January, we distributed fliers, then picked up, sorted and bagged the shoes. All of the core members in the DayHab program were involved with this project and many discovered one or more portions of it they truly found enjoyable. Each pair of shoes will turn into funding for Friendship Ark, and the company we partnered with in this endeavor will ensure that the shoes we collected will benefit people in emerging countries in Africa and Central America. Thank you to everyone who contributed to this effort. Your donations gave our core members a meaningful activity over the cold winter months



resulting in funds for DayHab activities at Friendship Ark (i.e. supplies, admission fees, travel expenses) while at the same time helping others in need.

The Family that Cooks Together . . .

Meals in our homes are prepared by staff and core members together and are served family-style. As much as schedules allow, each home tries to gather as a house-family for the evening meal. Several of the core members are working with staff on learning new recipes as well as perfecting their cooking skills. They are always very proud when their creation turns out well and everyone compliments them on how wonderful it tastes.



Fresh fruit, jello and Cool Whip.



We conquered taco pizza.



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



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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 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

- Grill
- Air Fryer
- Batteries (AA/AAA)
- Cube Organizer
- Cushions for patio furniture and/or bench swings
- New or gently used stacking patio chairs
- Roku or Amazon Firestick
- Bicycle to keep at our homes for staff to ride alongside core members
- Water guns and other water toys