



Friendship Ark
HOMES & COMMUNITY SERVICES

FAITH • FAMILY • FRIENDSHIP

Winter 2022
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Celebrating Individual Uniqueness

Our Annual Appeal this year told the story of Catie who, with her move to a Friendship Ark home, successfully transitioned from institutional living at Woodward Resource Center to receiving services from a community-based provider in Friendship Ark. If you missed it and would like to catch up, a link can be found on our Facebook page and website.

I first met Catie’s dad and learned about Catie while they were exploring community providers before he decided on a placement with Friendship Ark. I joined Friendship Ark in 2014, and the opening that was available at the time that Catie was looking for placement was one of the first I had the pleasure of filling after I started my position.

When I visited Woodward Resource Center and met Catie and the team that had been supporting her and preparing her for her move back into the community, I realized what a great opportunity this would be for Catie, but was also aware of the challenges she would face during this transition.

Catie’s story is similar to that of others who have moved from an institutional setting to a community-based provider, but each person is unique with their own set of opportunities and obstacles. Friendship Ark recognizes this individual uniqueness so much so, that it is built into our mission, to celebrate the uniqueness of adults living with intellectual and developmental disabilities by providing homes and community services and helping our core members reach their fullest potential through faith, family and friendship.

With the announcement of Glenwood Resource Center’s closing, there will be an even greater need for placement options in a community-based setting, and we are excited to be able to help fill that need for individuals like Catie with the building of our 8th home in 2023.

I hope you will enjoy reading about all that has been happening at Friendship Ark and the many ways we encourage and celebrate uniqueness and individuality. May you have a blessed holiday season.

By Jennifer Ellis, Executive Director

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Sara Prochnow Ojard Golf Outing

Rev. Tom Prochnow has been involved with Friendship Ark from the very beginning, serving several terms on our Board of Directors and sitting on the Human Rights and Admissions Committee to this day. This fall, Tom and his family gathered for a golf outing in memory of his daughter, Sara, and generously made the event a fundraiser for Friendship Ark. We are ever so grateful to Tom, his wife Sharon, the Prochnow and Ojard families and everyone who participated and donated in memory of Sara. Their support will make a difference in the lives of current and future members of the Friendship Ark family.



We asked Tom to share a little bit about his daughter, Sara, the golf outing, and how it came together.

“Our daughter, Sara Prochnow Ojard, was a thoughtful, kind, and generous daughter, sister, friend, wife, and mother who loved family activities and being outdoors. Sara was also focused on helping others through Meals on Wheels, CHUM – Churches Unite in Ministry in Duluth, MN, and First Lutheran in Duluth.

Sara was diagnosed with cancer and died just 8 months later, on August 1, 2021.

Sara’s brothers, David and Jonathan, wanted to do something to remember Sara and her legacy of caring. And, although Sara would rather have gone hiking or kayaking, her brothers are avid golfers (☺). They knew she would be happy to have friends and family get together to have fun and make a difference for others at the same time.

I began Faith Fellowship in 1995 – a monthly gathering for those with intellectual and developmental disabilities. Sara was a student at ISU at that time, but joined her dad in coming up with craft ideas and playing piano for the sing-a-long at monthly Faith Fellowship evenings. We all knew she’d be honored to raise funds for Friendship Ark.

On August 8, 2022, we held what we hope was the first annual event at Coldwater Golf Links in Ames. Barrett Randall and Coldwater were great to work with and helped to make it possible for the Sara Prochnow Ojard Golf Outing to contribute over \$7,000 to Friendship Ark.”

Contributed by Rev. Tom Prochnow



Did you know?

Volunteers contributed over 200 hours in service to Friendship Ark this year. Our volunteers help with tasks such as detailing vehicles, landscaping, home maintenance, and small construction projects as well as crafting, reading and dancing with our core members, providing animal therapy and helping us at fundraising events. Do you have a hobby or skill you would like to share with us? Contact Natalie Seibold at natalies@friendshipark.org.

Recruiting and Community Engagement Corner

This quarter we welcomed several great staff to the Friendship Ark family. Please help us in welcoming: Bella Herreweyers, Amari Ingram, Nicole Moe, Deb Long and Molly Daily. We were happy to welcome back returning staff member, Janelle Wright, as well.

We would also like to recognize our 2022 staff anniversaries:

Celebrating **one year** with Friendship Ark were Tara Box-Walker, Lindsey Culp, Audrey Estlund, Ron Foster, Kole Hilsabeck, Emile Albert Kum Chi, Abraham Kuol, Marisa Lageveen, Beth Lucht, Michael Mensing, Ella Meyer, Delaney Nasalrod, Franck Biyogue Bi Ndoutoume, Courtney Nelson, Tonya Potter, Shannon Sproule, Nishimwe Trifoza, Josh Tuel, and Maison Vasquez.



Kathryne
Bartholomew



Erin Fritz



Karilynn
Hernandez



Janett
McCreery



Daniel
Stafford



Kris Hinders



Diane
Bjorklund



Laura Dolan



Jim
Erickson

We thank all of our staff for their dedicated service to, relentless advocacy and unconditional love for the core members. You are what makes Friendship Ark great and we are blessed to have you as a part of the family.

New Board Members

This summer we welcomed Haley Cook, Sheila Lundt and Melissa Muschick to our Board of Directors, and extended a heartfelt thank you to outgoing board members, Jim Black, Amber Deardorff, and Nicole Rasmussen, for their service and dedication to Friendship Ark. Learn more about Haley, Sheila and Melissa at www.friendshipark.org.

Guidestar/Candid Seal of Transparency

Friendship Ark once again earned the Platinum Level of the Guidestar/Candid Seal of Transparency this fall. The Guidestar/Candid Seal of Transparency helps to demonstrate our transparency to potential funders and donors. Want to learn more? Look us up at www.guidestar.org/search.

Platinum
Transparency
2022

Candid.

Recruiting and Community Engagement Corner, continued

Can you believe the first snowflakes have already fallen and the holidays are upon us? Time flies when you are having fun and boy have we been having fun this quarter. FA Community Relations Coordinator, Natalie Seibold, and I continue to work side by side on many of our recruiting and community relations efforts. On the recruiting side, we attended the People-to-People Career Fair at Iowa State where we connected with many students and visited with a current employee about potential internship opportunities. Our community relations efforts this quarter started off with a visit to Lutheran Church of Hope's Kairos ministry where core members and staff joined us to share about Friendship Ark. In October, Natalie and I presented to an Iowa State service club which is considering us as a non-profit to partner with on a project. In November, I was joined by FA HR Assistant, Michelle Jackson-Worrick, at the Rock on Symposium, facilitated by the ISU Retiree Association. There, we were able to connect with RSVP, a volunteering group for retired seniors, and will meet with them in January to discuss how we can collaborate. I also enjoy participating in Rotary, where the organization's motto is "service above self". It has been exciting to make all of these connections in the community and telling others about Friendship Ark. Another great opportunity this quarter came via the United Way. I attended a chamber event on Inclusivity. We are excited to be a part of a new group forming that will work on creating more diversity and inclusiveness in the workplace.

One of the things I most enjoy is when the core members get to join us on our adventures. No one tells our story better than our own core members. This quarter we participated in two **Beautiful Land Markets** with our Halloween Bootique and the **Beautiful Land Holiday Market** with a Hot Cocoa Bar fundraiser which was generously sponsored by **Downtown Ames Fareway**. We are thankful to Jody Bergan-Bennett for sharing the platform of her market with us to raise funds and tell others about Friendship Ark. We also treasure the business relationship we have formed with **Moorman Clothiers** in downtown Ames. For the third year in a row, Moorman picked us as their **Shop for a Cause** partner. We were able to set up at the store to share about Friendship Ark with the customers and Moorman Clothiers donated 10% of sales for the day to Friendship Ark.

By Beth Lucht, Recruiter/Scheduler



We appreciate the way local businesses have embraced the core members and our mission. Here, we are helping at the register at Moorman Clothiers (left) and serving hot chocolate at the Beautiful Land Holiday Market (right).



Our Business Partners

Help us to thank our 2022 Business Partners for their generous support of adults living with intellectual and developmental disabilities in our community. If you find yourself interacting with them or visiting their offices, let them know you appreciate their commitment.



Beautiful Land Market

Cylosoft, Inc.

Fareway Meat and Grocery

Greater Iowa Credit Union

Knapp Tedesco Insurance

Mary Greeley Medical Center

First National Bank

Prestige Builders

Friendship Ark Book Club

Our Book Club has been meeting at the Ames Public Library with animated reading of stories by talented Friendship Ark Supervisor Andy. Feel free to join in if you should see us there.



New Spring Event



Mark your calendars for our reimagined annual fundraising event this spring. Watch our website and social media channels for more information. There will be no better way to chase away the winter blues than our **Tropical Sangria Escape**. We can't wait to share this fun experience with you.

Diversity Potluck

We celebrated different cultural backgrounds through friendship and food this fall in an effort to show the importance of inclusion and diversity. Each site was assigned a country or region and they made an informational poster and authentic dish to share at the potluck.



Employee of the Quarter



Congratulations to Friendship Ark's Employee of the Quarter for the third quarter of 2022, Cassie Shivers. Cassie's nomination recognized her for always making sure everyone feels 100% supported. If you come to the office, you will see her plugging away at all times to get things done. She gives 110% no matter what. Thank you, Cassie, for your faithful commitment to the core members and to Friendship Ark. In recognition of her award, Cassie received a gift of \$100 and will be eligible to be selected for the Employee of the Year award. Nominations for Employee of the Quarter and Employee of the Year awards can be submitted by any staff of Friendship Ark and winners are selected by a diverse committee of staff peers.

Friendsgiving

Our Friendsgiving grew this year with about 20 ladies from Sigma Kappa Sorority - Iowa State University!! What a blessing it was to share this meal together, play bingo and build new friendships! Many of the ladies were from our ISU Sparkles Squad family which was a special surprise! The core members prepared dishes with staff in their homes and brought them to share at our gathering!





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Make a Donation

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
E-Mail _____

____ 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: _____

Please apply my/our donation to the following:

- General Operations Endowment Fund New House
- Core Member Outings Transportation Fund
- Rose/Lois Johanns 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"



This newsletter provides limited space for us to share all of the exciting things happening at Friendship Ark. Find more stories, news and pictures on Facebook and Instagram. Don't miss a thing, follow us today!

Wish List

- Storage Shelves
- Plastic Reusable Plates and Bowls
- Salad Plates and Bowls
- Metal Sporks, Silverware, Plastic Silverware
- Tupperware
- New Upright Vacuum
- Card and Matching Games
- Snow Shovels (need 2)
- Shop Vac (need 2)
- Storage Totes
- Counter or Bar Height Kitchen Stools (need 2)
- Free-Standing Storage Cabinet
- New Outdoor Christmas Lights
- Halloween Costumes, Unique Clothing Items, Dance Costumes (for our 2023 Halloween Bootique fundraising event)