



# FRIENDS of the FAMILY

Take Back Tomorrow. Today.

## DEAR FRIEND,

Every morning, Friends of the Family's shelter kitchen becomes a gathering place for breakfast and conversation. Today, the familiar sounds of toddler feet can be heard as 4-year-old Wyatt runs toward the pantry, unable to contain his excitement for his bowl of Cheerios. He hops on the lap of his big sister and together they quickly eat their breakfast before catching the bus to school.

After the kids get out the door, the adults can be seen cleaning up and getting ready for their appointments when a volunteer arrives to fix a cabinet door. After a few frustrated attempts, FOF staff are delivered the news. "Sorry but this is beyond repair. It's been fixed too many times. You need to think about getting new cabinets."

So here we are, barely into 2019, facing a major expense. **We need your help.**

**Maintaining the kitchen is important, not just because people need to eat, but also because ours is a place where our clients oftentimes find comfort, conversation, and a sense of community.** We must raise \$15,000 for these much needed renovations. Our Friends of the Family Auxiliary, in Waverly, has so graciously kicked off this appeal with a \$5,000 donation.

Please consider **making a donation** at whatever level you are able, to help us replace our kitchen cabinets and counter tops.

Gratefully,

*Ben Brustkern*

Ben Brustkern, Executive Director

## APRIL NEWSLETTER

"WITHOUT A KITCHEN, YOU CAN'T PREPARE FRESH OR HEALTHY FOOD. WE LADIES LIKE TO TEACH EACH OTHER HOW TO COOK DIFFERENT THINGS. WE ESPECIALLY ENJOY TEACHING THE YOUNGER LADIES ALL OF OUR FAVORITE RECIPES."

—mom, shelter client

"I WAS JUST LIVING IN MY CAR FOR 3 MONTHS. I HADN'T HAD A HOT MEAL THAT WHOLE TIME. TO BE ABLE TO PREPARE MY OWN HOT MEAL MAKES ME FEEL LIKE I'M HOME."

— shelter client



"THE KITCHEN IS DEFINITELY A GATHERING PLACE HERE. WE ALL TAKE TURNS MAKING BIG MEALS FOR EVERYONE, SO WE ALL AREN'T IN THE KITCHEN EVERY SINGLE NIGHT. THERE'S A SENSE OF COMMUNITY THAT NOT ALL OF US HAVE IN OUR LIVES."

— mom of 2, shelter client



## CHEFS TAKE A STAND AGAINST VIOLENCE

On April 5, FOF held its 5th annual Chefs Take a Stand at the Isle Casino Hotel in Waterloo. Five Area chefs shared incredible dishes while guests also enjoyed samples from various beverage vendors. Chef Jennifer Madsen from Fox Ridge Golf Club was awarded the News/Talk 1540 KXEL Best Dish Award. The event raised over \$19,000 toward the agency's services for crime victims in the Cedar Valley and beyond.



Thank you to our guests, donors, volunteers and FOF team. Without you, none of this would have been possible. For event photos and a full list of sponsors and participants, visit [fofia.org](http://fofia.org).



## REGISTER NOW FOR SPIKE OUT DOMESTIC VIOLENCE

Registration is now open for the 5th annual Spike Out Domestic Violence Volleyball Tournament taking place on Saturday, June 1st at Half Pint Saloon in Waterloo. Funds raised will go to FOF's programs serving victims of domestic violence, sexual assault, human trafficking and homelessness.

**Registration begins: 9am**

**Tournament starts: 10am**

To register for this event or for more information please visit our website at: <https://www.fofia.org/events/8/spike-out-domestic-v> or email [KarLee@fofia.org](mailto:KarLee@fofia.org) or call 319-234-0232 ext. 102

*Celebrating*  
**20 YEARS OF  
HOUSING THE HOMELESS**

On May 5, 1999, Friends of the Family's Turning Point Rural Housing Project housed its first homeless client. This May marks 20 years of positive impact on people affected by homelessness in rural Northeast Iowa. To learn more about the program, visit [fofia.org](http://fofia.org).

## AWARDS & RECOGNITIONS



In November, we honored Glenn Fenneman of Waverly with an Outstanding Volunteer Award. Glenn has provided maintenance support at the Waverly office and shelter for several years. We value his time and talent, and appreciate all that he has done to help us operate a safe and functional work and shelter environment. Thank you, Glenn!



In April, we honored Nichole Copper of Cedar Rapids with an Outstanding Volunteer Award. Nichole has provided support to the Cedar Rapids office since

the fall. She was instrumental in creating a Client Satisfaction Survey that allows our staff to analyze client experiences. We value her knowledge and unique ability to help us better our services through gathering quality client feedback. Thank you, Nichole!

## LOCAL PARTNER FUNDING

FOF relies on funding from local partners to meet the needs of people affected by violence and homelessness. Thanks to this quarter's funding partners for supporting our mission!

Butler County Community Foundation  
Howard County Community Foundation  
Waterloo Housing Trust Fund

## VOLUNTEER APPRECIATION

**April 7–13 was National Volunteer Week**

Last year, 181 volunteers gave over 8,100 hours of their time to FOF and our clients. Volunteers support FOF in many different ways, including direct client services, administrative tasks, operations, fundraising, sorting donations, community outreach, and helping to spread our mission. We would like to thank each and every one of you who give your precious time. Without you, we would not be able to do all that we do. From the bottom of our hearts, thank you!

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Part of FOF's Sexual Assault Awareness Month activities included a partnership with the University of Northern Iowa to show the documentary, Gridshock, on campus. The film highlights real-life stories of human trafficking right here in Iowa. A question & answer session was held with the documentary's director, Vanessa McNeal. Friends of the Family's Human Trafficking Services Manager also participated in a panel discussion along with a survivor of sex trafficking.





## MARK YOUR CALENDARS

*Stewards of Children* is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

Friday, May 17th from 1:00pm - 3:00pm.  
Waverly Public Library, 1500 W. Bremer Avenue,  
Waverly, IA 50677

**TO REGISTER**, contact AJ at anthony@fofia.org  
or call 319-352-1108, ext. 115.



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