



Crossroads of Crawford County

Community Outreach for Life's Journey



Julie Brown

A college friend of mine is wrestling her emotions & life balance after a recent cancer diagnosis. With cancer invading into lymph/vascular tissue, she has started concurrent chemo & radiation treatment. An army of prayer warriors and close friends embrace her in both practical and emotional ways from both near & far. She shared in her online journal that 'each day, sometimes each hour, I alternate between complete trust and peace.... and heart-palpating, mind-numbing fear.'

Her doctor reminded her that after the surgery occurred to remove the cancer, the biggest threat had been removed. He told her, "you need to look in the mirror every morning and say, 'I'm disease free. This treatment is just making sure I stay that way.'" He said that during treatment, she could live life at 80% of normal, the other 20% being the negative side effects of treatments.

There is wisdom in the doctor's advice for each of us. We all have CHOICES in our lives. God granted them to us as human beings. Sometimes our unloving and poor choices cause cancer of the soul. God forgives our cancerous choices and removes them. We need to look in the mirror every morning after asking forgiveness and say 'I am forgiven! I have a clean slate.' We can declare JOY in that forgiveness, and make new choices accordingly. Or we can choose to focus on the 20% of brokenness and pain that are side effects of the cancer treatments.

The consequences of our poor choices may remain, but when God forgives them, new hope springs and life flows into our days. Every day we should remind ourselves that 'we are disease free' and reach for what God has in store for us!



Julie Brown

There is more parallel in this message as we consider the difficult, long winter we have had. Finally, signs of fresh, new life are everywhere as the spring emerges! Seasons change.



SEASONS

C H A N G E

SEPTEMBER 28, 2019

SAVE THE DATE! Our Fall Fundraiser Event in Charter Oak!

Our annual fundraiser theme will reflect the reminder that whether we are in comfortable times or struggling in difficulty and challenge, seasons change, always!

More detail about the event will follow after more planning, but this will be a family event, with fun and activities for all ages! Indoor & outdoor games and activities are being planned for the mid-late afternoon with a mix of local talent following a meal of steak sandwiches, burgers, and hotdogs! Families can come & go as they like, with an rsvp only for the meal.

If you can share your time being on the planning committee, please give us a call! 712-393-4673

*At Crossroads we walk with people through seasons in their lives.
We want to encourage the whole LIFE journey*

- celebrating the ups, big & small
- supporting the downs, big & small
- bridging the changes
- embracing the challenges

& affirming SEASONS CHANGE



COFFEE BASH

LIFE HAPPENS...COFFEE HELPS

*THANK You for attending our Spring Fundraiser & Membership Drive held May 2nd!
We are celebrating 13 new memberships so far, and we are grateful for
our launch into Jumpy Monkey Coffee sales!*

Thank you to so many who helped, brought food items, ran errands, and made the coffee bash fun!

Our goal for the event, including new memberships and coffee sales was \$3,000 and thus far, we are at \$1,328.

If you missed the event, you're not too late! We plan to work this first-time spring fundraiser until just before Memorial Day! You can see what varieties we have through our website, and now you can shop online! **Check it out at <https://crossroadsofcrawfordcounty.org/misc1.asp>.**

A favorite at the event was our own Sparrow's Nest brand—a South American blended coffee with a smooth, slightly smoky full-bodied cup. The coffee varieties were all quite evenly favored by the diverse coffee guests, but the Vanilla Buttercream flavored coffee was the most popular, judging by how much was brewed.



*Go ahead,
**SPILL
THE
BEANS***

We very much would like to continue our sales of Jumpy Monkey brand whole bean & ground coffee through Sparrow Nest gift area at Crossroads! All proceeds would enable our continuing work to give more direct time to more families!



Did you know?

Jumpy Monkey Roasting is located in Sergeant Bluff, Iowa. In 2003 the 'Coffee... with a Cause' brand was bought by a family involved with Jumpy Monkey Roasting with the sole intention of using it to provide meaningful employment to individuals with disabilities. Besides serving this notable cause, the people involved with Jumpy Monkey® also established a goal of roasting the best coffee available. This is why we quickly aligned with the Jumpy Monkey mission—besides having some serious coffee fans on board with Crossroads' work. When time is right, we would like head into creating purposeful work for some of the people we serve—those who struggle to sustain full time employment due to mental or emotional illness & disability.



Until that time unfolds, we hope to gain proceeds from our COFFEE SALES to enable more time with those who come to us with individualized needs, be it pregnancy decisions, a boost as a single parent, helping muddle through tough family issues, dealing with snags in life like grief, job difficulties, or substance abuse, mentoring a young person, befriending a person who is lonely or needs help, and supporting a caregiver through the stress and strain of their role.

MORE COFFEE BASH UPDATES  **>>>**



We had T shirts for the occasion, and have some on sale at Sparrows Nest if you'd like one! **Thank you for your help and expertise, ID Apparel!**



Taylor Borkowski & Candace Bral made fun coffee mugs and décor to sell in Sparrow's Nest, and there are still some for sale while supplies last. **Sparrows Nest proceeds go toward offsetting Crossroads costs so donations can go directly to time with families in providing what service they need.**



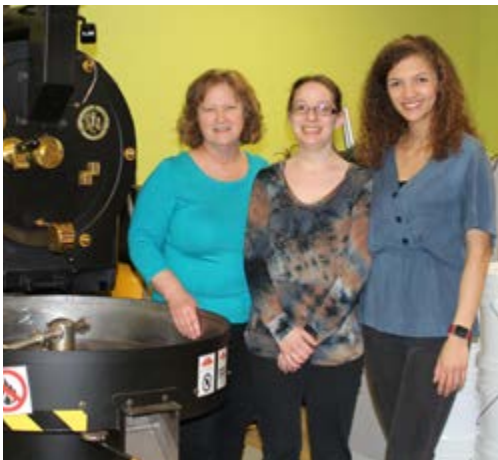
Jennifer Hennings was our Sparrow's Nest queen! She spent many hours helping with preparations and then handled all the sales from Sparrow's Nest the day of the event, and tracks all the coffee sales and orders for us. **Thank you for all your great help, Jennifer!**



Here is Noel Johnson drawing a name for the door prizes the day of the Coffee Bash.



Only a couple bags of coffee remained after the coffee bash, and the re-order has just arrived and already, several are sold. The coffee is vacuum packed in whole bean or ground varieties. We will keep some of most kinds on hand, but to assure freshness, we will order regularly and notify you when it arrives!



Jumpy Monkey staff in front of their roaster that does a 25 pound batch at one time. To the left is Lori, General Manger. Lori's daughter is disabled and that has given Lori the passion to create meaningful work for her through Jumpy Monkey. In the middle is Amanda, who oversees the packing and shipping. Gabby is at the right, and she handles the marketing and fundraising set up.

THANK YOU, JUMPY MONKEY FOR THIS OPPORTUNITY AND YOUR HELP AND ENCOURAGEMENT!





Lynette Mohr was the winner of the 'Members Only' drawing. She won a coffee mug of choice, a T shirt of choice, and a coffee of choice. **Thanks for joining us Lynette!**



Stacy Kruse won a door prize of a coffee themed package. She is pictured on the right here sporting her fun items with Crossroads' newest Board member, Karen Claussen.



Glen Barngrover won the doorprize for most closely guessing the number of coffee stir sticks. **Thanks for coming Glen!**



Jennifer Hennings digging deep for her own ticket for the clock drawing...



...But the winner was Brittany Bremser! She seems to be awfully lucky, but she certainly did earn it with all her help for the event!

Other winners, but unfortunately no pics, were Dennis Jepsen who won a doorprize of a coffee mug gift package & T shirt. The childrens drawing was won by Maddie Staples, daughter of Megan Ross, who deserved it after busying herself so patiently. She guessed on the number of chocolate covered espresso beans in the jar. She won \$10 to shop for a fun gift from Sparrow's Nest or Walmart, whichever she prefers. And we have more chocolate espresso beans on sale for you! (yet—they tend to disappear for some reason)

If you didn't get a chance put into the drawing but want a clock, we have several to still choose from for sale in the Sparrow's Nest! All clocks can be special ordered or customized.

We also thank Thrivent Financial for Action Team monies, Walmart for donation of some door prize items, and Anderson Water for donating good drinking water to make the coffee taste its best!

Thank you to all those who brought cookies, bars, and even biscotti to enjoy with our fresh hot coffee! Your time and energy is truly appreciated in making the event a success!



Thank you!

We are so appreciative of gift money given to Crossroads to complete our office and Family Den Area with some provisions to enable increased security, privacy, & visibility. We want the families who come to us and staff to know that there is surveillance in place to help protect them. Additionally we can vary the speaker's volume in order to enhance music and confidentiality in any given area. Additionally, we plan to soon install an interoffice phone system to allow smoother phone relay amongst staff.

CJ Electronics - Sometimes referred to as the 'former Radio Shack', the store is wall to wall electronics. That would be intimidating for someone like me who works hard to keep a healthy respect for technology, but Henry Giasson makes it easy and painless by spelling out different options and letting you choose, and then putting in knowledgeable and a thorough technician to complete the work. Thanks to CJ Electronics for their excellent help and service installing a security camera system and adjustable sounds system!

Denison Rotary - Their mission statement reads in part 'Service Above Self for the betterment of our community, state, nation and world.' They do exactly that very well, with approximately one lunch hour per week. Now THAT is a 'working lunch'! The Rotary grant of \$3,000 will cover costs of the sound system and sponsor a good number of families who cannot pay the fee that would cover our costs for hosting the area.



Crawford County Foundation - Last spring, the Crawford County Foundation helped us equip an area at the new office site that we now call the Family Den. This year an additional \$1000 was granted to make additional provisions to further comfort & safety. The Crawford Foundation invests money for their donors and makes the interest income available for grants that benefit the community through tangible items or projects of lasting visibility. The grant money will be applied to the camera security and additional signage.



The Family Den - This is a family-friendly area that feels more like a small living room, with the intent of making parent-child or family discussions more comfortable and doable when a home setting is not an option. Call us if you would like to inquire about availability for any family meetings!

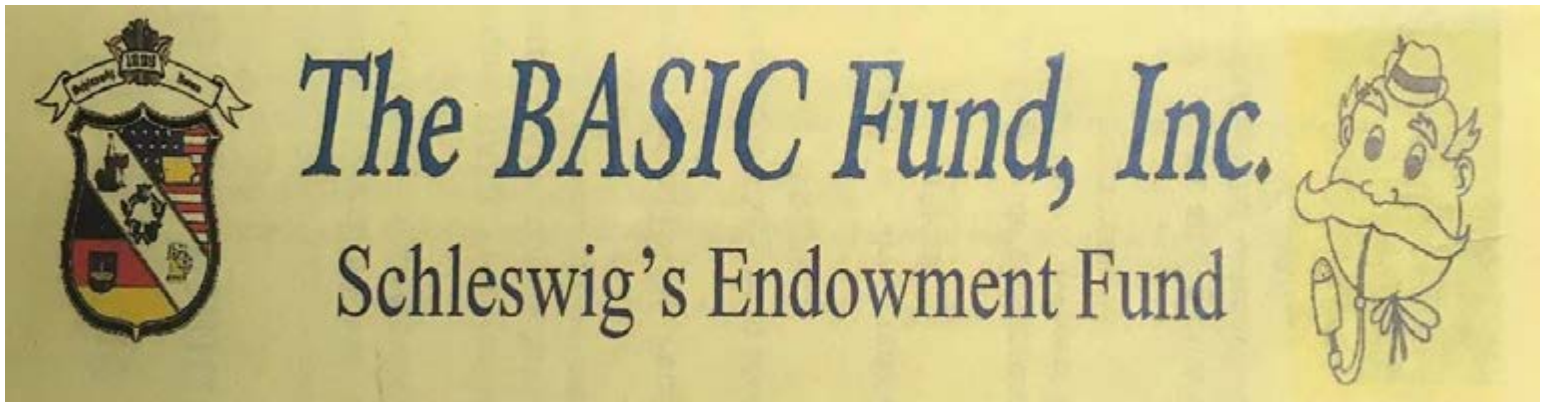
AND MORE THANK YOUS!

Community Partnerships for Protecting Children granted \$250 for items toward helping our community foster parents. Oftentimes, children being placed into foster care come to their new family with no personal items, or inadequate clothing. In partnership with Lutheran Services in Iowa, the areas' new provider for foster care recruitment and retention and support, Crossroads is anxious to start a lending closet specifically for foster children who need clothing and personal items. The town of Westside has graciously provided space for storage of items, and once the area is prepped with storage and organization, we will share again about the donation needs. These funds are received through Crawford/Sac Decategorization Project and Community Partnerships for Protecting Children neighborhood/Community Network Mini Grants. *See photos in section below for related story.*

Unsung Heroes The 5th graders at Schleswig are a group with big hearts! The past few years, the 5th grade teacher, Tiffany Moeller has helped her class apply for a mini grant of \$250 from Project Jack. Project Jack monies must be used to help others in need. This year, the 5th graders choose to purchase items for the new lending closet that Crossroads has partnered with Lutheran Services in Iowa to provide continuous clothing and practical items for foster parents in our area. The kids were thrilled to learn that their purchase was the kickoff to the new service. It is so new, that a name has to be given yet! Start thinking and let us know your ideas!



Schleswig Basic Fund Thank you for over \$900 to Crossroads for offsetting our expenses involved with Meals on Wheels. While the Meals are paid for by the seniors who receive them, we do pay staff for their time to coordinate calls for the meal count twice weekly. This combined with costs of internet, special trips, mileage, and covering occasional meal costs does add up. We greatly appreciate the Basic Fund recognizing and assisting with the overhead!



CROSSROADS VOLUNTEER MENTORS & HELPERS

We could not do what we do without the helping hands and loving hearts of many volunteers. Watch for the upcoming annual report, where we will list all the registered volunteers and many of the recent unregistered volunteers. We had a chance to treat the first nine who responded and could come to a craft project hosted by Candace Bral in early April after the weather finally allowed some predictability.

We will look for more ways to thank our other volunteers as the budget and ideas allow. Let us know if you have ideas, because our volunteers are one of our greatest resources and we want them to know they are appreciated!



Pictured here is the group with our completed projects. It's great how a little crafting, a few laughs, and mingling can be therapeutic! left to right is Jennifer Hennings, Kayla Hennings, Deb Uhl, Angie Ellis, Sherry Kohnkamp, Kristin Hennings, & Rachel Greene, Diane Smith. Front: Janette Clausen and Sue Bergamo.

IN CASE YOU WANTED TO KNOW... HERE'S CROSSROADS' REVIEW OF 2018

WE ATTENDED FAMILIES

AND SO MUCH MORE!!!



7
Grief Related



3
Single Parent Dads



6
Single Parent Moms



8
Domestic Violence (Including Children)



8
Adoption Related



4
Housing Needs



4
Homeless



2
Custodial Battles



12
Need Caregiver Support



17
Follow Up or Revisiting



13
Mental/Emotional Health Concerns



10
Substance Abuse



2
Untimely Pregnancy



3
Developmentally Disabled

FOR THE COMPLETE LIST OF OUR 2018 ACCOMPLISHMENTS

CHECK OUT: https://www.crossroadsofcrawfordcounty.org/uploads/How_You_Helped.pdf

With staff growth slowly becoming a reality, and moving & 'setting up shop' being the huge endeavor of 2018, reviewing the families we have helped was great therapy for me! It was also an affirmation of why we're here—to be an encouraging and Christian friend to whomever we can through offering individualized resources, referral assistance, mentoring, & creative helping.

Now that we are settled in our terrific facility that became our home a year ago, our prayer is that we can equip our outreach with staff to more effectively walk alongside children, parents, individuals, and our senior citizens in service to their needs!



"Our child is in substance abuse treatment, we have so many emotions going on!"



"I'm pregnant and my situation is very complicated. What if I am not ready to parent yet?"



"We learned of some educational resources available to kids with special needs"

MORE WHO WE HELPED...

We know the community loves stories about the specific work we do with families. Giving detail is oftentimes hard because we honor confidentiality in all circumstances and sharing can easily lead the public to interpret any situation described as a person they know. But two have given permission to share their story for the benefit of helping the public recognize the value of what Crossroads does.



Ted was feeling like life was crushing him and he couldn't get off the wildly spinning merry go round. His heart literally hurt from losing his wife just months earlier. His strained relationship with one of his children weighed heavily. A move was on the fast approaching horizon, and he was stunned in overwhelm. When Ted shared that he was seeing a professional for symptom management of anxiety and a history of depression, we knew that supplemental support is what he was looking for. Practical support to help him think ahead, reducing barriers like downsizing and packing, closing on his current housing, and looking for new suitable housing helped him know the warmth of a friendship in the midst of aging challenges. The transition would take months, but the first step could be taken instead of being frozen because there was someone to take it with him.



Jill came in by appointment, with little background info but that she needs to talk. She nervously grazed the brochures and booklets available about grace, forgiveness, and hope before accepting invitation to sit down and share what was happening in her life. After a series of unhealthy choices, she was feeling like she was in a dark pit, stuck with how to rectify the messy trail her fiery decisions had made for herself and her family. From observation, one would have guessed the untimely pregnancy would have been her major distress. Or upon visiting a bit more, perhaps the alcoholism that led to the erratic decisions.

However, Jill shared that she had several professionals in place to help her and she had found treatment for her addiction. It was the day to day depression and anxiety that had a strong grip on her. She needed another ear, heartening encouragement, and assurance that she could come visit or pray together when needed. Life hasn't become easier for her, but she is growing in her strength to manage the cleanup, to feel the grief, and to let God do the directing.

EMPOWERED TO CONNECT CONFERENCE

The first weekend in April, a conference was hosted by LSI & Crossroads of Crawford County. Empowered to Connect is an effective and noteworthy approach to truly understanding children with traumatized brains. Understanding the trauma that children's growing and developing brains suffer as a result of many circumstances—from premature birth, prenatal substance abuse exposure, abuse and neglect, and brain injury—is key to finding avenues to better respond to them in a nurturing and healing way. Christian singer/songwriter Steven Curtis Chapman is an ongoing sponsor

and endorser of the Christian-based resource.

If you would like to learn more about this tremendous resource, www.empoweredtoconnect.org has a wealth of information by founder Dr. Karyn Purvis. Crossroads has a full training set of educational tools put out by Empowered to Connect that we are happy to share.



Crawford County Memorial Hospital has again been very generous and helpful in a community mission. THANK YOU, CCMH for the excellent food service, generous meal pricing, and donation of venue and technical expertise!



3707 Timberline Dr. Suite 3
Denison, Iowa 51442

Special thanks

Bev Peters joined Crossroads as bookkeeper in January 2017. She volunteered her time, coming in most every week. Payroll, billpaying, required filings, and keeping an up to date register is a challenge, especially when after transition to Quickbooks, there were as many questions as bookkeeping solutions. Even more importantly, Bev did an incredible job advising on the shoestring budget balance and keeping flow in our periods of dry.

We miss her fun nature, good laughs, and caring soul on a regular basis, but are thrilled she is willing to provide backup as needed and her help with special events.

This picture was taken on one of her last days of work and the other is of Diane Smith, who assumed the roles for Crossroads. **THANK YOU, BEV for your excellent help, and THANK YOU, DIANE for taking it on for us.** Without you, what an overwhelming mess we would have!

