



Summer
2007 Issue

Why Hillcrest?

In the last two issues of *Hillcrest Calling*, we've posed the question "Why Hillcrest?" In the first issue, the question was answered by taking a look at the many programs we offer to families and children in need. "Why do we provide these programs? Why does Hillcrest reach out to families and children?" In the next issue, we connected the question of "Why Hillcrest?" to stories from people who believe in the importance of being part of a faith-based organization. You heard stories from staff and board members.

In this issue, we are again asking the question "Why Hillcrest?" and are sharing success stories from clients. Why does Hillcrest help families — and those who don't have a supportive family network? Why has Hillcrest made a positive impact in their lives? Why do people volunteer and make such a difference in clients' lives? Read on for five stories about people who, daily, have a positive answer to the question "Why Hillcrest?"

A Student and His Mom

Allen is eight years old and lives in Camanche, Iowa. His mother, Carrie, knew that something was *not* right when Allen was born. Finally, at age three, he was diagnosed with autism, ADHD, obsessive/compulsive disorder and mild mental retardation. He lashes out when he's upset. He has difficulty with changes to his routine. After moving in and out of several schools over the years, Cindy was at the end of her rope. Today, he attends a new Hillcrest school in Clinton for children with special needs.

"I had really run out of hope that anyone or any place could help Allen, could do him right. At Hillcrest, they look at him as a person, not a problem. They respond to his needs and create individual plans that work for him," she says. She finally feels like they have found a place where Allen can succeed.

"The staff at Hillcrest really go out of their way to help Allen. They are extremely detail-oriented, and provide me with very careful notes on everything that has happened during Allen's day at school and in therapy. They incorporate his therapy strategies into his school work. They teach him a little bit of everything ... it all connects together."



Allen

A Resident and the Staff Administrator



Bill

Deb Lang has worked at Highland Place in Ottumwa for many years. As the director of the 40-bed facility, she and 40 other employees provide rehabilitation for chronically mentally ill adults, age 18 and older, with a broad continuum of care.

Bill is a 63-year old resident. He grew up in Ottumwa and has lived at Highland Place since 2001. He was previously in treatment at the facility from 1986 to 1993 when it was under different management. He lived on his own for a period of time but wasn't comfortable with the arrangements. Diagnosed with chronic schizophrenia, Bill has recognized his needs for support, for community and for structure. He needs Highland Place.

"I really like it here. I get three square meals a day. I like to use the library and love to play basketball and walk in the gym. Some of my favorite things to do are watching TV, going to my group meetings, and socializing with the other residents. I like taking the bus and shopping in town. I can do independent things and also be with the other people too. The people who work here are all real nice. I see the same people every day and they are good to me. I get along with the other people who live here too."

Deb notes that Bill is 'home' at Highland Place. "I don't know what he would do if he couldn't be here. His biggest fear is not having this facility. He's content with his life and it works for him. This is his comfort zone. We *are* his family."

A Teen and the Counselor

Danny turned 18 a few months ago. He's just graduated from the New Hope residential treatment program for adolescents. Now he lives on his own in an apartment and has a job. That reality wasn't even a thought for Danny just a few years ago.

The New Hope program, in Dubuque, is for boys, ages 12 to 17 who have either been charged as sex offenders or who have not been charged but have engaged in inappropriate touching or who have tendencies to offend. A maximum of 12 boys live at New Hope while they work on their individual improvement plans and/or complete court-ordered treatment. They attend classes at the Hillcrest school on campus in Dubuque.

Amy Stohlmeyer is a residential counselor at New Hope. She's worked at Hillcrest since 2000. Her days are filled with group and individual meetings with the New Hope residents. She talks with them about how to deal with their past behaviors and how to make positive changes. Her goal is to help young boys figure themselves out, make positive changes in their lives, graduate from the program and re-enter the community.

Coming Home to Hillcrest

If you have adopted a child or were yourself adopted through Hillcrest, plan to attend the Family Homecoming event. This weekend will welcome families who received adoption services through Hillcrest. Plan to reconnect and reacquaint.

Family Homecoming Weekend
October 19-21, 2007

Schedule of Events

October 19 – Reception

October 20 – Registration, keynote speaker, breakout sessions

October 21 – Sharing of stories, worship service, farewell



Hillcrest Calling

President/CEO: Gary Gansemer
VP of Development: Rev. Ken Gibson
Editor of Hillcrest Calling: Mindy Sampson

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Washington County Mental Health Center

515 6th Ave. S., Washington, IA 52353

Hillcrest/WIC Office

515 6th Ave. S., Clinton, IA 52732

www.hillcrest-fs.org



Hillcrest Family Services is a ministry of the Iowa Conference of the United Methodist Church, and they Synod of Lakes and Prairies, Presbyterian Church (U.S.A.). Hillcrest is the only childcare agency related to both the Iowa Conference and the entire six-state region of the Synod.



Advanced
Special #53



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Joint Commission
On Accreditation of
Healthcare Organizations



Hillcrest Family Services is a member of the Dubuque County, Johnson County and Clinton Gateway United Ways, and the Community Chest of Washington County.



LEAVE A LEGACY®

Make A Difference In The Lives That Follow

“In Danny’s case, we became a supportive ‘family’ for him. He really wanted to turn his life around. He was willing to work his program. He honed his social skills, improved his communication with others, went to church, attended classes at Hempstead High School, and really focused on his treatment. When he left, he personally thanked every staff member here. He told us that he appreciated how we cared for him and that we truly wanted to see him succeed so that he could have a future. He voluntarily checked himself back into the program for a period of time, because he knew that his support network was not quite in place for his work and living arrangements. Danny was a great part of the New Hope program.”

A Patient and a Volunteer

Cindy Ernzen walked in as a patient, and years later, walked out as a dedicated volunteer. Using the services provided by the Maternal Health Clinic in downtown Dubuque, Cindy went there for the first time almost 20 years ago. “I went for a check-up because it was easy to get in to see their health care professionals and because it was affordable. Plus they never rushed. They always sat and talked with me, really talked with me. They really wanted to know about me,” she said.

About six years ago, Cindy found out that she had contracted a sexually transmitted disease (STD). “It was so comforting to be at Hillcrest. I had seen the nurses before. I didn’t have to tell them my life story every time I went. I wasn’t a stranger and they accepted me. They didn’t make me feel ashamed for the STD. Everyone makes mistakes, and I had made one. But they helped me to realize that I could do something about it.”

And Cindy did do something about it. She became a volunteer. She went with Hillcrest nurses and gave

presentations in area schools to tell students about STDs. “I didn’t talk about birth control pills or condoms. I talked about personal choices and the consequences of some of our choices. I’m very willing to tell my story. I just feel like it’s a way that I can give back. They gave to me when I needed help. Now I can help Hillcrest help others.”

A Grandma and a Grandma

At 76+, Millie Fedderson is a grandma seven times over. Well, technically, she’s a grandma probably 100 times over. She raised five sons by herself, welcomed seven grandkids into the family, and still found time to give to others. In 1992, she became a foster grandparent through Hillcrest. “I heard they needed foster grandparents, so I just decided to do it. I volunteered four hours a day, five days a week for 15 years. I just quit in April because of my health. I sure miss those kids.”

Millie volunteered in a residential treatment program in Dubuque. “The boys were anywhere from 10 to 17 years old. They had hard lives. Those boys needed a place to live and have someone care about them. That’s what we did,” she said.

“We were pretty strict, but the boys liked us. I would help them with their homework, their reading, play cards with them and just sit one-on-one and talk. They needed someone who would be there for them, who would listen to their problems.”

Millie also felt her own sense of family with the staff. “They were so good to me! Just like a family. When I left, they had a party for me. Some of the staff told me that I was their ‘other grandma’. It would be a terrible thing if Hillcrest ever stopped these programs. They are good for everybody. I never dreamed I would stay involved as long as I did.”



Reflections

From the President/CEO

Gary L. Gansemer, LISW

Hillcrest Calling June 2007

A few weeks ago, my wife Kay and I were walking through the ice cream aisle at Hy-Vee and we ran into Prosper Hammerand of Sherrill, Iowa. Prosper and I share some commonality; our roots are in northern Dubuque County. Prosper’s roots have been firmly planted in Sherrill, where he lived as a boy, married and raised a family with his beloved wife, Karen.

Sherrill United Methodist Church, of which Prosper has been an active member his entire life, has a strong commitment of support to Hillcrest, an outgrowth of their commitment to improve their community. The Iowa Conference of the United Methodist Church and Hillcrest have also shared a 113-year relationship. Sherrill UMC’s faithfulness to Hillcrest grew leaps and bounds in 1994 when Hillcrest and the church were yoked together to provide a full-time position for a Pastor/Chaplain.

During that conversation near the ice cream treats, Kay and I talked to Prosper about his life since his Karen passed away about six months ago. He inspired both of us with his strong faith in God’s loving will, his comfort that Karen is in a holy place, and his continued desire to share with others in spite of his own life’s difficulties. By then I had lost my appetite for chocolate ice cream bars. I wanted to hear more about Prosper’s perspective on life. Instead he turned to the subject of Hillcrest.

Prosper believes that Hillcrest is one of the best-kept secrets in Dubuque and the entire state. Prosper has worked to nurture the relationship between Sherrill UMC and Hillcrest. He has led worship services for our adolescent residents during the absence of the chaplain. He has watched Hillcrest grow in Dubuque and across the state and he shares with me in the wonder of how we have accomplished so much.

This issue of *Hillcrest Calling* will shed some light on our secret by sharing some personal success stories of Hillcrest. These stories are only a fraction of the successes experienced by over 16,000 people served by Hillcrest this past year. I hope that as you read these stories, you will be inspired, like Prosper and me, to let others know what you have witnessed.

Thank you to Prosper and to all the faithful supporters of Hillcrest who are helping to make these successes possible through your prayers, your financial support and your advocacy.

Make a difference—support Hillcrest Family Services

Hillcrest Highlights

Rev. Ken Gibson Joins Hillcrest Family Services

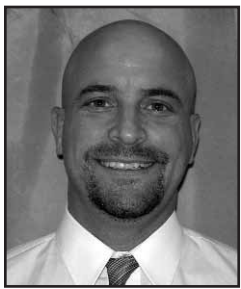


Join us in welcoming Rev. Ken Gibson to the Hillcrest Family Services family! He will become our new vice president of development this summer and we are very glad to have him as part of our team.

An ordained Lutheran minister, Ken has spent the last seven years at Wartburg Theological Seminary in Dubuque. Most recently he was the vice president for strategic planning and mission support. He has a wealth of knowledge in the development field, working with volunteers, conducting and implementing strategic planning and working with grants and foundations. He is very active in a variety of organizations on the state level, the Lutheran Church and the Dubuque community.

Most of all, Ken is a relationship builder. We look forward to working with him to strengthen current relationships and foster new ones for Hillcrest.

Clinical Director Authors New Book



Dr. Tom Ottavi

Dr. Tom Ottavi, Ph.D., a licensed psychologist here at Hillcrest, recently published a **guide and resource book** for education professionals (teachers, counselors, social workers, and therapists) and caregivers.

Why is Johnny So Detached? is a blend of theory and practice and includes functional assessment tools and models that educators can incorporate directly into their classrooms or offices. It targets professionals who work with children who have detachment issues, most often related to post-traumatic stress disorder, depression, reactive attachment disorder or who have been victims of physical or sexual abuse.

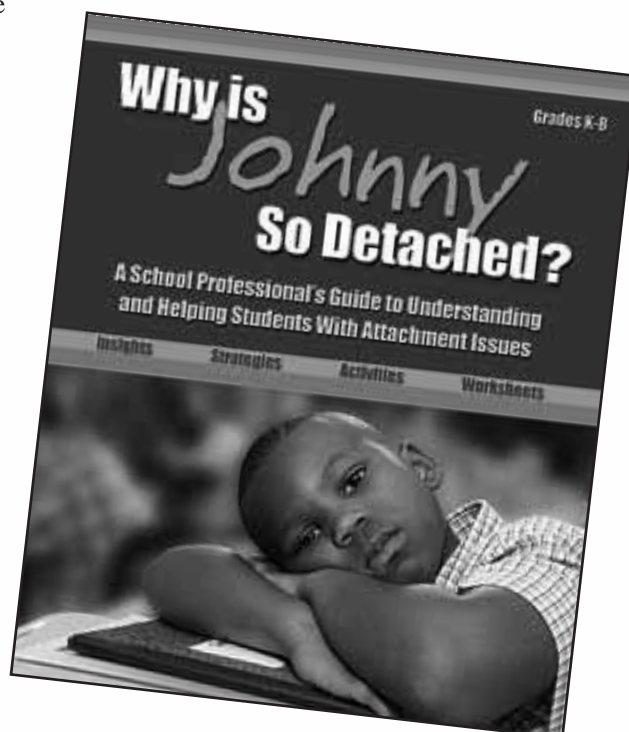
Dr. Ottavi comments that his reason for writing the book was borne out of his own work with children with detachment issues. "After years of working with students in the classroom or in out-patient settings, I saw the difficulties related to these kids and their very complicated problems. Professionals who help these children have lots of knowledge and experience, but can always use new interventions and therapeutic **strategies** in the classroom," he says.

The book includes an assessment tool that can determine the level of impairment, then help the professional set priorities, develop strategies and design activities that **are research and theory based** yet applicable in the school, home and community settings.

The book is available through Youthlight Inc. Publishers and on Amazon.com.

For more information on the book, listen to an online interview/podcast at: <http://www.psychjourney.com/pjbookclub.htm>.

Contact Dr. Ottavi at Hillcrest Family Services at 563-583-7357, extension 206 or tottavi@hillcrest-fs.org.



Why Is Johnny So Detached? A School Professionals Guide to Understanding and Helping Students With Attachment Issues.

Fishing Derby Fun

Many thanks to Hy-Vee Foods for supporting the annual Fishing Derby. Locally, \$4573 was raised to support Big Brothers Big Sisters of Eastern Iowa. Congrats to these hearty fisher-people!



Prayerfully remember Hillcrest Family Services in your will.



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Dubuque, Iowa 52001

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Hillcrest *Calling*

Our Vision

Children, families and adults will be safe and healthy and will gain greater control of their lives.

In Memory of:

Robert Puschendorf
Thomas and Jeanne
Andersen
Osceola, IA

Donald Bacon
Jean Bacon
Monona, IA

Conrad Kohlmann
Sondra Bennett
Dubuque, IA

Eugene "Gene"
H. Adams
John and Cindy Bloomhall
Marion, IA

Vivian M. Tuttle
Bill and Judy Coldiron
West Des Moines, IA

Alisha Lochner
Max and Elizabeth Corey
Dubuque, IA

Garth Culbertson
Kent and Kathy Culbertson
Sherrill, IA

John A. Faley
Bernice M. Faley
Dubuque, IA

Rosella Ellis
Abram Bernard
Meredith Powell
Don and Isabelle French
Chatfield, MN

Bill Gerdes
Ernest Schmidt
Donald Stienberg
Linda Lee

Eleanor Rippentrop
Steven Vittera
John Miller
Dick and Beverly Gerdis
Titonka, IA

Clarence Gloeckner
Allen and Bonnie Gloeckner
Dubuque, IA

Florence Gorton
Herman Gorton
Dubuque, IA

Rev. Robert Butler
L.J. and Jeanette Hawley
Laurens, IA

My husband, Henry
Husemann, and my
son, Larry
Husemann
Viorene Husemann
Dubuque, IA

Vidal Martinez
LaVerne Kaune
Judy Kaune
Hazelton, IA

Walt Keller
Elizabeth A. Keller
Moberly, MO

Ray LaRue
Jean LaRue
Dubuque, IA

John Eliot Logan
Nancy Logan
Bloomfield, IA

Miles Mason
Elaine Mason
Humboldt, IA

Ruth Konrady
Dorothy McCarthy
Dubuque, IA

My loving wife,
Elizabeth
Arnold Moessner
Middle Amana, IA

Lee Nelson
Max Nelson
Independence, IA

John Devries
Chris and Nancy Patrick
Dubuque, IA

Jennifer
Larry Rounds
Fort Madison, IA

Tom Sampson
Jennifer M. Sampson
Cedar Falls, IA

John Shafer
Naomi Shafer
Redding, IA

Harry and Carolyn
Puck
Alberta Spiess
Le Claire, IA

Linn Beatty
Rex and Eleanor Strait
Keosauqua, IA

Walter Swank
Elaine Swank
Bettendorf, IA

Lorraine Wilson
Eugene Wilson
Dubuque, IA

Ernestine Owen
Vi and Ron Yeager
Maquoketa, IA

In Honor of:

The children
at Hillcrest Family
Services
Robert and Rachel Beatty
Mt. Pleasant, IA

Brooks Berg
Jamie L. Berg
Sun Prairie, WI

Tanner Haugh
Beth Greenley
Independence, IA

Mary Rote's 70th
birthday
Sue and Alan Hattel
Dubuque, IA

Max Nelson
Max Nelson
Independence, IA

Our three adopted
children
Gail Steward
Orient, IA

Charitable Rollovers and Hillcrest

If you are 70-1/2 or older you can directly transfer IRA distributions to qualified charitable organizations like Hillcrest. They can be made directly to Hillcrest or made to our endowment account at the Community Foundation of Greater Dubuque, which will qualify for a 20% Endow Iowa tax credit.

Distributions up to \$100,000 per year will not generate taxable income nor a tax deduction, so even those who do not itemize their tax returns receive the benefit. This is a great opportunity if you are required to withdraw minimum distributions from your IRA and you do not need the money for personal use. The money now can be used to further the ministry of Hillcrest.

Contact Ken Gibson at Hillcrest (563-583-7357 or ken.gibson@hillcrest-fs.org), or your tax advisor for more information.

Hillcrest Family Services is a proud partner of the Leave A Legacy program.