


Paul's Recipe



for
Success




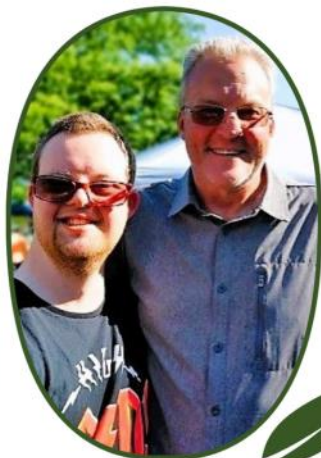
Cooking up skills for success has been a part of Paul's journey since he first moved from his parents' home into the Christy Family Home (CFH) over 10 years ago, both literally and figuratively.



Paul has many talents and one of them is cooking. If it is his night to cook, you know you will be having something unique and delicious; anything from cashew chicken to cheesecake. He will also remind you what is healthy to eat or not. In addition to his cooking skills though, he has grown in many other areas of his life, which has prepared him for his next adventure of living in a home that does not have 24-hour in-person support.

In August of 2021 we opened our first intermediate home, the Fletcher house. The concept was created with the idea that jumping from a 24-hour setting to completely living by yourself wasn't always the best way to set a person up for success. Thus, the idea of intermediate homes was created. It allows those that don't need 24/7 in-person support a chance to still be supported, just not by having in-person staff 24 hours a day. We are collaborating with Night Owl Support Systems on technology (window/door sensors, two-way calling, and a video doorbell) to provide safety overnight. In addition, Friendship Ark Homes & Community Services (FAHCS) provides in-person staff for approximately 4 hours each day to work directly with the core members on goals to continue to increase their independent living skills.





Recipe for Success

From a Parent's Perspective

For any parent, the step from living in a 24-hour support environment to living independently with minimal supports can be a scary one but with the opening of our Sargent Family Home this year. Paul's parents felt the time was right for him to move toward greater independence. We asked his parents about what they felt were the steps needed to get Paul to this point.

Step 1: Where would Paul like to live after graduation and beyond, and why Friendship Ark?

Lisa and Jeff said they loved the concept and structure of Friendship Ark and knew it fit with their family ideals on supporting people with disabilities. Once they toured and had a chance to observe Friendship Ark, they thought the services would really help Paul navigate through his life.

Step 2: Moving into CFH and the skills that were developed and challenges that were overcome to prepare for intermediate housing.

When Paul graduated high school, he wanted to move out of the house, like his older sister did, but his parents knew he wasn't ready to live independently. CFH was Paul's home for almost 10 years. The core members and staff became part of his family. Paul learned how to talk to staff if he was having a bad day and work through the issue. He enhanced his skills in cooking, cleaning, personal boundaries, transportation through Cy-Ride, and so much more. The goals we collectively identified which Paul worked on with positive support, set the stage for him to grow personally and allowed him to gain a sense of confidence and independence. He has also learned to tolerate changes to his schedule and routine without becoming upset. Paul's time at CFH has taught him how to relate to his roommates and to advocate for himself when something is bothering him.



Paul went through many emotions from being happy to move to being sad to leave the familiar behind, but it appears short lived during his transition, and it is wonderful to see him thriving.

Step 3: Making the decision to move to the Sargent Family Home and the impact they foresee it will have on Paul.

We think for Paul it will create an even bigger sense of "this is my home". Paul loves being independent. We see this as a chance for continued personal growth, positive relationships with roommates, and furthering his skill sets. Over time his parents believe he will become less reliant on staff for social activities and more reliant on himself and putting himself out there to socialize with his peers.

Step 4: Future hopes and dreams for Paul.

Paul has exceeded our hopes and dreams already and we only see him continuing to advance his independence. He's in a wonderful home, with a supportive agency, has great friends and loves his job. We hope this continues for him and that he feels that support and love by those around him and continues to enjoy navigating through life with friends and family.

Step 5: Thoughts for others that may be facing this choice for their loved ones.

This was an emotional move for Paul and for those close to him. He had a huge support network at CFH and friends that became family. Transition is not easy whether you have a disability or not, but FAHCS has been so supportive to Paul and to the families on this new endeavor that made this move go as smoothly as it could.



Recipe for Success

From a Support Staff Perspective

One of the most exciting things for Friendship Ark staff to witness is watching the core members grow in their independence. Throughout Paul's 10 years at Friendship Ark, they have seen a tremendous transformation in him.

Step 1: Moving into 24-hour living at CFH Family house.

From the staff's perspective Paul was a great fit from day one and they have enjoyed watching him grow.

Step 2: Challenges that Paul overcame while living at CFH.

Paul learned to ride Cy-Ride and master different routes, which is a feat many of us would struggle with, but Paul overcame any nervousness and continued to push himself to learn this skill so he could go to more places without depending on staff to get him there. The staff have been watching him grow in his transportation, cooking, social, and emotional skills during his time at CFH.

Step 3: Getting ready to move to Sargent.

Paul's staff is excited to watch him learn even more self-dependence because they definitely see that capability in him. When staff talked to Paul about moving, he was always very excited. The CFH staff will miss Paul's humor, how caring he is, and especially his cooking! He is also always there to give you random facts, ask you about your day, or give you a hug if needed.

Step 4: Moving to Sargent.

The CFH and Sargent staff have big hopes and dreams for Paul which include seeing him reach any goal he sets his mind to, even possibly living on his own some day if that is what he would like to achieve. While at Sargent, staff have already seen him grow in his independence and all the young men there have seemed to settle in very quickly.

Recipe for Success From Paul's Perspective



We asked Paul how he likes his new living arrangement and what he wants for his future. What were the steps to getting him where he is today?

Step 1: Moving out of his parents' home and into the CFH home.

While living at CFH he loved learning to ride the bus and cook all different kinds of meals. His favorite, which he is excited to share with you, is Egg Roll in a Bowl.

Step 2: Taking that next step to join Project Search* and deciding to move into intermediate housing.

One major step Paul took was applying and being accepted into the Project Search program. He got to try out many different jobs while working at Project Search, but his favorite was in ISU dining, where he helped to cook. Paul did such a great job that he was hired to stay on part-time after Project Search was completed. This coincided nicely with what he and his family decided next, which was that he was ready to move to a home which would allow for more independence so he could continue to grow in the skills he had learned at CFH and through Project Search.

Step 3: Moving to the Sargent home.

Paul states that he loves his new home and really enjoys his new roommates. He tells us he is a great cook and loves to grill steaks. He enjoys talking about sports with all of his new roommates and says he is great at sharing. When asked what comes next, he said, "I am already living the dream!"

*Project Search at Iowa State University is a collaboration between the Arc of Story County and Iowa State University offering internship opportunities to adults living with disabilities.



Recipe for How You Can Help

First and foremost, be like Paul and spread kindness everywhere you go! We think he has the recipe to living the dream and it all starts with a smile and the courage to try something new.

Step One: Donate to our mission.

Did you know that there is a gap of around \$150,000/year between what Medicaid reimburses us for and what it costs to operate? By supporting our mission, you help us reach our goal of being the provider of choice in the area and being able to provide high quality services. We can not be us without YOU! See the donor card on how you can donate to our cause.

Step Two: Volunteer with us or come to our events!

We are always looking for volunteers who want to help us with our events or come hang out with our core members. We also encourage you to come to our events that are open to the public, the next one being our spring gala, the Tropical Sangria Escape, on April 20, 2024.

Step Three: Tell people about Friendship Ark and share our appeal on social media.

If you don't have the time or money to give, you can help by sharing our mission with others. Our mission is to celebrate the uniqueness of adults with intellectual disabilities by providing homes and community services. We help our core members reach their fullest potential through faith, family and friendship.

Step Four: Invite us to speak to your group.

Do you have a group that hosts guest speakers and want to learn more about Friendship Ark? Then email us at friendshipark@friendshipark.org or call at 515-292-9556.

Paul's Favorite Recipe



Paul is very social and would probably like to cook for each and every one of you. Since that isn't really possible, we have asked him to share his favorite recipe with you. Maybe you will think of him as you prepare and enjoy it.



Eggroll in a Bowl

1 pound ground chicken or pork
4 green onions whites/greens separated
2 teaspoons fresh ginger grated
4 cloves garlic minced
1 pound coleslaw mix or shredded cabbage
3 tablespoons soy sauce
1 teaspoon sesame oil or to taste
cilantro & sesame seeds for garnish

Recipe by Spend with Pennies

1. In a 10-inch skillet over medium-high heat, brown the ground chicken or pork, breaking it up with a wooden spoon. Drain any fat.
2. Stir in the whites of the green onions, ginger, garlic, and coleslaw mix. Cook, stirring occasionally, until the coleslaw becomes tender, about 5 minutes.
3. Stir in soy sauce and sesame oil and cook for 1 minute more.
4. Divide into bowls and garnish with cilantro, greens of green onions, and sesame seeds.



Ways to help others just like Paul gain greater independence.

Give online at www.friendshippark.org. Please put Appeal in the donor scroll.

Mail in your gift by completing this card.

Donate stocks/mutual funds, an IRA or Charitable Gift Annuity. Contact us for more information at (515) 292-9556 or friendshippark@friendshippark.org.

Please let us know:

- I have included FAHCS in my will/estate.
- I would like more information about including FAHCS in my will/estate plan.

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Investment Levels

- \$5,000 \$2,500
- \$1,000 \$500
- \$250 \$100
- \$50 \$25
- Other Amount: _____