

## Tiffany Finds Her Path to Sobriety and Stability

After Tiffany suffered abuse at the hands of a family member as a child, her once-happy life was never the same. When she turned 15, she started using methamphetamine with her boyfriend, who physically abused her daily. A vicious cycle soon began, and she felt powerless to find a way out of it.

Tiffany's world turned upside after she turned 30. That's when the Iowa Department of Human Services (DHS) stepped in and took custody of her six children.

"At that point, I was scared," Tiffany says. "They gave me an evaluation and said that I should go to **Iowa Family Works** because it's a good program."

Tiffany's counselor worked closely with her to help her address her childhood trauma and to help her overcome her struggles with substance abuse. During that time, she thought of her children's sweet faces and smiles and knew they desperately missed her. She worried about the long-term effects the separation would have on them.

Eventually, DHS allowed some of her children to stay with her at **Iowa Family Works** while she improved herself by working her way through the program. Soon after, four of her children started

counseling at the Heartland Family Service **Child & Family Center** in Iowa.

As Tiffany felt better, learned new coping skills, and made progress, so did her children. "They have learned to talk more because I never talked about my problems," Tiffany says. "I was one to bottle it in, and so are they. They're learning to communicate better."

Tiffany also learned the importance of establishing positive relationships. She no longer has contact with her previous boyfriend and is now in a healthy and loving relationship. She also became best friends with another mom at **Iowa Family Works**.

"My kids had never really seen me sober until we all came back home," Tiffany states. "I'm going to have triggers the rest of my life. But I know how to work through them now. If it wasn't for Heartland, I wouldn't be where I am today."



Learn more about our **Child & Family Center** and **Family Works** programs at [HeartlandFamilyService.org](http://HeartlandFamilyService.org).



Child & Family



Counseling & Prevention



Housing & Financial Stability

# Comedy Night

More than 175 guests laughed their way to raising more than \$35,000 at the 13th annual Heartland Family Service **Jefferson House “Stand Up for Kids!” Comedy Night** on Saturday, August 5 at the Fremont Golf Club.

The evening began with a silent auction and dinner. Co-chairs Jeff Hoffman and Jenny Estudillo then said a few words before handing out the **Spirit of Jefferson House Award** to Michelle Wiese. Mrs. Wiese was honored for her exceptional contributions to the Jefferson House, having served on the **Jefferson House Advisory Board** and for being an excellent mentor to at-risk teens.

Things then got rowdy with the dessert dash, featured hypnotist and magician Jeff Quinn, and a live auction. The evening ended with a **Jefferson House** resident sharing his story. The teen was a straight-A student and athlete before he started skipping school, and he was eventually put on probation. His attitude greatly improved, and he attended school every day.

“Being there helped me learn to look towards my future and how I have to make choices to get there,” he said. “I feel like I’m on track.”



- Fundraising Total: \$38,321
- Proceeds Benefit: **Jefferson House and Fremont In-Home Services**



(from left to right) Donna Dostal, Jeff Hoffman, Jenny Estudillo, John Jeanetta, Chris Sewall, Michelle Wiese, and Nicole Tromler pose before the event.



A group of guests enjoyed their time during dinner.



See more event photos at [Facebook.com/HeartlandFamilyService](https://www.facebook.com/HeartlandFamilyService)

# Safe Haven Golf

More than 100 golfers helped *putt* an end to domestic violence and sexual assault by raising more than \$36,000 at the 24th annual Heartland Family Service **Safe Haven Golf Tournament** on Friday, September 22, at Eagle Hills Golf Course.

In addition to receiving a SWAG bag, a light breakfast, and lunch, golfers were able to participate in several games and activities throughout the course. Participants had the chance to get a “Hole in One” and win a 2017 Chevrolet Malibu from Beardmore Chevrolet and pay \$10 on the 11th hole as part of the “Football Toss.” They were also able to tee off in high heels for the “Putt Yourself in Her Shoes” Challenge.

The Arby’s PANDA, Inc. team of Pat D’Agosto, Bryan Marshal, Jason Mateljan, and John Caniglia took first place. Former Husker football player Brenden Stai served as this year’s honorary chair.



- Fundraising Total: \$36,884
- Proceeds Benefit: **Domestic Violence/Sexual Assault Programs**



President & CEO John Jeanetta sits with former Husker player and honorary chair Brenden Stai.



Andy D’Agosto, Director of Operations at Arby’s PANDA, Inc., takes a swing wearing heels during the “Putt Yourself in Her Shoes” Challenge.

Subscribe to our eNews and receive Heartland Family Service news, events, and activity emails. Sign up by texting “GOODWORKS” to 42828 today!

# Student League Kickoff

The Heartland Family Service (HFS) 2017-2018 **Student League** class kicked off the year with an Ice Cream Social on Sunday, September 10 at Happy Hollow Club.

**Student League**, a program of the HFS **Friends Guild**, was created to honor families who have been active in helping the social service community through the mission and the programs of Heartland Family Service. The students gain practical leadership experience and develop a personal commitment to volunteering by participating in this hands-on volunteer experience. Each of this year's 49 students will attend five large group events and at least five small group events for a total of about 20 volunteer hours per student.

Large group events include a session with grant writers, during which the students will choose a program to write a grant for and then present to the HFS **Board of Directors**. Small group options include holiday parties at the **Generations Center** or **Family Works**, as well as two domestic violence interactive activities that taught what it is like to be in an abusive relationship and how HFS programs help survivors along the path toward healing.

Amee Kavich Zetzman is the chairman for the 2017-2018 **Student League**. Other committee members are Andreea Shnayder, Kjirsten Finnegan, Kym Skretta, and Melissa Steffes.



The 2017-2018 Student League class poses for a group photo during this year's Ice Cream Social at Happy Hollow Club.



(left to right) Friends Guild President JoAnn Gould stands with Melissa Steffes, Kym Skretta, & Andreea Shnayder of the Student League Committee.

# Salute to Families

For the 35th year, Heartland Family Service is honoring four families and a family advocate from the Omaha metro area on Thursday, November 16, as part of our **Salute to Families** program. This occasion is particularly special because it is held during **National Family Week**.

Each year, this event highlights strong families and individuals who place a high priority on building and strengthening their bonds while encouraging individual growth. Honorees are nominated by their friends, families, neighbors, or colleagues.

This year's General Chair for the **Salute to Families** Committee is Carla Patton-Ochsner, and Karen Burkley is the Selections Chair.



Simone and Tony Jones Family  
Commitment to Family Honoree



Anne and Sean Rich Family  
Challenged and Successful Honoree



Penny Parker  
Family Advocate Honoree



Karla and Scott Cassels Family  
Leadership Honoree



Dr. Viv and John Ewing Family  
Community Service Honoree



**Dear Friends:**

This is my favorite time of year. I love the cooler weather and the beautiful fall colors that permeate our neighborhoods and surrounding countryside. I also love the holiday season and the many reasons it gives us to come together with our families to celebrate.

Naturally, these get-togethers aren't always brimming with joy; families, like individual people, are imperfect. Sometimes, instead of simply enjoying where everyone is at the moment, we fall victim to the act of comparison – comparing our family to an idealized version we've seen on television or conjured up in our imaginations based on snippets of perfection posted in social media.

For this reason, Heartland Family Service is an ardent advocate for **National Family Week**. First proclaimed by President Ronald Reagan on November 19, 1987, this event celebrates the fact that despite the imperfections of our families, they are representative of the strength and unity of our communities – and come in many different shapes and sizes. From my imperfect family to yours, I hope you have a wonderful, meaningful, blessed, and stress-free holiday season!

Sincerely,

John H. Jeanetta, MBA, MSW  
President and CEO



**Board of Trustees**

- Alan D'Agosto
- Rhonda Hawks
- Dianne Seeman Lozier
- Sunny Lundgren
- Diane Nelson
- Kenneth E. Stinson

**BOARD OF DIRECTORS**

- Melissa Crawford  
Chairman
- Megan Holtorf  
Vice Chairman
- Tom Frette  
Secretary
- Carol Gendler  
Assistant Secretary
- Dave Warren  
Treasurer
- Raymond Aranza
- Juli Comstock
- Tracy Crowell
- Jisella Dolan
- Brad Eckhoff
- Jay Ferris
- Thomas J. Gomez
- JoAnn Gould
- Mary Heistand
- Dee Henry
- Marcos Hernandez
- Kirk J. Hulett
- Ralph Kellogg
- Timothy Kiteley
- Suzanne Kotula
- Bridget Musick
- Cindy Oelke
- Josh Render
- Abe Schlott
- Courtney Sells
- Gerard J. Stanley, Jr., MD
- Julie Strohfus
- Jack H. Struyk, Jr.
- Jeanette Washington
- Nancy Williams
- R.J. (Randy) Stevenson  
Legal Advisor

John H. Jeanetta, MBA, MSW  
President and CEO



**We Are Thankful for YOU!**

The holidays are almost upon us, and this is a perfect time for reflection on the things for which we are most thankful. But for others in our community, each day can be an uphill battle. Heartland Family Service is committed to making a difference in the lives of more than 52,000 individuals each year, and we strive daily to lessen the burden they feel.

November and December are the months of the year it seems family is valued the most, but HFS knows the importance of valuing families year-round and provides hope to families throughout the metro area. Our **Salute to Families** event on Thursday, November 16, honors families who tirelessly donate their time and support to strengthen families in our community

The success story of Tiffany, the mother on the front cover, and her commitment to creating a better life for herself and her children, is living proof that hope is real, and that life can and will get better. It is during our darkest moments that we must see the light.

On behalf of the entire agency, I wish you and your family a very merry holiday season and a wonderful new year!

Donna Dostal  
Chief Development Officer

**Give Today!**  
Simply text  
"HFS" to 72727



**UPCOMING EVENTS**

**Salute to Families**  
November 16, 2017 @ 6 p.m.  
Happy Hollow  
Omaha, NE

**"Carnival of Love" Gala**  
February 10, 2018 @ 6 p.m.  
Embassy Suites  
LaVista, NE

**Omaha Gives!**  
May 23, 2018  
Various locations  
Omaha, NE

**Good Works 101**  
Monthly Dates  
Call for info  
(402) 552-7418



For more information about our upcoming events, check out our Calendar page at [HeartlandFamilyService.org](http://HeartlandFamilyService.org) or contact us at [Events@HeartlandFamilyService.org](mailto:Events@HeartlandFamilyService.org)