



Dear Friends,

We are now four months into the COVID-19 pandemic, and cases in Johnson County continue

to rise. During these increasingly uncertain times, we've seen that our services are as important as ever.

Since the start of the pandemic, we have implemented many changes to how we provide services. In order to maintain social distancing among clients, volunteers, and staff, we began providing pre-packaged bags of food. We also launched a food delivery program in partnership with other area non-profits. Through this program, we deliver free groceries to Johnson County residents.

#### Changes in response to COVID:

- More food provided at each visit
- Expanded service hours in the Food Bank
- New grocery delivery service in partnership with area non-profits

These adjustments have been critical to our continued operation,

however, our goal is to return to full service. **That's why we're opening a second site for the Food Bank.**

#### Benefits of new satellite site:

- Providing a larger space so that clients can safely enter the new location
- Return to "client choice," allowing clients to select their own items

Providing the option for clients to select all of their items makes a big difference. Many of our clients rely on the Food Bank for weekly groceries for their families. While we do our best to provide options for folks receiving pre-packed bags, they may not meet 100% of the unique dietary needs of every individual.

We will be able to bring back more of our volunteers, providing plenty of PPE and maintaining at least 6 feet of distance between everyone in the building.

The new site will be located in Pepperwood Plaza in the South District of Iowa City.

Despite the many limitations created by the pandemic, for the second

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[builtbycommunity.org/email](mailto:builtbycommunity.org/email)

year in a row, we had a record year. We distributed **2,208,774 lbs. of food**. We expect this need to continue to increase with the economic impacts of the pandemic.

We are pleased to be here to provide for this need, and hope you'll be able to join us in this new endeavor.

We are grateful for your support and wish wellness to you and your loved ones.

Yours in community,



Becci Reedus, Executive Director

For the most up-to-date listing of services, volunteer opportunities, and our donation acceptance policy, visit [builtbycommunity.org/covid19](https://builtbycommunity.org/covid19)



# COMMUNITY CELEBRATES 50 YEARS

## Crisis Services Receives Award



CommUnity's Crisis Intervention program received an award for 50 years of continuous service from the International Council for Helplines.

CommUnity Crisis Services is the state's oldest crisis center still in existence. We are especially proud of the accomplishments in the last ten years that have allowed us to be a leader in our country for providing crisis services by phone, chat and text. Although we are one of the smallest crisis centers to provide

services for the National Suicide Prevention Lifeline, we remain a leader in the number of contacts answered.

We have provided text services locally for five years and are excited to share that we will be piloting a national text program for NSPL. We are proud that our leadership in the fields of chat and texts services is nationally recognized.

We continue to see high volumes of contacts from the Disaster Distress Helpline's text program. We are one of two centers nationally to answer these contacts.

In other news, the FCC recently designated "988" as the new emergency phone number for the National Suicide Prevention Lifeline. We applaud this decision that will make our services more accessible. A universal, easy-to-remember, 3-digit phone number will save lives and help destigmatize mental health emergencies. We will be answering these contacts as part of our partnership with NSPL. The number is set to become operational in July of 2022.



## FAN CLUB HELPS BEAT THE HEAT

CommUnity's Fan Club program is in full swing!

So far this summer, **455 fans** have been distributed to low income families in our community. Many of these households do not have air conditioning, so access to a box fan is critical to help them stay safe in the heat.

Special thanks to the Spitzer family for providing a \$3,500 sponsorship match to our Fan Club.

For \$20, you can buy a box fan for a family in need. Visit [builtbycommunity.org/donate](https://builtbycommunity.org/donate).



## NOW ACCEPTING FOOD & ITEM DONATIONS

We are now accepting donations of food and household items by appointment only.

Appointments will be available Monday, Wednesday, and Friday, 8am-4pm.

There are 3 ways to request an appointment to drop off an in-kind donation. You can:

- Call the Food Bank at 319-351-0128
- Email [donations@builtbycommunity.org](mailto:donations@builtbycommunity.org)
- Set up an appointment on Calendly via our website

For more information and to schedule an appointment to drop off an in-kind donation, visit [builtbycommunity.org/donations](https://builtbycommunity.org/donations).

## VOLUNTEER OPPORTUNITIES

Volunteer opportunities are available in the Food Bank. We have limited time slots open for social distancing purposes. A temperature check and COVID-19 screening is required upon arrival for each volunteer shift. Positions with or without direct contact with others are available.

For more information and to sign up, visit [builtbycommunity.org/covid19](https://builtbycommunity.org/covid19).

If you have any questions, you can contact Krystal Kabala at [krystal.kabala@builtbycommunity.org](mailto:krystal.kabala@builtbycommunity.org)

# HUNGER BANQUET RECAP

## Shining a Light on Food Insecurity – Virtually



Thank you to everyone who supported CommUnity's 4th Annual Hunger Banquet, presented by Collins Community Credit Union.

Thanks to you, nearly **\$56,000** was raised for CommUnity Food Bank.

That's enough to stock the Food Bank for **22 weeks!**

Special thanks to Jeremy James of James Investment Group for providing a \$10,000 matching gift.

This year, we had the unique challenge of moving the Hunger Banquet to a virtual format. The virtual event included video segments, an interactive simulation, and the opportunity to receive a gift card from a locally-owned restaurant.

Our friends at Z102.9, Little Village, Esper Creations and Jeff Sears Consulting helped make it all possible! We are grateful to each of them for lending their time and talent.

More than 300 CommUnity supporters took part in the virtual event. Here's what a few of them had to say:

“ I gained a better understanding of hunger and food insecurity in Johnson County. ”

“ I did the simulation activity with our 11-year-old son and he thought it was so interesting, he insisted on going through it several times so he could try to make it to the end without being in the red. It was a really good experience for him. ”

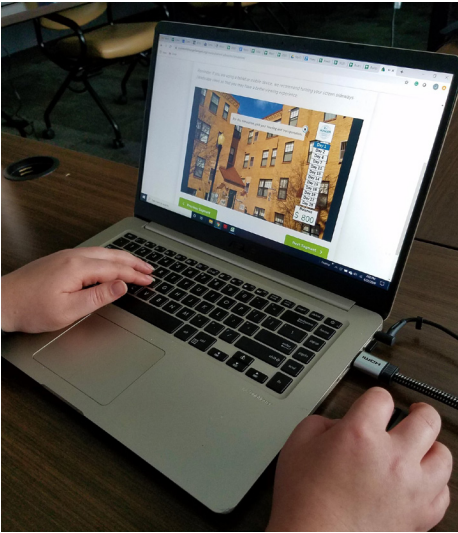
“ It was great to get an update on what services in the Food Bank are like during the pandemic and what challenges have resulted in new solutions. ”

“ This is a tool to help open your eyes to what people in the community around you are facing, even if you aren't facing these difficult decisions and circumstances yourself. ”

## Thank you to our top sponsors:



Still from a video segment of the Hunger Banquet program. A volunteer prepares pre-packed bags for distribution. Photo by Jason Smith, Little Village.

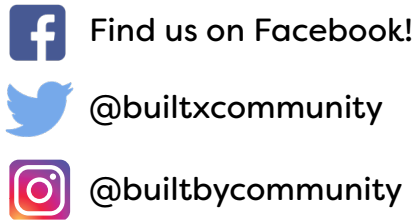


A new website was built for this year's virtual event with an interactive simulation.





1121 S. Gilbert Court  
Iowa City, IA 52240



Crisis Line: 1-855-325-4296  
Food Bank: 319-351-0128  
Business Line: 319-351-2726  
Mobile Crisis: 1-855-800-1239

[builtbycommunity.org](http://builtbycommunity.org)



## HELP US STRIKE OUT HUNGER THIS SUMMER

This summer looks like no other. COVID-19 has disrupted all aspects of life: child care and education, socialization, employment, financial stability, and food security.

Now more than ever, our neighbors are struggling to feed their families. An estimated **12,000** Johnson County residents don't know where their next meal will come from; **3,000** of them are children.

Hunger is more than just an empty stomach. Hunger during childhood has been directly linked to chronic health issues like anxiety, depression, suicidality, obesity, asthma, heart disease, and diabetes later in life.

A family's financial situation should not affect their ability to put food on the table.

Join us in the fight against hunger this summer by taking part in the 22nd Annual Strike Out Hunger community-wide food drive. A gift to the food bank will help stock the shelves with nutritious food options through the end of summer.

You can get involved by hosting a food drive or making a financial contribution.

Learn more at  
[builtbycommunity.org/strikeouthunger](http://builtbycommunity.org/strikeouthunger)

## UPCOMING EVENTS

### Secondary Trauma of Providers Group

Virtual Meetings, 2nd and 4th  
Tuesdays, 6:30-8pm

Secondary Trauma of Providers is a safe and confidential space for those in helping professions such as medical providers, mental health providers, educators, emergency responders, and caregivers to meet and process their experiences of working with people with trauma.

Contact:  
[jennifer.livingston@builtbycommunity.org](mailto:jennifer.livingston@builtbycommunity.org)

### Coping with Suicide Loss Support Group

Virtual Meetings, First Thursday of the month

A group for those who have lost a loved one or friend to suicide.

Contact:  
[aiden.rohwer-nutter@builtbycommunity.org](mailto:aiden.rohwer-nutter@builtbycommunity.org)

For a full listing of groups, visit [builtbycommunity.org/supportgroups](http://builtbycommunity.org/supportgroups)