

WINTER NEWSLETTER

Warm Hearts, Warm Homes

Winter weather is upon us, temperatures are dropping, and heating costs are climbing. Unfortunately, this winter will likely be an especially expensive one for all of us. Help our neighbors stay safe and warm with a donation to CommUnity's Basic Needs program.

Basic Needs provides housing and utility assistance for hundreds of Johnson County families each year, preventing evictions and shut-offs of critical utilities like water, gas, and electricity. This winter, MidAmerican Energy, the natural gas supplier for Johnson County, expects a historic rise in natural gas prices. Along with increasing prices at the pump and inflated grocery bills, it will be difficult for many of our neighbors to make ends meet.

In the last six months, we've seen an astonishing increase in requests for housing and utility assistance. Johnson County residents are eligible to receive housing and utility assistance twice each calendar year. With support from the Consultation of Religious Communities, we've increased the average assist size to \$150 per household.

With the coldest months of the year still ahead of us, we've already distributed our entire budget. We need your help to answer the call when our neighbors come to us with no options left.

While utility companies won't issue shut-offs during the coldest midwest months, the bills will continue to pile up, resulting in hundreds of dollars due come spring. Your support gives our neighbors peace of mind heading into the darker days of winter.

To make a donation to the Basic Needs program, visit builtbycommunity.org/donate

Eligible individuals may call 319-351-0128 Monday through Friday between the hours of 9:30 am and 4:30 pm to receive assistance through the Basic Needs program.



Special Thanks to our Donor Organizations

The following organizations made a financial donation in FY2021, but were not included in our Annual Report due to a reporting error.

Thank you for supporting our mission!

- ACT, Inc.
- Adamantine Spine Moving
- AFSCME Local 183 Labor Union
- All Nations Baptist Church
- barre3
- Beeler Farms Partnership
- Benita Caldwell DDS
- Build To Suit
- CBI Bank & Trust
- Coralville Ornament Collectors Club
- Diane J. Baumbach, LISW, PC
- Dillon's Furrow Food Club
- East Union Mennonite Women
- Faith United Church of Christ
- Farmers & Merchants Savings Bank
- Fern Investments
- First Christian Church
- Floodwater Comedy Festival
- Foster Appliance
- Girl Scout Troop 2003
- Hawkeye Harley-Davidson
- Hawkeye Title & Settlement Services
- Heritage Christian School
- Hi Point Early Bird Golf League
- Iowa City Ambulatory Surgical Center
- Iowa City Noon Kiwanis Club
- Iowa Vocational Rehabilitation Services
- IT Solutions
- Legacy Point Retirement Community
- Lineage Logistics
- Mechanical Service, Inc.
- MidWestOne Bank
- Modus Engineering
- Norman Borlaug Elementary PTO
- Old Capitol Kiwanis Club
- Pleasant Valley Golf Course and Properties
- Pugh Hagan Phram PLC
- Raymond James
- Regina Elementary School
- Scheels
- Solon United Methodist Church
- St. Wenceslaus Church
- Stanley Consultants Charitable Foundation
- The Burch, LLC
- Stutsman's Inc
- Toyota of Iowa City
- University of Iowa Hospitals & Clinics Child Neurology
- Urban Acres Real Estate
- Wig & Pen Pizza Pub



CommUnity has been an essential resource to our community and a valued UI partner for many years. Having dedicated service for University of Iowa students in partnership with CommUnity is a tremendous benefit and will help fill a critical need on our campus.

- Angie Reams, PhD
University of Iowa Associate Vice President & Dean of Students

University of Iowa & CommUnity

CommUnity Crisis Services and Food Bank is proud to now partner with the University of Iowa to provide a dedicated 24-hour mental health support line for university students! Support is available via phone, text, or chat for any UI students all day, every day.

To learn more about the mental health line, visit mentalhealth.uiowa.edu/ui-support-and-crisis-line.

Coping with Suicide Loss Support Group

Kitch joined the Coping with Suicide Loss Support Group 16 years ago, shortly after her son died by suicide. Reflecting on her time with the group, she said “My doctor knew me well enough when I told him about joining the group to caution me against taking leadership. I have been a co-facilitator for about 6 years.” Loni, the group’s other co-facilitator joined almost 20 years ago, “I was in complete shock and denial that this had really happened to me, that my husband had ended his life. But I was also afraid my friends would get tired of hearing me talk about my grief and turn away. I needed to find another outlet, other people who would listen. I was glad I went.”

Throughout their time in the group, the two have grieved with and supported many of our neighbors whose lives have been touched by suicide. “Studies show that someone who loses someone significant to them to a suicide becomes more vulnerable to consider suicide themselves. Groups like this can be part of stemming the growing tide of suicides,” said Kitch.

If you have not experienced a loss by suicide, but want to support those who have, Kitch says the most important thing to do is to “Listen, and then listen again each time the story needs to be told. Do not judge how a person is processing their own grief or how long it seems to be taking for them to feel like themselves again.” She emphasizes that “Everyone does grief their own way.”

To those who may be on the fence about attending the Coping with Suicide Loss Support Group, Loni said “They can come anytime and just listen... Listening to others describe their loss can help them feel they are not the only one.” Loni continued, “The biggest challenge I feel as a group leader is always wishing there was more I could do to alleviate the pain of the catastrophic loss - wishing I had the right words of wisdom that would help others. But it takes time.”

If you or a loved one has been touched by suicide, please consider attending a meeting at the GuideLink Center (300 Southgate Ave, Iowa City) held on the first Thursday of each month from 7:00 to 8:30 p.m.

To learn more about the support group, visit builtbycommunity.org/suicideloss.



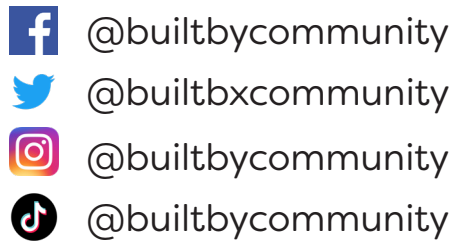
Listen, and then listen again each time the story needs to be told.



1121 S. Gilbert Court
Iowa City, Iowa 52240

Crisis Line: 1-855-325-4296
Food Bank: 319-351-0128
Business Line: 319-351-2726
Mobile Crisis: 1-855-581-8111

builtbycommunity.org



Upcoming Events

FEBRUARY

[Spread the Love](#)

Month-long peanut butter and jelly drive.

MARCH

[Pancake Breakfast](#)

March 5 - Join us for breakfast on the first Saturday in March.

APRIL

[CommUnity Baby Shower](#)

Month-long baby product drive.

[Hunger Banquet](#)

April 21 - The Hunger Banquet is designed to immerse participants in the reality of food insecurity.

MAY

[End the Cycle - Period Poverty Drive](#)

Month-long menstrual hygiene product drive.

Thank you!

For voting CommUnity as the
Best Place to Volunteer & Best
Nonprofit for Community Access



BECOME A VOLUNTEER AT
BUILTBYCOMMUNITY.ORG/VOLUNTEER