



# Hills & Dales Happenings

A Quarterly Newsletter for Family and Friends

Winter 2010



Members of the Hills & Dales Polar Plunge Team quickly leave the chilly waters of the Mississippi River during the 2009 Polar Plunge Event which supports Special Olympics Iowa. See page 6 for more on this story.

## INSIDE THIS ISSUE



FROM THE EXECUTIVE DIRECTOR— <i>Plan of Response</i> .....	2
FROM THE BOARD OF DIRECTORS— <i>Looking Ahead</i> .....	3
RECOGNITION— <i>From Wishes to Reality</i> .....	4
RECOGNITION— <i>From Wishes to Reality</i> .....	5
HILLS & DALES HAPPENINGS .....	6
HILLS & DALES HAPPENINGS.....	7
ANNUAL APPEAL .....	8



Marilyn Althoff,  
Executive Director

*“Because of the immense past support from our many contributors and friends the last several years have been a remarkable journey.”*

### *What will this new decade bring?...*

It was not that long ago that we were planning for the Y2K crash, thankfully it never materialized as predicted, but the risk of not planning for it outweighed the potential of the catastrophic outcome of having no plan. As the saying goes ....better safe than sorry!

At Hills & Dales we are continuously evaluating the risks that are presented to us and identifying our plan of response, this all occurs to assure we continue our role of offering and providing services that meet the needs of the individuals, families and community we serve.

Clearly the looming budget projections are directly impacting us. We have already received a reimbursement rate cut to our community services and more may possibly occur in the near future. We continue to need the financial and emotional support of families, staff and our community to achieve our desired outcomes.

Because of the immense past support from our many contributors and friends the last several years have been a remarkable journey. The following is just a brief list of a few of our more notable accomplishments occurring because we had a good plan:

- Opened new facilities for our residential and community service disability programs which assured that we have the space and locations for expansion,
- Opened the inclusive Hills & Dales Childcare Center licensed for 117 children,
- Became CARF accredited (received two 3-year accreditations),
- Responded to the vocational service needs of the adults that we support by increasing paid work opportunities,
- Operate a Day Habilitation program for adults,
- Expanded the Summer Respite and group respite programs,
- Expanded the persons served in their own home, and
- Supported senior health, nutritional and social programs.

What began as a home for 52 children now is serving over 1,800 persons annually through various programs and services.

We look at our plan each year to identify what may be a stepping stone to achieving our vision and mission and we consider the challenges that may require review and evaluation before moving forward. I am confident in Hills & Dales’ ability to adapt and to have a good plan to guide us through these uncertain times and for many years into the future.

*“Hills & Dales is dedicated to building meaningful lives for individuals with disabilities by offering services that support the whole person and enhance community inclusion.”*

## FROM THE BOARD OF DIRECTORS



John Markham,  
President, Hills & Dales  
Board of Directors

### Looking Ahead...

We have turned the page on 2009 and now direct our attention to the New Year. I have assumed my new position as the operating board President and much of my attention during this New Year will be on Hills & Dales. My first order of business is to thank our exiting board members. We will be saying goodbye to Jean Gantz, John Knox, Al Krueger and Eric Foy from the operating board and Carrie Bleile, Randy Skemp and Lynn Fuller from the foundation board. I want to extend a sincere thank you to this group for all the time and effort they have put forth to keep Hills & Dales on the right path. I especially want to

thank Eric Foy for his role as President of the operating board for the last three years. I have the feeling all of these people will remain active on the Hills & Dales cheerleading squad.

The reason I can say I know our departing board members will remain active supporters of Hills & Dales is I know the impact this organization has had on me. I still remember the fall of 2002 when I was sitting in Marilyn's office and she asked me if I would consider joining the Hills & Dales operating board. I was surprised as well as honored that I would be considered for such a position. Although I didn't know a lot about the organization I knew one thing for sure, to be asked to assist with an organization that took care of our most fragile was an offer I couldn't refuse. I told her I would join and I am happy to report six years later I am still glad I did. This has given me the opportunity to work with a very talented board as well as a hard working and dedicated staff.

Our new year will be full of challenges. First and foremost will be the budgeting challenges. Our funding is heavily reliant on state and federal support thus we are subject to all the pressures that come with that type of revenue stream. One doesn't have to look very far to see or hear talk about the budget challenges our legislators are facing in Des Moines. We have to make sure our clients have a seat at the table when budget discussions are underway in Des Moines.

We also have to make sure we keep up with other sources of revenue where we fill the holes left in our budget. That means our annual appeal, our grant writing and the many other fundraisers we have throughout the year have to continue to grow.

Aside from the budget challenges we have to look ahead the next three to five years. The foundation and operating board had a strategic planning meeting in late October and started the ground work for the future of Hills & Dales. It never ceases to amaze me of what can develop when you get a group of talented people in a room and give them a blank sheet of paper. I will be spending time in the coming months working with our staff to put many of these ideas in place so we can continue our mission of "building meaningful lives." 2010 is certainly going to be an interesting year.....stay tuned.

## Hills & Dales Happenings

WINTER 2010

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### BOARD OF DIRECTORS

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Marilyn Althoff

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Elaine Barwick

*Building Meaningful Lives*

## From Wishes to Reality

### Monetary Gifts

A.Y. McDonald Mfg. Co.  
 AARP Tax Aide  
 Addoco, Inc.  
 American Trust & Savings Bank  
 Tom and Jan Anderegg  
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 Don and Elaine Damstra  
 Loretta Dawkins  
 Gary and Cindy Dolphin  
 Mike and Jeanie Donohue  
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 Dubuque Theresians  
 Dupaco Community Credit Union  
 Evansdale Chiropractic Clinic  
 Family Beer & Liquor  
 Tom Fogel  
 Friedman Financial Services  
 Robert and Barbara Frommelt  
 Pat Gabrielson  
 Giese Companies  
 God's Country Touring Club  
 John and Shari Greenwood  
 Tim Grider  
 Jon Hamer  
 Dave Hanley  
 Dave Hansel  
 Steve and Connie Hardie  
 Hartig Drug Co.  
 Mary Hemingway  
 Terry Hicks  
 Doug and Bernadette Hilby  
 Bert and Betty Hillary  
 Hoffmann Development Center, Inc  
 Arnie and Joyce Honkamp  
 Honkamp Krueger & Co. P.C.  
 Imperial Stone, Inc.  
 Tracy Jerrett  
 Jim Kircher & Associates P.C.  
 Pam Jochum  
 John W. Santer's Charitable Trust  
 Randel Jones  
 Kane, Norby & Reddick P.C.  
 Lavonne Kerth  
 Rusty Knight  
 Joe Kostecka  
 Al Krueger  
 Thad Lael  
 Scott and Mary Jo LeGrand  
 Robert Limbach

David Lucas  
 Martin Bros. Distributing Co., Inc.  
 John Mauzey  
 McDermott Excavating  
 Harold Meyer and Guyann Miller  
 Marty and Carrie Michel  
 Midwest Business Products  
 Tim Miller  
 Scott and Ann Morris  
 MSA Professional Services, Inc.  
 Mystique Casino  
 Optimist Club of Dubuque  
 Tony Pfohl  
 Jacob Phillips  
 Jean Ross  
 Gregory Ryan  
 Michael Seeley  
 Senior Fitness Friends  
 Keith Sindberg  
 Loyce Smith  
 St. Peter Lutheran Church  
 St. Raphael's Cathedral  
 Terry Stevens  
 Sweetland United Methodist Women  
 Swiss Valley Farms  
 Nancy Tekippe  
 The Friedman Group, Inc.  
 Jim and Marita Theisen  
 Theisen's Home-Farm-Auto  
 TriCor Insurance & Financial Services  
 Tri-State Independent Physicians  
 Association  
 University of Dubuque  
 US Bank  
 Patrick and Wendy Vance  
 Joseph Vaughn  
 Virginia M. Graham Estate  
 Andy and Katrina Wilberding  
 Williams & Associates  
 Windsor Hills Family Dentistry, P.C.  
 Thomas Wright

**In Honor of Kari Harris**  
 United Methodist Women

**In Honor of William C. Plotner**  
 Merri Harris

**In Honor of Emily Schnieders**  
 Lila Luensmann

**In Honor of Whitney Wilson**  
 Wes and Mari Schwanke

**In Memory of Robert Buelow**  
 Mrs. Margaret Buelow

**In Memory of Rica Chew**  
 Ken and Judy Lochner

**In Memory of Lindsay Gibbs**  
 Ken and Judy Lochner

**In Memory of Blanche Haas**  
 Elaine Barwick

**In Memory of Paul Hauptert**  
 Eric and Benita Dieperink

**In Memory of Mary Jane Lynch**  
 Elaine Barwick

**In Memory of Jim McCarthy**  
 Ken and Judy Lochner

**In Memory of Mildred J. "Milly" McCarthy**  
 Eric and Kimberly Foy

**In Memory of Cassy Murphy**  
 Big Apple Bagels  
 James and Julie Kieffer  
 Murph's South End Tap

**In Memory of Cody Spark Simmons**  
 Vince and Jackie Crimmins

**In Memory of Amanda Wesenberg**  
 Elaine Barwick

**In Memory of Jack Zillig**  
 Elaine Barwick

**For the marriage of Kevin & Aulanda Krause**  
 Donell Hefel

### In-Kind Gifts

180 Main  
 Accessorize Me  
 Amirage Salon and Day Spa  
 Apex Concrete  
 Susan Bayse  
 Bell Tower Theater  
 Bellevue Golf Course  
 Betty Jane Candies  
 Big Apple Bagels  
 Birchwood Golf Course  
 BMW Music Entertainment  
 Body & Soul Wellness Center and Spa  
 Cathleen Breitsprecker  
 Gene and Patty Bryson  
 Meldi Budde  
 Butterfly Life  
 Café Manna Java  
 Capri College  
 Cartegraph Systems Inc.  
 Tammy Cheramy  
 Chuck n Jo's  
 Clarke College Student Volunteers  
 Cookin' Something Up  
 Country Inn & Suites  
 Derby Grange Golf & Recreation Center  
 Designworks Salon  
 Diamond Jo Casino  
 Gary Dolphin  
 Dubuque County Empowerment  
 DuTrac Community Credit Union  
 Eagle Ridge Resort & Spa  
 Edwards Cast Stone  
 Elite Images  
 Sam and Liz Engbrecht  
 Joe Feltes  
 Fillmore Fairways  
 Finley Occupational Health  
 Flexsteel Industries, Inc.  
 Floorshow Companies  
 Fried Green Tomatoes  
 Galena Golf Club  
 Barry and Molly Gibson  
 Glynn's Creek Golf Course  
 Goodmann Insurance Services  
 Leona Gordon  
 Graham's Style Store for Men, Inc.  
 Grand Harbor Resort and Waterpark  
 Grand Opera House  
 Happy Joe's Pizza  
 Howard and Joan Higley  
 Teri Hooper  
 Steve and Sherry Horan  
 Hotel Julien Dubuque  
 HyVee  
 Iowa Welcome Center  
 JMJ Screen Printing Inc.  
 Lawrence and Helen Kalms and Family  
 Tom and Julie Kane  
 Kanndo Professional Services  
 Kennedy Mall  
 Key West True Value  
 Kendra Kirk  
 Rick and Trish Kohn  
 Kwik Stop  
 Lacoma Golf Course  
 La Crosse Litho Supply  
 Little Caesar's Pizza  
 Ken and Judy Lochner  
 Loras College Student Volunteers  
 Louis and Deb LuGrain  
 Lumber Specialties  
 Mercy Health Center Occupational  
 Therapy  
 Mercy Medical Center  
 Frank and Jackie Meyer  
 Mr. Quix Economy Printing  
 Myers-Cox Co.  
 New Directions Salon  
 Panera Bread Bakery-Café  
 Premier Bank  
 Premier Linen & Drycleaning  
 Queen B  
 RC2  
 Tori Richter  
 River Valley Nursery  
 Rolling Knolls Golf Course  
 Linda Roscamp  
 Runde Auto Group  
 Tom Sarvis  
 Sears  
 Slumberland  
 Jason and Alec Specht  
 Steve's Ace Home & Garden  
 The Meadows  
 The Potosi Brewery Foundation &  
 The National Brewery Museum  
 Timberline Golf Course  
 Timmerman's Supper Club  
 Tri-State Occupational Health  
 Vendors Unlimited  
 Walmart  
 Weber Paper Co.  
 Dave Welu  
 Steve and Linda Wesenberg  
 Ed and Beth Whisler  
 David and Janice Wilson

## From Wishes to Reality

### Campaign Gifts

Greg and Nancy Adams  
 Shannon and Deanne Althoff  
 Gary and Marilyn Althoff  
 Andersen Corporate Foundation  
 A.Y. McDonald Charitable Foundation  
 Greg and Kathy Billmeyer  
 Black Hills Energy  
 Loras and Carrie Bleile  
 Barry and Kathy Bromberg  
 Holli Cannon  
 Capri College  
 Ashley Clark  
 Conlon Construction Co.  
 Crescent Electric Supply Co.  
 Gary and Cindy Dolphin  
 Dubuque Bank & Trust  
 Gary and Patricia Duster  
 DuTrac Community Credit Union  
 Karen Duve  
 Terry and Paula Friedman  
 Giese Companies  
 Dr. Krishnarao Gorrepati  
 John and Cindy Hannan  
 Dr. Craig and Patty Herther  
 Betty Hillary  
 Dianne Holz  
 Ric and Sue Jones  
 Tom and Julie Kane  
 Al Krueger  
 Kruse-Warthan Dubuque Auto Plaza  
 Louis and Deb LuGrain  
 John and Ellen Markham  
 Maria McDonald  
 Medical Associates Clinic Foundation  
 Molo Companies  
 Mulgrew Oil  
 Mike and Mykee Murtagh  
 Dennis and Tanya Payne  
 Mark and Jodi Ruden  
 Mary Schmid  
 Schoen Family Charitable Trust  
 Michelle Schmitt  
 Randy and Lynn Skemp  
 The Friedman Group, Inc.  
 The Powers of Communication, Inc.  
 The Prudential Foundation  
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 Theisen's Home - Farm - Auto  
 US Bank  
 Jim and Jane Weber  
 Andy and Katrina Wilberding

### In Honor of the Residents and Consumers that Hills & Dales supports

Karina Fobber  
**In Honor of Kyle Stumpf**  
 Bill Stumpf

**In Memory of Eldon Bonifas**  
 Darren and Amy Kapparos

**In Memory of K. Bruce Lauritsen**  
 Jeanne Lauritsen

**In Memory of Alicia Lochner**  
 Ken and Judy Lochner

**In Memory of Erika L. McClain**  
 Louie and Billi Jo LuGrain

**In Memory of Cassy Murphy**  
 Nikki Ender

### Annual Appeal Gifts

Alliant Energy Corp Srvcs Inc.  
 Gary and Marilyn Althoff  
 Michael and Mary Ament  
 Randy and Christine Amosson  
 Anonymous  
 Wilbur and Pat Behlmer  
 Keith and Gaye Bibelhausen  
 Lela Bisanz  
 Daniel and Carolin Brovold  
 Tom and Joyce Connors  
 Jim and Monica Curoe  
 Dennis and Lois Dietzel  
 Dubuque Stamping & Manufacturing Inc.  
 Marge Felderman  
 Larry and Renee Friedman  
 Kathryn Fuller  
 Leslie and Patricia Furuseth  
 Rosemary Gantz  
 Jim and Jean Gantz  
 Charlie and Linda Giese  
 Ben and Cindy Graham  
 Thelma Green  
 Brent and Molly Grover  
 Brad and Elizabeth Heying  
 Mary Hirsch  
 Steve and Sherry Horan  
 Glen and Pat Hotchkiss  
 IIW Engineers & Surveyors  
 Ron and Patti Iverson  
 Dr. Mark and Sally Janes  
 Jim Kircher & Associates, P.C.  
 Klauer Manufacturing  
 Rusty Knight  
 John and Karen Knox  
 Dr. Ross and Sally Madden  
 Mi-T-M Corporation  
 Morrison Bros. Co.  
 Joe Pilkenton  
 Dave and Tori Richter  
 Merle and Mary Santjer  
 Ronald and Charlotte Schope  
 David and Peggy Schuster  
 Sid and Janice Scott  
 Keith Sindberg  
 Randy and Lynn Skemp  
 Ken and Marlene TeKippe  
 Jack and Mary Thompson  
 Kristin Woodward  
 Tom and Charlice Woodward

**In Honor of Abigail Le**  
 Ken Le and Kelley Nguyen

**In Honor of Emily Schnieders**  
 James and Deborah Nilles

**In Memory of Zachariah Kupfer**  
 Fern Kupfer and Joseph Geha

**In Memory of K. Bruce Lauritsen**  
 Mike and Jeanie Donohue

**In Memory of Alicia Lochner**  
 Ken and Judy Lochner

**In Memory of Elaine and Dorrance Meloy**  
 Barbara Callahan

**In Memory of Tina Soride**  
 Dennis and Chris Soride

### Missed Recognition

*Due to a recording error the following individuals were not recognized for their honor and memorial gifts in the Spring 2009 Happenings newsletter. We sincerely apologize for the omissions and greatly appreciate the financial support of these persons. Please contact us at 563-556-7878 if we need to make future corrections. Thank you for your friendship and understanding.*

**In Honor of Madeline Cox**  
 John and Kimberly Wright

**In Honor of Jim Roddy and Lisa Hansen**  
 Mary Roddy

**In Honor of Gwen Helle**  
 John and Jennifer Hinz

**In Honor of Jack and Kelli Roddy**  
 Mary Roddy

**In Honor of Emily Schnieders**  
 Lila Luensmann

**In Honor of Whitney Wilson**  
 Wes and Mari Schwanke

**In Memory of Marion Brosius**  
 Elaine Barwick

**In Memory of Frank Bruening**  
 Steve Lukan

**In Memory of Catherine Bryson**  
 Elaine Barwick

**In Memory of Samuel Bryson**  
 Elaine Barwick

**In Memory of Irma Cartigny**  
 Robert Cartigny

**In Memory of Nellie Grossman**  
 Marlene Hansen

**In Memory of Geri Johnson**  
 Robert Cartigny

**In Memory of K. Bruce Lauritsen**  
 Jeanne Lauritsen

**In Memory of Mike Imhof**  
 A.Y. McDonald Charitable Foundation  
 Elaine Barwick  
 Biedler Towing  
 Greg and Kathy Billmeyer  
 Terry and Paula Friedman  
 Marlene Hansen  
 Bert and Betty Hillary  
 Jan Imhof  
 Ken and Judy Lochner  
 Janet Rhomberg  
 Edwin and Susan Ritts  
 Janice Stemper  
 Bill Stumpf  
 Dorothy Stumpf

**In Memory of Walter Kane**  
 Elaine Barwick

**In Memory of Cassy Murphy**  
 Edwin and Susan Ritts

**In Memory of Joseph and Madeline Rhomberg**  
 Father Thomas Rhomberg

**In Memory of Robert Steuck**  
 Elaine Barwick

## HILLS & DALES HAPPENINGS

On Saturday, November 21 a Hills & Dales team made up of clients, staff and a volunteer participated in the 11th annual Polar Plunge benefiting Special Olympics Iowa. Descending into the murky water was a full bridal party complete with gowns, suits, bouquets and a clergyman. What started as an office joke about two staff members tying the knot someday came to fruition when the two slowly made their way to the dark water with their full bridal party behind them. Our creative group finished in 6th place out of 21 teams by raising nearly \$2,000 for this chilly, heart-warming event and organization that helps improve the lives of many children and young adults who are supported by Hills & Dales.



*Participating in this event from left to right are: Mackenzie MacDonald, Bill Stumpf, Cris Houselog, James Klossner, Malorie Hubanks, Nikki Ender, Mandy Augustine, Kyle Stumpf and Kara Stumpf (not pictured Steve MacDonald).*



*Pictured above: Challes surrounded by her teammates in Des Moines.*

Challes Reese, who resides at the Hills & Dales Residential Center absolutely loves to dance. She had one day dreamed of becoming a member of a dance team and this fall at Hempstead High School her dream came true. This year she became the first Hills & Dales resident to become a member of a dance team, so when she mentioned the possibility of attending the Iowa State Dance and Drill Team Association Competition in Des Moines staff members immediately went to work making the necessary travel and staffing arrangements to ensure her trip could occur. On Friday, December 4th Challes traveled with two staff members to the competition. Because of Challes' disability, she is only able to participate in one of the routines, but that doesn't seem to hinder her smile and excitement.

## HILLS & DALES HAPPENINGS



A senior volunteer, Kaydence York, and Kyle Stumpf decorate some bags for trick-or-treating during an intergenerational activity at the Hills & Dales Community Center. This activity was only one of numerous intergenerational programs that occurred to help the participants celebrate Halloween, Thanksgiving, and Christmas during the last few months of the year.



The 10th Annual Hills & Dales Halloween Harvest Prince and Princess, Jared Wulfekuhle and Kelly Franzen, enjoy their “celebrity status” while patiently waiting to begin the parade of children for the trick-or-treating event through numerous “Pumpkin Patches” sponsored by local businesses and agencies.



Steven Horan and Stephanie Huber, a Hills & Dales Personal Assistant, enjoy a night out for the 3rd Annual Hills & Dales Snow Ball at the Hills & Dales Community Center. Approximately 100 attendees from five various agencies supporting individuals with disabilities appreciated the chance to dress up, and dance the night away with both old and new friends.



Mr. and Mrs. Claus arrive with some helpers to deliver gifts to the residents of Hills & Dales during the annual 911 Christmas Event. Year after year the giving and generous spirit of the many, many emergency services personnel provides for a truly meaningful Christmas event. Every person in attendance whether they are family members, part of an emergency service crew, a resident, or staff leave the event full of the holiday spirit.

# HILLS & DALES 2010 ANNUAL APPEAL

*Join me in supporting the Hills & Dales Annual Appeal.*

Hills & Dales along with many other worthwhile programs and non-profit organizations across the State of Iowa are facing uncertain times given the recent proposed budget cuts. The children and young adults with disabilities supported by Hills & Dales need the community's support now more than ever.

Recognizing that many members of the community may still be facing difficult economic times; please note the true difference your gift will make for a group of some of the most deserving individuals in our community, and that all gifts, no matter their size are needed and appreciated.

You can be a part of building meaningful lives by supporting the Hills & Dales Annual Appeal!

Please use the enclosed envelope to send your donation and note your gift is for the annual appeal. Thank you for your consideration!



Rob McDonald,  
President, Jamie Barwick  
Hills & Dales Foundation

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