

*“Helping People. Changing Lives.”*

# 2017-2018 Annual Report

## Mid-Sioux Opportunity, Inc.



Time truly waits for no one. This is evident in the constant change that takes place in our work. Not so long ago, we were sending documents primarily by fax machine and today that mode of communication is rarely used. If we embrace the fact that time and change are constants, then I believe we can adapt more easily to the impact of time. William Gibson said, “Time moves in one direction and memory in another.” Mr. Gibson was trying to tell us that our memory of how we “used to” do things is important but life will forever move us forward and we must accept that fact.

Mid-Sioux has embraced technology as a way to provide more accurate and timely information to families, staff, board and the community. We offer text message reminders for W.I.C. services, our Head Start and Early Head Start families receive information via texting and our LIHEAP applications utilize digital signatures. Newsletters come to recipients through email and information for board and staff through an electronic portal for them to review.

The annual report for 2018 will illustrate how Mid-Sioux has affected our communities and the families we serve. Our numbers have risen this past year thanks in part to a better means to document our work. Technology has helped us to be successful however; it is people who make the difference. Basketball coach John Wooden said, “If you don’t have time to do it right, when will you have time to do it over?” Our staff realize that doing things right is most important. They have put a great deal of effort into making our agency successful. That work ethic will be evident when you review this annual report.

No matter how our world changes, it will always be people who make the difference. I am very fortunate to work with outstanding board members, community partners and a very dedicated staff. I believe the words of S. Truett Cathy say it best:

“Nearly every moment of every day, we have the opportunity to give something to someone else – our time, our love, our resources.”

Thanks to everyone who has been a part of our work in “Helping People – Changing Lives”



Dick Sievers,  
Executive Director



# Mid-Sioux Opportunity, Inc. Board of Directors

Participation on a non-profit board is becoming more challenging. State and federal regulators expect board members to be knowledgeable on all aspects of the agency. It is the staff's responsibility to provide adequate information and training for the board.

The Mid-Sioux board of directors has a good deal of experience, which is very helpful in understanding how the agency operates. At the same time, new members bring a fresh perspective on agency services and the needs of their community. Mid-Sioux board members have from 30 years of experience to just under 1 year. That variety helps the agency to have a balance in its membership.

In 2018, the board provided guidance on a variety of issues. The following are some examples of the assistance provided by members:

- Leadership on Medicaid Managed Care.
- Input into competitive grants for Child Care Resource & Referral, W.I.C. and Maternal/Child Health.
- Support and guidance on the establishment of a Head Start/Early Childhood Iowa classroom in Ida County.
- Monthly oversight of financial and programmatic operations.
- Securing \$40,000.00 in foundation funding for a Head Start bus serving Lyon County.

There are numerous times when the board has stepped forward and provided guidance and support. Without this local control, Mid-Sioux would not have the voice and input from the communities we serve.



## Cherokee County

Public: Rick Mongan  
Private: Bill Anderson  
Low-Income: Caryn Barry

## Lyon County

Public: Merle Koedam  
Private: Gordon Smith  
Low-Income: Evelyn Baldwin

## Sioux County

Public: Al Bloemendaal  
Private: Carol Van Gelder  
Low-Income: Kecia Hickman  
Low-Income: Vernon Beernink

## Ida County

Public: Raymond Drey  
Private: Teresa Hunt  
Low-Income: Pastor Chad Lierman

## Plymouth County

Public: Thomas Letsche  
Public Alternate: Don Kass  
Private: Barry Thompson  
Low-Income: Ann Cole-Nelson

President: Tom Letsche  
Vice-President: Caryn Barry  
Treasurer: Gordon Smith  
Secretary: Carol Van Gelder

# Client Characteristic Report

10/1/2017 through 9/30/2018

1. Gender (Ind.)		8. Family Type (HH)	
a. Male	4,126	a. Single Person	925
b. Female	5,450	b. Single Parent/Female	969
c. Unknown	1	c. Single Parent/Male	45
2. Age (Ind.)		d. Two-Parent Household	841
a. 0-5	2,216	e. Two Adults/no children	332
b. 6-13	1,710	f. Non-Related Adults with children	28
c. 14-17	546	g. Other	179
d. 18-24	763	9. Family Size (HH)	
e. 25-44	2,536	a. One	1,069
f. 45-54	534	b. Two	783
g. 55-59	262	c. Three	483
h. 60-64	259	d. Four	446
i. 65-74	335	e. Five	329
j. 75 & Over	416	f. Six or more	311
3. Education (age 25+) (Ind.)		10. Housing (HH)	
a. 0-8th Grade	55	a. Own/Buy	1,469
b. 9th-12th Grade/non-graduate	813	b. Rent	1,949
c. High School Grad/GED	2,154	c. Other Permanent Housing	1
d. 12+ some post secondary	758	d. Homeless	2
e. 2 or 4 yr. college graduate	637	11. Level of Family Income (HH)	
f. Graduate of other post-secondary	1	<i>(Based on Federal Poverty Guidelines)</i>	
g. Unknown/Not Reported	312	a. Up to 50%	1,001
4. Health & Military (Ind.)		b. 51%-75%	398
a. Health Insurance	7,542	c. 76%-100%	511
b. No Health Insurance	1,721	d. 101%-125%	565
c. Unknown	314	e. 126%-150%	452
d. Disabled	4,381	f. 151%-175%	312
e. Veteran	175	g. 176%-200%	64
f. Active Military	4	h. 201% and over	76
5. Ethnicity (Ind.)		i. Over 250%	42
a. Hispanic/Latino	2,367	12. Other Income Sources	
b. Not Hispanic/Latino	7,114	a. TANF/FIP Assistance	49
c. Unknown/Not Reported	96	b. SSI	187
6. Race		c. Social Security Disability Income	495
a. Black/African Am.	188	d. VA Service Connected Disability Comp.	7
b. White	8,896	e. VA Service Non-Service	11
c. Am. Indian/Alaskan Native	52	f. Private Disability Insurance	3
d. Asian	29	g. Workers' Compensation	3
e. Native Hawaiian/Pacific Islander	43	h. Social Security Retirement Home	620
f. Multi-race (any 2/more of above)	187	i. Pension	165
g. Other	181	j. Child Support	228
h. Unknown/Not Reported	1	k. Alimony or Other Spousal Support	31
7. Work Status		l. Unemployment Insurance	81
a. Employed Full time	1,567		
b. Employed Part-time	690		
c. Migrant Seasonal Farm Worker	5		
d. Unemployed	2,128		
e. Retired	828		

# Child Care Resource & Referral



Child Care Resource & Referral (CCR&R) is excited to expand our services within the last few years. Our focus, while still on serving the needs of child care providers and children in Iowa, has now expanded into assisting communities in targeted identification, discussion and implementation for solutions to the child care shortage in Iowa.

We have partnered with four communities in northwest Iowa who show the greatest need for child care services. Our Business Development Specialist and leadership team is focused on helping supply data and ideas for expansion of quality child care. Additionally, we are assisting five more communities that have reached out to CCR&R expressing their concern for child care and supporting the local business workforce. The child care crisis in Iowa affects more than just parents and employers, it affects the community as a whole.

In many Iowa communities where child care is either unaffordable, inaccessible or nonexistent, working parents miss work, drop shifts, are less engaged on the job, switch employers or leave the workforce altogether. Child care-related work benefits can be a valuable tool for businesses looking to develop, grow and retain their workforce. Research shows that increasing access to **quality, affordable child care options isn't just a great perk for employees - it's good for the bottom line and can play a critical role in the workforce retention strategy.**

We can be a valuable tool for communities and economic development teams. We can help bridge the gaps between providers, employers and community groups to work toward quality child care for our youngest citizens. We can help communities by providing presentations on quality child care, finding child care, subsidizing the cost of child care and investing in child care. CCR&R can also provide statistical data regarding child care for all 99 counties in Iowa. CCR&R staff is willing to meet with employers, economic development boards and communities to discuss the needs of families and children that will impact the local workforce.

**CCR&R provides training and consultation services that support the child care provider's ability to achieve and maintain regulatory status in good standing and work to achieve and maintain performance at higher levels in Iowa's Quality Rating System (QRS). We are proud to introduce more online training options for child care providers in our rural area.**

Child Care Consultants support providers by assisting them with licensing and registration, consultation, training, updating their files, referrals to other resources and so much more! Please visit our website at [www.iowaccrr.org](http://www.iowaccrr.org) to discover all of the services available for child care providers.

Additional services offered through CCR&R include: Child & Adult Care Food Program (CACFP), Program for Infant and Toddler Caregivers (PITC), Child Care Nurse Consultation (4 counties), **Business Investment Program (BIP)** and Iowa's **Quality Rating System (QRS)**.

Mid-Sioux Opportunity, Inc. began providing CCR&R services in northwest Iowa in 1989. Our service area includes twenty-three counties that make up Region 1 of CCR&R.

***CCR&R is committed to ensure that Iowa's vision is met:***

***"All children, beginning at birth,  
will be healthy & successful."***

# Child & Adult Care Food Program (CACFP)



Child & Adult Care  
Food Program

The Child and Adult Care Food Program (CACFP) is an extension of the national school lunch program which reimburses child care providers a set reimbursement rate for serving nutritious meals and snacks to children in their care. The goal of the program is to provide nutritious meals to children, introduce them to a variety of foods, promote good eating habits, and provide opportunities for them to learn about food.

Mid-Sioux serves 32 Child Development Home providers in Lyon, Sioux, Plymouth, Cherokee and Ida counties through the CACFP program.

Pictured from top to bottom:

Jennifer Marshall,  
Jody Lehman, Linda Daggett,  
Heather Hinds, Monique Ortiz, Paige Duncan,  
Melissa Juhl, Jamie Huster, Bobbi Riedemann,  
Shelly Skjeie, Kim Schroeder, Rebekah Hungate,  
Jackie Navrkal,  
Cassie Reuter, Jennifer McGregor, & Bailey Hill

Not pictured: Deb Baldwin & Clydene Canady



## CCR&R Statistics (23 Counties)

- Assisted 801 Child Care Providers & 22,002 children
- Breakdown of Child Care Providers:
  - 301 DHS Registered Child Development Homes
  - 79 Dept. of Education Operated Preschools
  - 222 DHS Licensed Centers/Preschools
  - 199 Non-registered Child Care Homes
- Breakdown of QRS Rated Providers:
  - 54 DHS Registered Child Development Homes
  - 101 DHS Licensed Centers/Preschools
  - 27 Dept. of Education Operated Preschools
- 182 providers participate in the Iowa Quality Rating System (QRS)
  - 36 providers are rated QRS levels 1-2
  - 146 Providers are rated QRS Levels 3-5
- 82 Child Development Home applications and 36 Child Care Home applications were mailed to potential new child care providers
- Consultants made 1,413 visits & 2,570 technical assistance contacts to child care programs
- CCR&R of Northwest Iowa delivered trainings for 1,473 providers last year

# Head Start, Early Head Start & Child Development Center



Head Start is a federally funded preschool program serving 3 and 4 year old children. Early Head Start serves pregnant mothers and children up to the age of 3. The Child Development Center is a state funded preschool program serving 3 and 4 year old children. All of these services have eligibility criteria which include income, age, disability & family needs. Head Start serves 182 children, Early Head Start serves 70, State Early Head Starts in Lyon & Ida counties serves 10, and the CDC program serves 16.

## *Quality is our Foundation*

The hallmark of quality is the compliance with the Federal Head Start/Early Head Start and Shared Visions Program Performance Standards. These Standards are considered by the State of Iowa to be comparable with the National Association for

*The Mission of Head Start, Early Head Start & Child Development Center is to partner through quality education, health care and social services by empowering children and families to achieve success and maximize their full potential now and in the future.*

the Education of Young Children (NAEYC) accreditation and meet all quality requirements for the State Voluntary Preschool Program.

## *Social Emotional Development*

Our Head Start and Early Head Start program works hard to assist families and children struggling with mental health issues and behaviors both in the home and the classroom. Head Start utilizes the Second Step Social Emotional Curriculum in all classrooms. HS/EHS classrooms also utilize the Positive Behavior Interventions and Support initiative (PBIS) that adds activities and support for difficult behaviors. Our program works closely with community mental health facilities such as Plains Area and Seasons Center for referrals for children that may need assessments and on-going support.

## *Working with Families Living in Poverty and Recruiting At Risk Families*

Head Start brings a strong family services components, as well as support in other areas such as Disabilities, Health, Mental Health, Child Development and Nutrition. Special attention is given to the whole child and the family. Head Start, Early Head Start and the Child Development Center are mandated to recruit children from families at or below the 100% Federal poverty level.

Secondary priority will be serving families 101-130%. Ten percent of the enrollment opportunities are made available to children with disabilities. Families with other risk factors such as health needs, at-risk families and families in crisis are also given priorities. Every effort is made to reach as many families in the five county area as possible.

## *Curriculum and Professional Development*

The curriculum used for all centers is called High/Scope. With High/Scope curriculum, children learn through direct, hands-on experiences with people, objects, events, and ideas. In the High/Scope approach, teachers and children are active partners in the learning process.

Parents As Teachers are used in the home based option. Lessons are customized for the individual needs of each child and family.

Our services provide frequent opportunities for partnering staff to participate in ongoing staff development related to curriculum, assessments and other topics on providing quality education and care for young children.



**Front row: Kendra Rensink, Alicia Hoffman, Brianne Mitchell, & Darla Reppe**

**Back Row: Shari Smith, Rosanne Plathe, Sue Sitzmann, Kelli Wood, & Lacey Uhl**

# Head Start, Early Head Start & Child Development Center

## *School Readiness Goals*

The Head Start Approach to School Readiness means that children are ready for school, families are ready to support their child's learning, and schools are ready for children. HS/EHS has always led the Early Childhood field with a strong, clear, comprehensive focus on healthy development including areas of physical development, cognitive development, social/emotional development, language development, literacy development, and mathematics. Goals are set as a program and individually for each child in the program.

Total Funded Enrollment for 2017-2018	
Head Start	- 182
Early Head Start	- 70
Child Development Center	- 16
State Early Head Start	- 10
Percent of Medical & Preventive Care Dental for 2017-2018	
<u>Medical:</u>	
Head Start	- 98%
Early Head Start	- 84%
<u>Dental:</u>	
Head Start	- 95%
Early Head Start	- 80%

## *Parent Involvement*

Parent involvement throughout the year is encouraged by participating in monthly parent meetings and socializations, volunteering in classrooms and serving on various committees such as Early Childhood Development Committee (ECDC), Health Services Advisory Committee (HSAC) and Policy Council. ECDC provides parents an opportunity to have input into the development of the High/Scope/PAT curriculum. HSAC is an advisory committee made up of parents, community members and staff to guide the planning operation and evaluation of health services for all children. Policy Council was created as a means to provide input and approve actions affecting the program.



**Rock Valley Head Start**  
**Baily Vandenberg, Luretta VanOtterloo, & Linda Carrillo**



**Le Mars Early Head Start**  
**Stephanie Puhl, Vicky Heidesch, Heidi Dreckman, Julie Traufler, & Michon Wurth**

As of February 2019, HS/EHS percentage of children meeting or exceeding expected skills at their appropriate age level.

	Fall	Winter
Social Emotional	65%	75%
Physical	73%	86%
Language	63%	69%
Cognitive	66%	81%
Literacy	50%	70%
Mathematics	47%	59%

## ***What parent surveys say about our program...***

*Wonderful program in the way it teams up with families to strengthen the lessons parents teach at home and reinforces a lot of family type of ways of living.*

*Teachers really make it the best, they learn each individual child's need and never hesitate to help any way they can.*

*Love the teachers, well run program, and I have seen my daughter grow so much.*

*I love that he is learning in a safe place and I don't have to provide diapers. I'm a single mom in college and I love the help it provides!*

*Early Head Start does a wonderful job with educating the children.*

# Head Start, Early Head Start & Child Development Center

Head Start federal funding can be “braided” with other funds to develop a truly comprehensive approach to early childhood education, which looks different in each community.

Head Start and Early Head Start are located in five counties. The following programs and hours for the 2017-2018 school year are listed below. We recently received additional funding to offer full day/full week/full year programs.

Head Start, CDC and Toddler Center classrooms operate from September to May. Early Head Start home base and Toddler Center home visits operate all year long.

## Cherokee County

*Cherokee 1 Head Start*, Monday thru Thursday, 8:30 am - 2:30 pm

*Cherokee 2 Head Start*, Monday thru Thursday, 8:30 am to 3 pm, Fri. 8:30 am - 1 pm

*Cherokee Early Head Start*, home-base

## Ida County:

*Ida County Head Start*, home-base

*Ida County State Early Head Start*, home-base

## Lyon County:

*Rock Rapids Head Start*, Monday thru Thursday, 8:30 am - 12:30 pm

*Lyon County State Early Head Start*, home-base

## Plymouth County:

*Akron Head Start*, Monday thru Thursday, 8:30 am - 12:30 pm,

*Le Mars 1 & 2 Head Start*, Monday thru Thursday, 8:30 am - 3 pm,  
Fri. 8:30 am - 1 pm

*Le Mars 3 Head Start*, Monday thru Thursday, 8:30 am - 2:30 pm

*Plymouth County Early Head Start*, home-base

*Le Mars A & B EHS Toddler Centers*, Monday thru Thursday, 8:30 am - 3 pm  
Fri 8:30 am - 1 pm

## Sioux County:

*Orange City Head Start*, Monday thru Thursday, 9:15 am - 1:15 pm.  
Combined with Universal Preschool.

*Rock Valley Head Start*, Monday thru Thursday, 8:30 am - 12:30 pm.

*Sioux Center Head Start*, Monday thru Thursday, 8:30 am - 3 pm.,  
Fri. 8:30 am - 1 pm

*Hawarden Child Development Center (CDC)*, Monday, Wednesday, Friday  
8:00 am - 12 pm. A Shared Vision program. Serves both Shared Visions  
children and Head Start children.

*Sioux County Early Head Start*, home-base.

## In 2017-18 HS/EHS/CDC

HS served 22  
disability children

EHS served 12  
disability children

20% of HS Parents  
Have less than a  
High School  
Diploma

26% of EHS Parents  
have less than a High  
School Diploma

10 HS Families  
Receiving FIP

9 EHS Families  
Receiving FIP

80 HS Families  
Receiving Food  
Stamps

27 EHS Families  
Receiving Food  
Stamps

54% HS on WIC

85% EHS on WIC



**Child Development Center**  
**Sue Miller & Lori Feller**



**Akron Head Start**  
**Deb McPhearson, Kerri Olson & Rebecca  
Patton-Green**



# Head Start & Early Head Start Policy Council

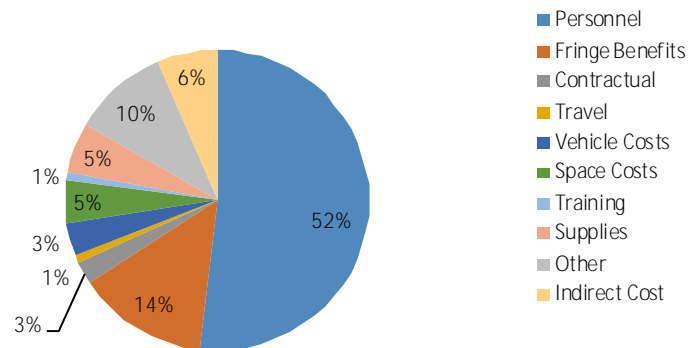
The Policy Council is made up of current Parents and Community Members to partner with the Head Start and Early Head Start program to make key decisions achieve goals. The Policy Council also helps promote the critical role that parents play in supporting their children's progress towards school readiness. Thank you for your time and dedication to make the Head Start & Early Head Start program a success!

## Policy Council Representatives

Amber Kruger  
 Letitia Robinson  
 Chelsea VanRoekel  
 Dawn Shea  
 Christina Dobson  
 Bonnie Shields  
 Shilo Thatcher  
 Amy Phipps  
 Jessica Stykel  
 Dee Murphy  
 Jeri Hofland  
 Ashley Stephenson  
 Steve Condon  
 Bethany Rodriguez  
 Carrie Holt  
 Megan Schuld  
 Jessica Strickler  
 Rachel White  
 Carolyn Salberg  
 Alyssa Baker  
 Wanda Bliet  
 Rocio Munoz  
 Tabitha Bakker  
 Gloria Munoz



Head Start/Early Head Start  
 Program Expenditures  
 March 1, 2017-February 28, 2018

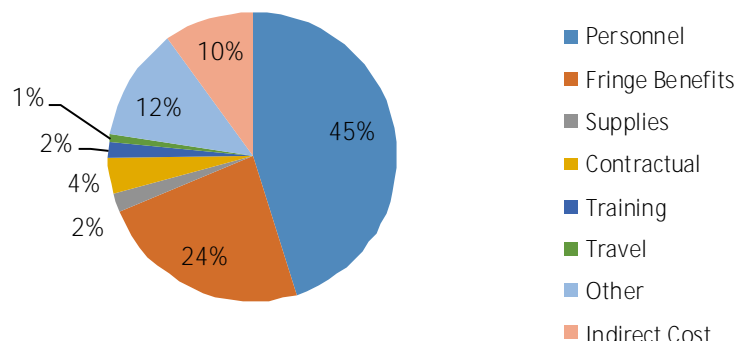


Total Head Start/EHS Expenditures \$3,526,202



**Family Advocates**  
**Stephanie Puhl, Beth Schubert,**  
**Diane Rainbolt, Lucy Sanchez**  
**& Jessica Butler**

Head Start/Early Head Start  
 2019-2020 Budget Projections



Total Head Start/EHS Budget Projections \$3,485,364

# Family Development & Self-Sufficiency (FaDSS)



The Family Development & Self-Sufficiency (FaDSS) program was created in 1988 by the Iowa General Assembly, with services being offered at Mid-Sioux that same year. In FY'18, the FaDSS department served 65 families in the five county service area.

FaDSS is a supportive service to assist families who participate in the Family Investment Program (FIP) reach self-sufficiency by overcoming their significant or multiple barriers.

These barriers might include mental health issues, current or past substance abuse, having current or past domestic violence issues, having a child with special needs, lacking safe and appropriate child care, or lacking a GED or high school diploma.

Services are provided through regular home visits with the families where a Certified Family Development Specialist emphasizes the strengths of the family and builds upon those strengths by setting and attaining goals.

FaDSS provides services that promote, empower and

nurture families towards economic and emotional self-sufficiency.

Each year our FaDSS staff is able to participate in the annual "FaDSS Day on the Hill." It is a great time for us to connect and visit with our area Senators and Representatives on the importance of our program, as well as funding issues.

Mid-Sioux's FaDSS program has three Family Development Specialists and offices are located in Remsen, Sioux Center & Cherokee.



Katie Vis, Laura Benson & Monica Gravenish

The mission of the Family Development & Self-Sufficiency Program is: "To improve the lives of families at risk of long-term welfare dependency or instability by creating opportunities for self-sufficiency"

## FaDSS Statistics

- In FY'18, 75% of families that exited the program had at least one adult household member dealing with mental health. Of those, 91% have accessed available treatment or support.
- In the State of Iowa, the average return on investment is \$1.18 in the FaDSS program.
- In the MSO FaDSS program, the average return on investment is \$2.98.
- 96% of families were involved in activities to increase work preparedness skills. Families are more equipped to enter the workforce when participating in these types of activities.

# Outreach & Emergency Services

Outreach & Emergency Services are provided through the five satellite office locations throughout the Mid-Sioux five county service area. These locations include: Cherokee, Ida Grove, Rock Rapids, Le Mars and Sioux Center.

These offices and the staff that serve them are the contact point for persons needing our services. Outreach staff take applications for Mid-Sioux programs and also make referrals to other agencies that may be of assistance to families.

Applications that are taken in the Outreach offices include: Energy Assistance (LiHEAP), Weatherization, Head Start, Early Head Start, W.I.C., Maternal/Child Health and crisis assistance such as rent and emergency food.

We currently have two full-time staff that cover the Sioux & Lyon county offices and two full-time staff that cover the Cherokee & Plymouth county offices, along with a FaDSS/Outreach Director and FaDSS/Outreach Administrative Assistant. Ida county is currently being covered by Cherokee & Plymouth county staff as well as the FaDSS/Outreach Administrative Assistant and Director. At times our offices are also assisted by volunteers. These individuals are extremely important to our work as they help to sort food, answer phones or donate items to our offices.

The services that are not expressed in this annual report are the many referrals and the many families assisted with things from housing to health care because the Outreach staff

took the time to make sure that all of the issues facing families received attention.

Examples of this include: helping families with housing applications, assistance with utility bill negotiations and support to families in need of Food Assistance (Food Stamps).

Outreach staff continue to provide a meaningful and vital service to families.

**Without the “Helping Hand”** provided by Outreach, many families would face extreme difficulty each day.

## Outreach Statistics

- 3,241 Individuals received Emergency Food
- 1,736 Individuals received Emergency Services
- 372 Households received Food for Life packages in Sioux County
- 157 Individuals receiving Holiday Food
- 915 Individuals received Holiday Gifts
- 143 Households received Back-To-School supplies



**Haeley Faber**  
Sioux & Lyon Outreach



**Kayla Stubbe & Nicole Mier**  
Cherokee & Plymouth Outreach

# Weatherization

The Winterization Assistance Program began at Mid-Sioux in 1974 as a program that stressed low cost and temporary measures installed by volunteers. Then in 1976, the Weatherization Program, as we know it today, was funded through the state.

It has grown to become a program that uses trained contractors to install permanent and effective measures that address both the building shell and the heating and cooling systems in the dwelling.

The installation of the energy efficiency measures for each dwelling is based on a computerized energy audit which determines the cost effectiveness of each measure.

Households may qualify for assistance if the total household income falls at or below 200% of the Federal Poverty Guidelines.



Julie Colling, Program Director,  
& Robin Harvey, Program Assistant  
Housing/Energy Services

<u>Statistics</u>
45 homes weatherized
2,086 homes assisted through LiHEAP

## Low-Income Home Energy Assistance Program

Low-Income Energy Assistance Program (LiHEAP) first received funding at Mid-Sioux in 1975.

This federally funded block grant is designed to aid qualifying households in the payment for a portion of their residential heating cost for the winter heating season.

Applications are accepted on a first come/first serve basis from November 1st to April 30th. Elderly and disabled clients may begin applying for assistance beginning October 1st.

Households may qualify for assistance if the total household income falls at or below 175% of the Federal Poverty Guidelines. Additional funds for energy services may be available through the Emergency Crisis Intervention Program. (ECIP)

## Crisis

Mid-Sioux receives funds from numerous sources to help low-income clients who are in a crisis situation. Generally Mid-Sioux will pay a portion of their utility bill, rent payment, groceries, gas and medical bills. Households may qualify for assistance if the total household income falls at or below 175% of the Federal Poverty Guidelines. Some sources Mid-Sioux receives funding from include:

- Local individuals, businesses and organizations
- I-Care: money donated by customers of Mid-American Energy
- Recare: money donated by customers of Northwest Rural Electric Cooperative
- Project Share: money donated by customers of city municipal utility companies such as Akron, Hawarden, Hinton, Orange City, Remsen, Rock Rapids and Sioux Center
- Hometown Care Energy: money donated by customers of IES/Alliant Energy/ Interstate Power and Light (IPL)
- United Way Crisis

## Embrace Iowa

Every November and December the Des Moines Register operates the Embrace Iowa campaign. The paper publishes a series of articles that feature low-income families and their struggles. Donations collected are distributed to the 17 Community Action Agencies in Iowa. In FY 2018 the Embrace Iowa assisted:

- 7 families with beds
- 15 families with car repairs
- 6 families with appliances (washers, stoves, refrigerators)
- 2 families with heating system repairs
- 1 family with a car seat
- 1 family with a kitchen table
- 1 family with a dental bill
- 1 family with glasses
- 1 family with miscellaneous expenses

Total Homes: 35

Total Spent: \$13,350.00



## Disaster Programs

Year 2018 brought two disasters to our counties. Mid-Sioux manages two disaster programs for our counties:

- The Iowa Individual Assistance Grant Program (IIAGP) may provide up to \$5,000 of assistance to households at or below 200% of the federal poverty level. Households may be eligible for repair or replacement of items damaged by storms/flooding.
- The Iowa Disaster Case Management Program (IDCMP) is designed to address serious needs to overcome disaster-related hardship, injury or adverse conditions. Disaster case managers work with clients to create a disaster recovery plan and provide guidance and referrals. There are no income eligibility requirements nor is there any direct financial assistance associated with this program.

In June, Gov. Reynolds issues disaster proclamation for the counties of Cherokee, Plymouth, Sioux, and Lyon counties. Mid-Sioux assisted 18 households with financial disaster assistance.

June brought more flooding for Cherokee and Sioux counties. Eighteen households were assisted at that time.

## Women, Infants & Children



The Supplemental Food Program for Women, Infants & Children (WIC) provides nutrition education, breastfeeding support, health screenings, referrals, and food vouchers to pregnant, breastfeeding, and postpartum women; infants and children under five years of age.

WIC strengthens families by influencing lifetime nutrition and health behaviors.

To qualify for the WIC program, each participant must have one or more nutritional risks with incomes less than 185% of the Federal Poverty Guidelines.

In FY'18, WIC staff served 2,494 participants, averaging 1,456 participants on a monthly basis.

Food benefits allow WIC participants to purchase foods such as: milk, eggs, cereal, juice, peanut butter, whole wheat bread, tortillas, brown rice, infant cereal, infant fruits and vegetables, and infant formula at local grocery stores. WIC participants also receive a cash value benefit to purchase fresh and/or frozen fruits and vegetables.

The cash value of WIC foods totaled \$949,101 in the five county service area in FY'18. The average value of a food package for each participant was \$55.10 per person, per month.



Front Row: Cindy Harpenau, Dawn Ericson & Kim Woodall-Seliger

Back Row: Aleesha Banks, Louisa Doty & Lindy Schreier

Missing: Angie Langel

## Maternal Health

Maternal Health program provides enhanced educational services to pregnant women. Clinic visits provide nursing education, nutrition counseling, psychosocial assessments/counseling, dental education/referrals, and assistance in securing financial arrangements for the delivery of the baby.

Services are provided to women who reside in households with incomes at

or below 302% of the Federal Poverty Guidelines.

Pregnant women are eligible to apply for Presumptive Medicaid Eligibility through the Maternal Health Program.

Presumptive Medicaid Eligibility is a program designed to allow pregnant women to receive Medicaid coverage for medical care while a formal Medicaid eligibility determination is being made by the

Department of Human Services.

During FY'18, Maternal & Oral Health services were provided to over 270 pregnant women in the five county service area.



## Child Health

The Child Health Program provides care coordination and financial assistance to un-insured/under-insured children.

Children between the ages of birth and 22 years of age who reside in households below 302% of the Federal Poverty Guidelines qualify for the Child Health Program.

The Child Health program provided services to almost 4,600 unduplicated children in **FY'18**.

These services included informing & care coordination services, lead screenings, immunizations, oral health screenings, sealants, fluoride varnishes and dental vouchers.

Medicaid Presumptive Eligibility is also available for children through the Child Health program. The goal of presumptive eligibility is to provide children with coverage for Medicaid services while formal eligibility is being determined by DHS.

## Healthy & Well Kids in Iowa (Hawki)

Healthy and Well Kids in Iowa (Hawki), is a program for uninsured children. It provides children who are under the age of 19 with no-cost or low-cost health care coverage.

**The cost of coverage is based on the family's income with a monthly payment no higher than \$40.** Hawki offers dental only coverage for children whose health insurance does not cover dental services. The most a family will have to pay for the dental only coverage is \$20 per month.



## I-Smile™

I-Smile™ Dental Home Initiative is a statewide program focused on preventing dental disease and increasing access to oral health care for Iowa children. Mid-Sioux's I-Smile™ Coordinator, Dawn Ericson, RDH, helps families receive the dental care they need, as well as help the public understand the importance of oral health. In addition, Dawn also:

- Develops relationships with dental offices to encourage acceptance of referrals for underserved families.
- Provides care coordination services to help families navigate the dental delivery system.
- Develops partnerships within the community to increase awareness about oral health
- Provides oral health training for medical providers on how to apply fluoride varnish and oral health screenings.
- Educates children and families on oral health care
- **“Ensures access to oral screenings and fluoride and sealant applications in public health sites such as WIC clinics, Head Start and schools.**



Mid-Sioux's I-Smile™ @School program provides preventive oral health services to elementary and middle schools in the five county service area. Oral health screenings, fluoride varnish and sealant applications are provided to students enrolled in eligible schools.

Dawn Ericson and the WIC/MCH nurses provided over 6,300 oral health services (screenings, fluoride varnishes and sealants) to children in **FY'18**.

# Richard Hatz Scholarship

In 2007, the Richard Hatz Scholarship was created in honor of Dick's 40 years of service to fighting poverty in northwest Iowa. Mid-Sioux awards two \$500 scholarships at the Mid-Sioux Annual Meeting each year. Eligible recipients must currently be attending school in the five county area served by Mid-Sioux. Recipients of the scholarship are chosen based on their prior service to their community and their plans to further that service through educational advancement. Award recipients are chosen by the executive committee of the board. The scholarship is funded through employee & board member contributions to the Mid-Sioux Internal Giving Campaign and through private donations.



2018 Richard Hatz Scholarship  
Award Recipients:  
Jenna Henderson & Shayla Post

In 2018, two recipients were awarded Richard Hatz Scholarships. They were:

Jenna Henderson from Odebolt-Arthur-Battle Creek-Ida Grove (OABCIG) High School. Jenna is attending the University of Northern Iowa in Cedar Falls pursuing a major in Elementary Education with a double minor in Early Childhood & Teaching English As A Second Language.

Shayla Post from Sioux Center High School. Shayla is attending Northwestern College in Orange City pursuing her goal to become a **Physician's Assistant**.

Best Wishes to Shayla & Jenna as they pursue their careers!

## Program Directors

Kendra Rensink - Head Start/Early Head Start Director  
Laura Benson - FaDSS/Outreach Director  
Melissa Juhl - Child Care Resource & Referral Director  
Julie Colling - Housing/Energy Services Director  
Cindy Harpenau - WIC/MCH Director  
Dick Sievers - Executive Director  
Sharon Heidesch - Human Resources/Fiscal Director



## Administrative Staff

Dick Sievers, Executive Director  
Sharon Heidesch, HR/Fiscal Director  
Beth Tentinger, Receptionist/Secretary  
Shannon Hofmann, Bookkeeper  
Tammy Nilles, Bookkeeper  
Melany Roling, Bookkeeper



Not Pictured: Connie Galles, Custodian  
Marv Pottebaum, Maintenance



# Employees (as of April 30, 2019)

## 35-40 Years of Service

Sharon Heidesch Administration  
 Julie Colling Housing/Energy  
 Dick Sievers Administration

## 25-29 Years of Service

Donni White Head Start/EHS  
 LaRae Wendt Head Start/EHS  
 Darla Reppe Head Start/EHS  
 Cindy Harpenau WIC/MCH

## 20-24 Years of Service

Rosanne Plathe Head Start/EHS  
 Sue Sitzmann Head Start/EHS  
 Kim Woodall-Seliger WIC/MCH  
 Betty Steenblock Head Start/EHS  
 Sue Miller CDC  
 Beth Schubert Head Start/EHS  
 Deb McPherson Head Start/EHS  
 Shari Smith Head Start/EHS  
 Michelle Ostermyer Head Start/EHS  
 Kim Schroeder CCR&R  
 Vicky Heidesch Head Start/EHS

## 15-19 Years of Service

Tammy Nilles Administration  
 Jane List Head Start/EHS  
 Julie Traufler Head Start/EHS  
 Shannon Hofmann Administration  
 Clydene Canady CCR&R  
 Mary McCoy Head Start/EHS  
 Beth Tentinger Administration  
 Heather Swanson Head Start/EHS

## 10-14 Years of Service

Kelli Wood Head Start/EHS  
 Heidi Dreckman Head Start/EHS  
 Laura Benson Outreach/FaDSS  
 Melissa Juhl CCR&R  
 Lori Feller Head Start/EHS  
 Melany Roling Administration  
 Dawn Ericson WIC/MCH  
 Angela Brenneman Head Start/EHS  
 Emily Schroeder Head Start/EHS  
 Kendra Rensink Head Start/EHS  
 Katie Vis FaDSS  
 Debra Baldwin CCR&R

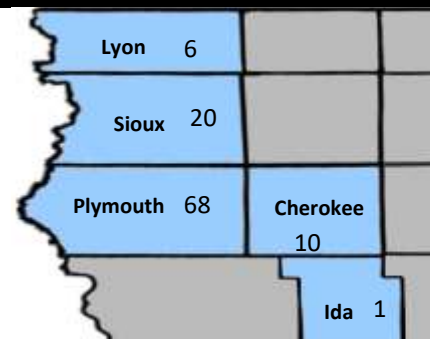
## 5-9 Years of Service

Bobbi Riedemann CCR&R  
 Robin Harvey Housing/Energy  
 Alicia Thompson Head Start/EHS  
 Lisa Konopasek Head Start/EHS  
 Heather Hinds CCR&R  
 Connie Galles Administration  
 Linda Daggett CCR&R  
 Jody Lehman CCR&R  
 Cassie Reuter CCR&R  
 Jami Huster CCR&R  
 Wendy Jensen Head Start/EHS  
 Nicole Mier Outreach  
 Lauren Shear Head Start/EHS  
 Amanda Sandbulte Head Start/EHS  
 Rebekah Hungate CCR&R  
 Gail Harlow Head Start/EHS  
 Monique Ortiz CCR&R  
 Jessica Butler Head Start/EHS

## 0-4 Years of Service

Kerrie Olson Head Start/EHS  
 Rebecca Patton-Green Head Start/EHS  
 Monica Gravenish Outreach  
 Marvin Pottebaum Administration  
 Jaclyn Navrkal CCR&R  
 Paige Duncan CCR&R  
 Amy Moss Head Start/EHS  
 Janet Wiersma Head Start/EHS  
 Alicia Hoffman Head Start/EHS  
 Lindy Schreier WIC/MCH  
 Michon Wurth Head Start/EHS  
 Angela Langel WIC/MCH  
 Kayla Stubbe Outreach  
 Christina McAlpine\_ Head Start/EHS  
 Haeley Faber Outreach

## Employee Statistics by County



# Employees Continued

## 0-4 Years of Service cont.

Lucy Sanchez	WIC/MCH
Amanda Penning	Head Start/EHS
Bailey Hill	CCR&R
Linda Carillo	Head Start/EHS
Bailey VanDenBerg	Head Start/EHS
Jennifer McGregor	CCR&R
Jennifer Kirkbride	Head Start/EHS
Itzel Salas Bautista	Head Start/EHS
Luretta VanOtterloo	Head Start/EHS
Mikayla Smith	Head Start/EHS
Louisa Doty	WIC/MCH
Allyson Larson	WIC/MCH
Michelle Finzen	Head Start/EHS
Stephaie Puhl	Head Start/EHS
Aleesha Banks	WIC/MCH
Jennifer VanVoorst	Head Start/EHS
Jennifer Krier	Head Start/EHS
Janet Barajas	Head Start/EHS
Katie Sharp	Head Start/EHS
Jacklyn Wassink	Head Start/EHS
Lacey Uhl	Head Start/EHS
Crystal Rouillard	Head Start/EHS
Diane Rainbolt	Head Start/EHS
Dian Bush	Head Start/EHS
BreAuna Hausman	Head Start/EHS
Jerilyn Terry	Head Start/EHS
Brianne Mitchell	Head Start/EHS
Amparo Anzua	Outreach
Jennifer Marshall	CCR&R
Aimee Wermerskirchen	Head Start/EHS
Lauren Maddox	Head Start/EHS

## Substitutes - Head Start/EHS

Haley Langel  
 Cindy Sizeland  
 Kristie Schwab  
 Hannah Harpenau  
 Melissa Dekok



**Le Mars Head Start**  
**Deb McPherson, Emily Schroeder, Shelly Ostermyer,**  
**Wendy Jensen, Janet Wiersma**  
**Amanda Penning, Dian Bush, BreAuna Hausman,**  
**Jennifer Krier, & Donni White**



**Cherokee Head Start**  
**Heather Swanson, Alicia Thompson, LaRae Wendt,**  
**Crystal Rouillard, Cristina McAlpine,**  
**Amy Wermerskirchen,**  
**Lauren Maddox, Lauren Shear, Jeri Terry**



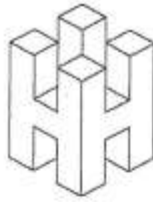
**Sioux Center Head Start**  
**Jacklyn Wassink, Gail Harlow, Jen Kirkbride, Amy Moss**  
**Diane Rainbolt, Jane List, Itzel Salas, & Michelle Finzen**



**Rock Rapids Head Start**  
**Mary McCoy, Amanda Sandbult & Beth Schubert**



**Orange City Head Start**  
**Betty Steenblock, Mikayla Smith & Janet Barajas**



**HENJES, CONNER &  
WILLIAMS, P.C.**

CERTIFIED PUBLIC ACCOUNTANTS

801 STEVENS PORT DR  
PO BOX 1937  
DAKOTA DUNES, SD 57049

P: (605) 242-3900  
(800) 274-3931  
F: (605) 242-3901

INDEPENDENT AUDITOR'S REPORT

To the Board of Directors  
Mid Sioux Opportunity, Inc.  
Remsen, Iowa

**Report on the Financial Statements**

We have audited the accompanying financial statements of MID-SIOUX OPPORTUNITY, INC. (a non-profit organization), which comprise the statement of financial position as of September 30, 2018, and the related statements of activities, functional expenses, and cash flows for the year then ended, and the related notes to the financial statements.

**Management's Responsibility for the Financial Statements**

Management is responsible for the preparation and fair presentation of these financial statements in accordance with accounting principles generally accepted in the United States of America; this includes the design, implementation, and maintenance of internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error.

**Auditor's Responsibility**

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with auditing standards generally accepted in the United States of America and the standards applicable to financial audits contained in *Government Auditing Standards*, issued by the Comptroller General of the United States. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. Accordingly, we express no such opinion. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of significant accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

## Opinion

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of Mid-Sioux Opportunity, Inc. as of September 30, 2018, and the changes in its net assets and its cash flows for the year then ended in accordance with accounting principles generally accepted in the United States of America.

## Report on Summarized Comparative Information

We have previously audited Mid-Sioux Opportunity, Inc.'s September 30, 2017 financial statements, and we expressed an unmodified opinion on those audited financial statements in our report dated January 30, 2018. In our opinion, the summarized comparative information presented herein as of and for the year ended September 30, 2017, is consistent, in all material respects, with the audited financial statements from which it has been derived.

## Other Matters

### *Other Information*

Our audit was conducted for the purpose of forming an opinion on the financial statements as a whole. The Supplementary Information as listed in the table of contents is presented for purposes of additional analysis and is not a required part of the financial statements. These schedules are presented on the basis of accounting required by the grantees which differs from U.S. generally accepted accounting principles. The accompanying schedule of expenditures of federal awards, as required by Title 2 *U.S. Code of Federal Regulations Part 200, Uniform Administrative Requirements, Cost Principles, and Audit Requirements for Federal Awards*, is presented for purposes of additional analysis and is also not a required part of the financial statements. Such information is the responsibility of management and was derived from and relates directly to the underlying accounting and other records used to prepare the financial statements. The information has been subjected to the auditing procedures applied in the audit of the financial statements and certain additional procedures, including comparing and reconciling such information directly to the underlying accounting and other records used to prepare the financial statements or to the financial statements themselves, and other additional procedures in accordance with auditing standards generally accepted in the United States of America. In our opinion, the supplementary information is fairly stated in accordance with the basis of accounting outlined above, in all material respects, in relation to the financial statements as a whole. In our opinion, the schedule of expenditures of federal awards is also fairly stated, in all material respects, in relation to the financial statements as a whole.

## Other Reporting Required by *Government Auditing Standards*

In accordance with *Government Auditing Standards*, we have also issued our report dated February 25, 2019 on our consideration of Mid-Sioux Opportunity, Inc.'s internal control over financial reporting and on our tests of its compliance with certain provisions of laws, regulations, contracts and grant agreements and other matters. The purpose of that report is solely to describe the scope of our testing of internal control over financial reporting and compliance and the results of that testing, and not to provide an opinion on the effectiveness of Mid-Sioux Opportunity, Inc.'s internal control over financial reporting or on compliance. That report is an integral part of an audit performed in accordance with *Government Auditing Standards* in considering Mid-Sioux Opportunity, Inc.'s internal control over financial reporting and compliance.

*Henjas, Lane, & Waller, P.C.*

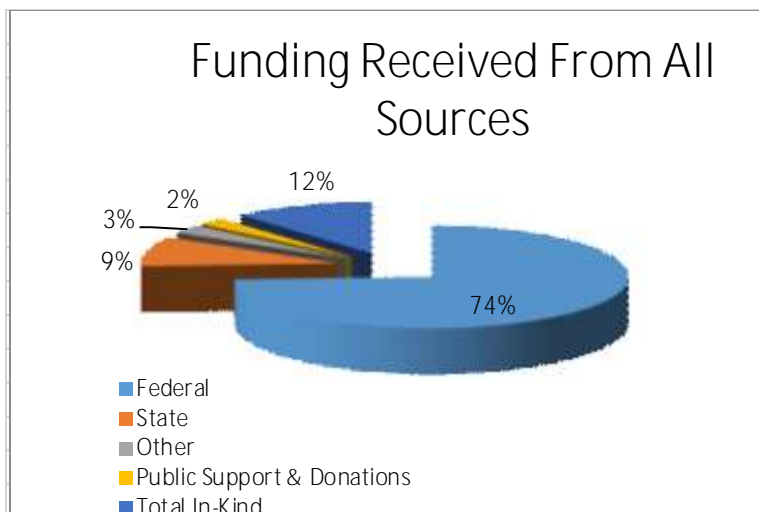
Certified Public Accountants

Dakota Dunes, South Dakota  
February 25, 2019

# Statement of Activities

## (For the Year Ended September 30, 2018)

Revenues		Totals
Governmental Funding Sources:		
U.S. Department of Health & Human Services	\$	2,704,675
Iowa Finance Authority		1,016
Iowa Department of Human Rights		1,998,247
Iowa Department of Education		741,684
Iowa Department of Human Services		1,039,723
Iowa Department of Public Health		1,581,833
Iowa Department of Agriculture & Land Stewardship		7,671
Early Childhood Iowa Funds		226,873
Iowa Community Action Association		59,001
Iowa Community Action Partnership		13,350
In-Kind Contributions		98,736
Public Support & Donations		232,711
Interest Income		2,746
Gain (Loss) on Investments		(275)
Gain on Disposal of Assets		44,750
Other Income		216,875
Total Revenues, Gains, & Other Support:	\$	8,969,616
Expenses		
Program Services:		
Family Preservation & Strengthening	\$	3,533,042
Educational Services for the Disadvantaged		3,032,122
Crisis Intervention & Prevention		2,052,854
Management & General		49,299
Fundraising & Community Development		15,929
Total Expenses:	\$	8,683,176
Change in Net Assets		286,440
Net Assets, October 1, 2017		2,194,789
Net Assets, September 30, 2018		2,481,229



## Administrative Office

418 S. Marion St.  
Remsen, Iowa 51050  
Phone: 712-786-2001  
Toll Free: 800-859-2025  
Fax: 712-786-3250  
Hearing Impaired call:  
711



Connie Galles  
Custodian



Marv Pottebaum  
Maintenance

Mid-Sioux Opportunity, Inc. is an equal opportunity employer

**“Helping People.**

**Changing Lives.”**

## Outreach Offices

Cherokee County  
921 S. 2nd St.  
Cherokee, Iowa 51012  
712-225-3322  
Monday-Wednesday-Friday  
8:00am-4:30pm

Ida County  
Courthouse - 401 Moorehead  
Ida Grove, Iowa 51445  
712-364-2175  
Thursday  
9:00am-4:00pm

Plymouth County  
180 10th St. SE, Box 1  
Le Mars, Iowa 51031  
712-546-6603  
Tuesday & Thursday  
9:00am-4:00pm

Sioux County  
618 14th St. NE, Suite 10  
Sioux Center, Iowa 51250  
712-722-3611  
Monday, Tuesday, Thursday & Friday  
8:00am-4:30pm

Lyon County  
302 S. Lincoln  
Rock Rapids, Iowa 51246  
712-472-3746  
Wednesday  
9:00am– 4:00pm

