

Voice

2013 Newsletter

News from the Fremont Area Community Foundation

Grants Awarded to Area Organizations

More than \$15 million has been granted throughout the Fremont area through donor-advised funds and Foundation grants. The following grants have been awarded during 2013.

- **CARE CORPS – \$10,000.** Funds were provided for new furniture to help control bedbugs in the facility.
- **FREMONT AREA ALZHEIMER'S COMMITTEE – \$2,400.** The "Powerful Tools for Caregivers" program will provide training for class leaders and expand educational opportunities and support to caregivers in the Dodge County area.
- **FREMONT AREA ART ASSOCIATION – \$2,000.** Funds were provided for a new security system that allows enhanced access for docents, artists and other members of the art community to the facility.
- **FREMONT HIGH SCHOOL COUNSELING DEPARTMENT – \$7,000.** Grant funds will be used for college access activities, including college visits, financial aid presentations, scholarship searches, and career exploration.
- **FREMONT PUBLIC SCHOOLS FOUNDATION – \$5,000.** The grant funds gave the FHS Speech and Debate Team National Tournament Qualifiers the opportunity to participate in the tournament.
- **FREMONT PUBLIC SCHOOLS FOUNDATION – \$50,000.** Grant funds helped support the "iGive for iPads" project, which will provide iPads for student use at all FPS Elementary Schools. The iPads will be used to teach a variety of skills in many areas including cognitive, social and communication.
- **PRESBYTERIAN CHURCH OF FREMONT – \$5,000.** Funds provided assistance for the Summer Lunch Program.
- **REBUILDING TOGETHER – \$5,000.** The grant provided assistance to those with a physical disability or financial hardship who cannot make necessary repairs or improvements to the home they own.
- **TRINITY LUTHERAN EARLY CHILDHOOD CENTER – \$5,895.** Grant funds helped update the door security housing for the center.

Technology Grant Awarded to Dodge County Head Start

Children at Dodge County Head Start have greater access to technology through computers and equipment purchased with a grant from the Fremont Area Community Foundation.

Head Start recently purchased a classroom computer and iPads with the funds received. The equipment has age-appropriate software designed to help prepare the students for kindergarten.

"We appreciate the Foundation's support so much," Dodge County Head Start director Stephanie Knust said. "It just makes providing this technology possible to our Head Start children – something we would not otherwise be able to do."



Now and Forever



The mission of the Fremont Area Community Foundation is to improve the quality of life by connecting donor interests with community needs and serving as a leader and catalyst in the development of solutions.

This newsletter is published by the:
Fremont Area
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Jennifer Sornsen, Occupational Therapist at Nye Legacy and patient Louise Voss.



New Fund Eases Financial Strain: **Introducing the Medical Assistance Fund for Aquatic Therapy**

Patients finding it difficult to afford beneficial aquatic warm water therapy will soon have help, thanks to Bob and Phyllis Monke (pictured at right). The Medical Assistance Fund for Aquatic Therapy, the Foundation's newest component fund, was established by a generous gift from the Fremont couple who themselves have benefitted from this type of therapy.

According to Nye Senior Services' website, "Swimming is an ideal therapeutic activity for older adults when the water is warm. The temperature of Nye Legacy's pool is a balmy 90 degrees, so it soothes painful joints and makes being in the pool an enjoyable experience."

For Bob Monke, who has battled Parkinson's disease for 10 years, aquatic warm water therapy has helped ease his symptoms tremendously. He felt others in the area could benefit as well and doesn't want cost to prevent someone from getting therapy, so the idea of the Medical Assistance Fund was born.



"We are so fortunate to have this wonderful therapy available right here in Fremont," said Monke. "It's really helped us maintain our health."

Aquatic therapy has been proven to offer incredible strength, lean muscle, balance and flexibility gains in all populations, including those with paralysis or limited movements. Monke receives his warm water aquatic therapy at Nye Senior Services, but the Fremont Area Medical Center offers this type of therapy as well and eligible patients can seek treatment at either facility.

For more information about the Medical Assistance Fund for Aquatic Therapy, please call Melissa or Kim at (402) 721-4252 or visit our website at www.facfoundation.org.

Sustaining Membership Drive

During the past year, these individuals and families have shown their support for the Fremont Area Community Foundation's work by contributing to the Sustaining Membership Drive. The operating budget is partially funded through this drive and some of the contributions have been designated for the Unrestricted Endowment Fund. Thank you for your support. It allows the Foundation to make a bigger impact in the community!

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Sign up for our e-Newsletter!

Would you like to receive monthly updates on how the Fremont Area Community Foundation is making the Fremont area a better place to live, work and play?

Sign up to receive the Foundation's e-Newsletter by visiting our website at www.facfoundation.org and enter your e-mail in the "Stay in touch with FACF" box. You can also sign up by contacting us by e-mail at info@facfoundation.org or by calling 402-721-4252.

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President's Message

Dear Friends,

We at the Foundation talk a lot about our mission to improve the quality of life in the Fremont area by connecting donor interests with community needs. Since joining the Foundation Board of Directors six years ago, I've been impressed by the variety of ways in which that connection happens.

A perfect example is the Medical Assistance Fund for Aquatic Therapy, recently established by Fremonters Bob and Phyllis Monke and profiled in this issue. The Monkes, through personal experience, realized the many health benefits of warm water therapy and wished to make those benefits available to Fremont area residents who otherwise might not be able to afford it. Through the Fremont Area Community Foundation, the Monkes were provided a "tool" – a field of interest fund – to address this need and, ultimately, the quality of life in the Fremont area is a little bit better than before. (Quite a bit better for the individuals directly benefitting from the Medical Assistance Fund itself.)

It's rewarding to be involved in making good things happen for our community. I hope you'll join me in this important work by providing a sustaining gift to the Fremont Area Community Foundation. Together we can impact and improve the quality of life in the Fremont area now and forever.

Dick Hendriksen,
 Board President





Alzheimer's Memory Walk Raises Over \$100,000

"We know what Alzheimer's is; it's plaque building up on the brain...Now it's a question of being able to determine its cause," said Marv Welstead, Fremont Area Alzheimer's Committee member, following the group's Memory Walk held recently at Midland University. Proceeds from the event will definitely help.

The annual Memory Walk typically raises about \$30,000. This year's fundraiser, however, received a substantial donation from an individual donor, boosting proceeds to nearly \$106,000 in cash and pledges.

The Alzheimer's Committee, through the Fremont Area Community Foundation, grants approximately 40% of event proceeds toward caregiver education and programming in the Fremont area, and 60% to institutions doing cutting-edge research. Welstead estimates that roughly \$80,000 could go toward research this year.

If you would like to help find a cure for Alzheimer's, please send your tax-deductible gift to The Fremont Area Alzheimer's Memory Walk, in care of the Fremont Area Community Foundation, PO Box 182, Fremont, NE 68026-0182.

Remembering a Loved One...

The Trey Hansen Memorial Scholarship

The Fremont community suffered tragic losses last summer. A June 3rd car accident took the lives of three teen-aged boys and seriously injured a fourth.

Among those lost was Trey Hansen, a member of the Fremont Senior High Class of 2015, and son of Todd and Shannon Hansen of Fremont. Trey was active in football and basketball, and was All-Conference Academic in track and field. He was involved in student government and was active in Key Club, JV Choir and Circle of Friends. He was on the Honor Roll and maintained a 4.0 grade point average both in high school and in dual enrollment classes at Metropolitan Community College.

In memory of Trey, family and friends joined together to support the Trey Hansen Memorial Scholarship. It provides financial assistance to Fremont Senior High School current year graduating seniors who plan to attend any non-profit college or university, or a community college. For more information about this and other scholarships available through the Fremont Area Community Foundation, please visit our website at www.facfoundation.org.



Thank You to Our Business Supporters!

Each year, the Foundation annually raises funds from the business community to help sustain operations. We hope that you will consider joining these businesses and organizations in supporting the Foundation in the upcoming year.

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Nonprofit Resource Program

Program Enhances the Resilience of Area Organizations

The Fremont Area Community Foundation is providing capacity building support for area nonprofit organizations through the Nonprofit Resource Program. The program is now in its second year, and is supported in part through the Fremont Area Community Foundation, as well as through grants received from the Sherwood Foundation, Valmont Foundation and Lester Walker Foundation. The program encompasses two parts: the Intensive Program and the Strong Nonprofits Program.

Five organizations are selected annually to participate in the Intensive Program led by Mary Lee Fitzsimmons, a non-profit organization management consultant. One-on-one executive director coaching, roundtable meetings with other executive directors, and board leadership facilitation are some of the topics covered in the program. Organizations participating this year are: Care Corps, Fremont Area Art Association, Jefferson House, Joseph's Coat, and Keene Memorial Library.

Barbara Gehringer, Fremont Area Art Association Executive Director, believes the program has been essential in providing the tools to help their organization move forward, and make better, more strategic use of their resources. "We have already learned so much, and have made several positive steps toward becoming a more "grown up" organization--one that will be sustainable, and healthy well into the future," Gehringer said.

"This program has offered us the chance to dream into the future and guided us toward creating the capacity to make those dreams a reality."

***Barbara Gehringer,
Fremont Area Art Association***

Last year's program participants feel that having a better understanding of the role of executive directors and the board was the most valuable aspect of the program. The executive directors felt the program provided concrete tools to help build their skills. The program also encouraged organizations to consider succession planning as an important step in ensuring the sustainability of their organizations over the long term, and allowed them to consider how their organization fits into the broader community.

The Strong Nonprofits Program consists of four seminars each year that are open to all organizations in the Fremont area. Past topics have included board leadership, financial training, marketing best practices and grant writing. Plans are already underway for the 2014 training series. For more information about the program, please visit our website at www.facfoundation.org or contact us at 402-721-4252.



Read More on Our Website, Facebook Page and Blog

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www.facfoundation.org

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