Matthew* Overcomes His Anger Issues

(Continued from cover)

One evening, Matthew was playing video games while his mother Linda* was making dinner. She stepped into the room to turn off his game so they could all enjoy dinner together. When Matthew refused, Linda unplugged the console. Enraged by her actions, Matthew jumped out of his chair and physically hit her mother.

Matthew’s father Joe heard the commotion and ran to his wife’s aid. When Joe got to Matthew’s room, he found his wife sitting on the floor holding her cheek, and he immediately called the police.

Once the police arrived, Joe asked them to talk to his son. The police officer explained the situation to Linda, who had tears in her eyes. She realized she could not give Matthew the help he desperately needed. There had to be a better way to get through to him.

Police reported the incident to Child Protective Services (CPS), who came to the family’s home the next day to talk about options for Matthew. Matthew and his family decided they would host the police in their home for a while to see if they could get along better. They decided it would be best if he extended to his family, his mother and father. They were sure to continue to grow into a happy, healthy young man.

Matthew had his first day at the Jefferson House, where he would be able to learn his physical, emotional, and psychological needs met.

When Matthew first arrived at the Jefferson House, he was skeptical about his new home. He did not feel like he could relate to any of the other teenagers there. He missed his mother and his father. But slowly, the compassionate employees at the Jefferson House built trust with Matthew and showed him that he did not have to be so angry all the time.

The caring Jefferson House team showed Matthew healthy ways to release his feelings and emotions. During his time there, Matthew found mindfulness, activity, and art strategies were able to help him to regulate his emotions and build his self-worth.

Over the past six months, Matthew has made great progress in managing his anger. He now has the self-awareness to realize what he is feeling upset or dysregulated. Recently, he has been able to start working with his mother and father. He is expected to reunite with them very soon.

Matthew is excited to be back at the Jefferson House, where he would be able to learn his physical, emotional, and psychological needs met.

2019 Better Business Bureau Integrity Award Winner

Heartland Family Service received the 2019 Better Business Bureau (BBB) Integrity Award at an awards ceremony on Tuesday, September 10, at Embassy Suites - La Vista. Heartland Family Service is the Integrity Award in the category of Large Non-Profit for 500+ employees.

These awards honor businesses that have established a solid foundation, and it’s great to celebrate our successes while continuing to do more.

Heartland Family Service would like to express its gratitude to the Better Business Bureau and to the community leaders who recognize us with the 2019 Integrity Award. With your help, we can continue to help vulnerable children, individuals, and families create their path to a better tomorrow.

Prioritizing Social Wellness

The term social wellness is used more commonly in today’s society, but many people may be unsure of what it means. Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times.

Social wellness also involves building healthy, exciting, and supportive relationships, as well as forming genuine connections with others around you. It is important to have a supportive social network which allows you to develop assertive skills and become comfortable with who you are in social situations. Surrounding yourself with a positive social network increases your self-esteem.

Social wellness enables you to create foundations that encourage communication, trust, and conflict management. It is also critical to building emotional wellness.

Here are some ways in which you can begin your journey on the route to social wellness. These include:

• Reflect on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
• Make an effort to have a casual conversation with supportive friends and family.
• Find a reactive activity to enjoy with a group of friends.
• Participate in group discussions and practice active listening.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Title</th>
<th>Details</th>
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<tbody>
<tr>
<td>2019 Better Business Bureau Integrity Award</td>
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For more information on other upcoming events, check out our Calendar page at HeartlandFamilyService.org, or contact us at Events@HeartlandFamilyService.org.
Matthew* Overcomes His Anger Issues
(Continued from cover)

Matthew* was temporarily removed from his home, and the family’s home the Protective Services incident to Child Protective Services. Police reported the police car. She realized her actions, Matthew jumped out of his chair and refused, Linda unplugged his computer. Enraged by his mother Linda* was making dinner. She stopped by her room to ask him to turn off his game so they could all enjoy dinner together. When Matthew refused, Linda unplugged his computer. Enraged by her actions, Matthew jumped out of his chair and physically hit his mother.

Matthew’s father Joe* heard the commotion and ran to his wife’s aid. When Joe got to Matthew’s room, he found his wife sitting on the floor holding her cheek, and he immediately called the police. Once the police arrived, Joe asked them to take Matthew to jail for the night to teach him a lesson about respecting his parents. Linda’s eyes filled with tears as she watched police put her son in the back of a police car. She realized they could not give Matthew the help he desperately needed. There had to be a better way to get through to him.

Police reported the incident to Child Protective Services (CPS), who came to the family’s home the next day to talk about options for Matthew. Matthew and his family decided it would be best if he was temporarily removed from his home. Where could he go to learn safer ways to manage his anger? His parents wanted to work on making their relationship healthier, as well as focusing on teaching Matthew healthy coping skills and becoming more comfortable with who he is as a social individual. Socializing with a positive social network increases your self-esteem. Social wellness also includes building healthy, nurturing, and supportive relationships, as well as forming a genuine connection with those around you.

It is important to have a supportive social network which allows you to develop positive social skills and become comfortable with who you are as a social individual. Socializing with a positive social network increases your self-esteem. Social wellness enables you to create boundaries that encourage communication, trust, and conflict management. It is also critical to building emotional resilience.

Prioritizing Social Wellness
The terms social wellness is used more commonly in today’s society, but many people may be unsure of what it means. Social wellness refers to the relationships we have and how we interact with others. Our relationships can affect support during difficult times. Social wellness also includes building healthy, nurturing, and supportive relationships, as well as forming a genuine connection with those around you.

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- Reflect on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
- Make an effort to have a low with supportive friends and family.
- Focus on social activity with a group of friends.
- Participate in group discussions and practice active listening.

Learn more about the Jefferson House program at: https://heartlandfamilyservice.org/child-family/jefferson-house/
**Supporter Spotlight with Marzia Puccioni Shields, Chief Development Officer**

It was a proud moment for us when Heartland Family Service received the 2019 Better Business Bureau (BBB) Integrity Award at an awards ceremony on Tuesday, September 10, at Embassy Suites – La Vista. Recieving an award denoting our belief and practice of conducting our nonprofit business ethically in very small numbers.

**Nonprofit optimism on the public trust to do “Great Work.” That is why it is so important charitable organizations continue to uphold the trust through consistent ethical, principled, transparency and accountability. It is vital to adopt a set of principles to guide our nonprofit operations during making activities, as well as the selection of board members, volunteers, and board members with guidelines for making ethical choices and to ensure there is accountability for those decisions.**

We are also expressing our commitment to ethical behavior. This type of commitment goes a long way to earning our trust. Honesty, integrity, transparency, confidentiality, and equity are some examples of values that are very important to our agency.

Heartland Family Service is a leader in our community and thus, one of my favorite quotes by Zig Ziglar comes to mind, “It is true that integrity alone won’t make you a leader, but without integrity you will never be one.” Thank you for the trust that you have placed in us. We work to continue to earn it.

**Jeanne’s House “Stand Up for Kids!” Comedy Night**

More than 125 guests laughed their way to raising over $5,800 at the 15th annual Heartland Family Service Jeanne’s House “Stand Up for Kids!” Comedy Night on Friday, August 16, at the finest Golf Club.

The evening began with a silent auction and dinner. Chris Solew, owner of the entire event, hosted during the event. The evening ended with a “Hole in One” and win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru.

Participants had the chance to get a “Hole in One” and win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru. On the seventh hole, golfers were also offered the chance to win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru.

In addition to receiving lunch, dinner, and drink tickets, golfers were also offered the chance to win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru. On the seventh hole, golfers were also offered the chance to win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru.

**26th Annual Safe Haven Golf Tournament**

Local golfers helped PUTT out to do domestic violence and sexual assault awareness at the 26th Annual Safe Haven Golf Tournament on Monday, September 23, at Eagle Hills Golf Course.

In addition to raising lunch, dinner, and drink tickets, golfers were also offered the chance to win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru. On the seventh hole, golfers were also offered the chance to win a 2019 Chevrolet Colorado from Beardmore Chevrolet-Subaru.

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**Donor Spotlight: Iowa West Foundation**

The Iowa West Foundation has generously supported a number of Heartland Family Service programs, grants, and events throughout our history. The hallmark of the Iowa West Foundation makes it possible for thousands of individuals, children, and families to have the opportunity to enact their future in a better future.

Prior to becoming CEO of the Iowa West Foundation, Pete Tikalsky served as the President of Iowa West Foundation for 21 years, helping shape the future of one of the most respected social service leaders in the midwest.

The Iowa West Foundation is a community foundation dedicated to improving the quality of life for thousands of people in the area.

**2019-20 Student League Kickoff**

The Heartland Family Service 2019-2020 Student League has kicked off the year with an Ice Cream Social on Saturday, August 24, at the Field Club of Omaha.

Student League is a program of the Iowa West Foundation and is created to honor families and also help to build the social service community and give them one another support that they can share with their children.

Student League members are freshmen and sophomores in high school and are introduced to the social service community through the sessions and program of the Iowa West Foundation. The Student League pairs students with mentors who have experience in the social service community and helps them to better understand the role that a mentor plays.

The 2019-20 Student League Kickoff was a great success! Each of this year’s 40 students will have the opportunity to attend the large group events and small group events from September through April for a total of 26 possible volunteer hours per student.
Dear Friends:

I am excited to introduce you to the Heartland Family Service community. Our mission is to help individuals and families achieve safety, health, and well-being through an array of services, education, and advocacy. This year, we will focus on three priority areas: domestic violence and sexual assault, mental health and substance abuse, and youth development.

Honesty, integrity, transparency, confidentiality, and equity are some examples of values that are very important to our agency. We are also expressing our commitment to ethical behavior. This type of commitment goes a long way to earning your trust.

We have adopted a Code of Ethics and Code of Conduct. We have adopted these “formal” statements to provide employees, volunteers, and board members with guidelines for making ethical decisions and to ensure there is accountability for those decisions. We are working to conduct our nonprofit business ethically very successfully.

Supporter Spotlight with Marzia Pacziocki Shields, Chief Development Officer

It was a proud moment for us when Heartland Family Service received the 2019 Best Business Builder (BBB) Integrity Award at an awards ceremony on Tuesday, September 10, at Embassy Suites-La Vista. Receiving an award recognizing our belief and practice of conducting our nonprofit business ethically very successfully.”

Local golf helps PCFTF and to domestic violence and sexual assault. On Sunday, September 29, at Eagle Hills Golf Course.

In addition to receiving lunch, dinner, and drink tickets, golfers were able to participate in several games and activities throughout the course. Participants had the choice to give a $10 or one of $100 checks to the Center for Domestic Violence and Sexual Assault.

The Embassy Suite-La Vista room took first place for its commitment to the social service community. In its fifth year, the event raised over $35,000 in support of the quality of life for thousands of people in the metro area.

Donor Spotlight: Iowa West Foundation

Heartland Family Service 2019-20 Student League Class kicked off the year with an Ice Cream Social on Saturday, August 24, at the Field Club of Omaha. A program of the Iowa West Foundation, this event is focused on building the social service community and the future of social work.

The “Good Works” Heartland Family Service provides the social service community with the opportunity to give back to their community and support their future. We would like to show our appreciation to the Iowa West Foundation for their generosity and support of our agency.

The Iowa West Foundation has generously supported a number of Heartland Family Service programs, including the 26th Annual Safe Haven Golf Tournament, the 15th annual Jefferson House “Stand Up for Kids!” Comedy Night, and the 26th Annual Safe Haven Golf Tournament. We are very grateful for their generosity.

Prior to becoming CEO of the Iowa West Foundation, Pete Talpass served as the President of the Iowa West Foundation for 21 years, helping shape the organization into one of the most respected social service leaders in the metro area.

The Iowa West Foundation is a community foundation that supports the communities it serves. To its members, it has raised over $500 million in grants to improve the quality of life for thousands of people in the metro area.

2019-20 Student League Kickoff

The 2019-20 Student League Class poses for a photo at the Field Club of Omaha during their Ice Cream Social.

The Heartland Family Service 2019-20 Student League Class kicked off the year with an Ice Cream Social on Saturday, August 24, at the Field Club of Omaha.

Student Leap is a program of the Iowa West Foundation that is focused on building the social service community and supporting social workers.

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Sincerely,

John Jeanetta, MBA, MSW
President and CEO

Supporter Spotlight with Marzia Pacciuno Shields, Chief Development Officer
It was a proud moment for us when Heartland Family Service received the 2019 Better Business Bureau (BBB) Integrity Award at an awards ceremony on Tuesday, September 10, at Embassy Suites—a location that received an award recognizing its belief and practice of conducting our nonprofit business ethically in very small business.

Lori, I began thinking about the larger question: Why are offices important to nonprofits? Not all people can do this work. In a rotating meeting, I feel our nonprofits and our leaders are especially important because we are the leaders of our fields, the leaders of our communities, and the leaders of our fields.

Nonprofits rely on the public trust to do our work. Why does it make sense to ask nonprofits to make decisions that we don’t make? How can we ensure that the public trust is used to good effect?

This is the kind of question that we ask ourselves every day. We are asking questions that are meaningful to us. We are asking questions that are meaningful to our communities. We are giving back to our communities. We are giving back to our communities.

**26th Annual Safe Haven Golf Tournament**

Local golfers helped put on its annual safe haven and social event on Tuesday, September 10, at Eagle Hills Golf Course.

In addition to creating fun, dining, and social events, local golfers are now able to make tangible contributions to their local community and improve the quality of their communities. They also have the opportunity to be involved in their communities.

**Donor Spotlight: Iowa West Foundation**

The “Good Works” Heartland Family Service provides the services you'd expect from a nonprofit organization. However, we make it possible for thousands of vulnerable individuals and families to have the opportunity to change their lives for the better. We would like to share this quarter’s Donor Spotlight on the Iowa West Foundation.

The Iowa West Foundation has generously supported a number of Heartland Family Service programs, providing a total of $34,000 for the last year. These programs support the continued growth of the agency and the growth of the Heartland Family Service area.

**2019-20 Student League Kickoff**

The Heartland Family Service 2019-2020 Student League has kicked off its season with an Ice Cream Social on Saturday, August 17, at the Field Club of Omaha.

Student League student and Iowa West Foundation President and CEO John H. Jeanetta, MBA, MSW

**John H. Jeanetta, MBA, MSW**

**Iowa West Foundation**

**Nancy Williams**

**Lauren Weivoda**

**Matt Smith**

**Abe Schlott**

**Josh Render**

**Kevin Miller**

**Jacque Merritt**

**Nancy Williams**

**Iowa West Foundation**

**Megan Holfort**

**Jade Stoffels**

**Tina Filipe**

**Carla Gonzalez**

**Amanda Rugg**

**Mary Rodriguez**

**E wykon**

**Denise Tingle**

**Yasmine Muhammad Javid**

**Susanne Koch**

**Ronald Brown**

**Donna Phifer**

**Matt Hubert**

**St. John High School**

**The Heartland Family Service 2019-2020 Student League has kicked off its season with an Ice Cream Social on Saturday, August 17, at the Field Club of Omaha.**

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Matthew® Overcomes His Anger Issues

2019 Better Business Bureau Integrity Award Winner

Matthew Overcomes His Anger Issues

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Matthew’s father, Joe, heard the commotion and ran to his son’s bedroom. When Joe got to Matthew’s room, he found his wife sitting on the floor holding her cheek, and he immediately called the police.

Once the police arrived, Joe asked them to take his son to jail for the night to teach him a lesson about respecting his parents. Linda’s eyes filled with tears as she watched police put her son in the back of a police car. She realized they could not give Matthew the help he desperately needed.

There had to be a better way to get through to him.

Police reported the incident to Child Protective Services (CPS), who came to the family’s home the next day to talk about options for Matthew. Matthew and his family decided it would be best if he was temporarily removed from his home. Where could he go to learn safer ways to manage his anger?

Counseling & Prevention
Housing, Safety, & smile.amazon.com

Matthew’s CPS worker suggested he go to the Jefferson House Group Home, where he would be able to have his physical, emotional, and psychological needs met.

When Matthew first arrived at the Jefferson House, he was skeptical about his new home. But after a few days, he realized he could trust any of the other teenagers there. He missed his mother and his father. But slowly, the compassionate employees at the Jefferson House built trust with Matthew and showed him that he did not have to be so angry all the time.

The caring Jefferson House team showed Matthew healthy ways to release his feelings and emotions. During his time there, Matthew found new interests, activities, and effective coping strategies. He was able to regulate his emotions and build his self-worth.

Over the past six months, Matthew has made great progress in managing his anger. He now has the self-awareness to realize when he is feeling upset or out of control. Recently, he has been able to start talking to his mother and father. He is expected to reunite with them very soon.

Matthew is excited to be back with his family and is looking forward to sleeping in his own bed at last. Importantly, he has learned lifelong coping skills and tools to continue to grow into a happy, healthy young man.

Jefferson House Group Home

Prioritizing Social Wellness

The term social wellness is used more commonly in today’s society, but many people may be unsure of what it means. Social wellness relates to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness also involves building healthy, nurturing, and supportive relationships, as well as forming a genuine connection with those around you.

It is important to have a positive social network which allows you to develop assertive skills and become confident with who you are in social situations. Socializing, working with a positive social network increases your self-esteem. Social wellness enables you to create foundations that encourage communication, trust, and conflict-management. It is also critical to building emotional wellness.

There are many ways to which you can begin your journey on the route to social wellness. These include:

• Reflect on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
• Make an effort to have a trust with supportive friends and family.
• Focus on social activity and enjoy a group of friends.
• Participate in group discussions and public service listening.

Jefferson House Group Home

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