



OPENING DOORS

Maria House • Teresa Shelter

Empowering Lives

March 2014

“OPENING DOORS DASH”

5K Run & Walk - Saturday, April 5
Clarke University



Grab your sneakers and make tracks to help homeless women and children in your community!

The 9th annual “Opening Doors Dash” is a family fun event where everyone from serious to casual runners and walkers can enjoy the 5K route in the Clarke University neighborhood, or on the indoor track. To register, pick up a registration form at Big Apple Bagels, go to www.GetMeRegistered.com, or download a form at www.openingdoorsdbq.org.

SCHEDULE OF EVENTS!

8 AM	Registration
8:30 AM	Half Mile Kids Fun Run
8 to 10 AM	Kids Activity Area (Kehl Center)
9 AM	Race - followed by walk
10 AM	Awards Ceremony (Adults & Kids)
10 to 11 AM	*NEW* Breakfast Buffet in Clarke Dining Hall (\$10 adults, \$6 for kids 10 and under.)

RUNNERS

Race - officiated by the MVRA - with medals for 1st, 2nd, and 3rd place in six age categories - men's and women's.

WALKERS

Walk the 5K route outside, or on the inside track at the Kehl Center. Prize categories include: (1) Team with the most members, (2) Team with the most pledges, and (3) Individual with the most pledges.

KIDS!

Children's activities include an outdoor half mile Kids Fun Run with medals (age categories: 9 to 12, 6 to 8 and under 5 years), along with face painting, a Bounce House, and a variety of games for children of all ages, from 8 to 10 AM in the lower level of Clarke's Kehl Center. Children's area supervised by licensed daycare professionals from the Grand View Child Development Center. Children's games provided by the staff at Prudential with assistance from Clarke University. (Photos by Sherry Steinback.)



REGISTRATION FEES

Adults (age 18 and up). Register by **Friday, March 28** to receive a free short sleeve cotton t-shirt. *Registration fee after March 28 is still \$25. *Late registration fee of \$35 on April 5.*

\$15.00 ***College Students.** Students must show their school I.D.

\$5.00 ***Teens & Kids (ages 6-17)**

FREE ***Kids 5 and under**

**No free t-shirt. Extra t-shirts will not be available at the event.*

THREE WAYS TO REGISTER:

- (1) Pick up a form at Big Apple Bagels (includes pledge and team forms),
- (2) Click on the **GetMeRegistered.com** button on our web site.
- (3) Go to our web site and download the form at www.openingdoorsdbq.org,

GATHER PLEDGES

Every \$10 donation will sponsor a night of shelter for a woman or child. You can choose "In Memory of" or "In Honor of" a special person, date or occasion. Bring your pledges to registration, or mail or drop off your pledges to Maria House, 1561 Jackson Street.

FORM A TEAM

You can certainly walk by yourself, but it is more fun to gather together with your family, friends and co-workers!

Team and pledge forms are available on the back of our registration form. Prizes awarded for the team with the most participants, and to the individual and team with the most pledges!



Along with the outdoor half mile Kids Fun Run, children of all ages can participate in a variety of fun activities, including face painting and a Bounce House, in the lower level of the Kehl Center.

SPONSORSHIP OPPORTUNITIES:

Finish Line Sponsor: \$1,500

Trailblazer: \$1000

Pacesetter: \$500

Cheerleader: \$250

Fan Club: \$125

Site Sponsor: Clarke University

Food Sponsors: Big Apple Bagel, HyVee, Sam's Club

Consultant: MVRA (Mississippi Valley Running Association)

BREAKFAST BUFFET

After the event, bring your appetite to the Clarke Dining Hall from 10 to 11 AM. Price is \$10 for adults and \$6 for kids 10 and under.

Chef's menu includes a three-meat skillet, scrambled eggs/egg whites, bacon and sausage, cinammon french toast, grilled italian chicken breasts, vegetable cous cous, vegetable du jour, salad bar and a beverage.

COOKING FROM THE HEART!

Pat Zoll has been a volunteer with Opening Doors for four years. She retired from Area Resident Care after 33 years of service. She has always enjoyed cooking and she thought it would be a fun way to engage with the residents. The families enjoy seeing a familiar face in the kitchen. She said, "I love cooking for others and I'm glad that there are people that can benefit from something that I enjoy doing." She even enticed her husband Pat to get involved and he built shelves in the pantry. Sherry McDonell, Maria House Program Director adds, "Pat Zoll has been providing warm comforts to the women and children of Maria House and Teresa Shelter through her home cooked meals. Twice a month she volunteers her time to prepare a nutritious supper and dessert. Not only do the women love her food but the women also see Pat as a mother figure.

Want to get involved in our mission? Email Volunteer Coordinator Judy Kenniker at volunteer@openingdoorsdbq.org



Pat Zoll is pictured here preparing pork loins (donated by the staff at Rousselot, Inc.) with all the fixings, for the women and children Maria House and Teresa Shelter. Photo by Barbra Ilten

KEITH HABEL: BOARD SPOTLIGHT!

by *Craig D. Reber*

When he was asked by outgoing board of directors member Terry Maiers about his interest in serving, Keith Habel never gave it a second thought.

“I got involved because I wanted to try to help others,” said Habel. “I’ve been blessed in my life, and although I have worked very hard to get to where I’m at, I’ve had a lot of opportunities that others have not had: To be involved in something bigger than myself and to help out the community that I love so much.”

Born and raised in Dubuque, the 36-year-old Habel, graduated from the University of Northern Iowa with an academic degree in accounting. A certified public accountant, he has been employed for more than 10 years at Honkamp Krueger & Co., Partner in the tax department. Habel and his wife Erin have married for a little more than 10 years and have two sons, Max, 6, and Bennett, 4. His interests include golf, spending time with the family and following and watching the St. Louis Cardinals, Chicago Bears and University of Iowa Hawkeyes.

With his accounting background, Habel serves as finance committee chairperson, as well as serving on the executive committee. He enjoys his involvement.

“The one thing that I love about the organization is that we are trying to take people who are dependent on ‘the system’ and who require the assistance of others to make it through a day, a week, a month, a year – and change that to a person who is paying taxes and supporting and contributing to the community,” Habel said.

He explained Opening Doors (Maria House & Teresa Shelter) requires individuals utilizing its services maintain personal responsibility – they either must have a job or go to school, they have to attend certain classes that will benefit them (how to balance a check book is one example), they each have chores and must ‘pull their own weight.’

“We try to take women who are currently users of federal and state social welfare programs and turn them into persons who are not only off of those programs, but are now contributing to those programs, either with their time, talent or treasure.”

He pointed out people sometimes make bad decisions or get involved with the “wrong” crowd. “Perhaps they don’t have a supportive family structure,” Habel said.

“Opening Doors helps people who want to help themselves by providing support both financially and emotionally to get back on the right track:

Taking people off of the streets and showing them that if complete strangers care and want to see you succeed, maybe this will be the final push to allow these people to change their lives.”

Habel emphasized the organization has been and will continue to be fiscally responsible. He explained that will allow the organization to do two things in the future: To be able to weather storms like the market crash of 2008; and, have the ability to potentially expand by offering new services and opportunities for our clients.

“The hard part is when people leave the organization they lose a lot of the support of staff because they no longer live under the support and supervision of staff,” he said. “This may allow them to start running with the wrong people or just slack off on their responsibilities. This would be where the next phase of the organization would come in: permanent supportive housing.”

Habel explained the organization would own an apartment complex, after successful completion of activities at the Maria House, people would move there. They would receive less day-to-day support, “however, they would have more support than what is available now.”



Keith Habel was promoted to Partner at Honkamp Krueger & Co. in January of 2014. (Photo by Barbra Ilten.)



This article is the third in a series of board member spotlights by award-winning *Telegraph Herald* Reporter Craig D. Reber. A U.S. Navy veteran and Sioux City, Iowa-native, Craig graduated from Briar Cliff College (now university) in 1978 and immediately embarked on a career in print journalism and has continued for 35 years - including over 25 with the *Telegraph Herald*. Craig serves on Opening Doors' Marketing Committee.

OPENING THE DOOR TO A BRIGHTER TOMORROW!

Opening Doors is grateful for the continued support of our community friends. *Donations are from 12/11/13 to 2/25/14.* Contact Janet at 563-582-7480, to inform us of any omissions or errors.

In Memory of

In memory of Debbie Bellmann

Gary & Diane Houselog

In memory of Aletha Birkette

8/12/30 to 11/4/13

Christopher & Michelle Helle

In memory of Ralph Cass & Eroy Hinz

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In memory of Elizabeth & Frank Glaser

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In honor of Pauline Wieszorek & Laura DeMaio

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In honor of Pauline Wieszorek & Mary Ann Conzett

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In honor of Paula Friedman's gift of mittens

Jim & Judy Giesen

A Christmas gift in honor of Shirley Hansen

Elizabeth Hansen

In honor of John & Ann Edleman and in honor of Beth, Lisa, Katie Hansen and Cathy, Sarah and Alaina Shires

Shirley Hansen

A Christmas gift in honor of Audra Kremer

Catherine Kremer

In honor of Fr. Steve Rosonke, Fr. Dan Knepper, Fr. Gene Kutsch, Mary Tilp

Joan Schmitt

In honor of Shirley Hansen

Catherine Shires

In honor of David Soat

Helen Soat

In honor of Terry & Paula Friedman

Paul & Joni Talsma

In honor of Beth Chesterman & William Sands IV

Scott & Eleanor Wallace

In honor of Christmas and Erin & Jill Hunt

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In honor of HK & Company & HK Financial Services

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 Rita Theisen
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 Dr. Michael & Diane Wertz
 Rich & Sue Whitty
 Andrew & Katrina
 Wilberding

Community Fundraisers

Opening Doors received \$1,000 from Sam's Club's VAP (Volunteerism Always Pays) Program!
 Shawn Breitbach from John Deere Dubuque Works collected \$450 from his "Chops for Charity" fundraiser.
 Fidelity Bank and Trust hosted a "Jeans Day Fundraiser" and raised \$62.50.
 The Placid Pepper Upper 4-H club had a bake sale fundraiser and raised \$100
 The Dubuque Blessing Bags community group donated handcrafted bags filled with hats, mittens and toiletry kits for each of the ladies and their children!
 Main Street Cruisers donated cash and wish list items!
 Tri-State Occupational Health collected Wish List items and gift cards!
 Project Night Night donated bags for the children at Teresa Shelter!

Special Thanks

Net-Smart provided a discount on web services.

Grants

The Prudential Foundation awarded Opening Doors with a grant for \$10,000.

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 Judy Kenniker
volunteer@openingdoorsdbq.org

About Us

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info@openingdoorsdbq.org

Web:

www.openingdoorsdbq.org

Opening Doors is the nonprofit organization that operates Maria House and Teresa Shelter. Homeless women, alone or with children, come to us to help rebuild their lives. We

provide goal setting and life skills training that will enable them to take care of themselves and achieve their full potential. Women are dependent when they come in...independent when they leave.

Since September of 2000, Maria House has provided transitional housing where residents can stay for as long as two years. In 2006, we opened Teresa Shelter. It offers the same transitional housing, as well as short-term emergency shelter services. Over the past 13 years, we have empowered over 2,250 women to rebuild their lives.

Leave a Legacy

Your legacy can reflect everything that is most important and meaningful to you. The act of creating and leaving a legacy empowers you to complete the work of your heart, and to enjoy the peace that it brings. Remembering Opening Doors in your estate plans will ensure that our mission to homeless women and children will endure.



We are proud to be a United Way agency which provides 6% of our operating revenue.



WISH LIST - CLIP, SAVE & DISTRIBUTE. THANK YOU!

When Wish List items are donated, we are able to use valuable operating funds to improve living and lifestyle conditions. It is best to receive items that are new and durable to last for an extended period. Please call in advance to determine our needs. Donations can be dropped off any day between 8 AM and 7 PM to Maria House at 1561 Jackson Street.

#1 Need: Tax Deductible
 Cash Donations

#2 Need: Gift Cards: *gas, grocery, movie theater, fast food, pizza, and stores*

All Purpose Cleaner
 Bus Tickets
 Copy Paper

Disinfectant Wipes
 Disinfectant Spray
 Garbage Bags (13 gal.)
 Hair Flat Irons
 Paper Towels
 Postage Stamps
 Soft Scrub
 Toilet Paper
 Toilet Bowl Cleaner

LOOK FOR OUR MOST CURRENT WISH LIST AT WWW.OPENINGDOORSDBQ.ORG.



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Give the Gift of Hope

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Help to light the path to a brighter future for homeless women and children in your community. At Opening Doors we work with our women every day to teach them life skills that will help them shape a brighter future for themselves and for their children. Many of our Maria House and Teresa Shelter residents have not had a supportive family network to teach them these vital skills. Women are dependent when they move in...independent when they leave. Your tax-deductible contribution will go directly to support the programs at Maria House and Teresa Shelter.

YES, I would like to give the gift of HOPE for the homeless women and children in my community by supporting the mission of Opening Doors. I/We pledge:

\$25 \$50 \$100 \$250 \$500 \$1,000 \$2,500 Other _____

This gift is from: _____ Phone: _____

Address: _____ City, State, Zip: _____

Please indicate how you would like us to use your gift:

General Fund In Memory of _____

In Honor of (i.e., Easter/Birthday/Anniversary/Wedding) _____

I would like to make my contribution: One Time **or** Electronic Fund Transfer ___ Monthly ___ Quarterly

My gift will be made by: Cash or Check Credit Card Charge my gift to: VISA Mastercard Discover

Card #: _____ Expiration Date: _____ Signature: _____ CVC# _____

Yes, I would like to receive Opening Doors' monthly e-newsletter. E-mail Address: _____

3/2014

On behalf of Opening Doors, guests, staff, and Board of Directors - thank you for your generosity! Every donation makes a difference regardless of size! Opening Doors is a 501(c)3 not-for-profit organization. Contributions are tax deductible to the extent allowed by law.