

November 10, 2021

[ADDRESS BLOCK]

**Your gift and your impact can be
DOUBLED!**
See page 2 for details.

RE: YOU CAN PROVIDE RELIEF AND COMFORT

Dear [NAME(S)]:

PRESIDENT/CEO

Ryan Good

I want to begin by expressing my sincere gratitude for your devotion to the mental health of our community. You understand that mental health care is vital and accessibility to quality therapy is key to the holistic wellness of every individual. When each human being can focus on their emotional health, our community can thrive at new heights. Everyone benefits.

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Someone in our community needs you now. Can you provide relief and comfort to someone grieving or struggling?

Recall the last time you were in a difficult situation: stress, grief, job loss, eviction, unexpected bills, the end of a relationship, a difficult diagnosis. We've ALL experienced life's dark moments where the light at the end of the tunnel seems far away or even nonexistent. Where did you turn for support?

Unfortunately, too many people in our community who suffer from poor mental health or ill-fated circumstances are unable to get the support they need due to poverty, homelessness, or lack of resources. Worse yet, poor mental health and poverty feed one another and create a vicious cycle. The spiral of poor mental health can make one feel hopeless or like they are failing, which are heavy burdens on their own. With added concerns – lack of money, shelter, insurance, food, or support system – that weight can become unbearable. **Can you imagine carrying that weight? Can you imagine bearing it alone?**

When we last wrote to you, we emphasized uplifting the mental well-being of children and teens. Providing youth and adolescents with a stable foundation upon which to grow will define their future success. Adults of all ages require resources to anchor them in times of emotional and financial distress, too.

Foundations Health and Wholeness is here to support.

Imagine being 72 years old, confident in who you are and your life's path. Now imagine that your beloved partner has been diagnosed with Dementia. The golden retirement years you had imagined spending together after decades of hard work suddenly evaporate, replaced with visions of expensive medical care. The entire world you built has cracked, as you struggle to find comfort in your uncertainty. Your heart fills with guilt. You had noticed that your partner growing forgetful but brushed it off with jokes of the "memory going."

Unsure where to turn, you and your partner go to the Aging and Disability Resource Center at the urging of your children with high hopes for supportive resources. The ADRC suggests an assessment to ensure you have the best resources for the journey ahead with advanced stages of Dementia. Inside, you bubble with a menagerie of emotions: anger, confusion, fear, resentfulness, shame, and deep sadness for the loss of your golden years. You are unsure how to be a caretaker for your partner – you had never *planned* to be in this position, after all – and worry about being a burden on the children. You feel paralyzed by the overwhelming stress of making decisions for two and a secret sense of shame for feeling like you need help.



It is not selfish to take care of yourself or ask for support. It is *necessary*.

An ADRC caseworker recommends that you talk to a mental health counselor from Foundations Health and Wholeness. The case worker says you could meet a counselor right at the ADRC on the same day as your partner’s appointments. Every week, the counselor provides their undivided attention and helps you understand the grieving process so that you can manage your grief. The counselor also helps make sense of Dementia and how it will affect your partner. You can now recognize that your emotions and reactions are normal. Though you were afraid to talk with someone at first, **you are grateful to have a safe place to express yourself on a weekly basis.**

Asking for help can be feel like a scary experience – a risky leap of faith. At Foundations Health and Wholeness, we understand that making that first call is often the most difficult part of helping oneself. To improve the likelihood that someone may take that risk for themselves, we have worked hard to build community relationships that share our mission to provide services to all in need of support.

YOU can make sure someone has a safe space to receive comfort and support, no matter their age or stage of life.

YOU can provide relief.

YOU can be a source of support.

YOU can generate healing by making a generous gift.



On behalf of our compassionate mission, **we invite you to provide the essential gift** of a donation to serve people of all ages across our community, especially those with significant financial need. When a person can heal, the community can flourish.

With Warmth and Gratitude,

Director of Counseling, Community-Based Clinics

The J. J. Keller Foundation is matching
“new donations” up to a total of \$15,000
~gifts from new donors
~increased gifts from existing donors
~gifts from donors who have not given in 3 years

To provide relief and comfort X,
please give by December 31!

PS ~ You can provide relief and comfort by returning the enclosed donation envelope or visiting WeAreFoundations.org/donate to make an online gift.