



December 11, 2023

Dear guardians and family members,

I want to start by saying thank you for your continued support this past year. Starting with 2023, I will begin sending out an annual letter to guardians and family members with a yearly recap of what RFYP has accomplished during the year.

As we close out 2023, I want to take a look back and share what RFYP has achieved this year. We have seen an increase in our community outings, including movie showings, basketball games, picnics, Iowa City Rec Center activities, hockey games, and many more. The PG Cares Foundation offered Cedar Rapids Kernels baseball tickets and the use of their skybox to RFYP this spring. We were able to take a group to a baseball game in late April, and even though it was windy, they all still had a great time watching the game especially since they were in the skybox!

RFYP began a pilot project in January that turned in to the RFYP Wellness Program. The program involves an office staff being paired with 1-2 members and working out together for 30 minutes twice per week. We saw some great physical and mental health improvements throughout the year. Our staff have said that they like getting to know the members better and like the focus on wellness. The members said that they have fun working out with their partner and like getting stronger! We will look at expanding the program to include more members in 2024.

The Reach For The Stars Aktion Club celebrated its 15-year anniversary in September! Some of the Aktion Club events included clean-up at Mercer Park, planting trees at Hunter's Run Park, a food drive outside of Hy-Vee, a car wash fundraiser, an ice cream social, watching a presentation by the Iowa City Fire Department, making Thanksgiving cards for nursing home residents, and other events. If you would like to get your member(s) involved in Aktion Club, please reach out to their Service Coordinator.

As I reflect on my first 18 months as Director, I am appreciative of the hard work and dedication of our staff and the resiliency of our members. To improve the quality of service, I am working on improving the staff training to better fit each member's needs. My hope is to start making gradual changes to training in 2024. One of my personal goals for 2024 is to meet more of you through ISP meetings, assessments, and house visits. Please feel free to stop by the office or call/email me to set up a meeting. I would love to get to know you and your family.

I hope you have a wonderful holiday and a happy new year!

Sincerely,

Staci Humiston

Executive Director

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