

# ROOTS AND RENEWAL

45 YEARS  
AND  
GROWING  
STRONG

2016  
ANNUAL  
REPORT



DES MOINES PASTORAL  
COUNSELING CENTER

## Dear Friend of the Center,



It was my honor and privilege to serve as board chair in 2016, a year the Center experienced a seismic shift in leadership. Ellery H. Duke retired after a stellar 40-year tenure as executive director. Other board members and I felt great responsibility to ensure a smooth succession, knowing we had to be strategic in finding the right candidate who could meet the complex demands of the job.

We convened a search team consisting of board and staff to conduct a robust national search. The goal was to find someone who would inspire unanimous consent. We agreed to accept no less.

The search team recruited nationwide and found the perfect candidate right here in Des Moines. We were thrilled to hire James E. Hayes as the Center's fourth executive director, starting December 5, 2016. (See Jim's letter on page 3 of this annual report.)

Today, mental health services are more important than ever, as needs increase and access dwindles. I believe that growing the Center's mission is critical. I look forward to continuing as board chair in 2017, collaborating with Jim and all of you to make the Center even stronger, and increasing our support base to help meet the needs of the community.

I close in gratitude for my colleagues on the Center's board for their dedication, the staff for their excellence, the clients for their trust, and the community for their support. Together, we are making a positive difference in Central Iowa.

Sincerely,

Mary Gottschalk  
2016-2017 BOARD PRESIDENT



## Consider the Roots



Have you ever noticed the symbol of our "brand" for the Des Moines Pastoral Counseling Center?

I see roots. I am told others see a blossom.

I have experienced the blossom born from these roots in my first days and weeks as the executive director of the Center. The clearest manifestation has been the staff—my colleagues. The Center has incredible talent. I have seen many examples of folks

working together to get better, to find creative ways to bring hope and healing to the people we serve.

As I think more deeply, I am aware that so much of the good work that we do springs from seeds planted by many people I may never meet or come to know. I think of Ray Martin who worked with others to found the Center in 1972—45 years ago. Also nestled in this fertile soil are the many staff members who gave so much of their time and talent to refine our mission and serve our clients. Ellery Duke and Jeanne Schossow come to mind, who both retired in 2016 after decades of service. I am grateful for the hundreds of board members who wrestled with questions of mission and vision, along with the complex decisions and answers such questions require. I am humbled by the thousands of donors whose resources have made it all possible.

I witnessed such commitment when I attended the funeral of Betty Durden, who is highlighted on page 18 in this issue of the annual report. I only came to know her through the ritual of her passing. I never got a chance to see her leadership on the board or to see her promote our work in the community. Her heritage, however, continues to sustain us through memorials and planned giving as she remembered us in her estate.

As you read through this annual report, by all means celebrate the inspiring work that happens in this special place each day. But also remember the myriad roots of this fruitful mission.

In gratitude for all who committed to our past to make the present possible,

James E. Hayes  
EXECUTIVE DIRECTOR

## Clinical Services

In 2016, the Center served 3,700 individuals – 75 percent through comprehensive clinical services that address a broad range of mental health issues. Several highlights include:

### COUNSELING FOR ADULTS

In 2016, Center counselors helped more than 2,100 adults address a variety of issues including depression, anxiety, substance abuse, trauma, anger, relationships, divorce, grief and loss, blended families, eating disorders, self-harm, social phobia, caregiver stress, sexual and gender identity, post-traumatic stress, career transitions and other life issues.

### COUNSELING FOR CHILDREN AND ADOLESCENTS – C.O.O.L

For more than 20 years the Center has offered a specialized counseling approach for children and adolescents, C.O.O.L. (Children Overcoming the Obstacles of Life). In 2016, the Center's C.O.O.L. practice served 645 young people plus their families through experiential therapeutic methods integrating art, play and physical movement into the counseling process.



The paint wall is a signature aspect to the Center's C.O.O.L. practice, offering a safe space for young people to express their inner life with their C.O.O.L. counselors through color, texture and physical movement.

### GRADUATE STUDENT CLINICAL PRACTICUM

In 2016, the Center welcomed five graduate psychology students into a rigorous and intensive psychotherapy training experience, in partnership with Drake University, Iowa State, the University of Iowa and other graduate counseling programs. The Center has trained more than 110 graduate students over the years, bolstering the next generation of mental health clinicians in Iowa and across the nation.

Each graduate practicum student is matched with an experienced counselor at the Center who serves as their mentor for the duration of the experience (usually nine months). Pictured are three of the Center's 2016 students and their respective mentors: Laura Nydam, L.I.S.W. (mentor); Amy Spangler-Dunning, M.Div., L.M.H.C. (mentor); Andrea Severson (student); Caitlin Erdman (student); Falesa Ivory-Horton (student); Scott Young, Ph.D. (mentor).



### A CULTURE OF KNOWLEDGE

The Center's mission of counseling and education doesn't stop with clients, students and community. Continuous learning is also encouraged among staff. Clinicians meet weekly to discuss best practices and learn new skills. In 2016, our clinicians taught and participated in many workshops including Memory Loss and Cognitive Decline, Affirmative LGBTQ Counseling, Trauma and the Body, Mindfulness Techniques and Current Issues in Street Narcotics with a guest presenter from the Des Moines Police Department.

### PSYCHIATRY

The Center provided more than 3,400 sessions of psychiatry services to children, adolescents and adults in 2016 through our team of medication providers, Geoffrey Hills, D.O., psychiatrist and Susan Koehler, P.A.-C., psychiatry physician assistant.

## "They told me I wasn't alone."



Alicia Krpan, t.L.M.H.C., offers counseling in Spanish and English to children, adults and families.

### SPANISH SPEAKING COUNSELING SERVICES

The Center introduced Spanish speaking counseling services in 2016 utilizing the language skills of a student in the Center's graduate student clinical practicum program, Alicia Krpan. A native Spanish speaker, Alicia was hired as a full time counselor at the Center following the successful completion of her nine month practicum. Alicia will help the Center expand counseling services to the Spanish speaking community in Greater Des Moines.



Dr. Eva Christiansen, our in-house Rorschach test expert

RIGHT Rorschach practitioners prefer the testing inkblots are utilized in clinical settings only, thus we offer this image as a representative icon and not an actual Rorschach inkblot.

### PSYCHOLOGICAL TESTING

In 2016 the Center provided 344 hours of psychological testing and assessment. The Center's testing team of licensed psychologists offer a variety of assessments including: intelligence assessment (IQ), learning disorder testing, adaptive behavior, assessment of developmental challenges, Autism Spectrum assessment, testing for Attention Deficit Hyperactivity Disorder (ADHD), emotional functioning/personality assessment, memory testing, testing for differential diagnosis for clients of all ages, and more.

One testing method utilized by the Center is the Rorschach Performance Assessment System (R-PAS). Center psychologist, Eva Christiansen, Ph.D. is a Rorschach expert and her father is internationally known in the same field. The Rorschach is a psychological test in which a client's perceptions of inkblots are recorded and analyzed. Eva explains: "The process involves a lot of interaction between the clinician and client." Additionally, Eva provides clinical and forensic assessments, plus assessments for disability applicants, worker's compensation and law enforcement officers.



## Leadership and Spiritual Life

The Center's Leadership and Spiritual Life programs engaged 950 individuals in 2016. The programs provided resources for individuals, faith communities, clergy and religious judicatories (administrators) to deepen spiritual life, and serve in various forms of ministry both within and outside of institutional structures.

A partial listing of 2016 program highlights include:

- 40 students participated in PrairieFire spiritual formation program
- 491 sessions of spiritual direction
- 76 clergy participated in ethical boundary training workshops
- 64 individuals participated in PrairieFire, 40 completed the two-year program and 24 new students began their program
- 63 individuals participated in suicide prevention and intervention trainings
- 52 clergy candidates received psychological assessments
- 27 individuals participated in the Pastoral Care Specialist program, training on topics critical to effective pastoral care.
- 15 clergy completed Intentional Interim Ministry training
- 8 congregational assessments were utilizing the Church Assessment Tool (CAT) in collaboration with Holy Cow Consulting.



**For more information contact:**  
 Diane McClanahan, M.Div.  
 Director of Leadership and Spiritual Life  
 dmccclanahan@dmpcc.org  
 (515) 251-6667

**Sign up for the monthly newsletter for updates on classes and programs:**  
[www.dmpcc.org/LEADERSHIP](http://www.dmpcc.org/LEADERSHIP)



## PROGRAM FOCUS: Redefining Aging

Aging is better than the alternative, according to the Center's Redefining Aging program facilitators. In 2016, 50 community members launched the program with a four-part conversation series on holistic and lively aging. Those conversations formed the basis for additional programs including:

- Wisdom Stories — a writing class for elders in training
- A Spirituality of Being Mortal — an exploration of ways to live the fullest possible lives
- Becoming an Elder — transitioning from employment to retirement and beyond



## PROGRAM FOCUS: PrairieFire

One of the most enduring programs at the Center is the PrairieFire spiritual renewal program.

In 2016 40 individuals participated in this two-year process to a deeper spiritual life. The experience is based on a curriculum integrating understandings from contemporary spiritual thought and psychological theory with the rich theological wisdom of the early Christian contemplative tradition. An optional third year is available to those who complete the PrairieFire experience and choose to pursue a certificate in spiritual direction.

(See page 17 for a related article.) Applications for the next class will be accepted in early 2017. For more information please visit [www.dmpcc.org/PrairieFire](http://www.dmpcc.org/PrairieFire)

**“This is a place of peace for me! I appreciate the educational opportunities that the Center offers.”**



### Thank you to Ellery Duke

Ellery H. Duke, Ph.D. — counselor, pastor, mentor, leader, father, husband and bicycle aficionado — retired from the Center in 2016 after 40 of service as licensed psychologist and executive director. Under Ellery's guidance, the Center grew from a small counseling group to a multi-faceted nonprofit organization that annually serves thousands of individuals through 26 clinicians. To honor Ellery, the community raised more than \$50,000 for the Ellery H. Duke Fund for Hope & Healing, supporting new and innovative counseling programs and services, and sustaining the mission.

Thank you to everyone who contributed to the Ellery H. Duke Fund for Hope & Healing. And thank you to Ellery, for quietly cultivating the Center's deep roots, nurturing and growing the mission of counseling and education for almost a half century.

Featured here are a select few of the multitude of accomplishments the Center made with Ellery at the helm. In 2007, under his leadership, the Center celebrated 35 years of service in the community and launched the Campaign for Hope and Healing to create a new facility. The campaign raised \$2.8 million and in June of 2010 ground was broken for the new facility where we operate today.



In 2012 Ellery biked across the U.S. — 3,571 miles in 32 days — to raise awareness and more than \$30,000 for mental health services.



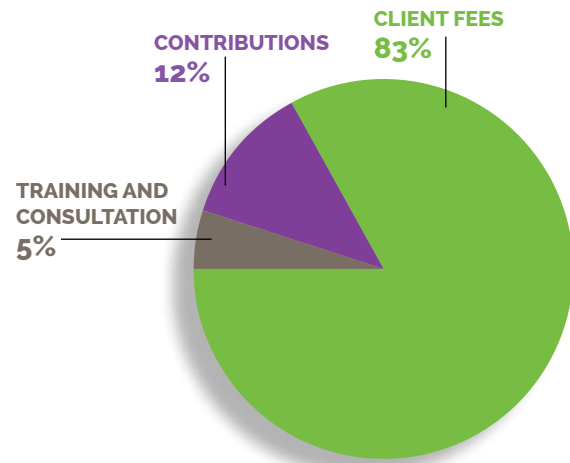
Ellery's tenure with the Center has included working with many loyal board members. Here, he joined board members Denise Essman, Mary Gottschalk (chair), Robyn Mills, and Sally Wood (2017 president elect) at the 2016 Philanthropy Day Luncheon with the Association of Fundraising Professionals.



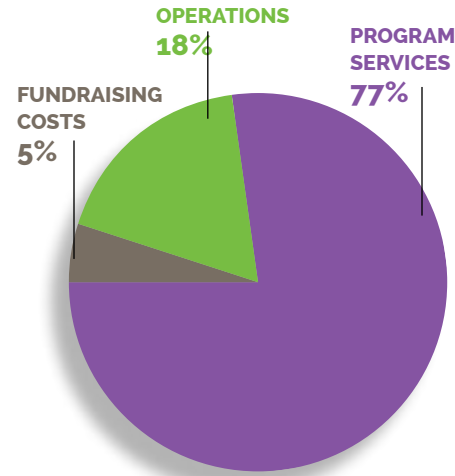
Ride on, Rev. Dr. Duke!  
(Ellery is not one for titles but we're hoping he allows this one exception, offered with great respect and much gratitude.)

The Des Moines Pastoral Counseling Center is committed to ensuring financial stability and sustainability.

2016 INCOME \$3 MILLION



2015 EXPENSES \$3 MILLION



HIGHLIGHTS

- \$3 million annual budget
- \$365,279 received in contributions
- 35 percent of the Center's clinical clients accessed the sliding scale or counseling assistance fund due to limited resources

THIRD PARTY ACCREDITATION

In 2016 the Des Moines Pastoral Counseling Center earned renewal of full accreditation for June 2016 — June 2020 from the Samaritan Institute, located in Denver, Colorado.



"Accreditation is a major accomplishment and demonstrates a Center's commitment to excellence," stated Robert Johnson, L.D.S.W., President/CEO for the Samaritan Institute. The accreditation process is a rigorous four-month assessment to evaluate the quality of clinical services, community support, management and administration, educational programs, financial accountability, marketing efforts, and overall Center effectiveness. The Center is part of an international network of 62 Samaritan Centers in 25 states and Japan.

2016 Board of Directors

PRESIDENT

**Mary Gottschalk**  
Freelance writer and editor; retired, MCG Strategic Services

SECRETARY

**Dave Shogren**  
First United Methodist Church Ames

TREASURER

**Gary Goodhall**  
Retired, Hy-Vee

**Robin Ahnen-Cacciatore**  
activist

**Sandy Axness**  
Retired, Des Moines Public Schools

**Kris Benge**  
Fidelity & Guaranty Life

**Elizabeth Coonan**  
Brown Winick Law

**Steve Edelman-Blank**  
Tifereth Israel Synagogue

**Denise Essman**  
Essman / Associates

**Geoff Gade**  
West Bank

**Daniel Hoffman-Zinnel**  
One Iowa

**Joe Lee**  
RSMUS

**Robyn Mills**  
Iowa State Senate

**Greg Nichols**  
Iowa Student Loan

**Jo Oldson**  
State of Iowa Representative

**Stephanie Pearl**  
Planned Parenthood

**Tim Pearson**, Laden Pearson Law

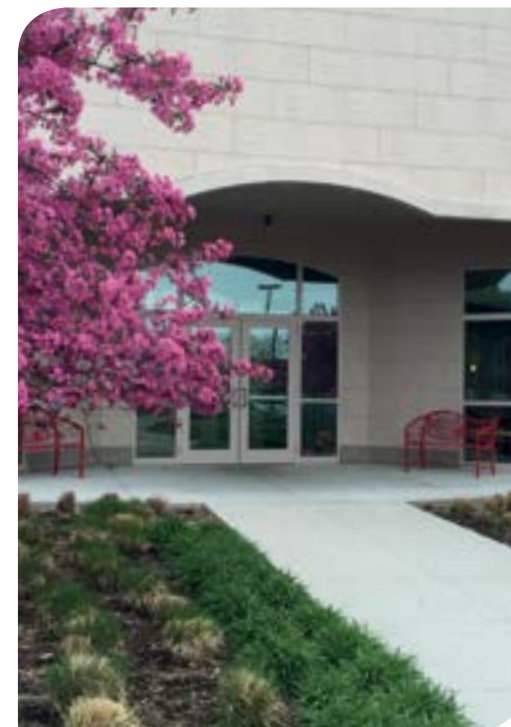
**Ashley Tollakson**  
The Compassionate Alliance, Stamatelos and Tollakson

**Deborah Turner, M.D.**  
Mercy Clinics

**Susan E. Voss**  
AmericanEnterprise Group, Inc.

**Ginny Wangerin, R.N.**  
Upper Iowa University

**Rhonda Watton**  
Wells Fargo



THANK YOU FOR YOUR LEADERSHIP

All nonprofit organizations rely on the capable, skilled leadership of a volunteer Board of Directors. The Des Moines Pastoral Counseling Center is no exception. It is with sincere gratitude and a bit of sadness that we bid farewell to the following board members whose terms ended in 2016:

- Kris Benge
- Geoff Gade
- Jo Oldson
- Ann Roth
- Deborah Turner
- Ginny Wangerin



**3,704** INDIVIDUALS  
SERVED

**645**

children and  
adolescents served  
through C.O.O.L.  
(children overcoming  
the obstacles of life)

**3,444** SESSIONS  
OF  
PSYCHIATRY

**31,816** SESSIONS  
OF COUNSELING

**491**

SESSIONS OF  
SPIRITUAL DIRECTION

**364**  
SESSIONS OF  
PSYCHOLOGICAL  
TESTING



**951**

participants in  
Leadership and Spiritual  
Life programming



**5** graduate students in the Center's  
counseling practicum program

**260** PARTICIPANTS,  
CONFLICT TRANSFORMATION  
SERVICES

**26**

MASTERS OR  
DOCTORATE  
PREPARED  
CLINICIANS  
ON STAFF



**63** community  
members  
trained in  
suicide  
prevention  
and  
intervention



**40**  
PrairieFire SPIRITUAL  
RENEWAL STUDENTS

**7** clinicians from the community  
were trained in Affirmative  
LGBTQ Counseling, a  
professional development  
course offered by the Center.



**35** percent of the Center's clinical  
clients accessed the sliding  
scale or counseling assistance  
fund, thanks to generous  
community support

**12** community members  
participated in Wisdom  
Stories, a writing class  
offered by the Center.



# 2016 **WOMEN** *helping* **WOMEN**

## Is a Great Success!

Almost 500 supporters and community leaders gathered at the Embassy Suites on Friday, May 13, 2016 for the 18th annual Women Helping Women luncheon. The event was both inspirational and celebratory and raised over \$120,000 to provide counseling services for underserved and uninsured women and girls.

Women Helping Women 2016 honored the career, commitment and leadership of Marsha Ternus, former director of the Harkin Institute for Public Policy & Citizen Engagement, Iowa Women's Hall of Fame inductee and first woman to be Chief Justice of the Iowa Supreme Court. The luncheon's featured speaker was Marti Sivi, who shared meaningful and touching stories of her work as founder of the Mitchellville Theater Project, a groundbreaking drama program for women incarcerated at the Iowa Correctional Institution for Women.

The Center is extremely grateful to the Sponsors and Special Friends who made the 2016 luncheon one of the best ever!

### LEADERSHIP SPONSOR

American Enterprise Group  
Susan & William C. Knapp

### PRESENTING SPONSOR

Hy-Vee

### SUPPORTING SPONSORS

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Cultivating Compassion: The Dr. Richard Deming Foundation  
Davis Brown Law Firm  
Des Moines University  
Iowa State Bank  
Jewish Family Services  
Josephs Jewelers  
Kitchen Collage  
Kum & Go  
Meredith Corporation  
The Iowa Clinic Women's Center  
Vogue Vision  
West Bank  
Zanzibar's Coffee Adventure

### MEDIA SPONSORS

Business Publications Corporation, Inc.  
MORE 104.1 (KMYR-FM)

### SPECIAL FRIENDS

Pamela Bass-Bookey  
and Harry Bookey  
in memory of Gloria Burnett  
Paula Duncan  
Jann E. Freed and John Fisher  
Barbara Gartner  
Elizabeth A. Goodwin  
Charlotte Hubbell  
Ellen Hubbell  
Rusty Hubbell  
Trudy Holman Hurd

La Donna Matthes  
Doris Jean Newlin  
Barbara Nish  
Jill and Mark Oman  
Stephanie Pearl  
Shirley Poertner  
Linda Railsback, M.D.  
Ann Richards  
Kay Riley  
Janis Ruan  
Jackie Saunders  
Rebecca A. Shaw, M.D.  
Barbara Stennes  
Kathy and Ted Stuart  
Susan E. Voss  
Connie Wimer  
Kathi Zimpleman  
Alan Zuckert

Check out the Center's website for photos and information on the 2017 Women Helping Women event, which raised a record-breaking \$145,000 — allowing the Center to provide over 1,300 hours of counseling to women and girls in need.



Honoree Marsha Ternus and Board Chair Mary Gottschalk



Featured speaker Marti Sivi spoke to an audience of almost 500 attendees.



Lauren Burgeson and Sharon Goldford, 2016 Women Helping Women Co-chairs



Mary Langen, Alan Zuckert, Joyce Dainty



\$120,000 was raised!



Sheila Starkovich Lingwall, Jeanne O'Halloran, Margaret-Ann Comito and Christine Comito



## A Walk Across Iowa for Men and Boys



Dr. Mark Minear walked across Iowa on the Old Lincoln Highway to raise awareness and funds for men and boys mental health counseling.

For two weeks spanning April and May 2016, Mark Minear, Ph.D., a psychologist at the Center, trekked by foot across the state of Iowa to raise awareness and funds for boys' and men's mental health needs. Mark covered 350 miles to educate about the unique challenges boys and men face in dealing with their emotional issues. Inspired by Mark's perseverance, the community raised more than \$15,000 for boys and men who need mental health counseling. We extend our sincere thanks to everyone who donated.

Mark's walk also inspired a new blog to further explore mental health issues specific to men and boys. You are invited to join the conversation. Please visit [www.dmpcc.org/men](http://www.dmpcc.org/men).



Mark Minear, psychologist at the Center, walked across the state of Iowa by day and blogged by night. To read his reflections, please visit [www.dmpcc.org/WalkwithMark](http://www.dmpcc.org/WalkwithMark). Photo: Beckie Minear

## A Benefit Concert to Thank Kathy Reardon and Kay Riley



Kay Riley and Kathy Reardon were honored for their PrairieFire leadership with a benefit concert featuring singer/songwriter Sara Thomsen.

PrairieFire is a two year spiritual renewal program founded in 2006 by co-directors Kathy Reardon and Kay Riley along with Jeff Means and Diane Glass. In 2016 the Center was pleased to present a benefit concert featuring the music of Sara Thomsen to honor Kathy and Kay's 10 years of leading. Under their guidance, more than 100 participants have graduated from PrairieFire. More than \$13,000 was raised to support PrairieFire tuition scholarships.

The popular program is now led by Diane McClanahan and Suzanne Stout.



Singer/songwriter Sara Thomsen performed a long setlist of her original music including *By Breath*, a song especially meaningful to the PrairieFire community with lyrics: "By breath, by blood, by body, by spirit, we are all one." Photo: Arthur McClanahan

## A Gift that Keeps on Giving – Leaving a Legacy

Legacy gifts, also known as “future gifts” or “planned gifts” help ensure the Des Moines Pastoral Counseling Center’s mission lives on into the future. Legacy gifts are oftentimes a supporter’s largest gift and help to sustain the Center for generations yet to come. We are grateful to the persons who make provisions for a Legacy gift to benefit the Des Moines Pastoral Counseling Center and its important work.

### BETTY DURDEN Leaving a Legacy for the Center’s Future



Betty Durden lived large and gave generously. A woman of extensive accomplishment, she led with courage even when personal risk was high and rewards limited. Betty’s legacy gift to the Center will ensure access to counseling services for others, for years to come. (Photo courtesy of her family.)

Betty Durden, a long time and loyal supporter of the Des Moines Pastoral Counseling Center, lived life to the fullest – from her young adult years as a yeoman in the WAVES (Women Accepted for Volunteer Emergency Service) to her later years of authoring the book, “Sanity after Seventy.” In between (among so many projects too extensive to list) Betty organized and chaired Governor Robert D. Ray’s Commission on the Status of Women, was the state chair of ERA Iowa to add women to the Iowa Constitution and was recognized as a YWCA Woman of Achievement.

Betty gave generously to the Center throughout her lifetime including serving as a member of the Center’s Foundation Board. At the time of her death she left a legacy gift to the Center – a bequest that will help ensure others always have access to the Center’s important counseling services. Betty gave unselfishly of her time, talent and treasure to many organizations including the Des Moines Pastoral Counseling Center. We will be forever grateful to her for her vision, support and remarkable legacy! The family of Betty Durden is collaborating with the Center to plan a check presentation event in the fall of 2017. For more information, please visit [www.dmpcc.org/legacy](http://www.dmpcc.org/legacy).

## The Center participates in #GivingTuesday

On Tuesday, November 29, 2016, the Center was pleased to participate in #GivingTuesday, a global day of giving fueled by the power of social media and collaboration. We are grateful to Starr and Henry Hinrichs for providing a generous \$2,000 challenge goal, and for all who shared the Center’s mission on their social media, donated online and gave cash. An anonymous donor has made it a tradition to stop by the front desk with a one-hundred dollar bill on #GivingTuesday! The day is always scheduled for the Tuesday after Thanksgiving as a way to inspire generosity following Black Friday and Cyber Monday.

RIGHT Dr. Kelli Hill, the Center’s clinical director and a child and adolescent psychologist, helped out on #GivingTuesday by posting her own “unselfie” to her social media friends.

## THANK YOU TO MEMBERS OF THE CENTER’S LEGACY SOCIETY

The following persons have made provisions to ensure the Center’s future by including the Des Moines Pastoral Counseling Center in the estate plans. We extend our heartfelt gratitude.

Sandra and Paul Axness  
 Ferne Bonomi  
 Carla Cain  
 Marsha and Ellery Duke  
 Douglas A. Fick  
 Mary Gottschalk  
 Thomas Herman  
 Trudie and Hal Higgs  
 J. Jeffrey Means  
 and Diane E. Glass  
 Janice and John Mechem  
 M. Ann Mendleson  
 Dr. Barbara Beatty  
 Kathy Reardon  
 Riley and Eloise Richards  
 Janet and Lyle Simpson

The Des Moines Pastoral Counseling Center is grateful to the persons listed below who were early members of the Center’s Legacy Society and whose bequests provided generous support to the Center’s endowment.

Donald W. Cordes  
 Betty J. Durden  
 Marian and Don Easter  
 John Merriman

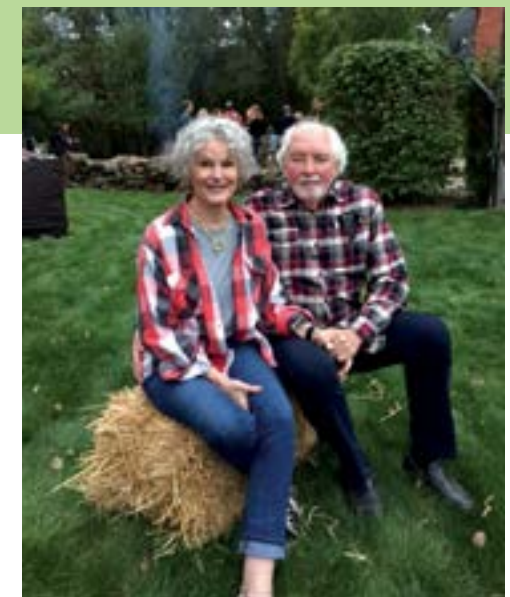
For more information on how you might become a member of the Des Moines Pastoral Counseling Center’s Legacy Society, please contact Terri Speirs at 515-251-6670 or [tspeirs@dmpcc.org](mailto:tspeirs@dmpcc.org).

### ESTATES RECEIVED IN 2016

John Merriman

“What a loving, caring, well rounded place! Mind, body, and spirit, are the emphasis at Des Moines Pastoral Counseling Center. Their staff are the best of the best!”

## #GIVINGTUESDAY



Starr and Henry Hinrichs

## Thank you to friends and supporters who donated to the Center in 2016

In 2016, more than 800 individuals, organizations and foundations supported the Center with more than \$365,000 in contributions. We gratefully acknowledge and thank all who so kindly contributed to the Center this past year. The generosity of the friends identified on the following pages enables the Center to continue to provide hope and healing to those in need.

### VISIONARIES (\$10,000+)

Barbara Beatty, M.D.  
Robert Burnett  
Sandra and C. Dean Carlson  
Doug A. Fick  
Fred Maytag Family Foundation

### PATRONS (\$5,000-\$9,999)

American Enterprise Group  
John McCaw  
Doris Jean and Owen J. Newlin  
Prairie Meadows  
United Way of Central Iowa  
Susan and Carl Voss  
William C. Knapp Charitable Foundation  
Sally Wood

### HEALERS (\$2,500-\$4,999)

Kenneth Cook  
Mary Gottschalk and Kent Zimmerman  
Hy-Vee  
Shirley Poertner  
The Principal Financial Group Foundation  
Rhonda and Joe Watton

### NURTURERS (\$1,000-\$2,499)

Sandra L. and Paul R. Axness  
Pamela Bass-Bookey and Harry Bookey  
Margaret and Arden Borgen/Borgen Systems  
Elizabeth Burmeister  
Paul Bushore  
BWA Foundation  
Central Presbyterian Church  
Julie Ann and Michael Connolly  
Cultivating Compassion: The Dr. Richard Deming Foundation  
Marsha and Ellery Duke  
Paula Duncan  
Easter Family Fund  
Fidelity & Guaranty Life  
Jann E. Freed and John Fisher  
Connie Wimer and Frank Fogarty

Barbara and Michael Gartner  
Nawal Ghali  
Diane Glass and J. Jeffrey Means  
Sharon and Dennis Goldford  
Elizabeth Goodwin  
Thomas Green  
Starr and Harry Hinrichs  
Trudy Holman Hurd  
Ellen and James W. Hubbell  
Rusty Hubbell  
Charlotte and Fred Hubbell  
Iowa Foundation for Education, Environment, and the Arts  
Iowa State Bank  
Karen and Douglas L. Jeske  
Susy and Bruce Kelley  
Charlotte and William Kimball  
Kitchen Collage  
Kum & Go  
Sara and Steve Marquardt  
Mary Ann Martin  
LaDonna and Rich Matthes  
Ann and Alfred Moore  
Barbara and Andy Nish  
Sara Nusser and Michael King  
Jill and Mark Oman  
Stephanie Pearl  
Teri and Dale Peddicord  
Linda Railsback, M.D.  
Ann and Dr. Michael Richards  
Cheryl and John Rigler  
Kay and Bob Riley  
Janis and John Ruan III  
Jackie Saunders and Cecil Goettsch  
Nancy and Steven Scoggin  
Drs. Rebecca and Robert Shaw  
Barbara and Clarence Stennes  
Mary Stuart and David Yepsen  
Kathy and Ted Stuart  
Marsha Ternus  
Ricky Thornburg and Douglas Kouma  
Dr. Deborah Turner  
West Bank  
Alan Zuckert

Barbara and Michael Gartner  
Nawal Ghali  
Diane Glass and J. Jeffrey Means  
Sharon and Dennis Goldford  
Elizabeth Goodwin  
Thomas Green  
Starr and Harry Hinrichs  
Trudy Holman Hurd  
Ellen and James W. Hubbell  
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Marsha Ternus  
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**“Thanks for the part you have played and are playing in my journey back to good mental health. It seems like a long time ago when I faced this ‘bout’ of depression, but I’m confident that I’m back on the right track!”**

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**Falesa Ivory-Horton**

**Alicia Krpan**

**Chris Ogle**

**Andrea Severson**



Center staff participated in the 2016 Out of the Darkness suicide prevention walk in Ankeny, Iowa.



The Center's counselors bring a variety of expertise and share their knowledge with one another. For example Laura Nydam, L.I.S.W. (R) is a Certified Alcohol and Drug Counselor (CADC) in the state of Iowa and coordinated a workshop to train Center staff and students on current issues in street narcotics. Andrea Severson, t.L.M.H.C., M.Div. (L), an ordained Methodist minister, participated in the workshop as a student, and now serves on the counseling staff following her successful completion of the practicum year.



Jeanne Schossow

**We celebrate and thank Jeanne Schossow who retired in 2016 after serving as the Center's business manager for 33 years.**

In the words of former executive director Ellery Duke: "Jeanne began as the Center's receptionist, handling all the Center's accounting and reporting needs, including payroll. As the Center has grown, so have Jeanne's responsibilities, which have ultimately included business manager, human resources director, IT manager, office manager of a support staff of six, HIPAA compliance officer, building manager and many other duties. All of us have been blessed by her competent, generous and loving spirit."



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## ROOTS AND RENEWAL

### 45 YEARS AND GROWING STRONG

#### MISSION

Our mission is to bring understanding, hope and healing to people of all ages through counseling and education.

#### KEY SERVICES

The Des Moines Pastoral Counseling Center is a nonprofit organization serving more than 3,700 individuals in 2016 including children, adolescents, adults, couples and families. As a nonsectarian organization, the Center is not affiliated with a particular religious group and respects the values of all.

The Center provides a range of services including:

- Counseling, including specialized services for children and adolescents
- Psychiatry (medication management)
- Psychological testing and assessment
- Healing Touch and other holistic approaches
- Spiritual Direction
- Training for clinical professionals
- Leadership and spiritual life programming
- Suicide prevention and intervention training
- Career Coaching
- Conflict transformation and strategic planning services for congregations, nonprofits and businesses

Address service requested