



# Fountain of Youth PROGRAM

## THE RESERVOIR

## Summer 2020 Newsletter

Welcome to The Reservoir! The Fountain of Youth is excited to jump into our first quarterly newsletter. Since this is our first ever newsletter, it will be a bit longer than what you will find in issues to follow, but we must bring to afloat the flood of growth and opportunities we have been experiencing as a program, thanks to support from the community. With that, thank you for being a part of the Fountain of Youth family and for making a difference in participants' lives. During these uncertain times, we recognize all those working the frontlines of the COVID-19 pandemic and want to encourage everyone to stay strong and safe together.

We encourage positive change that is truly difficult for every human, but we have done our best to ensure our participants have continued to make the changes they desire, despite uncontrollable circumstances. Thank you for your support to our program and for helping us change the mindsets that contribute to generational poverty.

## JUNE PARTNERS IN CHANGE PHASE COMPLETIONS



### ERIN

"The Partners in Change Program, through the Fountain of Youth, has guided me to achieve the goals I have set for myself. Regular and consistent development is, and has been, leading me toward the progression to the future success I have been looking forward to in my life."



### CRYSTAL

"The FOY has helped me become a better person overall. It opened my eyes to the fact that other people have difficult challenges in life as well, and it's nice to know that there is a community here and people who come together to build each other up."



### TINO

"This last month has been a time where I have been working to stay focused. I appreciate that this is a positive community because you don't always see that. Some people help others for financial or political gain, but it's not like that here."



## INDIVIDUAL PHASE GOALS



KNOWLEDGE  
OF SELF  
& OTHERS



HEALTH &  
WELLNESS



FINANCIAL  
LITERACY



# OUR PROGRAMS

## PARTNERS IN CHANGE

### SEVEN CHANGE CATEGORIES



basic life skills



career and professional development



health & wellness



financial literacy



citizenship



education



knowledge of self and others



THREE-PHASE PROGRAM

60 DAYS EACH PHASE

WEEKLY 1:1 MEETINGS

The Partners in Change program is designed to help individuals in a one-on-one setting, by assisting them to develop and achieve their life goals. The program has three phases, each phase lasting sixty days. The participant meets one-on-one with a Fountain of Youth professional each week to see how they are progressing with their goals and what we can do to help. This program consists of each participant making an individual success plan that pertains to one of the following areas: knowledge of self and others, citizenship, basic life skills, education, health and wellness, career/professional success and financial literacy. The program is a minimum of sixty days of commitment and a maximum of six months.

## OUR SUPPORT GROUPS

At the Fountain of Youth, we recognize the value that support groups can provide for people who are working toward sustainable change in their lives. We offer two different support groups to help along the way. During the past few months, we took to the web and hosted our support groups online in virtual webcam group settings. Check out the Fountain of Youth Program Facebook page to rewatch some of the incredible conversations we had with community leaders and participants during Real Talk and Getting in Tune.

### REAL TALK

The Real Talk support group centers around cognitive behavioral intervention and the development of mindfulness and critical thinking.

The curriculum encompasses leadership and community-oriented learning and development.

### GETTING IN TUNE

The Getting in Tune support group focuses on personal maturation and sustaining mindset and behavioral change. This group provides accountability partnering and serves as reinforcement toward completing success plans, achieving goals and leveling up social skills.



Dave Baker  
Dubuque County  
Supervisor

Rick Dickinson  
Greater Dbq.  
Development Corp.  
President & CEO

Jan Powers  
Owner of Powers of  
Communication

Jay Wickham  
Dubuque County  
Supervisor

Rick Fullmer  
Dubuque County  
Police Officer

Ann McDonough  
Dubuque County  
Supervisor

Teri Fairchild  
Registered  
Corporate Coach

*June virtual sessions featured guests*





# OUR COVID PRECAUTIONS

In June, we began reopening as some government restrictions became lifted; however, we have taken the utmost precaution in our involvement with any community member who enters our office. Strict rules for employees, participants, and visitors have been established including the requirement of six feet social distancing, mask usage in the building, and regularly disinfecting potentially touched surfaces.



## WHAT'S NEW

### IT'S NOT A MOMENT, IT'S A MOVEMENT

Our hearts have been touched by the recent events in the country brought about by the tragic murder of George Floyd and the many others killed from the systemic issue of racism in America. The Fountain of Youth has always stood for love, diversity, equity, and inclusion, which is why we are offering programming toward community mindset change as a whole.

We are excited to be offering our four-week Community in Change (diversity, equity, and inclusion) classes to groups in the community. Individual Community in Change sessions are also currently available to those wanting to personally dive deeper.

Community in Change differs from most diversity, equity, and inclusion classes. We keep it real by cutting down excuses in order to break mindsets away from the negative. We focus on educating the community about the systems of oppression. In Community in Change, groups will gain perspective from the lived experience of our participants to see the struggles of generational poverty in our society.

Our organization recognizes that personal development is never finished, and mindset change is the core emphasis for everything we do.

5

**NEW PARTICIPANTS  
IN JUNE**



**NEW PARTICIPANTS  
THIS YEAR**

16

4

**NEW COMMUNITY IN  
CHANGE PARTICIPANTS**



**NEW PARTICIPANTS  
SINCE COVID**

13

22

**ACTIVE PARTICIPANTS**





A transformation in a societal system takes collective change, which ultimately requires individual change. The mission of the Fountain of Youth Program is to change the mindsets that contribute to generational poverty. This does not only include individuals who live in generational poverty, but also those who have never experienced or have never understood a life in poverty. Our Community in Change program educates and involves community members in the movement towards mindset change.

## GROUP SESSIONS



### Introduction

*What does change really mean?*

### WEEK 2 Education

*The power of vulnerability and self-reflection.*

### WEEK 3 Citizenship

*What working on change looks like.*

### WEEK 4 Knowledge of Self and Others

*Walking in change and empathy.*

**\$100 per person  
includes:**

- Four weeks of Community in Change programming
- One reflection journal
- A changed mindset

"We can change society, change humanity by changing ourselves as individuals. By cultivating inner values, we can change our own lives and those of our families. This is how we can create a more peaceful world."  
-Dalai Lama

## INDIVIDUAL SESSIONS

### HOW IT LOOKS

1-on-1 **PARTNERS IN CHANGE** style programming



Suggested  
donation levels  
(\$5 minimum)

**\$5 \$10 \$20 \$25**

- Four weekly, one-hour sessions based on availability
- Includes reflection journal
- Opens opportunity for donor possibilities and acquiring volunteers

### THE DIFFERENCE

This programming will challenge **COMMUNITY IN CHANGE** participants to walk in step with **PARTNERS IN CHANGE** participants in order to gain perspective on a life in generational poverty and some of the components that prevent mindset change. This change in mindset program will address knowledge of self and others, citizenship, and education for those unaware of the barriers in society and in generational poverty.

### EQUITY

**DIVERSITY**

**INCLUSION**

**COMMUNITY IN CHANGE**

**GROWTH SOCIAL PROSPERITY  
PEACE JUSTICE CAPITAL  
ACCEPTANCE UNDERSTANDING  
LOVE PROGRESSION**

**CALL (563) 587-8316 TO GET YOUR GROUP OR ORGANIZATION SIGNED UP TODAY!**



Mark your Calendar:

When: September 24th

Where: At home!

To Do:

- Follow FOY website & social media for updates
- Tell friends and family



# Fountain of Youth

## *TRANSFORMING THE FUTURE VIRTUALLY*

### 2020 ONLINE EVENT

**Mark your calendars for our Transforming the Future virtual event on September 24th, 2020. In the best interest of our supporters and participants, we decided to switch our Transforming the Future event to a completely virtual setting this year. Please follow us on social media and be alert for email updates with more details on the event. We appreciate your understanding and look forward to having you join us!**





*Thank you*

*We would like to offer a sincere thank you to all who have supported us financially during these difficult times, as well as the new partnerships we have humbly connected with!*