The History of The Amy Helpenstell Foundation

Amy E. Helpenstell was a wonderful young woman with a bright smile, leadership skills, and a passion for volunteering. As a lifelong resident of the Quad Cities, she cared deeply about her community, serving on numerous local nonprofit boards.

Amy passed away on February 1, 2003 after a long and courageous battle with an eating disorder. Like all young people, Amy did not anticipate passing away at the young age of 32. However, she did have the foresight to establish an estate plan that would support the community and causes she cared about long after her lifetime – and so her generous spirit lives on.

Created in 2005, The Amy Helpenstell Foundation carries forward the kindness of her generous heart by responding to unmet needs and improving the overall quality of life in the community Amy loved so dearly. Administrative support for The Amy Helpenstell Foundation is provided by the Community Foundation of the Great River Bend.

The Amy Helpenstell Foundation will continue to honor Amy’s memory and support the issues she cared about most. For more information about Amy and the Foundation, visit www.amyhelpenstell.org.

Grantmaking Policy

The Amy Helpenstell Foundation makes grants in the Quad Cities area that honor the memory of Amy E. Helpenstell and meet her charitable objectives. The charitable objectives of the Foundation are to support programs for youth development, health, community development, cultural activities and education. The Foundation will not operate programs, but will provide grants to carry out its mission to schools, colleges and charitable organizations. The Quad Cities area is defined as being within a sixty-mile radius of Rock Island, IL.

The Foundation will make grants annually in amounts equal to or greater than the distributions required by the federal regulations governing private foundations.

Unsolicited grant requests will not be honored. The Foundation may invite grant requests from identified organizations on subjects of interest to the Foundation. The Foundation may make grants without seeking grant applications.

Amy Helpenstell Foundation

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The Amy Helpenstell Foundation is administered by the Community Foundation of the Great River Bend.

METROPOLITAN YOUTH PROGRAM

Location: Martin Luther King Jr. Community Center – Rock Island, IL.

Service Area: all of Quad Cities with a focus on the neighborhoods within a 2-mile radius of the King Center in Rock Island.

Local Impact: 75-100 local youth served each year.

Fast Fact: 30% = the poverty rate of the neighborhoods surrounding the King Center.

Sometimes over the last 28 years, it’s likely you were among the many Quad Citians who have been curbside at a local parade, heard the drumbeat, and recognized the red and yellow uniforms of the rhythmic Metropolitan Youth Program Drill team.

What you may not know is . . . behind the in-step marching and coordinated flag twirls, there’s an entire program shaping the future of these youth, one drum beat at a time.

The Metropolitan Youth Program focuses on reaching students ages 5-19 who live within a 2-mile radius of the Martin Luther King Jr. Center in Rock Island.

This neighborhood struggles with economic instability, academic dilemmas, and social challenges that make youth susceptible to risk-taking behaviors.

“We use the old bait and switch technique, we bait them with the sight, sound, and excitement of the drill team. Once we have them hooked, we switch their primary focus to setting goals for greater success. A high school diploma, college degree and a successful career becomes an automatic envision to strive towards. We pride ourselves in developing upcoming leaders.”

— Moses Robinson, Jr. Director of the Metro Youth Program

Before students can perform with the drill team, they are required to meet the program’s behavioral and academic standards. When youth need assistance in either of these areas, the Metropolitan Youth Program volunteers provide tutoring and afterschool homework assistance.

Metro Youth also provides other activities for students including public speaking practice on stage with a podium and outdoor athletic events when the weather is nice.

In October 2013, the Metropolitan Youth Program was awarded a $10,000 grant from The Amy Helpenstell Foundation. This grant will allow Metro Youth leaders and volunteers to provide expanded support and services to youth who need additional help in meeting the behavioral and academic standards of the program. The Foundation’s grant will also fund the purchase of updated drill team equipment and uniforms, cover transportation costs for students who need rides to practice or competitions, assist with meals during travel, and cover the costs of volunteer background checks and training.

To learn more about the Metropolitan Youth Program, or to volunteer, contact the Martin Luther King Jr. Community Center at (309) 732-2999 or email MLKmail@rigov.org.
Dress for Success Quad Cities

**Location:** Davenport, IA

**Service Area:** the entire Quad Cities metro area – including Rock Island, Henry, Mercer Counties in Illinois and Scott County in Iowa

**Local Impact:** 200 local women served each year

**Fast Fact:** 71% of clients served in 2012 were single mothers

Dress for Success Quad Cities opened in downtown Davenport in November 2011, and received its first grant from The Amy Helpenstell Foundation in 2013.

Women (clients) preparing for an interview are referred to Dress for Success Quad Cities by a Client Referral Partner, such as a community college. The client has the opportunity to visit the Dress for Success Quad Cities boutique and be fitted for a free business suit, blouse, shoes, and professional purse or briefcase.

In addition to interview attire, Dress for Success offers clients an on-site Career Success Center. Currently, it operates as a self-serve center with computers and internet access for clients to work on their resumes or complete any online testing required for their job.

In 2014, the Career Success Center will expand its services, allowing clients to request one-on-one assistance from staff or volunteers, access to a library of books and other employment resources, and connect and network with other Dress for Success clients in a comfortable and welcoming group space.

The 2013 grant from The Amy Helpenstell Foundation will support these job-retention efforts and services.

“We are grateful to receive funding which will support the Dress for Success program expansion, outreach, and additional training opportunities as part of the Career Success Center,” said Regina Haddock, Founder and Executive Director of Dress for Success Quad Cities. “With this grant we are able to elevate our Career Success Center from a self-serve computer kiosk to a center with additional job-retention resources and a more enriched and empowering environment.”

Amy Helpenstell was a motivated and determined woman, and her foundation continues to support local women in reaching their own goals.

*When you lift a woman out of poverty, her whole family – and the entire community – benefits.*

www.dressforsuccess.org/quadcities

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**Emotional Eating and Nutrition Focus of 2013 Consortium**

Dr. Wayne Bowers

Dr. Bowers is a full clinical professor in the Department of Psychiatry at the University of Iowa and Clinical Director of the Eating Disorder Program. He has been working with adults and adolescents suffering from eating disorders since 1977 and spoke to the group about mental health and emotional eating.

Susan is the owner of Clarahan Consulting LLC and a Health At Every Size® practitioner. She spoke to the group about nutrition therapy as part of the treatment for eating disorders.

Franz ‘Bad’ Helpenstell, Amy’s father and President of The Amy Helpenstell Foundation, believes the continuing education of healthcare professionals and families is an important step in treating eating disorders. “We’re very glad to be able to contribute to the awareness of effective treatments,” he says. “We want to help physicians and families work together so they can recognize eating disorders early and treat them effectively.”

The Amy Helpenstell Foundation continues to be a major source of funding for Amy’s Gift – The Quad City Eating Disorders Consortium.

Additional event sponsors included: the Robert Young Center for Community Mental Health, UnityPoint Health-Trinity, Vera French, Genesis Medical Centers, Quad Cities Health Initiative, QC Hearts and Minds, and Community Health Care, Inc.

To learn more about Amy’s Gift, please contact Stephanie Burroughs at (309) 779-3077 / info@amysgift.com or visit www.amysgift.org.

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Amy's Gift created in 2007 through a grant from The Amy Helpenstell Foundation, Amy’s Gift (formerly the Quad Cities Eating Disorder Consortium) works to increase and promote awareness of eating disorders locally – especially among physicians and other service providers.

In October, Amy’s Gift hosted a free event for healthcare providers and the general public on the subject of emotional eating and its role in anorexia, bulimia, and binge-eating disorders. The event featured Wayne Bowers, PhD and Susan Clarahan RD, LD.

Chiquita - Left before, right after

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**Grants Awarded in 2013 to Nonprofit Organizations by The Amy Helpenstell Foundation**

### Spring 2013
- Aldridge Early Learning Center ........................................... $2,000
- Arrowhead Ranch ............................................................... $10,750
- Augustana College ............................................................... $20,000
- Bethany for Children and Families .......................................... $8,000
- Big Brothers Big Sisters of the Mississippi Valley .................. $15,000
- Black Hawk College Foundation ............................................ $3,000
- Black Hawk College Optional Education Program ..................... $20,000
- Boys and Girls Club of the Mississippi Valley ......................... $16,000
- Child Abuse Council ........................................................... $10,000
- Children’s Therapy Center of the Quad Cities ......................... $16,000
- Community Housing Services ................................................ $10,000
- Community Resource and Learning Center, Inc. ...................... $5,000
- Gilda’s Club of the Quad Cities ............................................ $15,000
- Hand in Hand ................................................................. $4,200
- Henry County Youth Services Bureau ..................................... $12,000
- Junior Achievement of the Heartland .................................... $15,000
- Junior High Drop-In Center / South Park Presbyterian Church .... $3,000
- Marriage and Family Counseling Service ............................... $10,000
- National Alliance on Mental Illness, Scott County .................. $5,000

### Fall 2013
- Casa Guanajuato Quad Cities ................................................. $10,000
- Christian Care ...................................................................... $20,000
- Churches United of the Quad City Area ................................. $20,000
- Dress for Success ............................................................... $30,000
- Family Resources ................................................................ $15,000
- Genesis Health Services Foundation ...................................... $6,000
- Habitat for Humanity Quad Cities ......................................... $10,000
- Humility of Mary Housing, Inc. ............................................ $15,000

### 2012 Total
$695,950

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**Mission**

The mission of The Amy Helpenstell Foundation, Inc. is to improve the quality of life in the Quad Cities area by funding educational programs and by funding grants for health, community development, youth development and cultural activities.

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**The Amy Helpenstell Foundation**

**Board of Directors**

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- Erich Helpenstell, Vice President
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