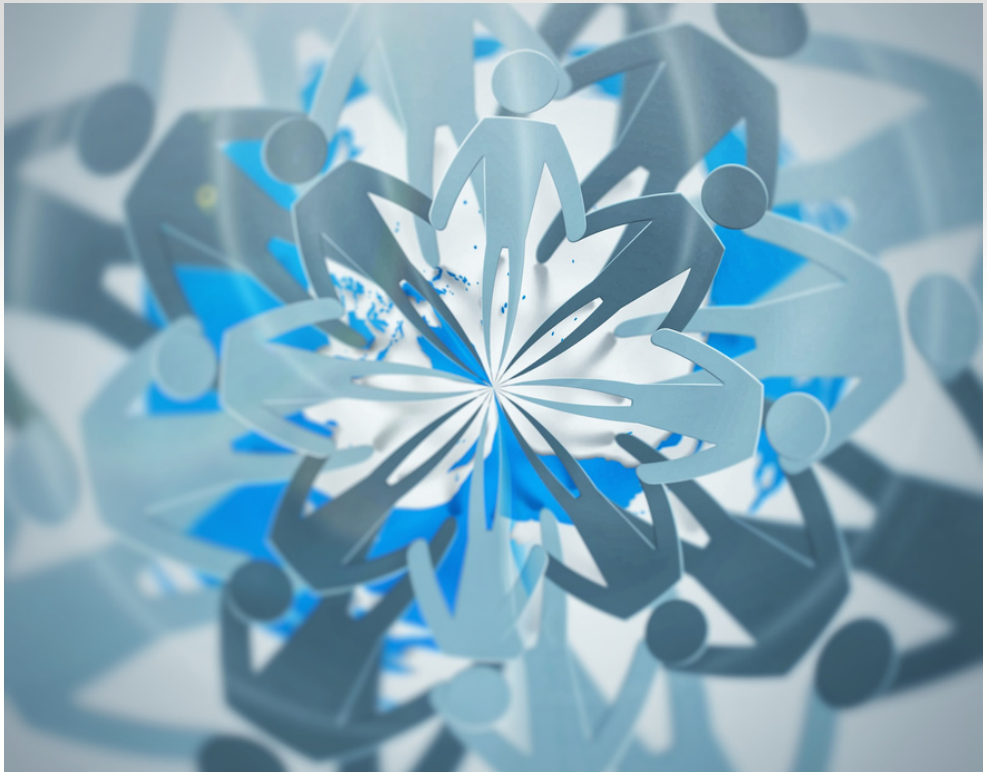
Upper Des Moines Opportunity, Inc.

2021
ANNUAL REPORT



HELPING PEOPLE. CHANGING LIVES.

CHILD & ADULT CARE FOOD PROGRAM

FaDSS

Head Start

EQUAL HOUSING OPPORTUNITY

KIDS

Hand in Hand

LIHEAP

UDMO Helping People. Changing Lives. OUTREACH

SAIL

Weatherization Works

WIC WOMEN, INFANTS, & CHILDREN

A Word from Our Executive Director

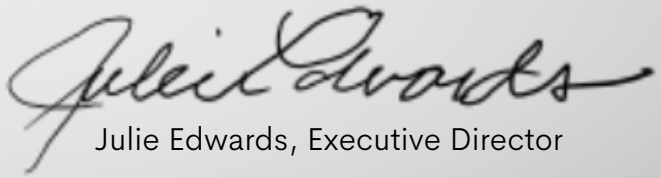
2021 for Upper Des Moines Opportunity, Inc. was anything but ordinary!

The ongoing challenges of the COVID-19 Pandemic continued to affect the work of community action agencies; disproportionally impacting the most at-risk and vulnerable individuals we serve. UDMO, like many other organizations, was also impacted by world events resulting in barriers we never could have imagined.

- The "Great Resignation," coupled with numerous mandates, stemming from the lingering effects of the COVID-19 Pandemic, resulted in a number of UDMO employees resigning and creating a staffing shortage.
- Various national socio and political events, including the United States electing its first female Vice President, contributed to funders having a heightened awareness of and concern with diversity, equity and inclusion.
- Microsoft had us say goodbye to Internet Explorer which meant UDMO staff switched to Microsoft Edge.
- Global supply chain disruptions impacted everything from the ordering of basic office supplies to ordering larger programmatic equipment. The resulting impact was significant issues in receiving orders in a predictable, timely manner.
- Natural disasters such as floods, snowstorms, wildfires, unprecedented cold and heatwaves impacted the world. All UDMO counties across Northwest and North Central Iowa experienced some of the same, resulting in declarations as natural disaster areas throughout the year.

Upper Des Moines Opportunity, Inc. leaders and staff met the national and local challenges with strength, creativity, flexibility and responsiveness so as to continue our dedication to building stronger communities by addressing the effects of poverty on individuals and families. Our work cannot be done without the dedication of staff, community partners, volunteers and generous donors.

The Annual Report is our opportunity to share our year in review through statistical data.



Julie Edwards, Executive Director

We are dedicated to helping build stronger communities by addressing the effects of poverty on individuals and families.

Helping People. Changing Lives.

2021 Board Of Directors

Ron Graettinger	President
Clarence Siepker	Vice President
Bruce Reimers	Secretary/Treasurer

Sector 1

Tim Fairchild	Dickinson
Glenn Bohmer	Emmet
Lois Boersma	Osceola

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David Scott	Clay
Mariah Martinez	O'Brien

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Clarence Siepker	Pocahontas
VACANT	Humblodt

Sector 4

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Rick Rasmussen	Wright
Amy Ouphachack	Hamilton

At-Large

Jerry Kloberdanze	Hamilton
Bruce Reimers	Humboldt
Jennifer Sammons	Buena Vista
Katrina Heller	Clay

Table of Contents

Letter from Julie Edwards, UDMO Executive Director 1

Mission Statement 1

UDMO Board of Directors 2

Service Area & Programs Map 3

FY 2021 Demographics 4

Child and Adult Care Food Program (CACFP) 5
Home-Based and Center-Based

Women, Infants, and Children (WIC) 6

Head Start & Early Head Start 7

Kommunity Involvement Development Specialist (KIDS)/Hand in Hand 8

Family Development and Self-Sufficiency (FaDSS) 9

Self-Sufficiency Advocate for Individual Life Skills (SAIL) 10

Outreach Programs 11

Housing (ESG & TRBA) 12

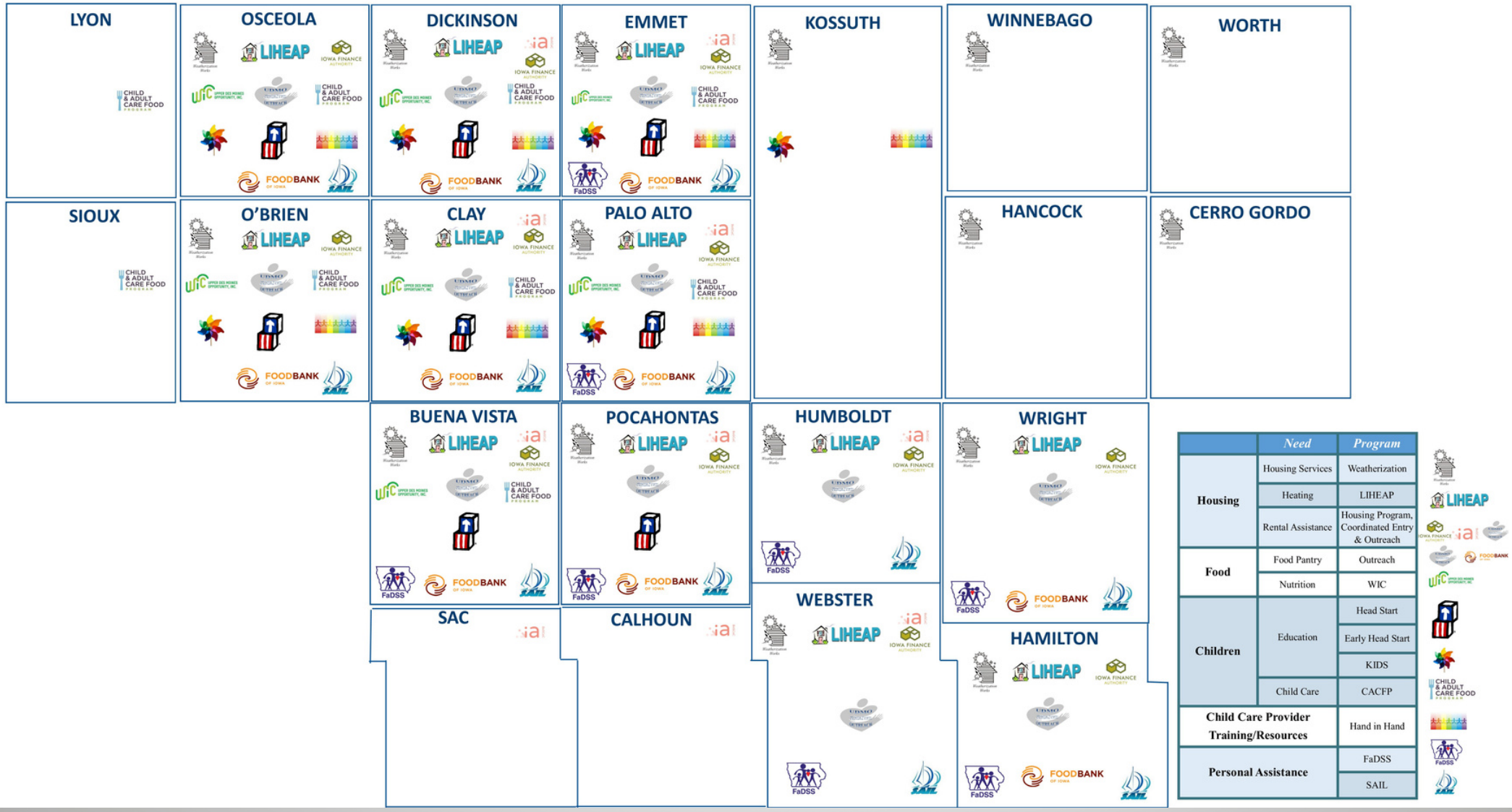
Low Income Home Energy Assistance Program (LIHEAP) 13

Weatherization 14

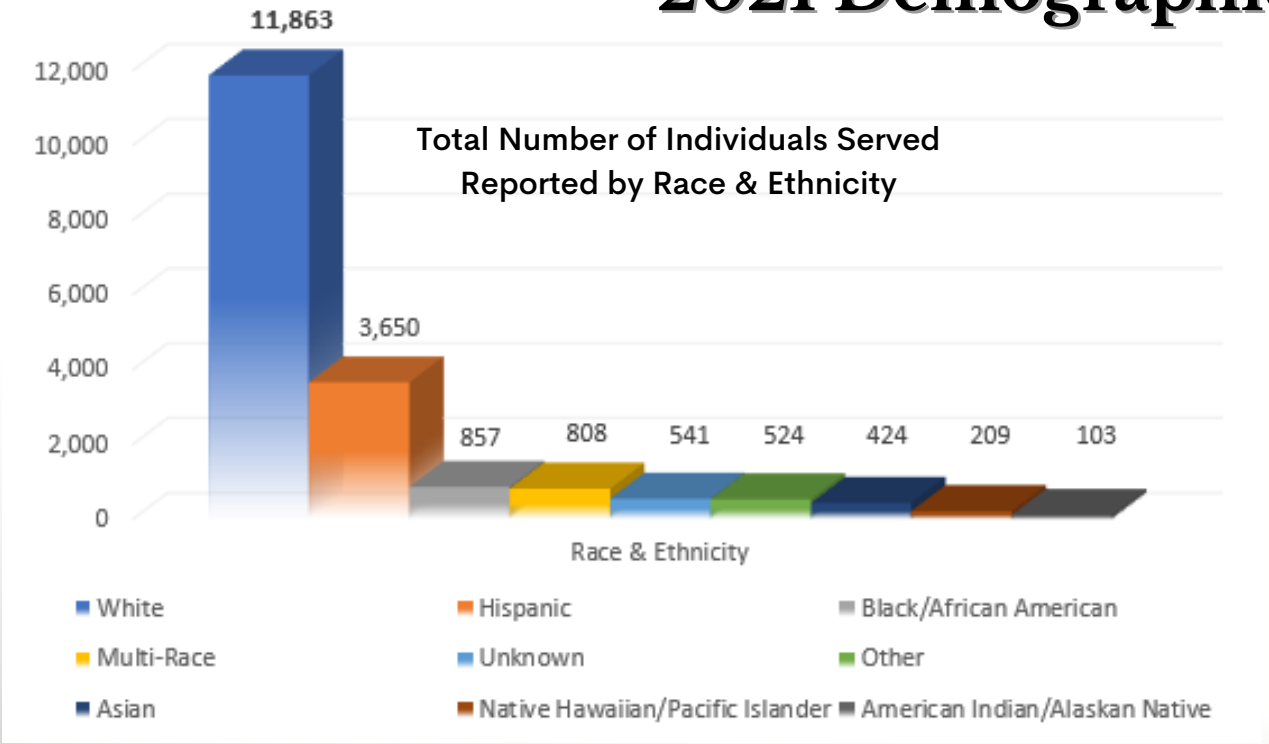
FY 2021 Funding 15

Service Area and Programs Map

Upper Des Moines Opportunity, Inc. offers core programs across twelve counties in Northwest and North Central Iowa. Due to programmatic boundaries, UDMO operates a select number of our programs and services in nine surrounding counties.



2021 Demographics



Assisted
18,979
Individuals
from
8,485
Households

Individuals and Households served included:

- 6,689 Households with income at or below 125% Federal Poverty Level
- 6,584 Children
- 1,278 Single Moms & 150 Single Dads
- 3,521Seniors
- 423 Veterans & Active Military
- 3,378 with a Disabling Condition

CHILD & ADULT CARE FOOD PROGRAM

Fiscal Year 2021 Provider Reimbursements: $359,758

Serving the Counties of:

Buena Vista
Clay
Dickinson
Emmet
Lyon
O'Brien
Osceola
Palo Alto
Pocahontas
Sioux

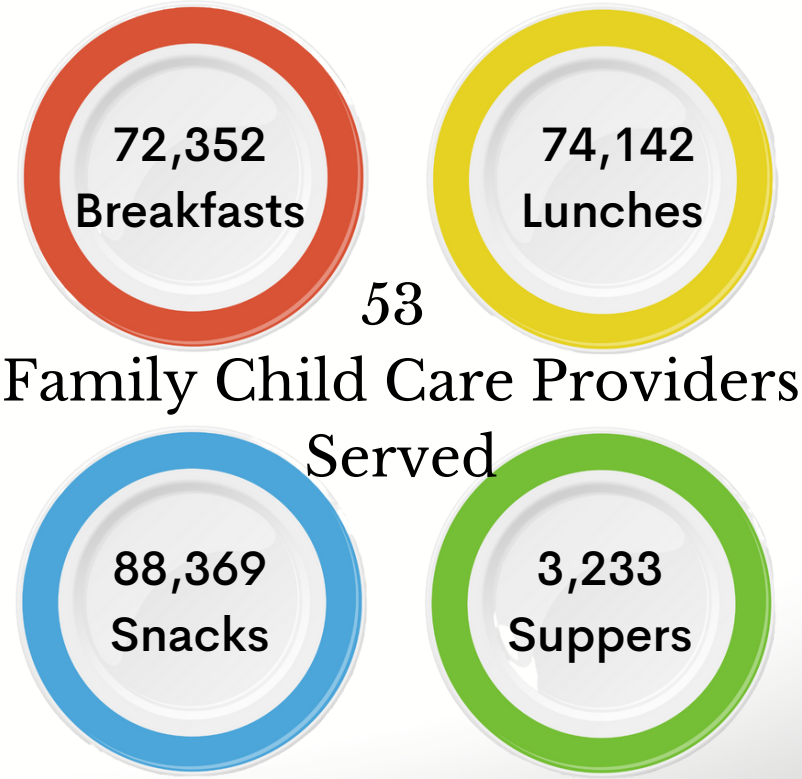
Funded by:

USDA

UDMO is a Sponsor Agency for the child care home Child and Adult Care Food Program (CACFP). CACFP is a federally funded program that provides meal reimbursements for nutritious meals and snacks served to children in child care homes.

The objectives of CACFP are to:

- Provide a subsidy to eligible child and adult care institutions for serving nutritious meals
- Serve nutritious meals and snacks to children and adults in care
- Foster lifelong healthy eating and physical activity habits



53 Family Child Care Providers Served

Start simple with MyPlate

FY21 Total WIC Participants: 2,870

UPPER DES MOINES OPPORTUNITY, INC.

The Women, Infant, & Children (WIC) Program aims to prevent children's health problems and improve their health, growth and development. The program promotes exclusive breastfeeding as the norm for all mothers and babies. Three Certified Lactation Consultants collaborate with local Lactation Consultants at area birthing hospitals to provide the best breastfeeding information and support to all participants.

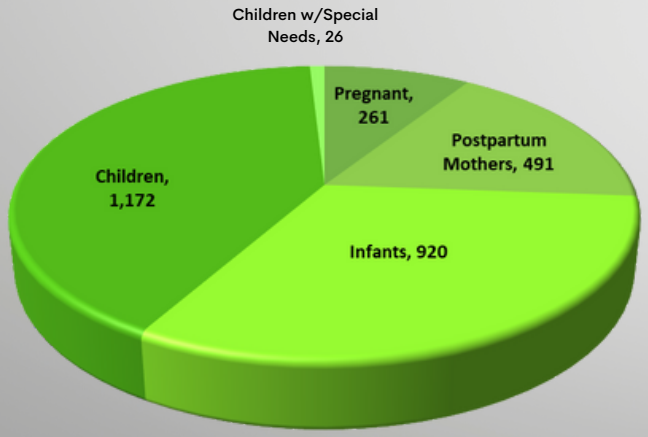
Accomplishments in FY21:

- WIC returned to in person appointments, with options to do virtual appointments:
  - Maintained connections to serve participants
  - New participants received benefits sooner due to not having to wait until clinic in their service area
  - Participants expressed appreciation for the alternative service delivery
  - Staff offered appointments outside standard clinic hours
- WIC Nurse become Car Seat Certified
  - Access to new free car seats
    - 12 WIC Families & 3 Outreach Families received new car seats in FY21
- Free Breast Pumps available to Medicaid and non-Medicaid WIC participants
- WIC Staff use the Heart Button motivational interviewing/counseling technique with all participants - opens participants up to new beginnings, better lives, and new attitudes triggering positive nutritional related behavioral change

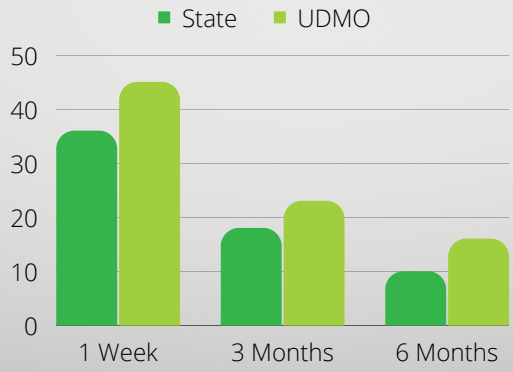
Serving the Counties of:

Buena Vista
Clay
Dickinson
Emmet
O'Brien
Osceola
Palo Alto

Breakdown of Participants



Breastfeeding Rates



Head Start & Early Head Start

Upper Des Moines Opportunity, Inc. Early Childhood Programs strive to provide the highest quality of comprehensive early childhood services for children birth to five. Head Start and Early Head Start classrooms are accredited by the National Association for the Education of Young Children (NAEYC).

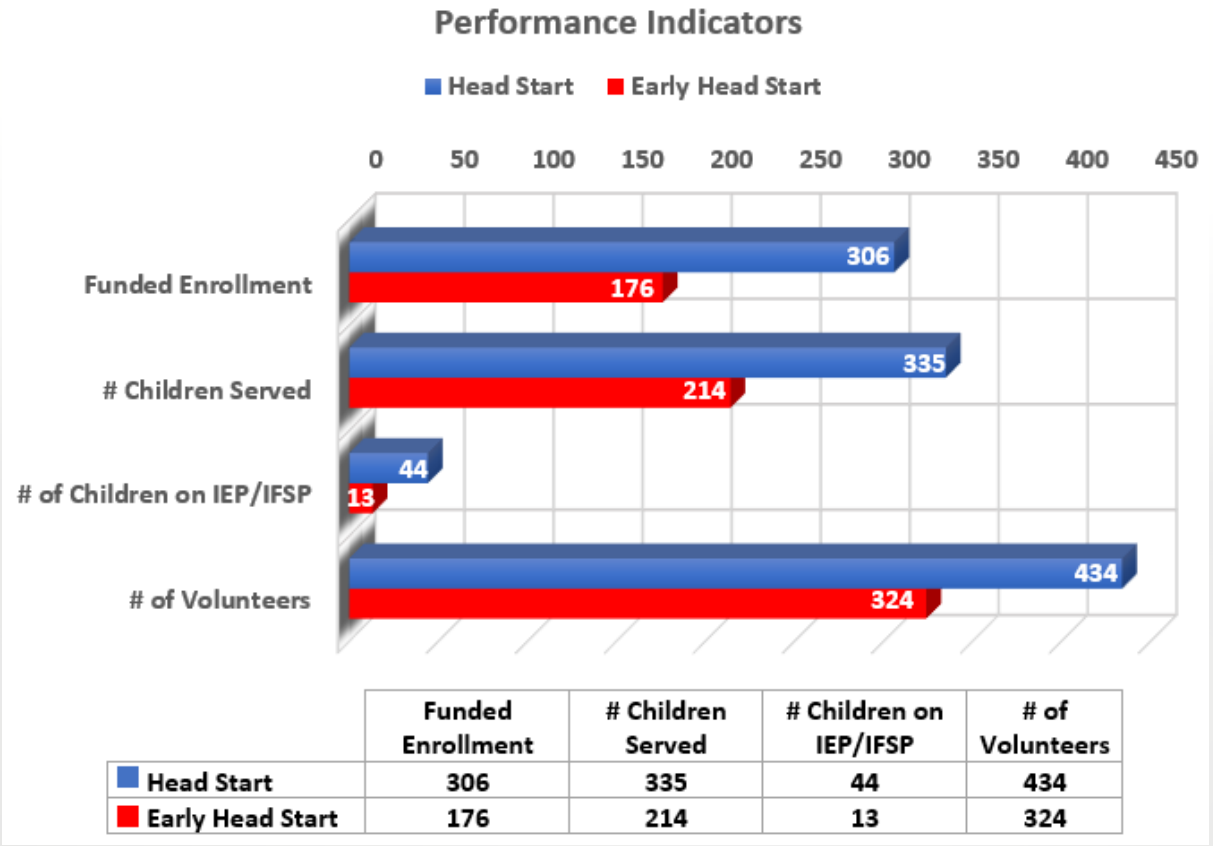
Serving the Counties of:

Buena Vista*
Clay*
Dickinson
Emmet*
O'Brien
Osceola
Palo Alto
Pocahontas

*Offers HS & EHS

Program Curriculum

TeachingStrategies®
The Creative Curriculum®



	Funded Enrollment	# Children Served	# Children on IEP/IFSP	# of Volunteers
Head Start	306	335	44	434
Early Head Start	176	214	13	324

Family Demographics

	Early Head Start	Head Start
# Served	188	333
% of Children from Single Parent Homes	53%	54%
% of Children from Two Parent Homes	47%	46%
% of Parents with less than a High School Diploma	45%	39%
% of Children Categorically Eligible or Incomes Below 100% Poverty Guidelines	94%	73%

A complete Head Start/Early Head Start 2020-2021 School Year Annual Report can be found on our website: http://www.udmo.com/HeadStart.htm

naeyc Accredited

A Comprehensive Family Support Program Serving Families with Children Ages Birth to 5 Since 1990.

K.I.D.S.

Hand in Hand

Serving the Counties of:

Clay
Dickinson
Emmet
Kossuth
O'Brien
Osceola
Palo Alto

586
Home Visits with Families

74	261	128
Families	Children	Parents

In 2020, the KIDS Program accepted the Hand in Hand Program under its umbrella. Combined, the two programs support primary and secondary caregivers to promote the overall health and well-being of the child. Together, KIDS and Hand in Hand have presented annual parent support trainings/meetings utilizing Parents as Teachers and Positive Solutions for Families. The program staff have also facilitated the local child abuse prevention coalition activities to create awareness of child abuse prevention across the service area.

Sample of Parent Chosen Topics of Interest:

- Being preschool/school read
- Bedtime routines
- Learning colors and numbers
- Bonding and attachment
- Potty training
- Developmental concerns
- Tips for helping children share
- Challenges of being a parent
- Financial concerns
- Tips for dealing with challenging behaviors

Funded in Part by Grants From:

Prevent Child Abuse Iowa

Additional Visits, Training & Technical Assistance to Secondary Caregivers

11	654
Early Care Programs	Children

Certified Providers of

Parents as Teachers

Promoting, empowering, and nurturing families toward economic self-sufficiency and family stability.

FaDSS core services include:

- Assessment & Screening
- Family-Driven Goal Setting
- Referrals to Community Resources & Supports
- Advocacy & Self-Empowerment

Participant Demographics:

- 139 families received services
- 67 families completed or were exited from the program during the reporting period, including 129 children (under the age of 18)
- 89% of families are headed by a female
- 45% of families are headed by an individual aged 24-34

Serving the Counties of:

Buena Vista
Emmet
Hamilton
Humboldt
Palo Alto
Pocahontas
Webster
Wright

Local Program Goals: Indicator	Quarter 4 (Year End)	Target	State Average
Goal: To understand changes in family stability from enrollment to exit.			
% of families that experienced positive changes in childcare	24%	40%	23%
% of families who set a goal and experienced positive changes in childcare	32%	60%	29%
% of families who experienced positive changes in employment	45%	40%	34%
% of families who set a goal and experienced positive changes in employment	46%	60%	40%
Goal: Maximize family engagement.			
% of families who complete 7 months of transition	43%	65%	31%
Average number of monthly contacts	3.7	3	4.85
% of families referred who enroll into the FaDSS program (recruitment rate)	67%	85%	57%
Goal: Maximize the number of families with increased income.			
% of families involved in activities to increase work preparedness	81%	75%	65%
% of families that have submitted applications for SSI/SSDI	15%	60%	16%
% of families exited due to increased income	58%	60%	31%

State Contract Measure	UDMO FY 21	FY 21 Target	State FY 21 Average
Families involved in at least one work preparedness activity.	81%	70%	65%
Families exiting FaDSS with increased income.	63%	47%	49%
Adult family member(s) with a substantiated mental health barrier that accessed treatment.	93%	90%	91%
Adult family member(s) with a substantiated substance abuse barrier that accessed treatment.	92%	90%	86%
Families experiencing domestic violence that received help.	100%	90%	85%
Employed families with child care issues that have addressed those issues.	62%	60%	50%
Families with age eligible children (0-5) co-enrolled in an early childhood program.	41%	60%	44%
Families receiving transition services after the last month of FIP.	76%	65%	57%

A complete FaDSS Annual Report
can be found on our website: http://www.udmo.com/FaDSS.htm

Self-Sufficiency Advocates for Individual Life Skills (SAIL)

SAIL is a family-level initiative created in 2016 following the FaDSS program model. The strength-based approach addresses one or more causes or conditions of poverty, with clearly defined and measurable outcomes. Two Family Support Coordinators work with families across the 12 county area.

110 Households Served

60 Families Exited from the Program

Serving the Counties of:

Buena Vista
Clay
Dickinson
Emmet
Hamilton
Humboldt
O'Brien
Osceola
Palo Alto
Pocahontas
Webster
Wright

2021 SAIL Program Outcomes

- 55% of households improved their home environment
- 65% of households increased their nutritional skills
- 62% of households demonstrated improved physical health and well being
- 100% of homeless households maintained safe temporary shelter
- 63% of households maintained safe and affordable housing for 90 days
- 64% of households achieved and maintained ability to meet basic needs

UDMO Outreach Programs Assisted 18,979 Individuals from 8,485 Households in FY2021

9,670 Individuals
Food Programs

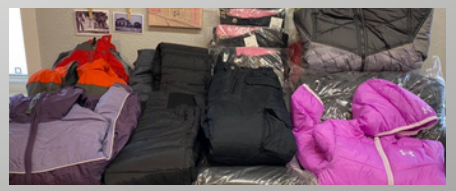
9,298 Individuals
Holiday Projects

Serving the Counties of:
Buena Vista
Clay
Dickinson
Emmet
Hamilton
Humboldt
O'Brien
Osceola
Palo Alto
Pocahontas
Webster
Wright

Upper Des Moines Opportunity Inc. (UDMO) has nearly 60 years of mission driven work helping to build stronger communities by addressing the effects of poverty on individuals and families. We collaborate with community partners to provide appropriate support to the entire family system through a variety of holistic services. To meet the needs of individuals, UDMO has fully staffed outreach office sites in each county. Food Programs and Holiday Projects are the most commonly used programs. These often lead to individuals accessing additional programs.

Other Commonly Used Outreach Programs:

Program Name	# Individuals Served
Baby Room	327
Back to School	1535
Coats for Kids	786
Embrace Iowa	202
Energy Programs	5214
Rent Assistance Programs	421
Senior Programs	449
Transportation	203
Youth Development	537



Housing Programs:
Emergency Solutions Grant (ESG)
Tenant Based Rental Assistance (TBRA)
Assisted 219 Individuals from 105 Households

IOWA FINANCE AUTHORITY

Upper Des Moines Opportunity, Inc. offers the ESG program, a federal program of the U.S. Department of Housing and Urban Development granted through Iowa Finance Authority. It is designed to assist income eligible people to quickly regain stability in permanent housing after experiencing a housing crisis and/or homelessness. UDMO Housing also oversees the Coordinated Entry for our Region. This is a process used to assess and assist in meeting the housing needs of people at risk of homelessness and people experiencing homelessness. The process prioritizes the highest barriers to housing instead of a "first come, first served' approach. More information can be found at: https://iaboscoc.org/regions

Additional short-term CARES funding allowed more households to be served in FY21 than in years past. Additionally UDMO Outreach can assist with housing needs for those who don't meet ESG or TBRA eligibility.

Serving the Counties of:

Buena Vista
Calhoun
Clay
Dickinson
Emmet
Hamilton
Humboldt
O'Brien
Osceola
Palo Alto
Pocahontas
Sac
Webster
Wright

Combined, All UDMO Housing Assistance Programs Helped:

555 Households Obtain Safe & Affordable Housing

555 Households Avoid Eviction

28 Households Experiencing Homelessness Obtain Safe Temporary Shelter

Fact from The Peer to Peer Homelessness Symposium April 2021:
66.5% of individuals become homeless due to personal bankruptcies that are linked to medical bills or illness.

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

-twelve-

EQUAL HOUSING OPPORTUNITY

FY21 LIHEAP Allotment: $2,244,320.00
Total Households Served: 5,091
Total Individuals Served: 10,564
Average Assistance: $440 per Household

LIHEAP

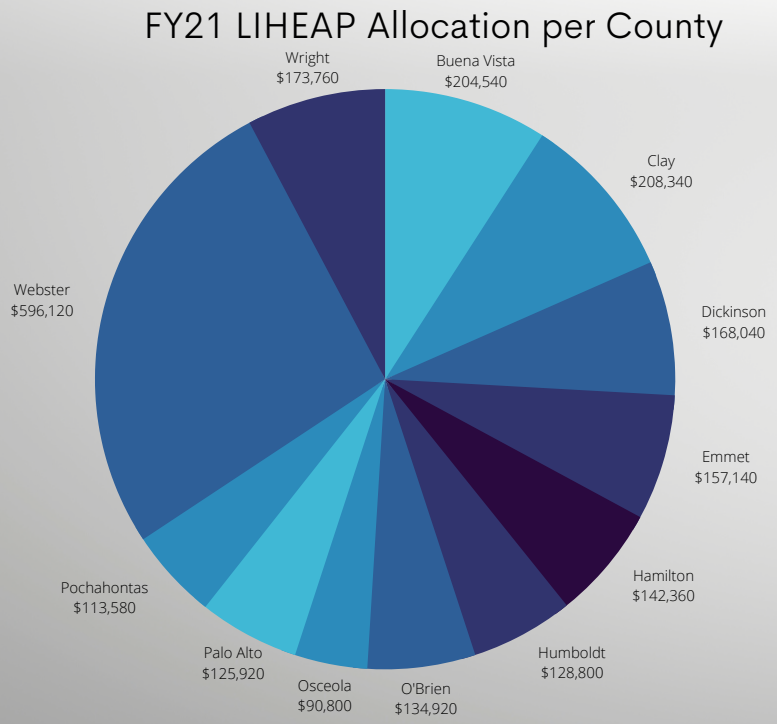
Serving the Counties of:

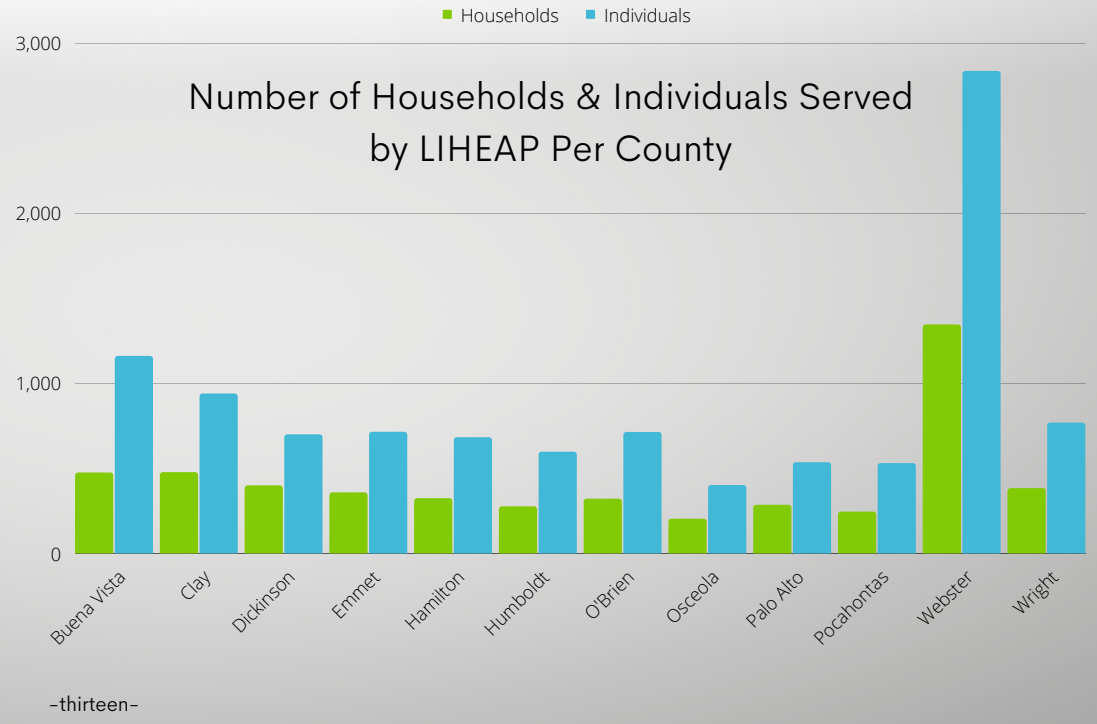
Buena Vista
Clay
Dickinson
Emmet
Hamilton
Humboldt
O'Brien
Osceola
Palo Alto
Pocahontas
Webster
Wright

The Low-Income Home Energy Assistance program was established to help low-income homeowners and renters pay for a portion of their primary heating costs (oil, electric, natural gas, propane and wood) for the winter heating season. The assistance is based on household income, household size, type of fuel and type of housing.

As a result of the ongoing impacts of the COVID-19 Pandemic, the FY21 income guidelines were raised from 175% Federal Poverty Level to 200% Federal Poverty Level. This represents an increased income eligibility from $46,375 annually up to $53,000 annually for a household of 4.

In FY21, UDMO also served 278 households through the Crisis CARES Program and 793 households through the Energy Crisis Programs including: furnace repair & replacement, reconnection fees, utility deposits, fans, space heaters, and service continuity.



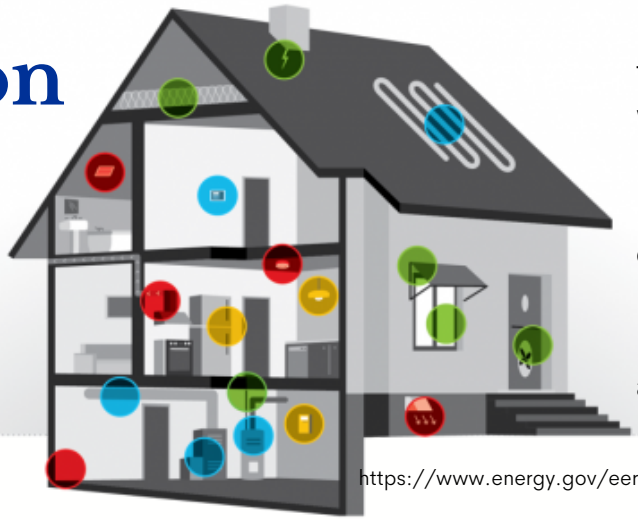


Weatherization

Weatherization Works

Serving the Counties of:

Buena Vista
Clay
Cerro Gordo
Dickinson
Emmet
Hamilton
Hancock
Humboldt
Kossuth
O'Brien
Osceola
Palo Alto
Pocahontas
Webster
Winnebago
Worth
Wright



https://www.energy.gov/eere/wap/whole-house-weatherization

The purpose of the Weatherization Assistance Program is to make the homes of low-income clients more energy efficient, thereby reducing the households' energy bills. The program also improves the health and safety of low-income homes.

MECHANICAL MEASURES

- Clean, tune, repair, or replace heating and/or cooling systems.
- Install duct and heating pipe insulation.
- Install programmable thermostats and other HVAC controls.
- Repair/replace water heaters.
- Install water heater tank insulation.
- Insulate water heating pipes.
- Install solar water heating systems.
- Install waste heat recovery devices.

HEALTH & SAFETY MEASURES

- Complete combustion appliance safety testing.
- Repair/replace vent systems to ensure combustion gas draft safely outside.
- Install mechanical ventilation to ensure adequate indoor air quality.
- Assess fire hazards. Install smoke and carbon monoxide alarms when needed.
- Evaluate mold/moisture hazards.
- Perform incidental safety repairs when needed.

BUILDING SHELL MEASURES

- Install wall, floor, ceiling, attic, and/or foundation insulation.
- Complete Blower Door Testing.
- Perform air sealing.
- Repair/replace primary windows/doors.
- Install storm windows/doors.
- Install window film/solar screens/window louvers and awnings.
- Repair minor roof and wall leaks prior to attic or wall insulation.

ELECTRIC BASELOAD MEASURES

- Install motor controls.
- Install efficient light sources.
- Replace refrigerators and freezers with energy efficient models.

Completed 103 Homes

Served 226 Individuals

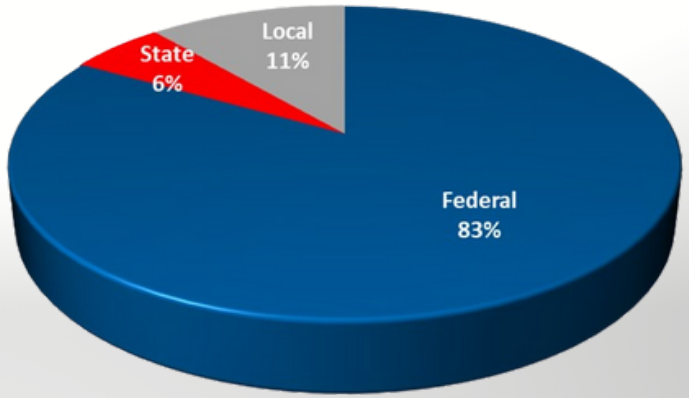
Over $1.5 Million put back into Communities

2021 Funding Sources

UDMO 2021 Audit

Federal Funding	
CARES - Early Head Start	$54,089
CARES - Emergency Solutions Grant	$245,166
CARES - Head Start	$142,538
Child and Adult Care Food Program (CACFP)	$424,483
Community Service Block Grant (CSBG)	$450,197
CSBG CARES Supplemental	$236,814
DPI Food Reimbursement	$342,225
Early Head Start	$2,871,531
Emergency Solutions Grant (ESG)	$172,525
Family Development and Self-Sufficiency (FaDSS)	$123,629
Family Development and Self-Sufficiency (FaDSS) - Pandemic Emergency Assistance Funds	$1,081
Farmers Market Nutrition Program	$128
Head Start	$3,415,310
In-Kind	$420,335
LIHEAP CARES Supplemental	$203,695
Low-Income Home Energy Assistance (LIHEAP)	$3,083,243
Promoting Safe and Stable Families (KIDS)	$148,849
Temporary Assistance for Needy Families (TANF)	$24,479
Tenant-Based Rental Assistance Program (TBRA)	$39,794
Weatherization - HEAP	$415,967
Weatherization Assistance Program	$930,087
Women, Infants and Children (WIC)	$411,055
Wraparound Child Care	$456,235
Sub Total Federal Funding	**$14,613,455**

State Funding	
De-categorization (NWECI)	$67,873
Family Development and Self-Sufficiency (FaDSS)	$143,673
ICAA - Iowa Rent and Utility Assistance Program	$37,399
Individual Assistance Program (Disaster)	$884
Prevent Child Abuse Iowa (KIDS)	$26,556
Shared Visions	$162,425
Statewide Voluntary Preschool	$517,427
Sub Total State Funding	**$956,237**



Local Funding	
Cities and Counties	$243,371
Corporations	$45,000
Donations	$660,440
Foundations & Trusts	$10,300
Home Apartment Rent/Other Rent	$197,769
Other Income	$20,676
SBA PPP Loan Forgiveness	$356,771
United Way	$29,700
Weatherization - Utilities	$417,056
Sub Total Local Funding	**$1,981,083**