

Annual Report

UDMO

Helping People. Changing Lives.

2025

OCTOBER 2024 TO SEPTEMBER 2025

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Meet the FY2025 Board Of Directors

The 16 member Tripartite Board, representing the low-income, private and public sectors is responsible for policymaking and program governance. This structure provides for input from all sectors, allowing UDMO to create programming that best meets the needs of citizens in the counties in which we operate.

Officers:

Rick Rasmussen, President

Ron Graettinger, Vice President

Glen Bohmer, Secretary/Treasurer

Sector 1 - Dickinson, Emmet, Osceola

Stephen Dullard, Public

Glenn Bohmer, Private

Lois Boersma, Consumer

Sector 2 - Palo Alto, Clay, O'Brien

Ron Graettinger, Public

Travis Johnson, Private/Legal

Mariah Martinez, Consumer/Head Start

Sector 3 - Buena Vista, Pocahontas, Humboldt

Dan Hartman, Public

Clarence Siepker, Private

Jennifer Hansen, Private/Accounting

Sector 4 - Webster, Wright & Hamilton

Nathan Montgomery, Public

Rick Rasmussen, Private

Amy Ouphachack, Consumer

At-Large

Mary Clausen, Private

Bruce Reimers, Public

Jennifer Sammons, Consumer/Education

Kodie Borchers, Consumer/HS PC

A Word from Our Executive Director

The past fiscal year brought both change and opportunity for UDMO (Upper Des Moines Opportunity, Inc.). As community needs continued to evolve, the agency remained focused on its mission of strengthening families and supporting communities across our service area.

Throughout the year, UDMO actively engaged in legislative education and advocacy to help ensure continued support for programs serving children and families. At the same time, the organization navigated program transitions, expanded services in key areas, and launched new initiatives to better meet emerging needs.

These efforts were supported by dedicated staff, strong community partnerships, and ongoing investment in training and program improvement. The following highlights reflect important developments, accomplishments, and changes that shaped UDMO's work during fiscal year October 2024 through September 2025.

A handwritten signature in black ink that reads "Julie Edwards". The signature is written in a cursive, flowing style.

Julie Edwards, Executive Director

Key Accomplishments and Activities

Legislative Advocacy with Policy Makers

- Sustained strong state and federal advocacy to secure key funding
- Hosted legislative forum, in-person visits and conducted outreach in Des Moines and Washington, D.C.

Program Updates

- Discontinued Programs
 - WRAP → Child Care Assistance: Child care hours reduced; participation dropped from 90 to fewer than 20 children.
 - CACFP In-Home: Discontinued due to fewer providers; services continue via MICA partnership
- New / Expanded Programs
 - KIDS: Transitioned to navigation across 8 counties; home visiting continues in Palo Alto and expanded to Winnebago
 - Healthy Kids Iowa (HKI): Launched statewide; 3,200 food boxes distributed by UDMO (June–August)
 - MIECHV: Jessie Hansen lead launch of Maternal, Infant & Early Childhood Home Visiting in Webster County

Staff Training & Achievements

- LEWIS & EmpowOR: Two new data systems implemented simultaneously.
- Directors & Coordinators strengthened leadership skills to better support front line staff.
- Shakira Meyer, Development Director, earned National Certified ROMA Implementer designation.

Noteworthy Events

- Spencer Outreach renovations completed post-flood; UDMO recognized for disaster response by Iowa Environmental Council
- Welcomed three active new board members: Steven Dullard, Mary Clausen, Nathan Montgomery.

Our Team and Our Annual Reinvestment

185
Employees

A white icon representing a group of people, consisting of several stylized human figures of varying heights and colors (grey, white, and light blue) arranged in a cluster.

\$20,013,539
Community
Reinvestment

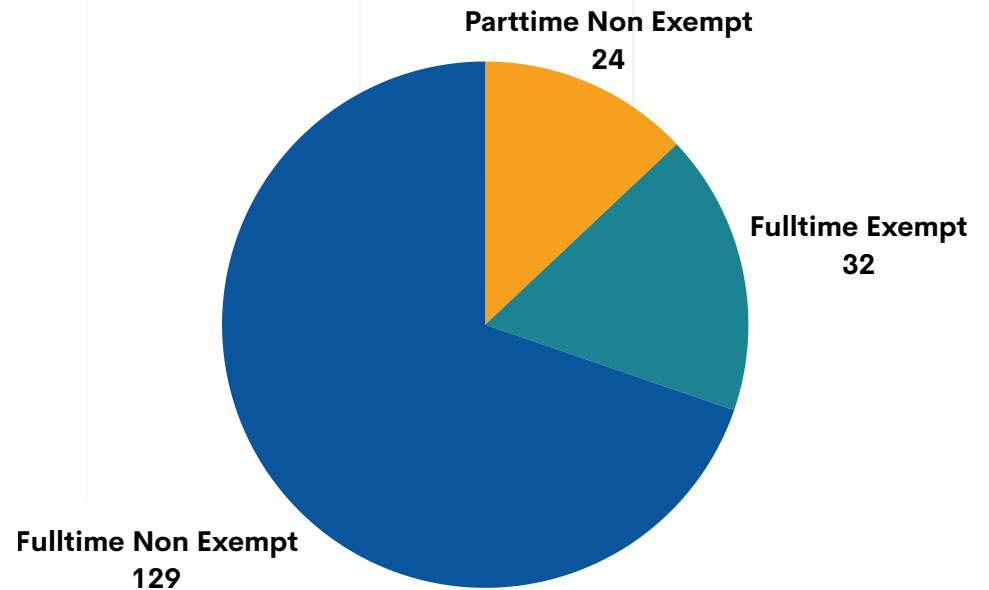
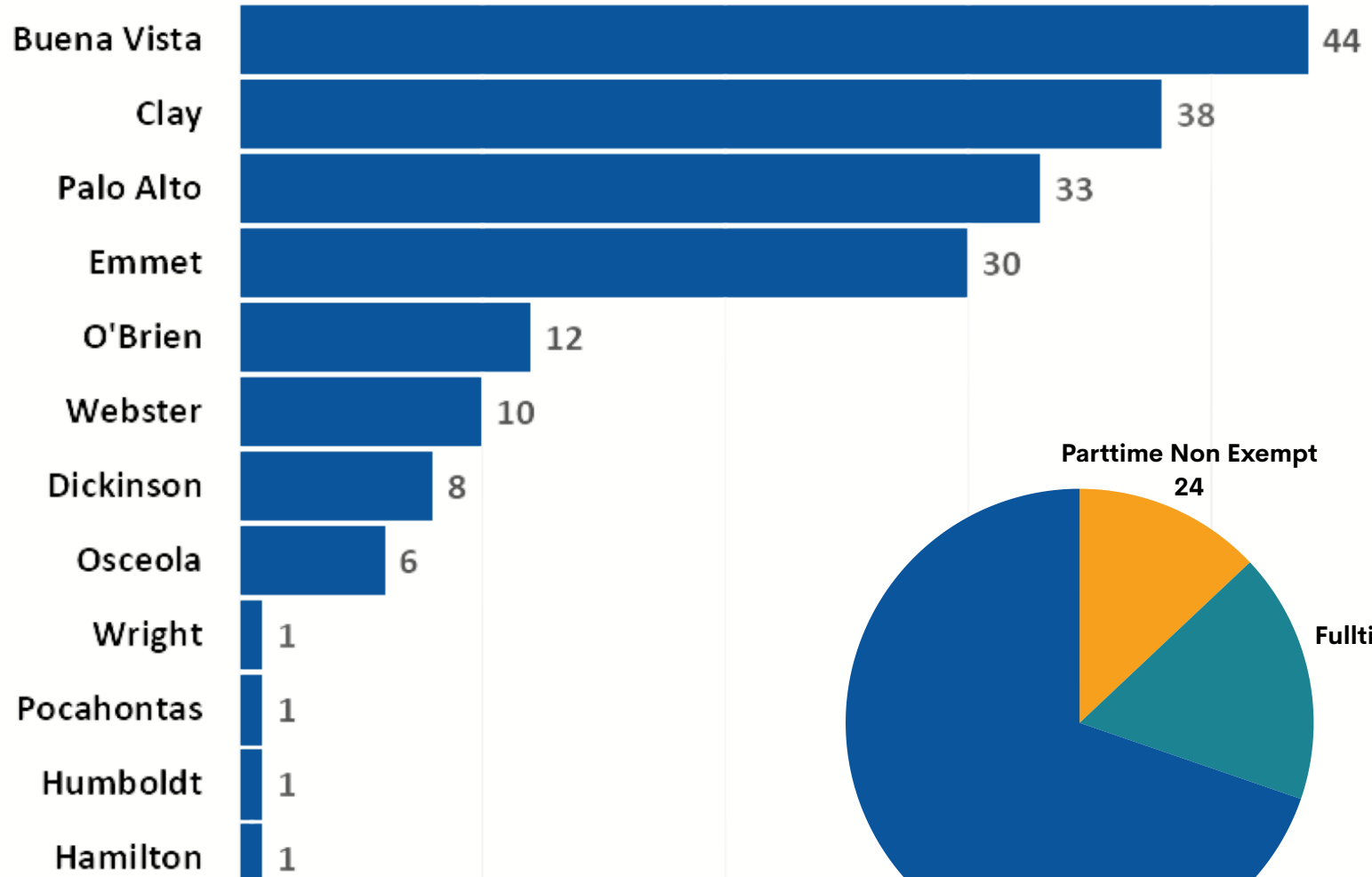
FY2025 Leadership Team

Julie Edwards, Executive Director
Tyler Henderson, Fiscal Director
Tiffany Harris, Human Resources Director
Shakira Meyer, Development Director
Elisa Umscheid, Information Technology Director

Sarina Smith, Head Start Director
Alisa Schlieff, Family Services Director
Shelly Charapata, Energy Program Director
Kyle Dietrich, Weatherization Director
Tanya Petersen, Housing Director
Jessie Hansen, Early Childhood Services Director

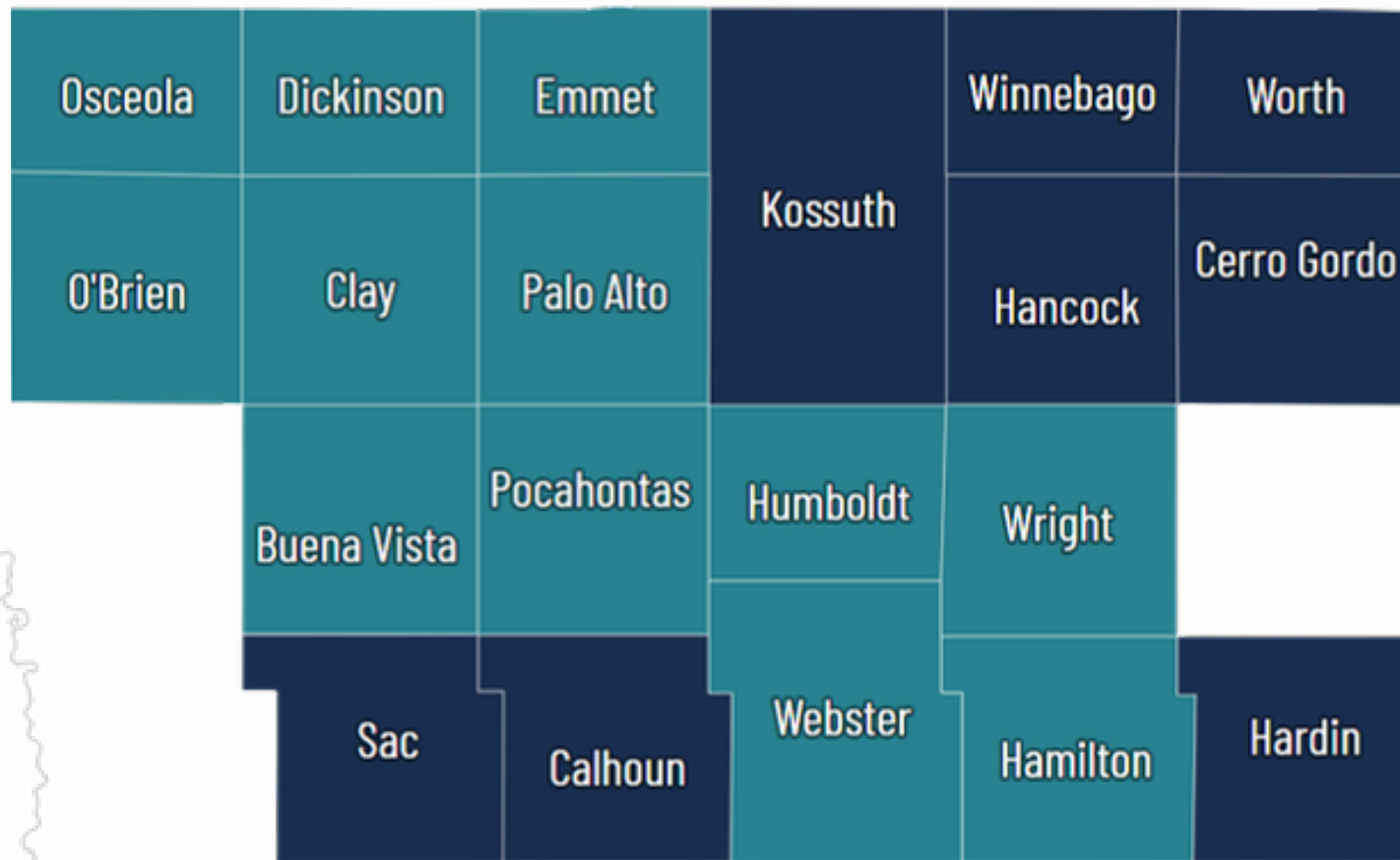
Employee Status

Number of Employees by County

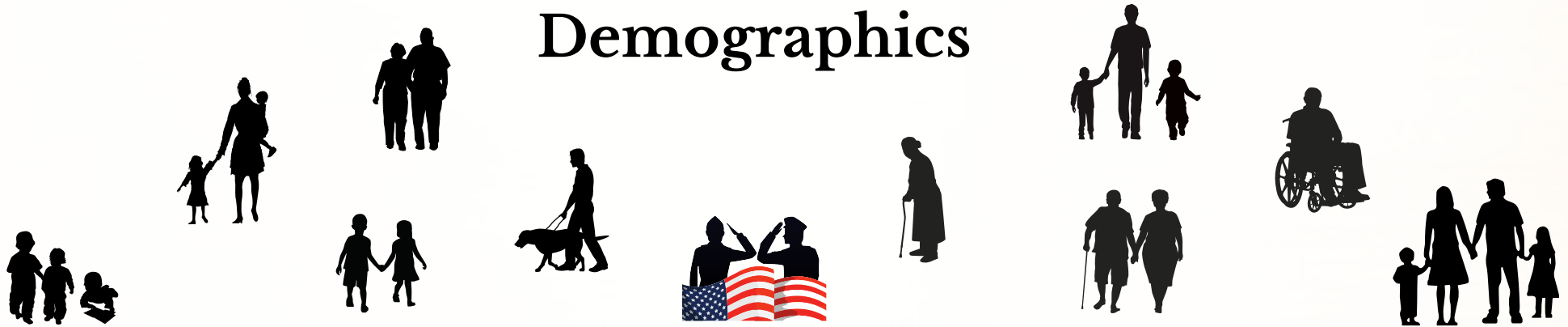


Service Area

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 eight surrounding counties.



Demographics



**UDMO Assisted
16,228
Individuals
from
7,918
Households**

Individuals and Households assisted included:

- **5,335 Children**
- **3,654 Employed Adults**
- **3,528 Seniors (age 60+)**
- **2,965 Individuals with a Disabling Condition**
- **1,792 Retirees**
- **1,124 Single Moms**
- **112 Single Dads**
- **399 Veterans & Active Military**

**Individuals may be duplicated in above reporting*



UDMO OUTREACH PROGRAMS

Outreach is the front door of Community Action, offering information, referrals and a variety of programs to assist individuals and families in need.

Serving the
Counties of:

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

Most Commonly Used Outreach Programs Include:

Food Assistance, Non-Food/Hygiene Assistance, Utility Assistance, and Children's Programs

In FY25 UDMO Outreach Provided a Value of Over \$3.4 Million in Assistance to over *16,200 Individuals from nearly 8,000 Households:

**64% of all Individuals
Received
Food Assistance**

**56% of all Households
Received Utility
Assistance**

**Unduplicated:*

While the families and individuals served may benefit from more than one program they were only counted once during the year.

Funded in Part by:
Community Services Block Grant (CSBG)
Local Grants, Contributions and Donations



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

LIHEAP was established to:

- Help low-income homeowners and renters pay a **portion** of their **primary heating costs** for the winter heating season
- Encourage **regular** utility payments
- Encourage **reduction of energy usage** through energy efficiency and education

Serving the
Counties of:

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

One time Payment:
\$493 Average Assistance per Household

\$2,194,600

**FY25 LIHEAP
Regular
Assistance
Paid**

A Program of:
The U.S. Department of
Health & Human Services
Administration for Children & Families

4,455

**Households
Assisted**

*LIHEAP is a Federally Funded Program,
Participating Households must meet all
Eligibility Requirements

\$369,629.26

**ECIP Assisting
1,138 Households**

ECIP (Energy Crisis Program)
*Limited Availability



WEATHERIZATION

The Weatherization Program helps **reduce energy costs** for low-income families, particularly for the elderly, people with disabilities, and children by **improving the energy efficiency** of their homes while ensuring their health and safety.

Serving the
Counties of:

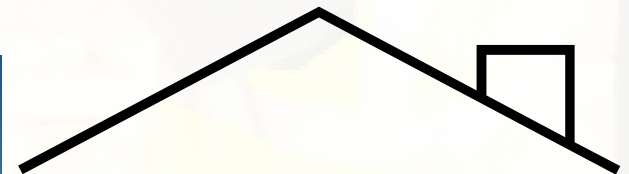
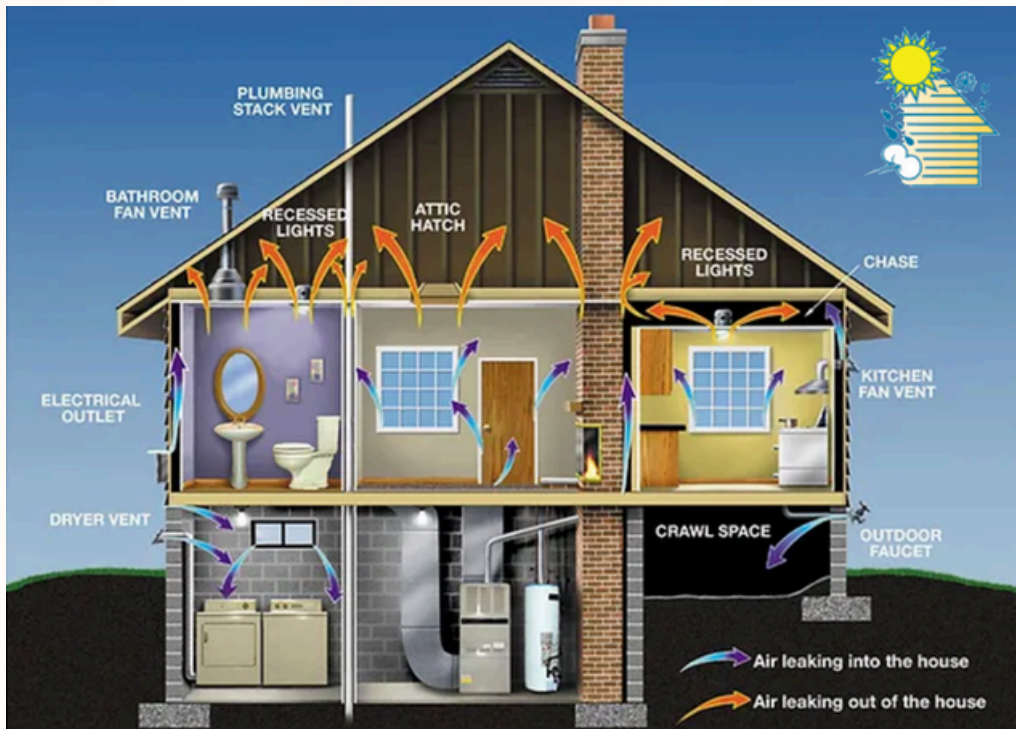
Buena Vista
Clay
Cerro Gordo
Dickinson
Emmet
Hamilton
Hancock
Humboldt
Kossuth
O'Brien
Osceola
Palo Alto
Pocahontas
Webster
Winnebago
Worth
Wright

A Program of:
U.S. Department
of Energy Iowa
Department of
Health & Human
Services

Over \$1,529,143
Reinvested back into
Communities

126
Completed
Homes

\$12,136
Average Value of
Improvements per Home



Improvements may include:

- Insulation of attics, walls, and crawl spaces
- Infiltration work such as caulking, sealing, and weather-stripping doors and windows
- Furnace repair and replacement are also done on owner-occupied dwellings, as needed

Serving the
Counties of:

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

HOUSING PROGRAMS

Assisting income eligible people to quickly regain stability in permanent housing after experiencing a housing crisis and/or homelessness.

339 Individuals Assisted from **171** Households
with over **\$765,266**
in Rent and Deposit Payments

- **50% Literally Homeless***
- **27% History of Domestic Violence**
- **32% with an Income Source**
- **43% were children under the age of 18**

***Literally Homeless: Individual or family who lacks a fixed, regular, and adequate nighttime residence, meaning:**

1. Has a primary nighttime residence that is a public or private **place not meant for human habitation**; or
2. Is living in a publicly or privately operated **shelter** designated to provide **temporary** living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations)
3. Is **exiting an institution** where (s)he has resided for 90 days or less **and** who resided in an **emergency shelter** or **place not meant for human habitation** immediately before entering that institution.



Emergency
Solutions Grant
(ESG)
Emergency Rental
Assistance (ERA)
Tenant Based
Rental Assistance
(TBRA)
Iowa CoC BoS
Rural Unsheltered
RRH (RSA)



Funded in Part by
Iowa Finance Authority and
Iowa Balance of State Continuum of Care

1st FIVE

Serving the
Counties of:

*Collaborative
Service Area 1*

Clay
Dickinson
Emmet
O'Brien
Osceola
Palo Alto

*Collaborative
Service Area 4*

Calhoun
Hamilton
Hardin
Humboldt
Pocahontas
Webster
Wright

1st Five promotes the medical communities use of developmental screening tools that **support healthy mental development** for young children during the **first five years** with standardized screenings at **9, 18 and 30** months of age.

Learn More: [FY24 Iowa HHS 1st Five Executive Summary](#)

FY25 Success:

- Increased referrals by **162%** in CSA 1 from FY24 to FY25
- Added **1 new practice** and **18 new medical providers**
- Built Community Partnerships that led to increased concrete supports for families and funding.

213 children received a referral from their medical provider

1,147 additional community resource connections were made for families

1

Primary Care Provider
Screens Child

2

Primary Care Provider
Refers Child

3

1st Five Makes
Connections

4

1st Five **Follows-up**
With Primary Care
Provider

Every dollar invested in early childhood yields an estimated \$4 to \$17 return on investment

CARES PROGRAM






COORDINATING ACCESS TO RESOURCES & ESSENTIAL SERVICES

Strong families build strong communities.

Launched in July 2025, UDMO CARES provides coordinated support, essential resources, and community partnerships to promote family well-being. This work strengthens protective factors and helps prevent child abuse through early intervention and ongoing support.

***Year 1 Performance Measure Data will be reported in the FY26 Annual Report.**

Our Work

	Resource Networks	Expanding community connections and support systems to better serve families in need.
	Essential Goods Support	Distributing diapers, hygiene items, infant supplies, clothing, school supplies, and other basic needs.
	Resource Navigation	Connecting families to applications, referrals, and community resources.
	Supportive Relationships	Helping families build lasting connections that support stability and well-being.
	Community Partnerships	Collaborating with volunteers, councils, and local providers to strengthen family supports.



Serving the Counties of:

Clay
Dickinson
Emmet
Kossuth
O'Brien
Osceola
Palo Alto
Winnebago

A Program
Funded
in Part By:
Iowa Department of Health
& Human Services



KIDS

KOMMUNITY INVOLVMENT DEVELOPMENT SUPPORT

Strengtheing Families. Supporting Healthy Child Development Since 1990.

Serving the
Counties of:

Clay
Dickinson
Emmet
Kossuth
O'Brien
Palo Alto

Family Support Worker Focus Areas



Child Development

- Developmental Concerns
- School Readiness
- Learning Skills
- Toilet Training



Parenting Support

- Challenging Behaviors
- Bedtime Routines
- Helping Children Share
- Parent Stress



Family Well-Being

- Financial Concerns
- Bonding & Attachment
- Caregiver Wellness

2025 IMPACT AT A GLANCE



100%

**Caregivers
Maintained**

or strengthened their
support systems



33%

**Enrolled
Prenatally**



4.65

**Average
Household
Size**



100%

**Caregivers
Improved**

mental, physical, and
behavioral well-being

Funded by Grants From:
Early Childhood Iowa

FADSS

IOWA FAMILY DEVELOPMENT AND SELF-SUFFICIENCY PROGRAM

[Link: UDMO FaDSS FY25 Annual Report](#)

Program Funded Enrollment: **76 Families, 108 Families Received Services**

- **60 Children**, under the age of 18 served
- **55%** of Head of Households or other adults were **Employed at Exit**
- **90%** of Families Engaged in **Work Preparedness Activities** (State Avg. = 60%)

**STRENGTHENING IOWA'S FAMILIES.
STRENGTHENING IOWA'S ECONOMY.**

SELF-SUFFICIENCY MATRIX – DOMAINS

 Housing	 Health	 Transportation
 Income	 Mental Health	 Employment
 Substance Abuse	 Parenting, Nurturing, & Attachment	 Child Care
 Support Network	 Support of Child Development	 Relationship with Partner
 Adult Education	 Legal	 Language

Serving the
Counties of:

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

A Program of:
Iowa Department of
Health & Human Services



HEAD START PRESCHOOL & EARLY HEAD START

A Program of:
The U.S. Department of
Health & Human
Services Administration
for Children & Families

Provides the highest quality of comprehensive early childhood
school readiness services for children birth to age five.
The community return on investment is **\$7** for every **\$1 invested**.

Link: [Head Start/Early Head Start 2024-2025 School Year Annual Report](#)

Serving the
Counties of:

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

*Offers HSP & EHS

Pregnancy Services

Connecting families with community resources that provide support with accessing food, housing, mental health services, etc.

27 Pregnant Moms enrolled & 44% Families Receiving Public Assistance



*Graphic from IHSA

Early Care & Education

Providing free, full-day* preschool & early education for children from birth to age 5 **at least six hours per day*

**540 Children age birth to age 5
420 received Full-day Preschool
94% of 4 year olds Meet and Exceed Developmental Expectations**

Nutrition Services

Providing healthy meals (breakfast, lunch and snacks) for children & access to nutrition supports for families

93,395 Healthy Meals Provided thru CACFP during the school year.

Parent Support & Engagement

Partnering with families to help them reach sufficiency goals & providing parenting support based on an evidence based curriculum

**Family Goal Progress:
90% Family Wellbeing
86% Positive Child Relationship**

Health & Wellness

Providing health screenings for children (medical, dental, hearing & vision) & supporting families with establishing medical & dental homes.

**98% of Children Completed a Medical Physical
71% of Children Received a Dental Exam**

CHILD & ADULT CARE FOOD PROGRAM (CACFP) FOR FAMILY CHILD CARE



Serving the
Counties of:

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

Funded by:
USDA

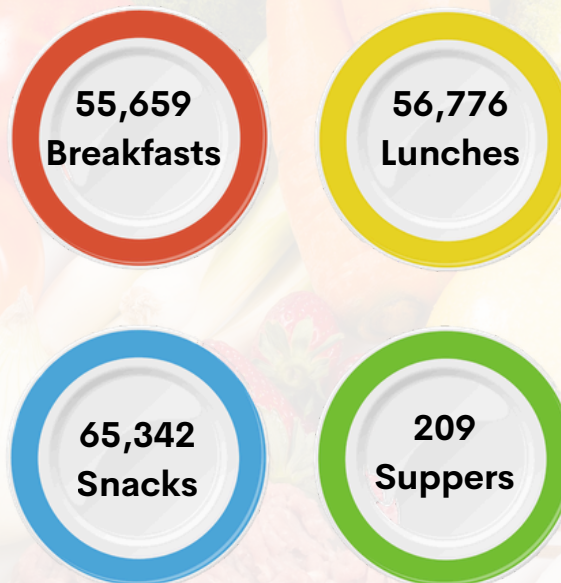
US Department of Agriculture program that provides meal reimbursements for nutritious meals and snacks served to children in family child care homes.

39 Family Childcare Providers
Participated

529 Children Fed Healthy Meals

177,986 Healthy Meals Provided

\$360,620 in Reimbursement
Paid to Providers



Start simple
with **MyPlate**



Grant Funding Impact:

Expands programs and reaches more people.



53 SUPPLEMENTAL GRANTS APPLIED

\$397K

*Foundations
Businesses
Other Partners*



35 SUPPLEMENTAL GRANTS AWARDED

\$281K

*70% Funding Secured
66% Grant Award Rate*



7 NEW PROGRAM GRANTS APPLIED

\$2.13M

State & Federal Opportunities

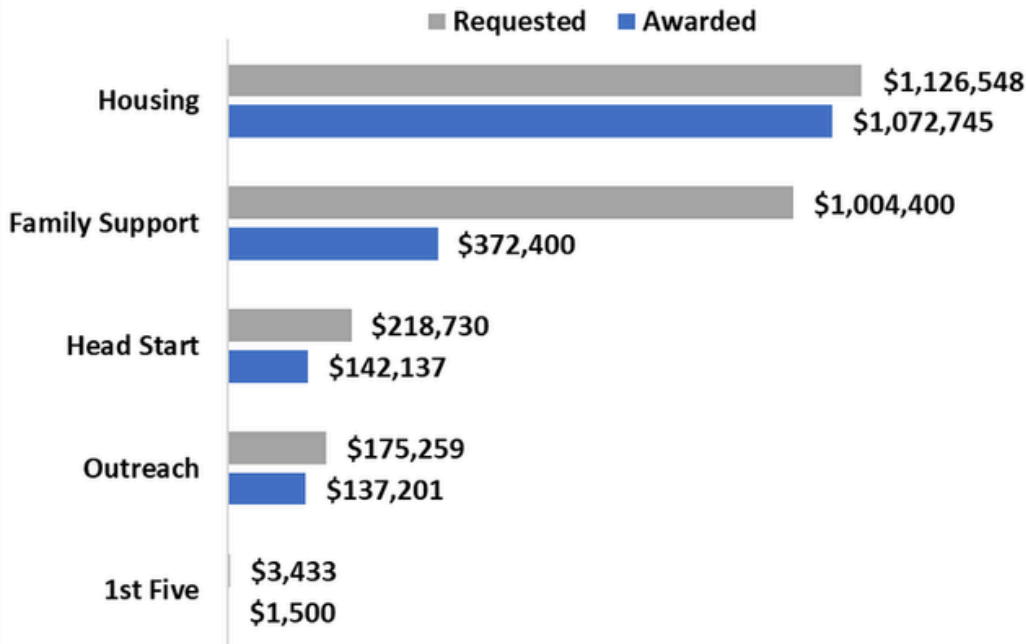


4 NEW PROGRAM GRANTS AWARDED

\$1.45M

*68% Funding Secured
57% Grant Award Rate*

Grant Funding Requested vs. Awarded by Program Area



Numbers reflect grants applied for and awarded during calendar year, January 1, 2025 to December 31, 2025



TOTAL APPLIED

\$2.53M



TOTAL AWARDED

\$1.73M

2025 Funding Sources

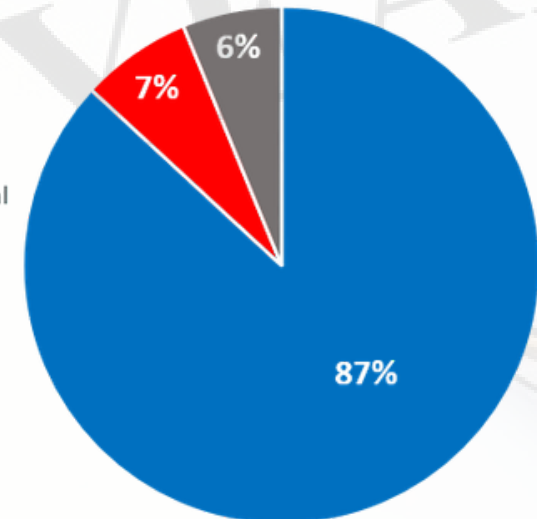
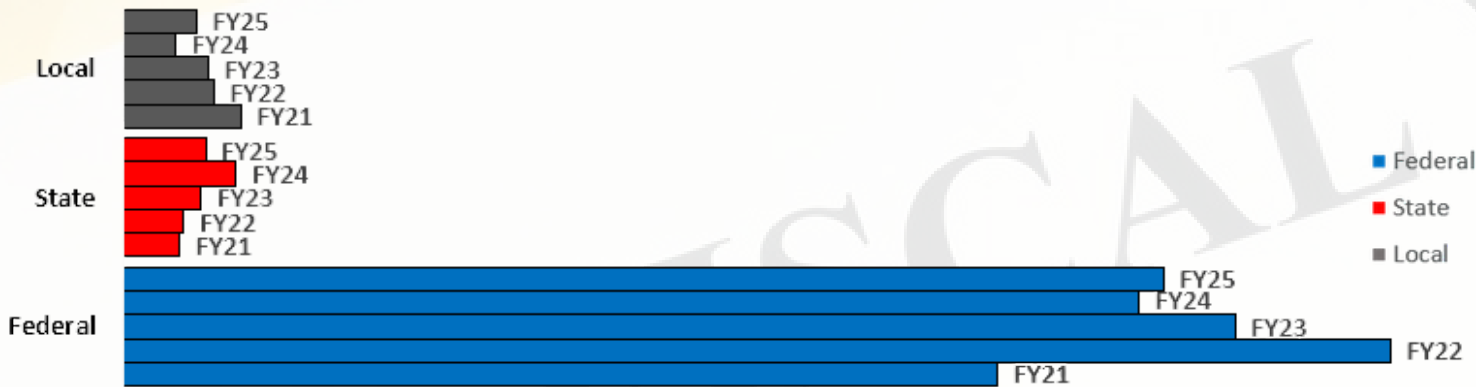
[Click Here to Access the UDMO 2025 Audit](#)

Federal Funding	
Community Service Block Grant (CSBG)	\$ 436,288
Low-Income Home Energy Assistance (LIHEAP)	\$ 2,757,165
Weatherization - HEAP	\$ 564,251
Weatherization - HEAP-3E	\$ 80,446
Weatherizaion - DOE/WAP	\$ 47,877
Weatherizaion - DOE-BIL/Infrastructure	\$ 1,015,100
Head Start	\$ 3,929,425
Early Head Start	\$ 3,142,899
Wraparound Child Care	\$ 261,744
In-Kind Head Start and Early Head Start	\$ 2,654,153
DPI Food Reimbursement (HS/EHS Food Program)	\$ 326,791
Child and Adult Care Food Program (CACFP)	\$ 360,620
Family Development and Self-Sufficiency (FaDSS)	\$ 144,953
Social Services and Demonstration (3DRP Diaper/FaDSS)	\$ 47,325
Promoting Safe and Stable Families (KIDS)	\$ 135,105
Community Based Child Abuse Prevention (KIDS)	\$ 68,940
Grants to States for Medicaid (1st Five)	\$ 141,569
Emergency Solutions Grant (ESG)	\$ 18,757
ERA1 and ERA2 - Emergency Rental Assistance	\$ 257,660
HOME-ARP Supportive Services Program	\$ 46,925
Tenant-Based Rental Assistance Program (TBRA)	\$ 361,759
CoC Unsheltered Rural Set Aside Rapid Rehousing	\$ 367,720
FEMA Disaster Relief Clay County	\$ 215,704
Sub Total Federal Funding	\$ 17,383,176

State Funding	
Disaster Programs - Assistance and Advocacy	\$ 175,272
Statewide Voluntary Preschool	\$ 506,549
Shared Visions	\$ 131,919
In-Kind Shared Visions	\$ 53,540
Family Development and Self-Sufficiency (FaDSS)	\$ 217,429
IQ4k Stipends (Head Start)	\$ 22,400
Child Care Assistance	\$ 1,320
1st Five (CSA1 and CSA4)	\$ 241,050
North Central Early Childhood Iowa (KIDS)	\$ 33,309
Decategorization/CPPC Funding	\$ 5,498
Iowa DNR Food Storage Grants	\$ 8,024
Sub Total State Funding	\$ 1,388,286

Local & Other Funding	
Cities and Counties	\$ 11,000
CHORE - Senior Assistance Program	\$ 12,600
Corporations	\$ 42,383
Donations	\$ 709,939
Foundations & Trusts	\$ 48,822
Home Apartment Rent/Other Rent	\$ 23,369
United Way	\$ 55,000
Weatherization - Utility Company Contributions	\$ 338,964
Sub Total Local Funding	\$ 1,242,077

5 Year Funding Trend (Local, State, & Federal)



*FY 21 to FY23 Federal Funding changes are due in part to ARPA/COVID-19 Funding that ended.