



First Friday News & Views



Iowa's LGBTQ+ Newsletter of the First Friday Breakfast Club

December 2024 | Volume 29 | Issue 12

Next Meeting
Friday,
December 6
7:00 a.m.



Location
Hoyt Sherman
15th & Woodland
Des Moines



Speaker
Kenneth
Bigham-
Tsai



Website
ffbc Iowa.org



A Crossroads Toward Inclusion

by Byron Huff, Board President



I hope that all of you can join First Friday Breakfast Club on Friday, December 6, to hear a message of inclusion from Iowa UMC Conference Bishop Kennetha Bigham-Tsai. Remember, you can join us via Zoom if the in-person meeting does not work for you!

The United Methodist Church (UMC), one of the largest Protestant denominations in the United States, has long grappled with issues of inclusion and equality, particularly concerning LGBTQ+ individuals. This journey reflects broader societal shifts and challenges, as well as the deep theological divides within the church. While the denomination as a whole has struggled to reach a unified stance, many congregations and clergy within the UMC have actively worked to affirm and embrace LGBTQ+ individuals, creating a growing movement toward inclusion.

The UMC's relationship with LGBTQ+ issues dates back decades. In 1972, the denomination's Book of Discipline--its governing document--introduced language stating that "homosexuality is incompatible with Christian teaching." This language became a point of contention, setting the stage for decades of debate over LGBTQ+ rights within the church, including same-sex marriage and the ordination of LGBTQ+ clergy.

Despite this official stance, progressive voices within the church have consistently called for change. In the 1980s and 1990s, advocacy groups such as the Reconciling Ministries Network emerged, working to promote full inclusion of LGBTQ+ people in the life of the church. These efforts gained momentum, especially as societal attitudes toward LGBTQ+ individuals shifted.



In recent years, the debate within the UMC has intensified. At the 2019 Special Session of the General Conference, delegates adopted the Traditional Plan, which reinforced prohibitions against same-sex marriage and LGBTQ+ clergy and strengthened penalties for violations. This decision caused significant backlash, particularly in the United States, where many clergy and congregations openly opposed the plan and continued to advocate for inclusion.

Progressive clergy and churches defied the Traditional Plan by officiating same-sex weddings and ordaining LGBTQ+ clergy, acts of resistance that underscored the growing divide within the denomination. At the same time, traditionalists argued for maintaining what they viewed as the church's biblical principles.

[continued on page 2]

["Crossroads Toward Inclusion" continued from page 1]

In response to this impasse, many UMC leaders began exploring ways to restructure the denomination to allow for greater inclusion. The proposed Protocol of Reconciliation and Grace Through Separation, announced in early 2020, offered a framework for amicable separation, allowing traditionalist congregations to form a new denomination while enabling the UMC to become more inclusive.

Since then, hundreds of congregations have chosen to disaffiliate from the UMC, primarily over the issue of LGBTQ+ inclusion. Meanwhile, those remaining within the UMC have taken significant steps toward affirming LGBTQ+ people. Many annual conferences--the regional bodies that govern church operations--have elected openly LGBTQ+ bishops and approved resolutions affirming same-sex marriage and LGBTQ+ clergy.

The shift has been particularly evident in the United States, where progressive voices have grown stronger. Congregations that identify as Reconciling Churches openly welcome LGBTQ+ individuals and advocate for their full participation in the life of the church.

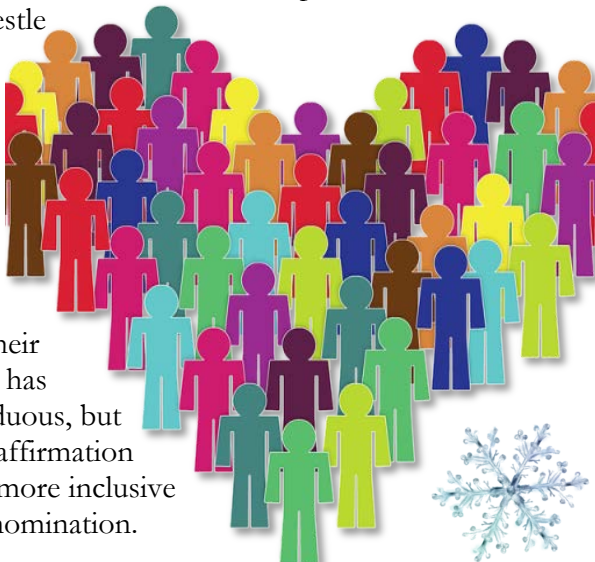
While the UMC is moving toward greater inclusion, challenges remain. The denomination's global nature--spanning Africa, Europe, Asia, and the Americas--means that cultural and theological differences often complicate efforts to achieve consensus. In many parts of the world, traditional views on sexuality and gender continue to dominate, creating tension within the global church.

Nevertheless, the UMC's growing embrace of LGBTQ+ individuals represents a significant shift. For many LGBTQ+ Methodists, the church's evolving stance offers hope and a sense of belonging. By prioritizing inclusion, the UMC has an opportunity to live out its mission to "make disciples of Jesus Christ for the transformation of the world" in a way that reflects the diversity and dignity of all people.

The United Methodist Church stands at a crossroads, navigating a challenging but hopeful path toward greater inclusion of LGBTQ+ individuals. While divisions persist, the church's willingness to wrestle

with these issues demonstrates its commitment to justice, love, and the ongoing work of reconciliation.

For LGBTQ+ Methodists and their allies, the journey has been long and arduous, but the steps toward affirmation signal a brighter, more inclusive future for the denomination.



Thanks to FFBC member, **Don Jones**, for introducing our November speakers: **John and Terri Hale** from the Ankeny-based Hale Group. Thanks to **David Cotton** for managing our website, to **Nicholas Williams** for managing our Microsoft IT infrastructure, and to **David Wilfahrt** for managing FFBC's finances. Thanks to **Wade Petersen** for his work as our newsletter editor. *Thank you to all the contributors to our newsletter!*

The **deadline** for the **January newsletter** will be **December 23**.



If you have something that you would like to share, type it up and email it to Wade (wadecpetersen@gmail.com) by the deadline.

Fundraising efforts are ongoing to fund our scholarship program. To date we have awarded over **\$495,000** for **203** scholarships to Iowa high school seniors who have done remarkable, courageous things to reduce homophobia and teach about LGBTQ issues in their schools and communities. Please consider a tax-deductible **contribution** online or by sending a check.



A special **thank-you** to those FFBC members and friends who have chosen to designate FFBC through the **Donor Direct** program of **United Way**. Contributions through United Way are tax deductible. Those who have chosen this means of supporting FFBC have gone to the trouble of completing their United Way campaign worksheet by designating FFBC as the beneficiary of their generosity. FFBC is an eligible recipient of such funding designations.



THE CHOSEN TABLE

a holiday gathering
for the LGBTQIA+ community



Saturday, Dec. 7, 2024 | 6-8 pm
Mickle Center | 1620 Pleasant St, DSM

Potluck- bring a side dish to share!
Main Course by Hillside Hog & Veggie Thumper
Drinks & Tableware Provided

sponsored by: Pride Sports League, Downtown Disciples, The Q Exchange, Common Love DSM, Capital City Pride, LGBTQ+ Advisory Council with DSM Civil & Human Rights Commission, Central IA Rainbow Families, DSM Pride Center, Corah Webber, REALTOR®, Laura & Lorisa CangeySymmonds

As challenges grow, let's gather at **The Chosen Table**—a free, sober, family-friendly meal for the LGBTQ+ community and their families. Bring a side dish to share and connect.

Join us on **Saturday, December 7, 2024**, at **6:00 PM** at the Robert Mickle Business and Neighborhood Resource Center to celebrate queer joy, community, and resilience.

Amid uncertainty, we're coming together to share a meal, stories, and connections. Meat and vegan main course options will be provided by Hillside Hog and Veggie Thumper, and we invite you to bring a side dish to share. Drinks and tableware will be provided. We can't wait to celebrate with you and create lasting memories of joy and connection!



FFBC President Byron Huff accepts a **\$1,000** donation from **Misty Sold** team at Better Homes and Gardens Real Estate Innovations, demonstrating their compassion with a donation to be used for FFBC scholarships for Iowa LGBTQ+ high school seniors and allies. Thank you!



A Day in Infamy

by Jonathan Wilson

I am being inundated, and so are you, with the annual campaign to sell Medicare Plan C, called “Medicare Advantage,” that you cannot receive “automatically.” We are urged to call a number in order to talk with someone about whether a plan would be available in our zip code.

There are some things that you need to know. First, Medicare Advantage plans – all of them – are provided by for-profit companies. Let that soak in; they are operated by for-profit companies. Now put that up against the potential for “increased benefits” like dental, vision, transportation to your doctor’s office, whatever, “for no or little additional premium.”

We’ve all heard the expression that if it sounds too good to be true, it probably is. This is a perfect example.

For-profit insurance companies rely on two primary calculations in order to make a profit. They set premiums (the income side of the business). To do that, the companies employ legions of actuaries to calculate the risks of loss/claims (the expense side of the equation), and the companies adjust the risks covered in the contract’s “fine print” accordingly. Those actuarial calculations may not apply specifically to you or me, but we are betting against the odds if we’re suckered into buying. Do you have a staff of actuaries working for you? I know that I don’t. So, the relationship is stacked in favor of the company from the get-go to make a profit based on the premiums and actuarial risk of claims based on the coverage’s “fine print.”

The profit will be there regardless. That’s how for-profit insurance companies (in whatever insurance industry) stay in business. If the companies’ actuaries screw up, profits will be reduced. If they screw up too badly, the company goes under and is out of business. But there’s more to the equation.



First Friday Breakfast Club
Founder **Jonathan Wilson**

First, the law regarding the private industry says that the company has a *fiduciary duty* to read the fine print in whatever contract and deny claims if arguably justified by the fine print. All it needs to be is “arguably” justified in order to deny the claim; then, it’s on the insured to appeal or litigate and go up against a well-paid staff of company attorneys.

But, unfortunately, there’s more. Those assured profits assume that the companies play fair and pay all legitimate claims that do arise. That is not the case.

A recent audit by the Department of Health and Human Services Office of Inspector General found that 13% of claims that **should** have been paid under original Medicare, were denied by Medicare Advantage insurance companies. The audit included fifteen of the largest providers of Medicare Advantage plans. Just think about what such a rate of claim denials adds to their already-assured profit margins.

As I understand it, switching from original Medicare to a Medicare Advantage plan can be reversed if that’s done within one year. Then there’s no return. The deadline is December 7 for switching to a Medicare Advantage plan, making December 7 next year as another day that will live in infamy – your Pearl Harbor day.



**The Board of Directors of the
First Friday Breakfast Club**

wishes you peace, love,
and joy during this
holiday season!





December 1 is...

World AIDS Day

Useful Resources for LGBTQ+ Older Adults



Source: John and Terri Hale, The Hale Group, Ankeny, IA; November FFBC Speakers

Check out the following websites & links:

AARP Resources for LGBTQ Caregiving

[Respectful and Competent LGBT-Friendly Caregiving Care \(aarp.org\)](https://www.aarp.org/caregiving/lgbtq)

[LGBTQ Community Caregiving Guide](#) (updated)

SAGE <https://www.sageusa.org>

SAGE is the country's largest and oldest organization dedicated to improving the lives of LGBTQ+ older people.

SAGE | HRC Foundation Long-Term Care Equality Index (LEI)

<https://thelei.org>

The Long-Term Care Equality Index (LEI) is a program of SAGE and the Human Rights Campaign Foundation. The goal of the LEI is to create a network of long-term care centers across the country that are providing a welcoming home for older LGBTQ people.

One Iowa Resources for LGBTQ Older Adults

<https://oneiowa.org/resources/lgbtq-older-adults/>

Inclusive health and social resources for LGBTQ Older Iowans. As an official SAGE partner, One Iowa is included in the SAGE database and have a dedicated contact for our region who can assist folks in need.

Aging Resources of Central Iowa

<https://www.agingresources.com>

Helps find resources for adult caregivers or those who need care.

LifeLong Links <https://lifelonglinks.org> 1-866-468-7887

A free state-wide service to help find aging-related and disability-related home and community-based services.



FFBC Membership

FFBC membership is open to all members of the LGBTQ+ community and their allies.

We welcome EVERYONE, regardless of sexual orientation, gender identity or expression.

Meetings are held the first Friday of every month at Hoyt Sherman Place in Des Moines.

Membership Rates

The following rates help us to cover food and facility costs:

Annual Rate: \$180
(12 consecutive meetings)

Quarterly Rate: \$48
(3 consecutive meetings)

Month-by-Month: \$18

First-Time or One-Time Attendee: \$15

Full-Time Student: \$8

No charge to attend via Zoom

Payment Options



We accept cash, checks, or **credit cards** at the meeting.

Meeting Schedule

6:30 a.m. - Doors open

6:45 a.m. - Breakfast service begins

7:00 a.m. - Meeting begins





This year, our annual **LGBTQ Workplace Culture Summit** is more important than ever. As anti-LGBTQ rhetoric and legislation continue to grow, we must ensure our workplaces remain safe, inclusive spaces for all. We spend so much of our lives at work— let's ensure those environments are affirming and supportive.

New This Year: Our final session on **December 11 will be in person!** This is an incredible chance to connect face-to-face with experts and peers committed to LGBTQ+ workplace equality!

The event takes place in four sessions throughout November and December.



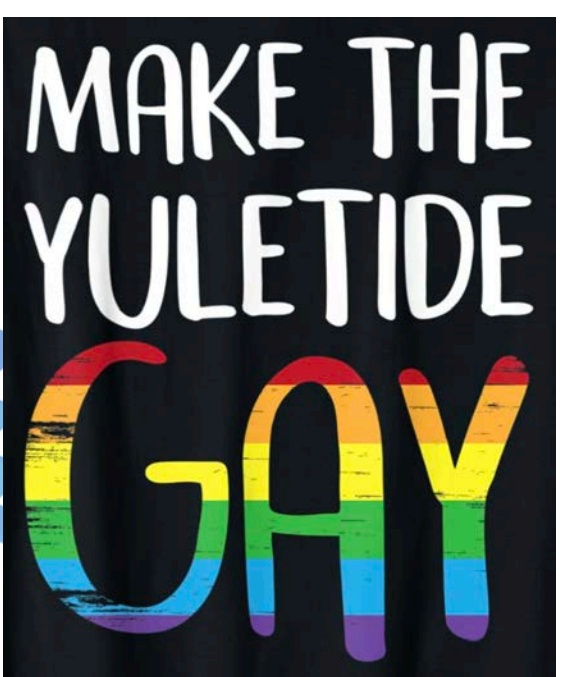
Explore sessions and buy tickets at oneiowa.org.

Session #3: December 4 / 2-4 p.m.
Corporate Equality Index (Virtual)

Session #4: December 11 / 2-4 p.m.
In-Person Networking & LGBTQ+ ERG Panel



<p>Shop with Pride!</p>	<p>20% of profits go to Ankeny Pride</p>
<p>♥</p> <p>DUNGEON'S GATE GAMES & BOOKS</p>	<p>Saturday, December 7 10am-10pm</p> <p>LOVE IS LOVE</p>





Travels with Ken & Wade

by Wade Petersen

Ken Hanson and Wade Petersen spent 2 ½ weeks in Europe, making stops in several countries, to celebrate their 15th wedding anniversary (22 years together) and Wade's 60th birthday. Articles in the coming months' newsletters will feature their experiences.

Second Stop: Lucerne, Switzerland

We left Annecy, France, and took a quick bus ride back up to Geneva. From there, we boarded a train for the three-hour trip to **Lucerne** (“**Luzern**” if you prefer the German version).

Exiting the Lucerne train station, we felt the warm sun and immediately saw the famous 14th-century wooden **Kapellbrücke** (Chapel Bridge) that connects the two parts of the city over the Reuss river. This is considered Europe’s oldest covered bridge. The interior bridge walkways have wooden panels that contain painted scenes of both Swiss and Lucerne history. We loved the flowers that were hanging along the entire length of the bridge. Our first lunch consisted of pretzel and cheese sandwiches...and some beer!



After checking into our hotel, our first mission was to find the famous **Lion of Lucerne**. This monument is sculpted from rock in a grotto in a charming little park. The memorial commemorates the bravery of Swiss guards who died during the French Revolution. The sculpture depicts a dying lion, lying in agony, impaled by a spear. Mark Twain described this monument as “the most mournful and moving piece of stone in the world.”



Our first night, we decided to take a sunset cruise of **Lake Lucerne** on a catamaran. The mountains, resorts, and castles along the lake were simply amazing. We returned to town for a late dinner.

Lucerne offers various other opportunities for day-trip adventures (for example, riding to the top of Mount Rigi), but Ken and I opted to use our second day in Lucerne to explore more of the town. This included a stop at a chocolate shop with an entire wall made of a milk chocolate waterfall! We toured a small cathedral and explored **Spreuerbrücke**, another covered bridge. Of course, we had to make stops for more incredible pastries!

Our last afternoon in Lucerne was spent on a trek to get to the top of the **Hotel Château Gütsch** (pictured below). We relied heavily on Google Maps to find the funicular to ride to the top for glorious views of the city. A former student of mine had tipped me off that this was the best spot for panoramic photos looking down over the city (he and his wife had visited Lucerne during the previous year).



Lucerne is definitely a city for tourists. Ken and I have gotten over the need to buy most souvenirs. We did collect a Christmas ornament in each city to decorate our tree each winter. Lucerne was one of our favorite stops on the vacation. Relaxing walks along the river, street musicians performing in open squares, and magnificent views all contributed to make Lucerne so memorable. A word of caution...the prices for everything in Lucerne are very high! Also, Switzerland is not part of the European Union so it still uses the Swiss franc (unlike all our other stops in countries that now use the Euro).

Our travel stories and photos will continue in the coming months with visits to: Munich, Germany; Salzburg, Austria; and Venice, Florence, and Rome Italy.



Thank you!



Thank you to **PC Print Center** and Tim Lumadue for the generosity and support to FFBC with reduced production costs for printing.



Please return their support by visiting:

pcprintcenter.com

Future Speakers

January 3:

Jason Clayworth

Axios, Des Moines

February 7:

Mike & Sally Merritt

Fraud Fighters: Avoiding Scams

March 7:

Susan Woody

Director, Des Moines Public Library

April 4:

Ryan Crane

Executive Direction of NAMI/Iowa
National Alliance On Mental Illness

May 2:

TBD

June 6:

Ian Roberts

Superintendent
Des Moines Public Schools

**Adult registration
reduced by \$50!**

the 8th annual
trans
education
summit

dmacc ankeny
ffa enrichment center

december 9, 2024

bit.ly/transsummit24

The 8th Annual Trans Education Summit welcomes educators, administrators, students, parents, and community leaders to learn best practices to support trans students, engage with other affirming advocates and professionals from across the state and beyond, and interpret the slate of Iowa's anti-trans legislation and how it impacts Iowa education. SAVE \$50 on all adult registrations now--register for the Trans Education Summit on December 9 at DMACC Ankeny!





December Speaker

Kennetha Bigham-Tsai



Bishop, Iowa & Illinois Great Rivers Conferences,
United Methodist Church



Leading vital ministries and initiatives at every level, **Kennetha Bigham-Tsai** has a proven record of having the courage to tell hard truths with compassion. Her passion for peace and justice ministries and for the health and vitality of the local church was nurtured from an early age. After earning a degree in sociology from Harvard University, she served in lay ministry with urban youth in the A.M.E. church and pursued a career in public relations and writing before responding to God's call to professional ministry. She was ordained in The United Methodist Church in 2009.

A sought-after speaker and preacher, Kennetha has led numerous workshops on leadership, church vitality, and cross racial, cross cultural ministry and has served at every level of the church. She and her husband, Kee Tsai, have been married since 1994 and have two children, Keeton and Kamden, and a German Shepherd named Kylo. They are committed to a ministry of inclusion that begins at home.



Common Love: Queer & Clothed

Common Love is a queer resource for the Des Moines community with our initiative **Queer & Clothed**, a monthly pop-up for People of all ages, races, sizes, and abilities to explore/find gender-affirming clothing that brings joy in a judgment-free space. *Donations go to new items for trans folks like binders, gaffs, underwear, and bras.*



Get involved with the project!

- Follow us on Instagram or Facebook @commonlovedsm
- Email us at hello@commonlovedsm.com
- Donate: www.pledge.to/queer-clothed

Shop or donate at our next pop-up:

**Saturday,
December
7**

1-3 p.m.

Park Fair Mall
Suite #107

Items we're accepting

- ◆ Binders, Shapewear, New Transtape, Compression Tops
- ◆ Fall/Winter Shirts + Tops + Sweaters
- ◆ Dresses + Skirts
- ◆ Coats + Jackets + Gloves/Hats etc
- ◆ Accessories, Bags/Purses
- ◆ Brand New Makeup + Beauty Items
- ◆ Brand New Underwear/Boxers
- ◆ Any Items 1x or Larger

Great Condition

Freshly Laundered



Resources for Older LGBTQ+ People in Iowa

by Gary Moore

A crowd of 45 gathered to hear nationally respected senior services advocates **John and Terri Hale** speak at the First Friday Breakfast Club's November 1st meeting at Hoyt Sherman Place. Terri Hale has been a long-time ally of the gay community and has served on the One Iowa Board of Directors. In 2020, she was awarded the inaugural LGBTQ+ Ally Legacy Leader Award. The Hale Group has long been discussing issues and public policy facing families and seniors as they age.

This becomes even more complicated for LGBTQ+ older adults. As we and others learned on our committee, **LGBTQ+ older adults are twice as likely to be living alone and be single.** They are four times less likely, to have family or children nearby to help. LGBTQ+ people rely on families of choice and over 80%, according to a recent AARP survey, of LGBTQ+ adults are worried about having adequate care and companionship in their lives as they become older. Terri reported having read that **70% (and more) of older LGBTQ+ adults go back into the closet when they enter a long-term care facility.**

Terri pointed out that too often we have thought more about our funeral arrangements, our obituaries, and where to be buried or cremated but give very little thought as to our care in a failure in health, or the care a broken hip may cause or disabling circumstance that happens so much as we age.

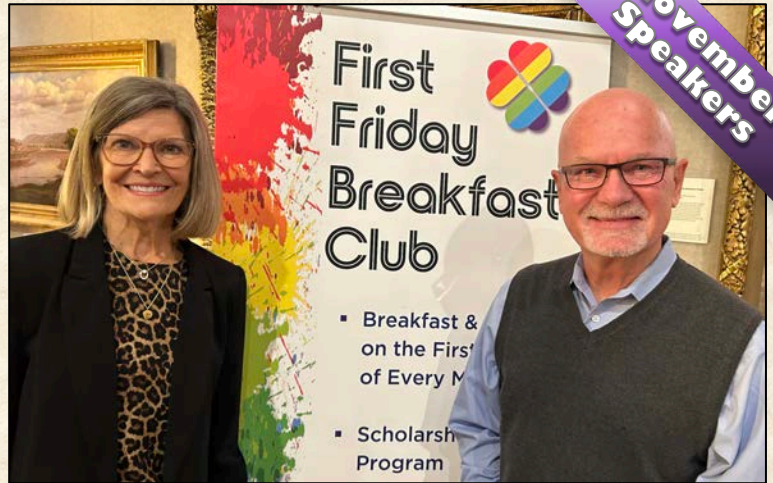
There are resources to help plan, and we need to be aware of those. Many have been shared with FFBC and are now on the FFBC website's Resource Page and on page four of this newsletter.

John Hale then addressed the crisis, and the lack of public policy nationally, statewide, and locally in the care and treatment of aging. John noted that, for over 34 years, national studies and congressional studies of the long-term care system in this country have reported it is broken and is in crisis. And yet despite many studies and investigations, there has been no change in public policy to address the crisis.

Nobody says they are looking forward to a nursing home for their end-of-life times. We want to remain in our homes and in our communities, but public policy and the money trail do not support those goals. So that's where we are in this nation. We've got this fundamental challenge of where we get care. We've got this fundamental challenge of lack of consistent, dignified, and basic coverage of our loved ones every day. We've got this lack of high-quality care, and we cannot pay for it in any kind of constructive way.

Our first public policy of choice is to have people, who are in need of care, go into a nursing home. This is the most expensive place you can possibly go, spending \$100,000 to \$150,000 a year. Many of those people could be cared for in their own homes, at much less cost, where they want to be served. This is about how we allocate resources. Do we do what people want us to do, or do we do what has been institutionalized over the years and where vested interest groups continue to make money?

Needs for care can go on literally for over a decade at tremendous cost. This includes not only financial costs, but also the cost of time and effort, and the mental drain and psychological impact on the caregiver. There has been some data, for example, that says it's quite often that the stress of the caregiver is so much that the caregiver will die before the family member that they are caring for dies.



Terri & John Hale

We face four challenges for public policy to address:

1. The lack of choice other than a nursing home.
2. The lack of consistent high-quality care.
3. The lack of a large enough trained work force.
4. The lack of affordable alternatives.

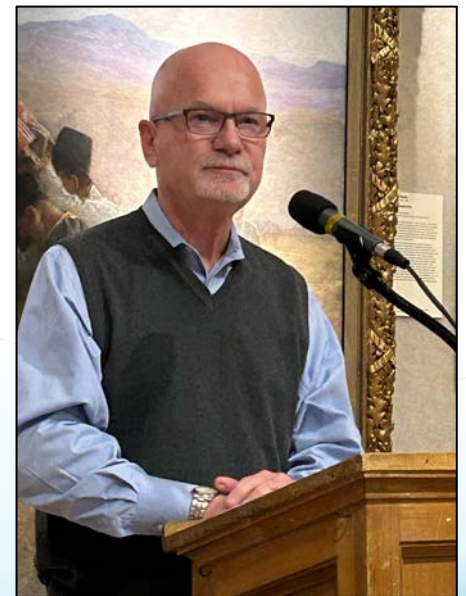
So here's a startling fact for those of us 65 and older, seven out of ten of us are going to need help with daily living someday. **The time to act is now.**



November Meeting Photo Gallery



Don Jones introduces the November speakers, John & Terri Hale.



Terri and John Hale form The Hale Group, an Ankeny-based consulting and advocacy firm focused on enhancing the lives of older Iowans and their caregivers, by ensuring high quality and affordable long-term care services in the setting of their choice. The Hales answered questions from several FFBC members and also focused on LGBTQ+ issues.

My Old Ass

A Movie Review by Mark Turnage



If you could meet your younger self, what would you ask them? Would they be impressed, think you're totally lame, or maybe a little bit of both? What would you tell yourself to do differently, and would your younger self listen? Writer/director Megan Park's "My Old Ass," a dramedy with splashes of science fiction for flair, literalizes these philosophical questions into its own story. But does the plot elaborate much deeper beyond its initial premise?

While celebrating her 18th birthday tripping on mushrooms with her best friends Ro and Ruthie, Elliott (Maisy Stella, in her film debut) meets her 39-year-old future self (Aubrey Plaza). After some initial skepticism, Younger Elliott is both impressed and unimpressed with Older Elliott's less-than-graceful aging and modest place in life. Initially believed to be a hallucination, Younger Elliott is shocked when she finds Older Elliott's number saved under "My Old Ass" in her phone after sobering up. Instead of communicating get-rich-quick schemes or descriptions of the future, she gives personal advice through a wiser lens that Younger Elliott doubts and is bored by, along with casual asides indicating the world of the future is not nearly as comfortable as the present. She also gives one compelling warning: Avoid anyone named Chad. Naturally, the kind, cute, and charismatic stranger Younger Elliott meets the following day shares the same name.

As this reviewer's 39th birthday approaches early this month, I found it prescient to watch a film about a queer 39-year-old not only treating their past self with empathy and kindness, but also offering relatable and considerate advice for the future. Younger Elliott's epiphanies informed by hope and adventure in contrast to Older Elliott's words of caution and valuing "home" both resonated with me, and the film is thoughtful and precise with its emotional beats. The overall attitude and tone of the movie avoids delving into darkness in favor of humor and building earned character moments with Elliott's family and friends. Regret is also a theme that is touched on but mostly avoided. Younger Elliott early in the movie sets the film's tone of bittersweet optimism: "I don't know—even though the world is literally on fire and full of uneducated racists, I'm just like, trying to force myself to have hope." "My Old Ass" could be seen as wistful, were it not for the informed development Park makes to resolve her characters.



Park makes smart choices in both dialogue and pacing, contrasting the conflicting expectations between young and old Elliot convincingly within a total runtime of under 90 minutes. She also isn't afraid to make her queer characters complex: Stella's portrayal of Younger Elliott's bisexual questioning of her orientation is given realism, empathy, and respect, especially notable when she's initially portrayed in a supportive lesbian relationship. Plaza delivers much of Older Elliott's advice tinged with reminiscence, bittersweet knowing, and profound love for her younger self, a narrative choice that emotionally compliments the plot's deeper message: valuing and living in the present for what it is, even when it's difficult or not what we wanted. As Older Elliott puts it in one reflection, "Life will never be the same as it is right now."

See "My Old Ass" streaming on Amazon Prime, and enjoy some laughs and a few tears reflecting on what your younger self would say to you, and what you'd tell them to do differently.

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 Financial Architects

CAPITAL CITY PRIDE
**HOLIDAY
 MOVIE NIGHT**
 AT THE SCIENCE CENTER
The Polar Express

SATURDAY, DEC. 14 DOORS OPEN 5:30 P.M. | MOVIE AT 6 P.M.
 Science Center of Iowa | 401 W Martin Luther King Jr Pkwy

RSVP BY DEC. 11

Join us on **Saturday, December 14th** from **6-9 pm** for a Holiday Movie Night at the Science Center sponsored by Financial Architects and Google. It's sure to be a fun night for kids from 1 to 92!

At 6:30 pm we'll be screening the holiday classic, *The Polar Express*, starring Tom Hanks. Families and friends will have access to the entire first floor of the Science Center. This includes the brick-by-brick Lego builders area and the sock skating rink!

Snacks and drinks will be provided, and this event is free! **Please RSVP to ensure we have enough popcorn, drinks, and snacks for your family!**

Iowa Trans Mutual Aid Fund

**REGARDLESS OF WHO IS
 IN POSITIONS OF
 POWER, WE WILL
 CONTINUE TO FIGHT FOR
 OUR COMMUNITY AND
 CARE FOR EACH OTHER.**

**TRANS, NONBINARY, AND
 GENDER DIVERSE IOWANS
 DESERVE SAFETY AND LOVE.**

**“Christmas,
 my child, is love
 in action. Every
 time we love, every
 time we give,
 it’s Christmas.”**

- Dale Evans

Christmas, but make it inclusive

A Poem by Jo Miller (with her wife Georgina)

What if Jesus had a gay best friend,
 A man who loved a man?
 Would he turn his back and ditch his mate,
 Or become his biggest fan?

What if Jesus had a trans neighbor,
 Living life as their true self,
 Would he tell them to repent right now,
 Or love them as themselves?

What if Jesus had two aunties,
 Who made each other feel complete?
 Would he pretend he didn't know them,
 When he passed them in the street?

What if Jesus celebrated Pride,
 Surrounded by his crew.
 Waving a rainbow flag around,
 And dancing in the pews.



See, a church is made of people,
 The L, G, B and T.
 And don't forget the straight people,
 They make the rules, you see!

The Church should be in unity,
 But it's a battleground instead.
 Why can't we just all be friends,
 And love like Jesus said?

Because Christmas is a time of year,
 For peace and love to both reign true.
 Jesus came to save us all,
 And that includes us, too.



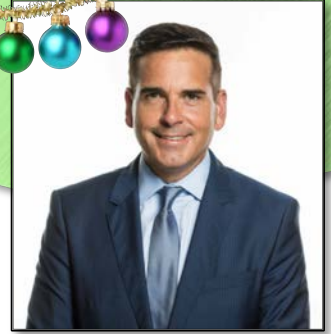
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Contact Us At: info@ffbcia.org

Polk County Life Services Center Now Open



by Supervisor **Matt McCoy**
Polk County, 1st District



This new facility represents an innovative approach to addressing the challenges faced by individuals facing addiction and mental health crisis. The establishment of the **Life Services Center** is a collaborative effort involving Polk County, the City of Des Moines, Broadlawns Medical Center, and St. Vincent de Paul. The Life Services Center will function as a secure environment where individuals in need of treatment can receive necessary care. Historically, those grappling with substance abuse or mental health crises have often been transported to emergency rooms or incarcerated, neither of which is conducive to effective treatment. This will not only support a better path forward for these individuals but also save taxpayer dollars and burden on the healthcare and public safety systems.

The opening of the Life Services Center comes at a time when our community has witnessed an increased demand for substance abuse and mental health resources. The repercussions of the pandemic, coupled with population growth in the metro, have significantly impacted the availability of existing services.

The Center is located at **1914 Carpenter Avenue** in Des Moines and is housed in a completely renovated building owned by Polk County. The City of Des Moines will split the operational costs of the facility 50/50 with Polk County. St. Vincent De Paul will provide case management personnel while Broadlawns Medical Center will offer treatment services for individuals with addiction and mental health issues.

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Here is the contact information for the resources within this new center:

Broadlawns Health Urgent Care – (515) 282-5742

Broadlawns Crisis Observation Center – (515) 282-5742

St. Vincent de Paul Sobering Center – (515) 259-6262

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FFBC Board
of Directors

First Friday Breakfast Club
P.O. Box 41611
Des Moines, IA 50311
(515) 954-2996



Polk County
Life Services
Center