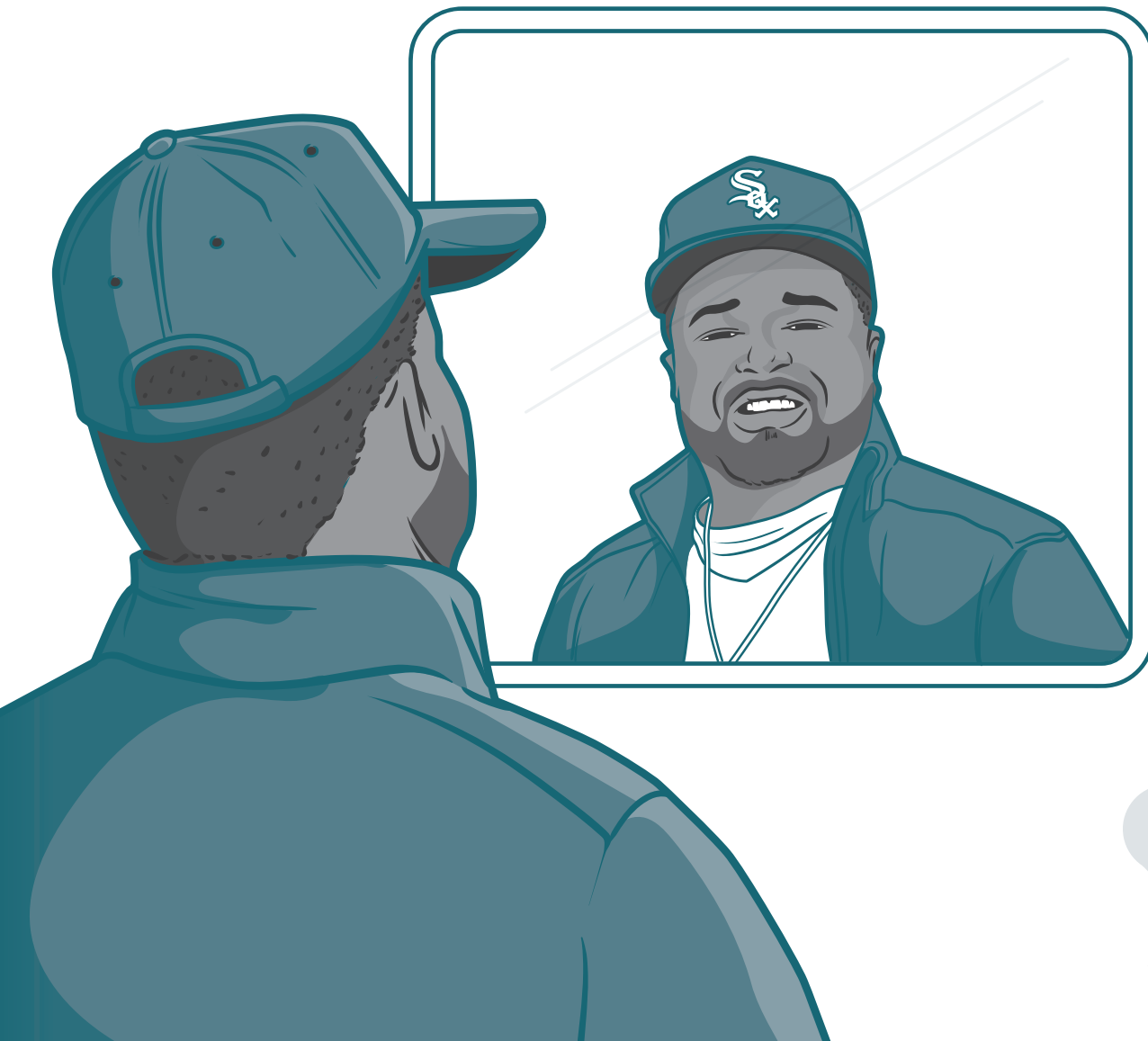


# Self-Reflection is the Path to Change



# **Our Mission**

*To change mindsets and  
remove barriers that contribute  
to generational poverty.*

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**CAPRICE JONES**

FOUNDER AND EXECUTIVE DIRECTOR



## Caprice's Story

When I was younger, looking into a mirror resulted in no emotional reflection. I didn't see a future; I didn't see a way out; I would peek into my own eyes and think, when I leave this house, I must do whatever it takes to survive.

I remember vividly, at seven years old, being at the apartment of one of my best friends who lived with his single mother. She was passionate about showing her young boy love and stability. That night, I had dinner around a table like a real family at their home. I remember asking myself, "How is it that my friend has this perfect life? Why am I not deserving?"

When I went home that night, I saw my mother shaking on the couch and crying. I heard my baby sister crying in her crib, and my future became clear. I understood at the young age of seven that I could be taken away, my mother would be in and out of hospitals, and that my life would surely be doomed to living on the streets. The drive to survive at all costs became my mission at that moment.

“

*Looking in the mirror today, I see a man - a man redeemed. I feel a light that wants to illuminate a better road for others.*

”



As a young teen, I would walk the streets of Chicago, asking why I was in this world. Does anyone care if I live or die? I began chasing fantasies of being someone important. By the age of 19 years old, I was on my way to prison for fifteen years due to committing a felony.

At the age of 32 years old, after being incarcerated for 12 years in prison, I started to ask myself a few questions. While in Cook County jail, I received a letter from a friend who wrote, “I can’t believe you are back in prison, out of all people, because you have so much potential.” Initially,

I was infuriated because failure was all I saw in my old friend, the mirror. Over time, away from my friends on the street and no longer worrying about where my next meal would come from, I began to reflect. I realized I could tap into that secret place deep inside me and wonder, “What will you do with your life, Caprice? How can you take this little light in you and shine it on others who are lost, too?”

That’s when change began. I was ready to face and accept all the mistakes I’d made and the pain I had caused others and see my purpose

in this world. I had no excuses for what I had done other than being ignorant that there was another path. Humility rose in me and swooped me off my feet.

*Please keep putting one foot in front of the other, and when you look in the mirror, you will begin to see a good person, a child of God, one worthy of love, acceptance, and joy. It is only here that generational changes are made. And if you need a hand, take mine.*



# Core Program

## Partners in Change

- THREE-PHASE PROGRAM
- 60 DAYS FOR EACH PHASE
- WEEKLY 1-ON-1 MEETINGS



As we often say in our organization,

“ *It ain't over 'til it's over.  
Keep pushing through.* ”

Partners in Change is the Fountain of Youth's core program, featuring a three-phase process lasting 60 days for each phase. Willing participants commit to one-on-one weekly meetings.

The program is long and challenging for many, but our proven process toward a lifetime mindset change is the path to success. No two journeys are alike. Our program is customized to fit a participant's current life situation by setting SMART goals.

2023 was a difficult year for most people, but no other group has faced as many extraordinary challenges as those experiencing severe poverty. However, the Fountain of Youth Program is firm in a foundational value that does not accept excuses. Maintaining this principle was vital as our participants adapted to the struggles in their lives. The Fountain of Youth Program will continue this mindset in our organizational growth throughout 2024 and beyond.

# RealTalk

RealTalk aims to boost weekly participation rates by raising awareness and fostering a culture of regular attendance at community support groups. Realtalk seeks to promote critical thinking through a cognitive behavior approach. By doing so, we aim to enrich the dialogue within these gatherings and empower individuals to become steadfast pillars of support within their communities.



## PARTICIPANT STORY

### Kristy Denlinger

*“Throughout phase two, I gained confidence and became more aware of my surroundings in the workplace and how to be more involved in the community.”*

Kristy has worked with Iowa Works to build a resume and improve her interview skills. She has become more aware of her strengths and learned to identify when she needs help and ask for it. She has also learned to understand the importance of transparency and developed a new confidence.

Kristy has been working for Lowe’s for a year and completed our Turning Point program by working with Dupaco to get all her finances in order. The most tremendous success for Kristy is that she has reunited with her kids and family.

# Special Events

## Great Give Day **May**

The Community Foundation of Greater Dubuque is excited to present Great Give Day, our annual online giving event, to connect non-profits and donors across our seven-county region. Great Give Day inspires community members to come together for 24 hours to celebrate and support local non-profits. Great Give Day is on May 17th, 2024. Make a lasting impact in one day!

## Transforming the Future **September**

Transforming the Future is our largest fundraiser of the year. It happens in September. We have a live auction, a silent auction, heavy hors d'oeuvres, and drinks! Enjoy a night of amazing speakers.

### **PARTICIPANT STORY** Crystal Farrell



Crystal Farrell has completed phase 1 of Partners in Change, covering the Knowledge of Self and Others. She has reestablished communication and an increasingly positive relationship with her high school senior daughter. Crystal's diligence in applying program principles has improved emotional management and self-advocacy.

Crystal continued in our program and completed phase 3 of Partners in Change, covering Health and Wellness. Her consistency, hard work, and willingness to change led to significant growth in her self-awareness and self-regulation. The court recognized these changes, and she was granted a favorable sentence and moved to the Elm St. facility. Crystal is turning her focus now to professional development and the renewal of healthy relationships with her family. Crystal has maintained housing, sustainable employment, and established family ties. She's shared her story at community events and remains connected to The Fountain of Youth. She is currently recording her methods for self-development to help others who might go through similar struggles to her own in the future. Crystal is also studying story design to begin writing a fiction book, incorporating elements of her life experience. She has reestablished communication and an increasingly positive relationship with her high school senior daughter. Her diligence in applying program principles has improved emotional management and self-advocacy, therefore giving her a path to a better life.



## Giving Tuesday December

This year, Giving Tuesday falls on December 3, 2024. It generally kicks off the charitable season and year-end giving. Giving Tuesday harnesses the power of social media and encourages people to donate their time, talents, and resources to pressing local and global challenges.

## Eradication of Generational Poverty Day December

The City of Dubuque proclaimed December 7th, 2024, as Eradication of Generational Poverty Day. This is a day not only for our staff and board of directors to acknowledge the need to eradicate generational poverty throughout the world but also for our community members to collaborate to attack the issue.

### PARTICIPANT STORY **Randy Grutz**



Randy began working with us while he was in the county jail. He worked through our Partner in Change phases for the following year. He secured a job upon his release while in the halfway house. Randy maintained his job during the duration of his being with The Fountain of Youth. Randy secured housing and got his driver's license back for the first time in more than ten years. He also purchased his vehicle during this time. Randy ran into some obstacles earlier in 2023 but has since been released and is now installing solar panels across the United States. He temporarily received this job with one of our partnerships and has become a full-time employee. He's making between \$2,000-\$3,000 per week in this current position. On his last trip to Dubuque, his second stop was to check in at The Fountain of Youth and let us know all his notable updates.

# Giving

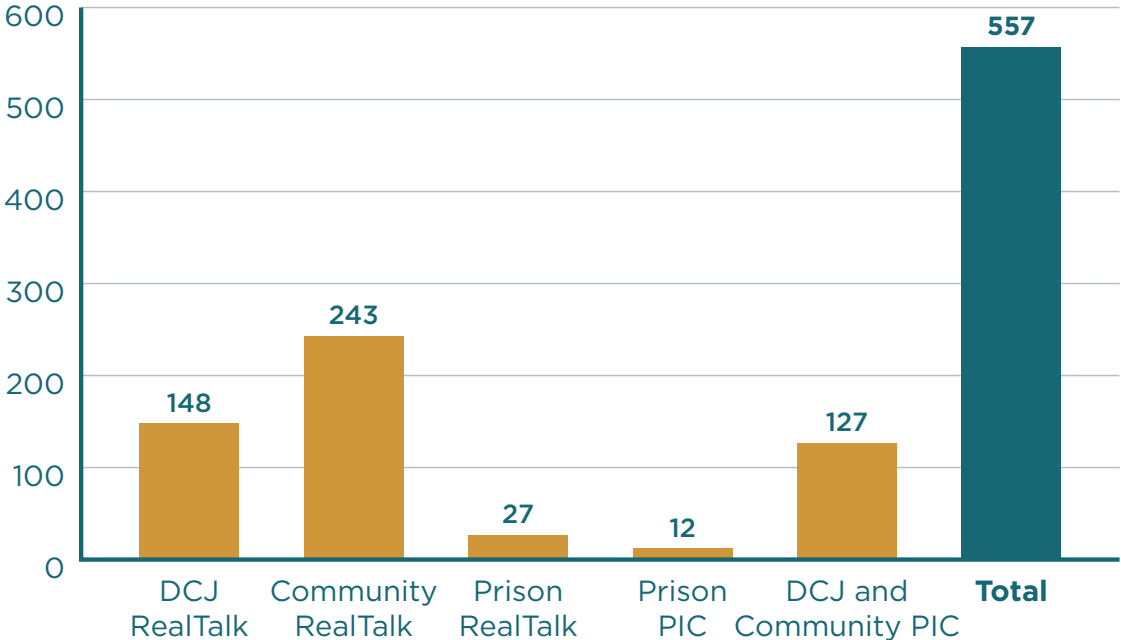
- Join the membership drive for monthly giving.
- We successfully raised \$75,000 in the third quarter of 2023.
- With support from the DRA, we purchased a van that allows us to transport participants to and from work daily.
- We've partnered with Greater Dubuque Development and NICC to transport students to and from school to remove the transportation barrier for the Peosta-only programs.



## PARTICIPANT STORY **Mary Ann Curley**

Mary Ann began working with The Fountain of Youth in 2021 when she was referred to us by one of her neighbors. Mary Ann had been unable to work due to extreme levels of anxiety. Throughout her time with us, she has moved to a new apartment, purchased a car, taken multiple classes at NICC, and reconnected with her son after more than ten years. Mary Ann also began regular visitation with her children, became a volunteer at Fountain of Youth, and has spoken and told her story multiple times to our partners, participants, and at our annual event. In 2023, Mary Ann began working for us as a program assistant. She assists the office with clerical duties and drives our participants to and from work. Even though she has been out of the workforce since 2020, Mary Ann has been a fantastic addition to our team.

# Statistics



## PARTICIPANT STORY Linda Nevels

Linda began working with The Fountain of Youth in 2021 and came to us through NICC. During this time, she had some obstacles that prevented her from completing the program. Linda came back to Fountain of Youth in 2022. During this time, Linda rented her first apartment. She also began working at Mercy One after an extensive interview process, and has been there for over a year. She hopes to continue growing her career there. This last year, Linda enrolled in the CNA course and welcomed her first dog to her family.

**\$200,000**  
Administrative Costs

**1,100**  
People Served Since We Opened

**\$3,900**  
Total Cost for Someone to Go Through 6 Months of Our Program

# Future Plans

Thanks to the support of our donors, the community, and our staff, The Fountain of Youth Program has experienced spectacular growth over the last six years. We are incredibly grateful for those results and appreciate the faith and trust they represent. We recognize that with that trust comes responsibility, and, as a result, much of our future planning is focused on being good and sustainable stewards of that trust.

## Steps Included:

- Investing in continuous improvement in our program offerings.
  - New program manager position to oversee all aspects of program development and execution to ensure consistent, high-quality results for participants.
  - Improve our data capture and analysis.
  - Strengthen our volunteer partnership with John Deere, helping us build a robust data-capturing system and sound mentorship.
- Further develop and execute clear and consistent documentation of processes and programs.
- Enhancing relationships with supporters and partners.
  - Thorough integration of our CRM and communication platforms.
  - Commitment to consistent and open communication with supporters and the community.



## PARTICIPANT STORY

### Samantha Hastings

Sammie went through the program in 2017 and 2018. She got off probation 18 months early and left the Elm Street facility. She regained custody of her daughter in March 2018. Sammie received her driver's license back for the first time since she was 18. She got her own place and worked at Parent Partners, helping other parents regain custody with DHS and Pro Pulse. Sammie moved to Colorado, where she was the assistant general manager of a hotel, and she purchased her first home there. In May 2023, Sammie and her family moved back to the Dubuque area. She began working for the Fountain of Youth as a part-time program associate/driver in August and secured a full-time position as a program associate in September. Sammie has had an incredible transformation over the time she has been coming here. On March 13th, she will celebrate seven years of sobriety.

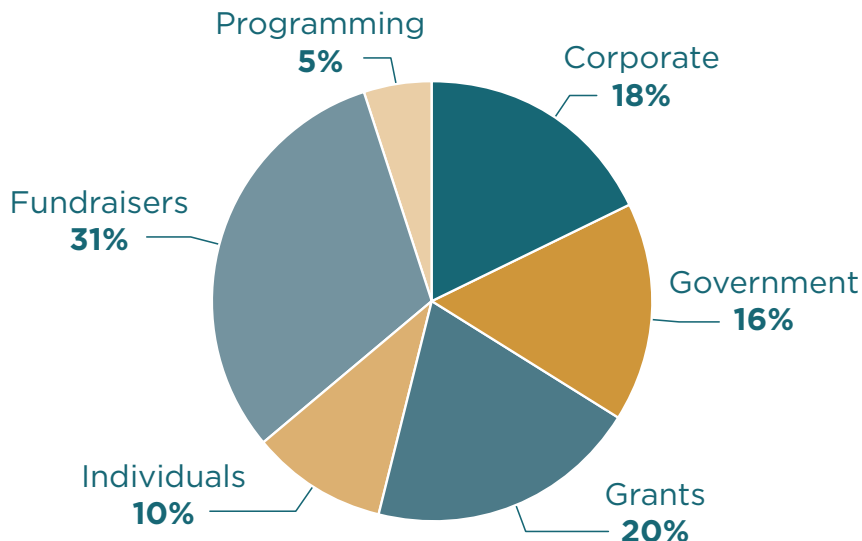
# Support

We want to express our heartfelt gratitude for your incredible support throughout the year. Your dedication and generosity have significantly impacted our nonprofit's mission, and we couldn't be more grateful.

Thanks to your unwavering support, we've achieved remarkable milestones and created positive change in our community. Your contributions have helped us purchase a van to transport participants to work and serve more than 150 participants in one-on-one support. We can make a difference in the lives of those we serve because of supporters like you.

We are truly humbled by your continued belief in generational poverty and your commitment to helping us create a better community. Your support has been instrumental in our success, and we couldn't have done it without you.

As we reflect on 2023 and look ahead to the future, we want you to know that your support is more important than ever. Together, we can continue to make a lasting impact and bring about positive change in our community.



HOTEL JULIEN  
DUBUQUE



Andy & Debi  
**BUTLER**

*Once again, **thank you** from the bottom of our hearts for being such incredible supporters. We are so grateful to have you on this journey with us.*



# Board of Directors



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Insurance Company



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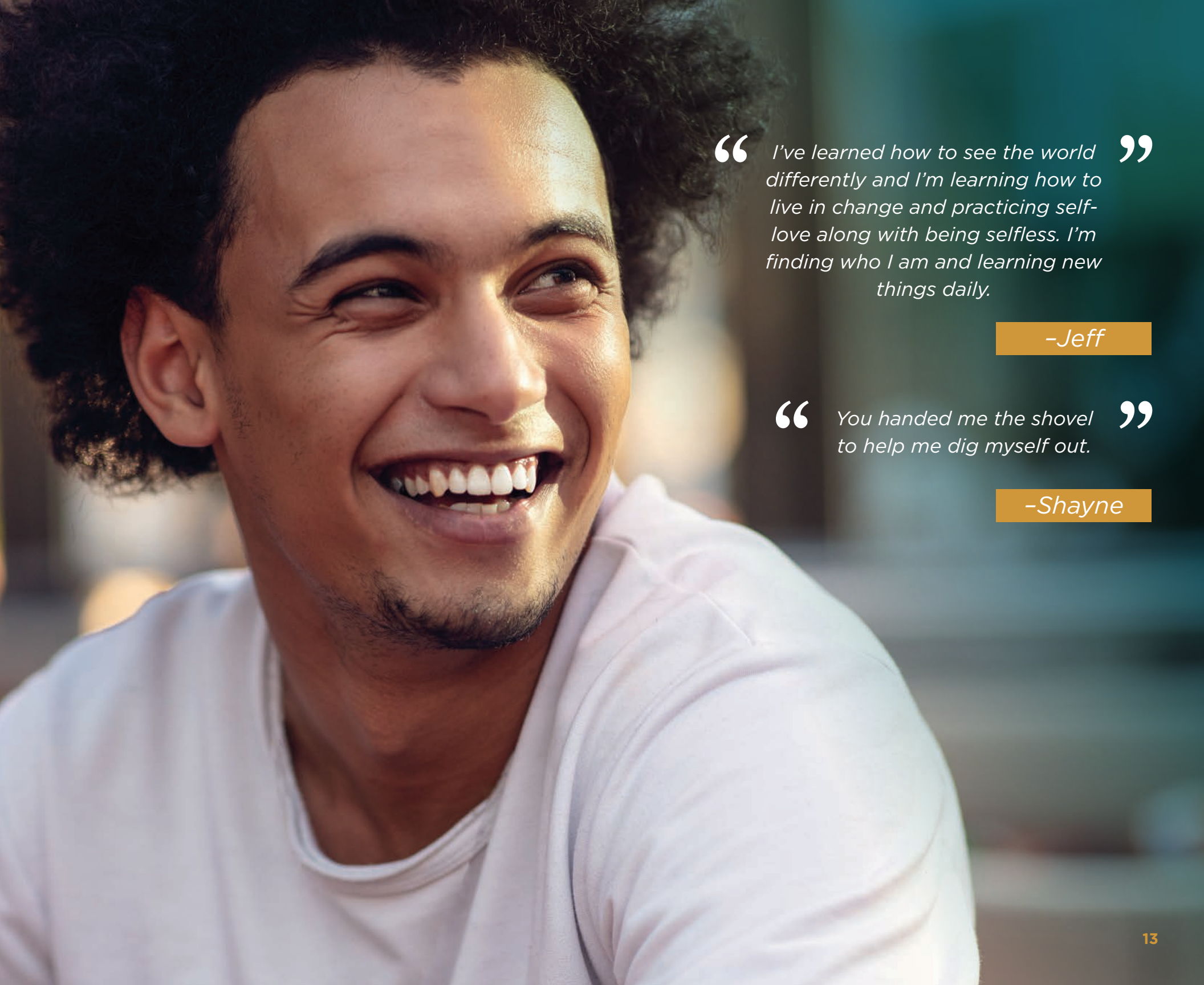
**Alex Hofer**  
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**Mikeleen Means**  
DB&T Bank



**Pete Spinoso**  
Dupaco Community  
Credit Union



“ *I’ve learned how to see the world differently and I’m learning how to live in change and practicing self-love along with being selfless. I’m finding who I am and learning new things daily.* ”

-Jeff

“ *You handed me the shovel to help me dig myself out.* ”

-Shayne



[www.thefountainofyouthprogram.org](http://www.thefountainofyouthprogram.org)

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