

# Community Action

OF SOUTHEAST IOWA



# 2025 Annual Report



# From our Executive Director

Community Action of Southeast Iowa has continued its mission to alleviate the conditions and causes of poverty. The provision of quality services was achieved through the coordinated efforts of 130 employees. The agency continued to evolve as the State continued the realignment of the Iowa Department of Health & Human Services. Services were continued throughout the government shutdown.

This past year, local donations were crucial to keeping our food pantries stocked amid increased need throughout the year. Local donations were also used to provide community assistance, including rent assistance, hygiene items, and shoes for children. Local support was crucial to supplement service delivery for people in need. The agency also relied on the dedicated efforts of many volunteers.

This year, the agency celebrated the retirement of two long-tenured employees. Sandra Mabeus, WIC Nutritionist, retired after 39 years of service to women and children. Cheryl Irvin, Head Start Teacher, retired after 36 years of service. The dedication of these two women impacted thousands of families in southeast Iowa.

We could not have accomplished all we did without the support and guidance of our dedicated 12-member Board of Directors and community partners. Board member Barb Welander stepped down as Board President, and we welcomed our newly elected President, Cyndi Mears.

Thanks to everyone for a year of continued support for people in need.

Sheri Wilson, JD, CCAP, NCRT



# Agency Overview



## Mission

Community Action of Southeast Iowa is dedicated to alleviating the conditions and causes of poverty by building partnerships and strengthening people through quality services.

## Vision

Our VISION is for people in southeast Iowa to have the opportunity to reach their maximum potential.

## About Us

We are a local nonprofit that has been helping people and changing lives for 59 years. We are one of 16 Community Action Agencies in Iowa and a part of national network of over 1,000 agencies.

### We cover Southeast Iowa, including:

Lee, Henry, Louisa, and Des Moines Counties. We also provide WIC in Muscatine & Washington Counties.

We have:

- 12 Volunteer Board Members
- 129 Employees
- 8 Management Directors



# Programs & Services

We have over 20 different programs and services to affect change in the lives of those in economic poverty.

Program details, eligibility, and more can be found on our website or by calling one of our Centers.

Programs focus on Housing, Education, and Nutrition.



## Housing

- Energy Assistance
  - LIHEAP
  - Crisis
  - Local Utilities
- Emergency Rent
- Homeless Assistance
- Furnace Repair and Replace
- Rent Reimbursement Form Help
- Senior Home Repair
- Weatherization

## Nutrition

- WIC, Special Supplemental Nutrition Program for Women, Infants and Children
- Food Pantries
- CACFP for Head Start Meals and Snacks

## Education/Support

- Children
  - Head Start Preschool
  - Early Head Start
- Adults
  - Family Development and Self Sufficiency Program (FaDSS)
  - Employment Counseling
  - Budget Counseling
- General Information and Referral

## Other

- Hygiene Assistance
- Clothing Assistance
- Transportation Assistance

# Clients

We serve those who have a low income, are struggling financially, and are below 200% of the Federal Poverty Level (FPL). Each program has different guidelines shaped by funder requirements in the counties we serve: Lee, Henry, Louisa, and Des Moines counties, with WIC also in Muscatine and Washington counties.



## Words from our Clients

- If it wasn't for the heat bill help I would not have heat or be able to afford the monthly bill so I'm super happy. Thank you from the bottom of my heart! - Response 9.10
- You helped get my son the nutrition he needs. - Response 9.12
- Head Start has been wonderful for our children in preparing them for kindergarten. - Response 9.47
- Thanks to Community Action I'm able to go back to work and get a steady income. - Response 9.69
- They helped me with bills I couldn't afford at the time. It allowed the kids and I to have a home. - Response 9.75
- Community Action is the Greatest Ever. They have helped me out tremendously! - Response 9.125
- They helped me get back on my feet. - Response 9.182
- They have helped me keep my utilities on. They have helped me with food. They have kept me from suffering. I can't say enough on how wonderful Community Action is. - Response 9.226

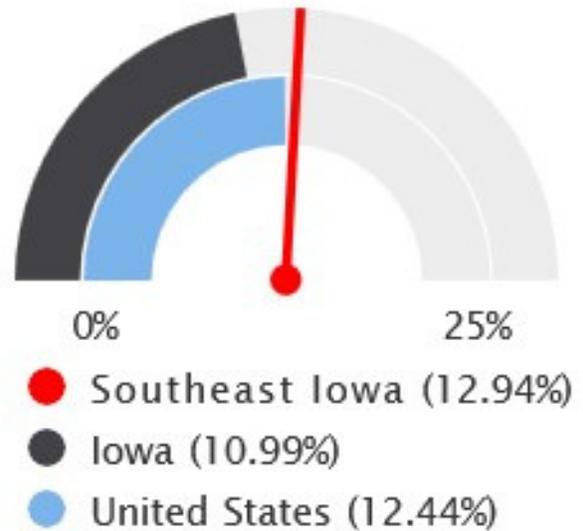


# Poverty

13% of the population of southeast Iowa (12,795 individuals) live below 100% of the Federal Poverty Level (FPL). Approximately an additional 20% significantly struggle in poverty with low financial resources.

40.11% or 8,705 children are living in households with incomes below 200% of the FPL. - ACS 2019-23

Population in Poverty



# Fiscal Year 2025 Agency Expenditures

Head Start/Early Head Start	\$4,421,016
Low Income Home Energy Assistance Program	\$2,711,997
WIC Program	\$3,802,436
Weatherization Assistance	\$1,355,215
Community Services Block Grant	\$322,014
Family Development & Self Sufficiency	\$413,181
Child Care Food Program	\$239,160
Food Pantry Assistance	\$69,210
Iowa Disaster Assistance	\$73,574
Housing Assistance	\$235,705
Other Programs	\$882,490
<b>Total Agency Expenditures</b>	<b>\$14,525,998</b>

Some programs receive large grants while others depend on donations. Each program must spend their dollars according to their grant rules. Local donations stay in our community and meet people's basic needs. Donations are tax deductible. We are a 501(c)3 nonprofit.



# Some 2025 Data

59,629	Meals provided through Head Start
6,093	Hours of training provided to staff
5,631	Individuals provided food in 2,044 households
4,879	Participants in the WIC program (women, infants, and children)
4,277	Volunteer hours supported agency programs and services
3,800	Households helped with energy assistance
583	Individuals provided hygiene assistance
542	Volunteers supporting our agency programs
504	Donors who supported our food pantries
372	Nursing mothers supported through WIC
348	Children in Head Start and Early Head Start
334	Individuals helped with rent in 176 households
281	Agency partnerships to help people and change lives
120	Individuals assisted with transportation
108	Households supported in self sufficiency with FaDSS
84	Households had improved home safety & energy efficiency
79	Individuals went from homelessness to permanent housing
49	Homes weatherized
40	Senior households assisted with home repairs
34	Furnaces replaced



More details, information, and reports available on our webpage: <https://caofseia.org/about-us/reports/>

# Head Start Objectives

**Head Start** **Preschool** and **Early Head Start** are programs where children and families are educated, challenged and empowered to embrace their potential in school and for success in life. One child, one family at a time.

Head Start is a federally funded, nonprofit program dedicated to providing quality school readiness and family support services to those of low income.



## Parent Involvement

We encourage family members to be involved in any and all aspects of their child's experiences throughout the school year.

Families plan and participate in special events at the centers. Family Nights are events that local center committees plan to support family learning and togetherness.

Families are members of their local center committees, where they are involved in the decision making process for the program.

## We are committed to:

- Excellence in the preparation of our children for school and life.
- Ensuring all students have an equal opportunity to learn.
- Each student having access to an effective teacher.

## School Readiness

- Assessments help establish a baseline, identify goals, and identify areas of growth for each individual child.
- Kindergarten transition activities help prepare children to transition from our program to a school district kindergarten classroom.
- Family Specialists assist families in finding kindergarten round-ups, learning how to advocate for their child, engage parents in activities to help prepare for this transition, and more.
- Research shows attendance patterns and habits formed when children are in preschool and kindergarten continue later in their school careers. These same patterns are indicators of future success in school, and conversely, school drop-out rates.

# Head Start by the Numbers



There are 913 children aged 0 - 4 with a household income below 100% Federal Poverty Level (FPL) in southeast Iowa.

Head Start served 35% of those children (318) in the 2024-2025 school year.

U.S. Census Bureau, American Community Survey (ACS) 2024 5-Year Estimates, Table S1701. Des Moines County, Lee County, and Henry County, Iowa. Retrieved from [data.census.gov](https://data.census.gov)

## Head Start

Funded Enrollment: 188

Number Served:

- 195 Families
- 216 Children
- 181 children received preventative dental care
- 92% are up to date on their immunizations
- Average Monthly Enrollment: 98.4%
- Average Monthly Attendance: 82.4%



## Early Head Start

Funded Enrollment: 86

Number Served:

- 30 Prenatal mothers
- 97 Families
- 102 Children
- 97% of children are up to date on dental visits
- 94% are up to date on their immunizations
- Average Monthly Enrollment: 100%
- Average Monthly Attendance: 83.1%



# Head Start Financials

Program Year

Sept 2024 - Aug 2025



Federal Head Start Grant Funding		
	Proposed Budget	Expenditures
Salary	\$2,396,389	\$2,243,424
Fringe Benefits	\$1,038,253	\$1,050,011
Supplies	\$11,956	\$62,353
Travel	\$3,286	\$6,401
Construction	\$747,529	\$747,529
Other	\$299,716	\$355,682
Contractual	\$75,000	\$79,320
Indirect Costs	\$501,458	\$528,867
<b>Total</b>	<b>\$5,073,587</b>	<b>\$5,073,587</b>



Our audit completed by BerganKDV, showed 100% compliance!

Additional Funding	
CACFP	\$243,588
Donated Space, Services, and Materials	\$812,996
Program Income	\$9,452
<b>Total</b>	<b>\$1,066,036</b>



**Volunteers** and **donors** provide crucial support for our programs. Professionals donate their time in their specialties in classrooms, maintenance, and to various areas across the program.

**Donated items** come from individuals, community groups, and local businesses. Contact us about how you can contribute this coming year to support local children and communities.

# Head Start Program Review

## Our Head Start program complies in all areas.

In our most recent review, we were specifically commended for our:

- Compliance in program design, governance, staffing, and data-driven improvement, with a strong practice of building community relationships.
- Adherence to standards in research-based curricula, assessments, effective teaching, supportive learning environments, and staff development.
- Meeting standards in mental health support, positive discipline, child nutrition, safe environments, and services for expectant families.
- Alignment with standards in family engagement, partnerships, and parenting support, highlighting strong practices in economic mobility assistance and strategies to promote parenting skills and community partnerships.
- Effective management of the fiscal infrastructure through transparent budget processes, adherence to financial regulations, and robust facilities and equipment management systems.
- Successfully overseeing eligibility, recruitment, selection, enrollment, and attendance processes, meeting regulatory requirements and employing strategies to assist vulnerable families while ensuring full enrollment.



We are committed to providing the highest quality programming. We encourage our staff to continuously elevate their credentials using resources such as T.E.A.C.H., CDA Navigator, and WAGE\$ to facilitate professional growth.

# Locations



## Central Office

2850 Mt. Pleasant St., Suite 108

Burlington, IA 52601

319-753-0193

Community.Action@caofseia.org

<https://caofseia.org/>

Monday - Friday 8:30am - 4:30pm

Locations in Burlington, Mount Pleasant,  
Fort Madison, Keokuk, Columbus Junction;  
WIC also in Washington and Muscatine

Head Start, Centers, WIC location details, contact  
information, and more can be found on our website:  
<https://caofseia.org/about-us/locations/>



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