

abbott  
House

# sunbeams



The lucky winner of Inspire will be drawn on Oct. 22nd during the opening night of the RUSH Hockey season. There are less than 220 tickets available. You can purchase tickets online at [www.abbotthouse.org](http://www.abbotthouse.org), by completing the form on the back of this newsletter or by calling the Abbott House at 605-996-2486.



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**Eric Klooz,**  
Executive Director

## New Therapies Change Lives

For so many years, Abbott House has provided wonderful therapies and groups for hurting children. Some of the children we serve do very well with these traditional types of therapy but a few years ago, we began seeing that some children do not. You see when children are exposed to traumatic experiences early in their lives their developing brains are overwhelmed. When this happens, the brain has the amazing ability to take those horrific memories and hide them from the conscious memory. This is wonderful except that when the child is again stressed those memories come flooding back. Can you imagine how scary that is for a child? Some children decide they must be crazy, others get aggressive and still others contemplate suicide.

At Abbott House we set out to better understand these behaviors and how the brain works. We read books, attended trainings and eventually invested in two types of therapy that do not require children to remember -- Eye Movement Desensitization Therapy (EMDR) and Neurofeedback. Both of these techniques allow us to work with those traumatic memories without

overwhelming the children and young adults with whom we work.

EMDR has proven to help people unlock hidden memories in a safe controlled way. This allows the young people to get that “poison” out. It then loses control over their behavior and they can start to heal.

Neurofeedback (which I am most excited about) is a form of therapy that allows us to do brain scans and see what type of activity is going on in the brain. These scans then allow us to target treatments and monitor an individual’s progress with additional scans. The results have been incredible! In the two years we have been using neurofeedback, we have seen positive results for kids we could not help in the past.

All of these approaches we use are great but the best part is we are giving hope back to the kiddos. So many are overwhelmed with the horrific things they have endured. Our work is providing them with opportunities to heal from the inside out. I have never been more optimistic about the outlook for hurting people than I am today.

None of this would have been possible without the support we have received from individuals, businesses, foundations and bequests. If you are reading this, you have most likely given to support our children and in doing so you are creating hope and change. Thank you so much for believing in these children and our very important work.

## Wessington Springs Gives for Kids

Natasha Waters believes “it’s time to make changes and educate people about human trafficking.” That is why she and several of her friends organized the “Rise Up Raffle” last year to help educate people about human trafficking. This year she wants to make it even better so she is involving the Wessington Springs community and a project focused on helping Abbott House children, some of whom are affected by human trafficking.

“We hope to bring awareness about trauma and its impact on individuals,” Natasha said. “When we become more aware and educated as a society, we can establish a generation of people who are healed from trauma which will lead to less adversity and negative outcomes in future generations.”

This year, during the month of November, Natasha and her team are organizing a raffle that will benefit Abbott House children. The raffle, called Give for Kids, will end on Giving Tuesday, Nov. 30th. Raffle tickets will be \$5 each. Tickets will go on sale on Nov. 1 and prizes will be randomly drawn throughout the month. Tickets can be purchased at [www.abbotthouse.org](http://www.abbotthouse.org) or by calling Abbott House at 605-996-2486. Prizes will include meat bundles, cash and many other items.

All of the funding raised from this raffle will be used to purchase interactive education software for Abbott House children.

**GIVING TUESDAY**



# Vyas West Foster Home Opens in Rapid City



**Sydney, one of the residents of the Larson Independent Living apartments at the foster home, shares his story of success during the celebration.**

On June 8, 2021, Abbott House opened its fourth therapeutic foster home in Rapid City, named the Vyas West Foster home. The home provides a family for six homeless boys and four young adult men who have aged out of foster care, but have no family and no place to live.

“This home completes our goal of doubling the number of young people in our care,” Eric Klooz,

Abbott House executive director, said. “We have 48 foster care youth in our programs – 24 in Rapid City and 24 in Mitchell in addition to eight young adults in each community living independently with our support.”

In 2010, Abbott House served 43 youth at a time and approximately 80 young people annually. Today Abbott House has 109 youth in its care at a time and it serves more than 150 young people annually. “This would not be possible without the incredible support we have received from people throughout the state,” Klooz said.



**Eric Klooz, Abbott House executive director, along with supporters, cuts the ribbon to open the Vyas West Foster Home in Rapid City.**

## Foster Youth Keep Busy with Community Activities



**Chopping onions during cooking class.**

Bridges Foster homes in Rapid City have been very busy this year, rebuilding the Harley Davidson Road King motorcycle, and participating in cooking classes and Girl Scouts.

Our homes partnered with Sarah Johnson from South Dakota Extension Nutrition and participated in five weekly sessions. Topics discussed were: MyPlate, Plan: Know What’s for Dinner, Shop for Best & Value, Making Smart Drink Choices, Smart-size Your Portions.

The families were shown how to read labels and make healthier food choices. Reading the food labels can be very complicated and confusing but Sarah explained them in a way that was easy to understand. The first class the kids learned how to use a knife correctly and they made homemade stir-fry. Homemade chicken nuggets using Cheez-Its and sweet potato fries was the meal for the final class. The kids had never had sweet potatoes without marshmallows let alone sweet potato fries. There was nothing left after the feast. The foster care youth graduated from the course and are ready to make the recipes at home.

Girls from the foster homes have been enjoying Girl Scouts led by Callie Reeves of Girl Scouts Dakota Horizons. The kids learned how to put together mood or vision boards to express themselves creatively. In the coming sessions, they look forward to STEM, life skills, entrepreneurship and outdoor programming – all filled with fun!

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Katie and James Washnok of Blackout Ind. and Black Hills Harley Davidson kept the kids busy for three months by getting their hands dirty changing brake fluid, tearing the motorcycle apart and rebuilding it to become the beautiful blue bike..... “Inspire”.

Many thanks to all of the community partners that bring ways to enhance our children’s experiences with their expertise and bring out their talents they did not know they had.



**Girl Scout Art Project**



# Around the House



Easter at Abbott House is all about baking and enjoying special treats.



Paula spends every week giving the girls a yoga lesson and teaching them calming techniques.



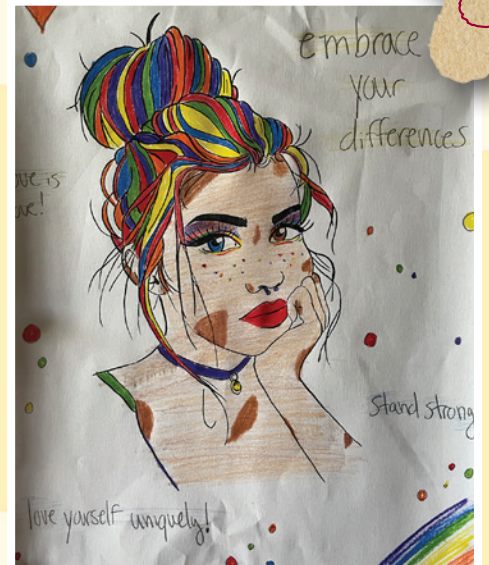
Ken Novak, a former Abbott House board member, teaching employees ways to de-stress.



Thankful to be a part of the Corn Palace Stampede Rodeo 50th Anniversary Parade!



Puzzles and artwork are fun ways to pass the time and express emotions that are challenging to verbalize.



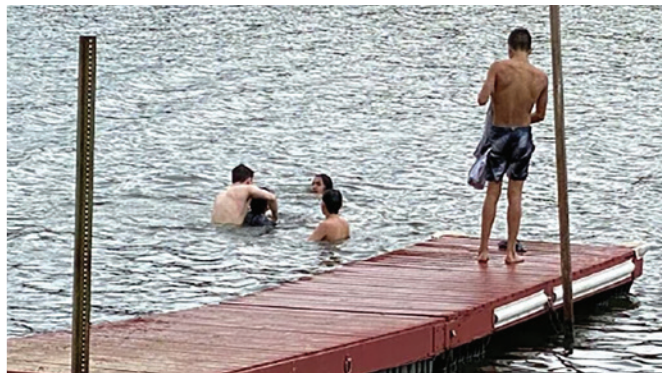
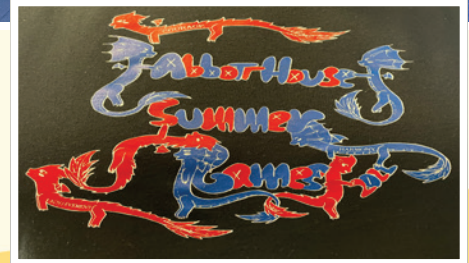




A little competition never hurt anyone! Teachers vs. Students summer reading challenge... **STUDENTS WIN!!!!** Final pages read: 22,017 Students, 21,394 Teachers



Annual Summer Games at Abbott House gives the young people a chance to enjoy some healthy competition. There is a competition for the Summer Games t-shirt artwork along with numerous games planned by the student council.



Foster children enjoy summer vacations to the lake.



Abbott House foster kids give back to the community by volunteering at the Mitchell Food Pantry.



Former Abbott House resident Bill Williams and his wife, Beverlee, assist Mitchell Fire Chief Marius Laursen with the unveiling of a painting of the 1945 fire that destroyed the first Abbott House building. Virginia Wishard Lambert, Development Director, left, and Eric Klooz, Executive Director, right, watch the unveiling during the 2021 Ernie Peters Day Celebration.



Ernie Peters Day is a tradition to honor the longest director of Abbott House -- Ernie Peters -- and to pay tribute to his commitment and devotion to South Dakota children.



# Abbott House Welcomes New Board Members

## Anne Huber

Anne Huber is a lifelong Mitchell resident. When she was younger she heard her parents, Mark and Chris Buche, talk about the Abbott House, but it wasn't until she toured the Abbott House that she really understood what happens here.

"I was blown away by how much pride the employees take in each step a child makes in their life," Anne said. "I appreciate how passionate the employees are about making life better for each child that becomes part of the Abbott House family. The people at the Abbott House work so hard to individualize programs toward a successful future for each child."

Anne has a Bachelor of Science degree in business administration and an accounting minor from Augustana University. After college she married her high school sweetheart, Ryan Huber, and they decided to settle in Mitchell. Early on in her career she worked at Tessier's Inc. as a job cost accountant. After her second child was born, Anne became a full time mom and a dance coach/business owner, coaching 24 senior dance teams. However, in August 2021, Anne accepted the Head Cheer and Dance Coach position at Dakota Wesleyan University. Thank you for sharing your time with us Anne!



## Bob DeWald



Bob grew up in eastern South Dakota on the family farm with his five sisters and one brother. Growing up on the farm taught Bob a great deal about responsibility and work ethic. He graduated from Dakota Wesleyan University (DWU) in Mitchell, SD with a Bachelor of Arts degree in finance and a minor in psychology and furthered his education at the Graduate School of Banking in Boulder, CO. Bob's banking experience has spanned 25+ years, with positions in Mitchell, SD, Sioux Falls, SD, Bismarck, ND, and Rapid City, SD, where he currently holds the position of Senior Vice President at Black Hills Community Bank in Rapid City. There he manages a team of four, specializing in commercial and ag lending.

Bob first heard about the Abbott House while attending DWU, finding it to be an amazing organization. Bob believes that Abbott House's focus for the past 80 years, "...of offering a place of hope and recovery for those who have suffered trauma and abuse" is a mission to which he was immediately drawn. "It's such a rewarding feeling to know I can be a small part of an organization that helps so many children and young adults (with involvement in Western SD through the Bridges program), who may have no other options without Abbott House."

He was so impressed with the remarkable compassion and knowledge of all those involved with the Abbott House and realized immediately they were dedicated to being a place of sincere hope and healing for those who have experienced trauma in their young lives.

Bob is an integral part of the Black Hills having served on various boards throughout the community, including the Black Hills Area Boy Scouts of America, Day of Excellence, Ducks Unlimited, Youth & Family Services, and Black Hills Community Economic Development.

"Heidi and I feel fortunate to raise our two daughters, Amelia and Molly, in the Black Hills," says Bob. "My family is such a priority in my life – we spend a lot of time biking, kayaking, camping, golfing, and just enjoying the beautiful Black Hills." He also enjoys teaching youth classes at their family's local church. Welcome to the Abbott House board Bob!

## Lance Koth Joins the Abbott House Foundation Board of Directors

Lance Koth grew up on a farm in rural Hand County and is a 1972 graduate of MTI. He has 45 years in the financial services industry, 39 of which have been in Mitchell, 20 with Commercial Bank and 19 with First Dakota National Bank as President of the Mitchell location and on the senior management team. During those 19 years First Dakota National Bank grew from \$330 million to \$1.5 billion in assets.

Lance has served on many non-profit boards, as a board member and chair / president over the past 40 years including but not limited to the Salvation Army, Dakota Counseling, Mitchell Wesleyan Church, Northwest District of the Wesleyan Church, Wesley Acres as well as serving on the Mitchell Development Corporation, Area Wide Business Council, and the Independent Community Banks of SD.

Through his years, Lance has been familiar with the Abbott House and has been a corporate supporter when possible. When Lance was asked to consider a position on the foundation board it was an easy decision. Lance believes in the Abbott House mission and what we are doing not only in Mitchell but the surrounding area. He is most impressed with Abbott House's current leadership and their ability to strategically plan and implement new ways of providing services to those in need.

Lance is married to Patty and together they have four adult children and five very active grandchildren. Patty and Lance enjoy volunteering, camping and chasing their grandkids' many activities around the county. He personally enjoys home remodeling and wood working. Currently Lance also serves in the SD House of Representatives where has been a representative for District 20 since 2019. Thanks for joining our team Lance!



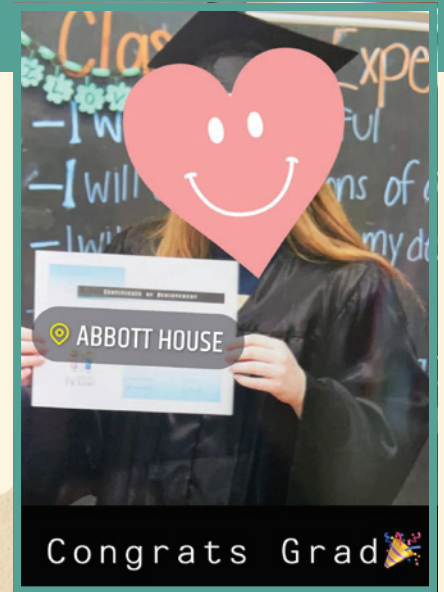
# Your Support Helps Achieve the

## Dream of Graduation

The Abbott House residential facility is an accredited school where girls can catch up on school work and graduate on time. Our teachers ensure that every child is being helped according to their ability and our independent study environment guarantees that children learn at their own pace. It's not just graduating that's important, but the small steps that it takes to get there. We teach girls that even if you're behind in your learning you can set simple goals; a set amount of classwork that needs to be done every day, in order to achieve the ultimate goal of earning your diploma.

This year was especially exciting because we had 10 girls graduate from 8th and 12th grade. It's such a wonderful feeling to experience these young women accomplishing something they never thought they would. Tahneyea turned eighteen and graduated while at Abbott House. During her acceptance speech she said, "When I came here I was so far behind and did not plan on graduating from high school. Thank you for pushing me to do the work; it was hard but it was worth it and I'm really proud of myself. I'm going to miss everyone but I'm ready to do my own thing!" Tahneyea moved out of Abbott House the next day and went straight to working on her family farm. Her dad called and told her therapist, "I'm amazed at the transformation that my daughter went through while at Abbott House. She's smiling more, eating dinner with the family and working hard. I don't even check to see if she's snuck out at night because I feel like I can really trust her now. Thank you for everything."

Childhood is fleeting compared to the amount of time we spend as adults in this lifetime. It's important that we spark a love of learning, and goal-oriented dreams in their young minds. Our classrooms are full of inspirational quotes, but none hold truer than "mind over matter." We all have different circumstances that we have to deal with, but if your mind is healthy and positive you can do anything. Thank you for giving our youth the chance to have a healthy mind!



## Last Chance to Win Inspire

### Win This Bike! Only 750 tickets will be sold – ONLY 220 tickets are left!

Tickets are \$100. Drawing will be held October 22nd during the RUSH Hockey game in Rapid City, SD. Need not be present to win. All proceeds go directly to provide therapy and education for Abbott House children.

#### To order tickets

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_ \$ \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Check Enclosed \_\_\_\_\_ Credit Card


CC Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC (3 digit code): \_\_\_\_\_





Abbott House Foundation  
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 Mitchell, SD 57301-0700

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You can visit  
[www.abbotthouse.org](http://www.abbotthouse.org)  
 to make an online donation and  
 view our annual report.

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Rod Colvin	Tona Rozum
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Lance Koth	

- Abbott House is accredited by the Council on Accreditation for Children and Family Services.
- Licensed by the South Dakota Department of Social Services.
- Approved by the South Dakota Department of Education and Cultural Affairs.
- Member of the National Fellowship of Child Care Executives and the Residential Care Consortium.



### Wish List for Abbott House Children:

- Arts and crafts supplies (please no sharpeners, only washable and non-toxic materials useable)
- Small stress balls
- School Supplies
- Sports equipment – volleyballs, basketballs, badminton, pickle ball
- Essential oils: lavender and other calming, soothing or cheery scents
- Lotions with peaceful scents – anything soothing, calming or cheery
- Teenage girls and boys winter coats
- Board games  
 Monopoly, Pie in the face, Uno Attack, Sorry, Phase 10, Bounce Off, decks of cards, Mexican dominos, Skipbo, Yahtzee, Headbanz, Farkle, Battleship, Escape Room, Pictionary, Emoji game, Rubix cube
- Modeling Clay or Play Doh
- Posters for bedrooms (cute animals, inspirational)
- Fidgets
- Barbies and accessories
- Newer Wii and X-Box Kinect games
- Yard games
- Puzzles/Crossword puzzle books
- Sudoku
- Stickers
- Sketch pads, stamps and ink pads
- Gift cards for Walmart, Maurices, Cato, Shoe Sensation, sports stores, fastfood restaurants
- Tickets to Wild Water West, Thunder Road, Bear Country, caves in the Black Hills
- Tickets to Great Plains Zoo and Delbridge Museum of Natural History
- Gift certificates to hair and nail salons

### Wish List for foster children in Mitchell and Rapid City

- School supplies
- Arts & craft supplies (stickers, paper, markers, pencils, glue, stencils)
- Movie tickets and/or movie theatre gift cards (for concessions)
- Play Doh or modeling clay
- Wireless Bluetooth headphones
- Barbies- House, clothes, etc.
- Bluetooth speakers
- Light up speakers
- MP3 players
- Dream Catchers
- Nerf Guns
- LEGO's
- PS4, Xbox, and Wii video games
- Sidewalk chalk and sidewalk paint
- Winter coats, hats and mittens (no scarves)
- New cotton underwear for youth and young adults
- Crochet and Knitting materials
- Puzzles
- Family pass to South Dakota State Parks
- Remote control cars
- Drones
- Legos
- Lava lamps
- DVD Players