



SAVE THE DATE! – Impact Iowa’s Heroes is excited to announce that we are in the planning stages of a Marriage Getaway event for the fall of 2022 in West Des Moines! Save the dates on your calendars for September 23rd and 24th. More info to come.

MATCHING GIFT CHALLENGE

We are so grateful that last fall we had an anonymous out-of-state donor that provided Impact Iowa’s Heroes with an \$85,000 matching gift challenge. We have now secured the funds needed for the match.



PRESENTING SPONSOR ANNOUNCEMENT

We are also proud to announce that once again, Fareway Stores has stepped up to the plate and will be our *Presenting Sponsor* for 2022.

Fareway’s support for first responders, military personnel, and marriage and family is amazing. So please shop Fareway!! We’ve had others who have also provided generous support as we continue to secure the additional support needed for 2022 and for expansion

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FIRE / EMS VIDEO FOR NEW RECRUITS

We are in the process of recording Fire / EMS couples talking about their marriage and the challenges that come with being married as a first responder. We are excited to get our last couple interviewed and begin editing the video in order to be distributed to Fire / EMS agencies across Iowa. Our hope is that agencies will incorporate this video into their training regimen for new recruits, to better prepare them for marriage trials while giving them tools and methods to help them persevere in their marriage.



DATE NIGHTS

Our first two videos have been recorded, edited, and are now complete and ready for you to host a date night! In February, a date night will be hosted in the Newton area for first responder and military couples to come and enjoy an evening of connection with one another. We hope to create a smooth and easy process of packaging and mailing a “date night in a box” to couples around Iowa who are willing to host an event for their region. Impact Iowa’s Heroes will be reimbursing host couples for costs of food and/or event location, up to a certain amount. A date night event can be as small as meeting in someone’s home, or, as large as meeting in a community center. E-mail Aaron Groves at aaron@iaheroes.org if you are interested in hosting a date night for Iowa’s heroes in your area.

MINUTE FOR MARRIAGE - One minute of reading to strengthen your marriage.

At our last date night we talked about the importance of saying something to our spouses. No matter how badly we don’t want to talk or share the stresses that we encountered on shift, we need to say something. I learned from Tricia that if I came home after a shift and didn’t say anything to her about my day, she developed her own narrative in her mind. And that narrative was never, “Oh Aaron loves me so much, he is protecting me from anything awful he experienced at work today.” No, quite the opposite. Tricia would tell you the narrative in her mind was usually, “why isn’t he talking to me, why doesn’t he love me enough to share with me, why am I not good enough for him to talk to...” and on and on the narrative would go. This was detrimental to our ability to connect with one another. What made it worse, was when I would call one of my co-workers on the phone to talk about what had just happened on shift. It wasn’t until Tricia expressed her frustrations with me, that I knew I needed to change how I handled coming home after my shift. Tricia needed something verbal from me about what I was thinking and processing about my day. As the years went on, the communication between Tricia and I improved. Even if I didn’t want to talk because my day was horrible, I would tell her, “I don’t want to talk right now because my day was horrible at work.” She was okay with this because she knew as I sat quietly processing my day, it was about work, not about her. I would later learn how to process my day before stepping into our home so I could be present as a husband and a father. More on that topic another day.

How is your communication with your spouse after your shift? Take some time to sit down with your spouse and express your feelings about this topic. Maybe you both do it well, encourage each other and thank them for it. Maybe you both struggle with it, sit down, take on some empathy, and work through it together.

Be vigilant and be safe,
Aaron Groves

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