



6500 University Ave, Ste 100
PMB #160
Windsor Heights, IA 50324

Summer 2022



Impact Iowa's Heroes is investing in five Iowa first responder and military couples to be trained as life and marriage coaches by the **International Christian Coaching Institute** to assist Impact Iowa's Heroes constituents. *Let us introduce one of our couples!*



DALE & HEIDI HIGHT

Dale and Heidi Hight live in Ankeny, IA. Dale serves as a pastor at their church and Heidi serves at their church as the Assistant Children's Director. They have been married for almost 19 years and have three boys. Dale has deployed overseas twice and retired from the Iowa Army National Guard full time force after over 20 years of service in 2021.

They have experienced the unique dynamics and challenges associated in many military marriages and hope to help other military couples navigate through these challenges.

DATE NIGHTS

If you are interested in hosting a date night in your area, please contact Aaron Groves at aaron@iaheroes.org. We have made hosting a date night easy, as we send you the materials you need, including: a marriage coaching video, coaching materials, IIH stickers, and pens. You can work with a local food establishment to cater in food that IIH or a local sponsor will pay for. Let's impact hero marriages and build community!

Date Night in Pella on August 19th from 6-8 PM.
Contact Isaac Short, ikeshort24@gmail.com for more details.

Congratulations to Anthony and Rachel Devick for getting their Marriage Getaway registration in early, helping them win 2 tickets to the Iowa Speedway race and concerts on July 23rd. These tickets were made available by the generosity of Seneca Companies. We are thankful for their continued support of Impact Iowa's Heroes!





MARRIAGE GETAWAY

SEPTEMBER 23-24, 2022 | WEST DES MOINES

\$50
per couple

MARRIAGE COACHING | OVERNIGHT STAY | OUTSTANDING MEALS | COMEDIAN

We want to make sure that every couple who registers for the Marriage Getaway gets a hotel room reserved.

CHOOSE

You will need to choose your hotel, you have 3 options to choose from:

Hyatt Place 295 S 64th St, 515-223-4001
Rewind Hotel
6075 Mills Civic Pkwy, 515-309-3900
West Des Moines Marriott
1250 Jordan Creek Pkwy, 515-267-1500

CALL

Go ahead and call your hotel of choice and make your reservation under the Impact Iowa's Heroes room block.

CARD

You will NOT be charged for your overnight stay as this is included in your registration fee.

You have to provide your credit card information to the hotel to put on file for any incidental charges.

MINUTE FOR MARRIAGE

One minute of reading to strengthen your marriage

What are your priorities? Take a moment and think about this, because I think what we say is a priority and what we actually prioritize can be different. And quite honestly, our marriage probably doesn't get prioritized like it should, or, like we think it does. Do a self-evaluation and look at what you give the most time and energy to, outside of your work and sleep schedule. This will help you evaluate what your priorities are.

Do you spend most of your time reading the news, scrolling through social media, attending sporting events for the kids, binge watching Netflix, or connecting with your spouse? If you're having trouble figuring out what you spend the most time doing, take a look at your screen time report on your phone. Americans spend an average of just under 5 hours a day on their phones! *It's essential for us to prioritize our time in order to connect with our spouse.*

Do you spend more energy cheering on your favorite college football team, hanging with friends or connecting with your spouse? We can be present in a room with someone without exerting much effort or energy to connect with them. A lack of effort and/or energy leads to a lack of connection. If we are going to say our marriage is a priority then we need to exert the energy to make it a priority.

This self-evaluation can be eye opening and gut wrenching at the same time as we realize we are giving priority to the wrong things in our lives. Our lack of awareness can happen so quickly and innocently that we start prioritizing the wrong things in our lives out of convenience and selfishness. We have to make the decision daily, to prioritize our marriage. Marriage is hard! There are conflicts and challenges we have to work through. BUT, when we prioritize our marriage above our own self-interests, we can find ourselves connecting with our spouses in deeper and more meaningful ways. Who doesn't want that! Let's have marriages that thrive, not just ones that survive.

Aaron Groves
IIH Program Coordinator

