

JANUARY NEWSLETTER



A recap of our Cookie Decorating and Ornament Making Alumni Event on 12/21.

Alumni, staff, family, and friends celebrated the holidays together with winter crafts, pizza, and community. Enjoy some pictures of the event below:



You're Invited!

IP AND SG ALUMNI AND STAFF
COOKIE DECORATING AND
ORNAMENT MAKING

at the st gregory's IOP office: 401 grand ave, wds, ia 50265
sunday, december 21st 12-4pm

family & friends welcome, food & supplies provided
rsvp to anna: 712-304-2722





This holiday season, Santa, the Grinch, Cindy Lou Who, and staff delivered gifts to our in-house clients.

Huge shoutout to Cintas and Key Media Solutions for donating hats, gloves, scarves, fidget toys, crossword puzzles, notebooks, playing cards, writing utensils, and more.





Ivory Plains hosted 3 new alumni ambassadors at the facility this past December.

The ambassadors receive a signed certificate, place their handprint on the graduation wall, and receive alumni ambassador business cards and other goodies. If you are an alumni interested in returning to speak at the facility or learning more about the alumni ambassador program; contact Anna at 712-304-2722. Thank you for your dedication to the Ivory Plains Community! And shout out to our other passionate ambassadors who are not pictured below



Staff have begun to join the alumni zoom calls every Tuesday from 7pm-8pm.

Each hour is filled with reflection, laughter, support, and community. Message Anna for the link to the meetings 712-304-2722.



A note from your Alumni Coordinator:

Happy New Years 2026!

Before the new year begins, remember to reflect back and ask yourself - how free do you want to be from your addiction?

What work are you willing to put into your sobriety?

“If you think you can or you can’t - you are right.”

So proud of each and every one of you, the journey you are on, and who you are becoming.

Thank you all for letting me be apart of your story and community.

-Anna Van Heukelom, Alumni Coordinator at Ivory Plains Recovery Center



RELAPSE...
PART OF YOUR
STORY?

Relapse doesn't erase your recovery - It is part of many people's story. If you are struggling, connect with us.

We are here for you.
Reach out 24/7

ANNA: 712-304-2722
ADMISSIONS: 515-325-5700

