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## **Elmer G. Biddick Charitable Foundation Grant Proposal Application**

Suicide Prevention Corporation of Southwestern Wisconsin  
Legal Name of Organization

c/o Susan Springer, Founder  
735 State Rd 23  
Mineral Point, WI 53565  
(608) 279-0131  
SPCICWI@gmail.com

Website

<http://www.suicide-SWWI.org/>

Susan Springer

Contact Person

### **Charitable purpose of the organization.**

The Suicide Prevention Coalition of Iowa County is dedicated to reducing the occurrence of suicidal behaviors among Iowa County's 23,749 residents of all ages. We intend to increase awareness and create a safe environment in which residents know they are not alone and can access the resources they need to help themselves, family or friends that may be having suicidal thoughts. Our mission is to prevent suicide through awareness, education, collaboration and improved access to mental health care. While focusing on Iowa County, due to the drastic need for services in surrounding counties. As of January 2019, we have opened up our services to the residents of our neighboring counties (Grant, Lafayette, Richland, Crawford, Sauk, & Vernon) as well which is another approximate 220,000 people.

### **Organization's current programs, activities, and recent accomplishments**

Established on August 11, 2014 we have come a long way in a short time thanks to your generous grants. This past year, 2024, we have teamed up with Local newspapers in all 7 counties to promote suicide prevention resources in May (Mental Health Month) and September (Suicide Prevention Awareness Month). With the printed newspaper ads we are reaching all demographics of each county. Gift bags were distributed to the coroners in each of the seven counties to give to families that have lost a loved one to suicide. The gift bags are full of post suicide resources and information to utilize as they start their grieving journey. 2024, also signifies the beginning tradition of a Veterans Memorial run/march to honor veterans that struggle with PTSD or have died by suicide.

### **Purpose of the request.**

Goals--- Educate community members on resources that are available to them in their time of crisis. The "Burden of Suicide on Wisconsin report" from the WI Department of Health shows

deaths by suicide have dropped since 2014 when our organization has started breaking down stigmas and spreading resource about suicide prevention. We want to keep this decline in deaths by suicide. So, it is our responsibility to have mass campaign newspaper advertisements, and on social media platforms to continue to spread the resources for people to use.

Funds are being sought to provide educational resources and articles printed in newspaper advertisements.

**Amount requested and the desired time line for the receipt of any contribution.**

The amount requested is \$3500 which is broken down as follows:  
\$3500 Printed newspaper ads for Grant and Iowa County (2 months)

A gift of any amount from Elmer G. Biddick Charitable Foundation would be used to fund printed public service announcements spreading awareness and breaking down stigmas.

**Budget of how the funds will be allocated and whether there are any other matching funds involved.**

Since our budget of how funds will be allocated depends on the amount of funds we can raise. The requested funding for are our top priorities for the year 2025.

2024, we began a calendar raffle that helped supplement our funding gaps. There are no matching funds involved. We limit our spending to what we raise. We have been fortunate enough to have a successful bowling tournament and silent auction that raised \$5000. We hope to host another one this year. However, with the economy in the state it is our private donations have also declined. The expected donation will be approximately \$3,500 directed solely for the Public Service Announcements in Iowa and Grant Counties newspapers for May (Mental Health Month) and September (Suicide Prevention Awareness Month).

Last year we were fortunate to receive a grant from the Jennie Olson Foundation which along with your grant was our major funding for 2024. We plan to apply to the Jennie Olson Foundation again this year.

**Plan for evaluating the use of any contribution.**

The use of any contribution will be dependent on the amount of funds donated along with funds raised via other avenues. Our goal is to accomplish the above mentioned projects focused on breaking down stigmas and educating members of the community this coming year. Our goal is to encourage people to reach out for help if they are struggling. This can be measured by the statistics collected via the avenues of distribution for the number of community members that are exposed to the message; meaning they have a subscription.

**Organization's current annual budget.**

We have not set a budget. All costs to date, very minimal, have been donated by committee members. Once we have raised funds we can set an official budget. For this year, our budget should mimic the items in this grant request.

**Proof of tax exempt status (including tax ID number).**

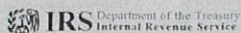
We are an independent non profit organization with an attached 501(c)(3) status and EIN #. A copy of their Certificate of Exempt Status is attached

**I hereby certify that the information contained in this application is true to the best of my knowledge and belief.**

Signature of Authorized Agent/Officer  
Suicide Prevention Corporation of Southwestern Wisconsin

\_\_\_\_\_  
Susan Springer, Founder

September 30, 2024  
Date



CINCINNATI OH 45999-0038

In reply refer to: 0231158888  
Apr. 20, 2018 LTR 147C 0  
82-1514606 000000 00  
00001404  
BODC: SB

SUICIDE PREVENTION COALITION OF  
IOWA COUNTY WISCONSIN  
6851 DUGWAY RD  
RIDGEWAY WI 53582-9546



038197

Employer identification number: 82-1514606

Dear Taxpayer:

Thank you for your inquiry of Apr. 11, 2018.

Your employer identification number (EIN) is 82-1514606. Please keep this letter in your permanent records. Enter your name and EIN on all federal business tax returns and on related correspondence.

This letter confirms that your employer identification number (EIN) and your name on our records match the name and EIN listed above. Return a copy of this letter to the payer who requested verification of your EIN.

You can get any of the forms or publications mentioned in this letter by visiting our website at [www.irs.gov/forms-pubs](http://www.irs.gov/forms-pubs) or by calling 800-TAX-FORM (800-829-3676).

If you have questions, you can call us at 800-829-0115.

If you prefer, you can write to us at the address at the top of the first page of this letter.

When you write, include a copy of this letter, and provide your telephone number and the hours we can reach you in the spaces below.

Telephone number ( ) \_\_\_\_\_ Hours \_\_\_\_\_

Keep a copy of this letter for your records.

Thank you for your cooperation.



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FORM **104**

**ARTICLES OF AMENDMENT  
NON-STOCK, NOT FOR PROFIT CORPORATION**

Sec. 181.1001, Wis. Stats.

A. The present corporate name (prior to any change effected by this amendment) is:

Suicide Prevention Corporation of Iowa County Wisconsin

(Enter corporate name prior to any change)

Text of Amendment (Refer to the existing articles of incorporation and the instructions on the reverse of this form. Determine those items to be changed and set forth the number identifying the paragraph being changed and how the amended paragraph is to read.)

RESOLVED, THAT the articles of incorporation be amended as follows:

Suicide Prevention of Southwest Wisconsin

B. Amendment(s) adopted on April 2, 2022

(Indicate the method of adoption by checking (X) the appropriate choice below.)

In accordance with sec. 181.1002, Wis. Stats. (By the Board of Directors)

OR

In accordance with sec. 181.1003, Wis. Stats. (By Members)

OR

In accordance with sec. 181.1004, Wis. Stats. (By Members voting by Class)

C. Approval by 3<sup>rd</sup> Person (Contingency Statement)

Written approval for amending the articles of incorporation was obtained from the person whose approval is required by a provision of the articles of incorporation authorized under sec. 181.1030.

D. Executed on 04/19/2022

(Date)

Susan Springer

(Signature)

Title:  President  Secretary

or other officer title: Outreach Coordinator

Susan Springer

(Printed name)

This document was drafted by Susan Springer

(Name the individual who drafted)



DFI/CCS/104(04/18)

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vide information on the project and Company and answer questions pertaining to the development, especially in Iowa County.  
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# Loneliness & Brain Health

Research shows social isolation can harm mental and physical health in seniors. "Loneliness is as deadly as smoking or obesity", was stated in a study out of Brigham Young University. Dr. Ardeshtir Hashmi, Cleveland Clinic Center for Geriatrics explains that interaction with peers, time spent with family, and a community support system can help prevent senior isolation and lead to improved physical, emotional, and mental well-being. "Social connection is sort of like the silver bullet to warding off depression and dementia," stated Hashmi. "That's how important it is."

Keep in mind, energy levels change as people age. Your relative's social needs may have changed. Even if they once were the life of the party, they may be more comfortable in a laid-back setting now. Has your loved one always enjoyed solitary activities, like reading or quiet crafting? If so, take the time to understand their interests and help them engage in activities they feel comfortable with. So, What can you do to lessen the isolation in yourself or senior loved ones?

**Reach out to local friends and neighbors.** Some congregations and schools even have outreach programs designed to help lonely seniors.

**Get comfortable with a computer.** Learn how to use virtual apps to communicate with other family & friends. Learn a new hobby, watch videos from other parts of the world or have books read to you.

**Focus on family time.** If you live near your aging relative, try to make time to visit. Whether you plan an activity or just sit and chat, time with family can be invaluable.

**Consider a roommate.** Not only does shared housing reduce costs, but the daily interactions can prevent senior isolation. There are roommate-matching agencies that perform background checks.

**Home care workers.** In-home caregivers offer assistance with tasks like housekeeping, meal preparation, and transportation.

**Volunteer opportunities.** it's a way to help the community and make new friends.

**Pursue your loved one's interests together.** Take the time to learn what makes your loved one happy, and try to join them in that pursuit. Even if you don't live nearby, you can ask about their hobbies during phone calls.

**Sign up for senior center programs.**

**Join an exercise class.** Exercising in a group setting is a fun way to maintain physical fitness. Exercise and moving our bodies releases endorphins, reduces stress and just makes us feel good.

**Encourage relationships with other older adults.** Often, seniors are going through things that younger people or family caregivers can't fully understand.

**Support intergenerational relationships.** Spending time with younger people can add spirit to a daily routine.

**Promoting advocacy:** Encourage elderly loved ones to start conversations, and remind them they have a lot to share.

**Text "HOPELINE" To 741741**  
**or call/ text 988 for National Suicide Hotline**  
Donations can be made via Venmo Account: @spcic-wi  
For more information: [www.Suicide-SWWI.org](http://www.Suicide-SWWI.org)

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Mia Rickey



## When an Partner Threatens Suicide

Knowing the warning signs of suicide can help you recognize when people close to you are contemplating suicide. If your partner, someone you know, or you yourself are contemplating suicide, please seek immediate help. The National Suicide Prevention Lifeline is available 24/7 at 988 text or call. Signs of suicide can be found on [Suicide-SWVI.org](http://Suicide-SWVI.org). This article will attempt to clarify the signs of manipulation, verbal abuse and how to set boundaries in a relationship.

When your partner threatens suicide, particularly whenever you're not doing something they want you to do, or when you're trying to leave the relationship? This is a form of emotional abuse – your partner is trying to manipulate you by playing on your feelings of love and fear for them. You might get angry when this happens, but you also might feel like giving in to avoid a potential tragedy. Both feelings are natural. It's normal to be afraid for someone's life.

What can you do if you find yourself in a relationship with a partner that threatens suicide regularly? First, learn what the signs of suicide are to help you to determine what boundaries you need to set. If your partner seems to be suicidal please call 988 for advice and help. Personal boundaries are limits you set around your body, physical places, emotions, financial information, and digital spaces.

If you determine they are manipulating your feelings you can set boundaries for example by saying, "You know I care about you very much, and I understand you're upset right now, but I don't think it is fair to be pressured this way." Even when you are going through a challenging time, we all get to choose how we handle those emotions. Ultimately, we are not responsible for another person's actions. Another example of what you could say is, "I really care about you, and I don't want anything to happen to you. I can try and help find resources that can help you, but it is ultimately your choice. I won't force you to do anything you don't want to." Pressure from a partner to redefine your limits is not okay, and you have the choice to decide what feels right for you at any point in your relationship.

Your partner may respond with statements such as, "If you really loved me, you'd stop me from killing myself." This is an attempt to manipulate your emotions. Remember, a relationship is about trust, and your partner should trust that you love and care for them without having to "prove" it. When you hear someone you care about saying they want to take their own life, it can be incredibly upsetting and traumatic. Whether it is a manipulative threat, a genuine feeling, or a joke, suicide is a painful and challenging thing to talk about. It is not something that you have to navigate on your own, find support for yourself. You can find a variety of professional support online or in your community. Another resource on line are support groups made up of others that have experienced the same unhealthy relationship verbal abuse. Google "Emotional Abuse Support Group" or "Domestic Violence Support Group"

Resource for this article and 24/7 support is found on website [www.loveisrespect.org](http://www.loveisrespect.org) a chat line can be called for support 866-331-9474 or Text : "Loves" to 22522

**Text "HOPELINE" To 74741**  
**or call/ text 988 for National Suicide Hotline**  
 Donations can be made via Venmo Account: @spcic-wi  
 For more information: [www.Suicide-SWVI.org](http://www.Suicide-SWVI.org)



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 Mayor, Ark, Wis, Ill

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## Civil War buffs: New group to meet starting October 10 in MP

There are many types of book clubs on numerous topics in the world. And here in Southwestern Wisconsin is a unique book club proposal dedicated to an important part of our history, the Civil War. There have been over 50,000 books written on this topic, with more being researched and written every year. Currently there are Civil War book clubs active in Kenosha, Madison, Manitowish, Milwaukee, and Wausau.

There were some 91,000 Wisconsin men who participated in the Civil War with more than 12,000 casualties. There were some 5000 Union soldiers just from Grant, Iowa, and Lafayette Counties. A quick look on the internet finds close to one hundred books devoted to Wisconsin

## I-G board discusses referendum information

low-a-Grant District Administrator Michael Shimshak told the low-a-Grant School Board Monday night that he is in the process of having representation at area village and town board meetings to present information on the approaching referendum.

Shimshak said he has some set up and is waiting to hear back from others. He told the board there is information in their packet they can use to answer questions about the referendum and asked them to consider attending the meetings with him.

The Board took action to award high school credit for 8th grade students who complete Spanish-I at the high school. It was noted that the Spanish course at the middle school and high school are basically the same. The Board also accepted two bids the first from Town and County for recycling and waste removal and the second from Critical Response Group for digital mapping of the school buildings. The mapping project is being paid through a grant.

The Board accepted resignations from John Jelle, 7th grade boys basketball coach and Tamara Eaker, special education assistant. After closed

## What's the difference between Depression and Major Depression Disorder?

**Not all cases of depression are the same. There are varying classifications of depression, and each can affect your life in different ways.**

Sadness may feel all-encompassing at times. But you should also have moments when you are able to laugh or be comforted. Will last 2 weeks or less.

Symptoms: Sadness is temporary and passes with time. Sad people are still willing to try to boost their mood by doing things they enjoy.

Capable of sticking to a relatively healthy sleeping habit and get back to their usual selves after a temporary period of grief.

Help: Speak to a professional, like a therapist, clergy member, or other trusted person. Listen to happy music. Eat comfort food.

Take a shower/bath. Exercise. Spend time with friends outside of the house. Laugh/tear (watch a movie or time with friends). Random Act of Kindness.

Depression is the feelings and people you have that will affect all aspects of your life. It may be hard or even impossible to find enjoyment in anything, including activities and people you used to enjoy. Suicidal thoughts are a sign of depression, not sadness. These feelings are usually 2-3 weeks.

Symptoms: Feel sluggish or restless, often for no known reason. Physical aches and pains. Difficulty sleeping.

Loss of interest in activities that use to be enjoyable. Lack of motivation and ability to concentrate. Weight and appetite changes.

Feeling of worthlessness, hopelessness or guilt. Low sex drive.

Help: Speak to a professional, like a therapist or Medical Doctor. Take prescribed medication regularly. Exercise regularly, yoga, meditation or go for a walk.

Have healthy eating habits. Start a new hobby or join a community organization with a common goal. Daily Journal 3 positive things that happened in your day or 3 items you are grateful for.

Avoid recreational drugs and alcohol. Start doing something you enjoy but haven't done for a while. Schedule time daily to do something you enjoy.

Don't isolate yourself. Spend some time each day with someone you like, either in person, or on the phone.

Major Depression Disorder is the most common brain health condition in America. It is a significant medical condition that can affect many areas of your life. It impacts mood and behavior, as well as various physical functions, such as appetite, libido and sleep.

Symptoms: Same as Depression with addition to the following: Persisting looming feeling of wanting to die. Persisting looming feeling of worthlessness, hopelessness or guilt. Help: same as Sadness & Depression along side the following: Speak to a professional, like a therapist or Medical Doctor. Take prescribed medication regularly. Live a healthy lifestyle.

Keep appointments with therapists and medical professionals. If you are planning your own suicide, you must get to a hospital and voluntarily admit yourself for help.

Being angry or offended: "I can't believe you'd try that!"

**Text "HOPELINE" To 741741  
or call/ text 988 for National Suicide Hotline**

Donations can be made via Venmo Account: @spic-wi  
For more information: [www.Suicide-SWVI.org](http://www.Suicide-SWVI.org)



The Dodgeville Chronicle

