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Helen Eddy
Chair, Bicycle Advisory Board
President, Community Enrichment Foundation

Meet Helen Eddy, a tour-de-force of volunteerism and community leadership. She does double volunteer duty as Chair of the West Des Moines Bicycle Advisory Board and President of the West Des Moines Community Enrichment Foundation. The Foundation raises funds to make positive change a reality in West Des Moines. Thank you, Helen for your selfless contributions!

Are you a native of West Des Moines?

Helen: I was raised in Indianola and we moved to West Des Moines in January of 1993. My husband and I have five children and they all grew up here. We have Tiger Paws everywhere in our house.

Why did you decide to become a volunteer?

I believe in giving back to my community, and West Des Moines is where we live and raised our children. I wanted to focus my efforts on the community where I live because you can usually make the biggest difference right in your own backyard.

When and why was the West Des Moines Community Enrichment Foundation created?

It was created in 2007 by West Des Moines citizens to improve the quality of life for our residents by helping individuals, families or corporate donors achieve their charitable giving goals.

How important is it to work closely with the City of West Des Moines?

Very important. We work closely with the different city departments to learn about their needs and if appropriate, we [WDM Community Enrichment Foundation] can assist with funding grants.

Can you give us examples of some of the projects or programs the West Des Moines Community Enrichment Foundation has helped sponsor?

A teen rock climbing wall, a child's public art exhibition, a school wellness program for children, Booster Paks for food-insecure students, reading mentor programs, and an archery facility. We are currently working on a big grant program to improve City trails and parks systems.

What is on the horizon for the West Des Moines Community Enrichment Foundation that excites you and might have a large impact on the City?

There is an upcoming big grant plan to improve the City trails and parks systems and the Foundation is poised to serve an important role in that project. We want to be the ‘Trails Capital’ of Central Iowa, so we all need to work together and get it done! This will have a huge positive impact on families and residents of all ages in West Des Moines.

How can others become a part of the West Des Moines Community Enrichment Foundation?

By making a donation, by serving on our Board of Advisors or Executive Committee, and by participating in the projects and programs that we help fund.

What makes Helen run?

I love being busy. I like getting things done. I am inspired by Iowa and by my community. I have met so many wonderful people through volunteering that I would not have met otherwise.

What's your guilty pleasure?

My husband says I have two speeds: OFF and ON. The ON mode: If I can bike 75-100 miles a week when I'm working, that's great! When I'm in the OFF mode, I like to sit on the deck with my husband and sip a nice glass of wine...and do nothing!

