

2016



ANNUAL



REPORT



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Mission Statement

To foster the healthy development and well-being of individuals and families while strengthening our diverse community

Statement of Inclusiveness

East Side Neighborhood Services, Inc. affirms the right of every person to participate in employment without regard to race, color, religion, sex, national origin, age, sexual orientation, disability, disabled veterans, or Vietnam era veteran status, marital status, with regard to public assistance or membership/activity in a local human rights commission, and in accordance with all applicable laws, directives, and regulations of the federal and local governing bodies.

Living Statement on Respect

Dignity — Every human being has inherent worth and deserves to be treated respectfully.

Value Difference — Value the uniqueness of each person without bias.

Personal Responsibility — We are responsible for our actions toward others and for informing others, or taking appropriate action, when our dignity has been violated.



2016 Board Chair & President's Report

Each of our last 101 years of service to the communities of the East Side, and more recently throughout Hennepin County, East Side Neighborhood Services (ESNS) and its predecessors, the North East Neighborhood House, the Margaret Berry House, and more recently the Greater Lake Country Food Bank, has been indebted to our neighbors for their support and good counsel. We take great pride in being a part of this extraordinary community.

Our collective history has been to understand the diversity of our community, respond to the presenting needs and evolve services to meet their respective challenges. The long list of agency services reflects who we are currently, as a community and a society. We continue to assist individuals and families in meeting their struggles in life and take pride in being able to make a significant difference.

Our work during FYR '16 included many major focal points to sustain, expand and improve service delivery to our community. A major challenge for the organization was our work on the Mobile Food Shelf building relocation. Our expectation was the need to move the facility to accommodate a request from the Metropolitan Council to purchase our current location. After over a year of work, it was determined that we would keep our facility, renovate it and continue to provide service through that site to 40 low-income MPHA and other senior residences. It further is the main refrigeration and warehouse facility for our other two food shelves in NE & SE as well. Renovation is continuing at this time with the expectation of completion by the summer. We expect this renovation to cost approximately one hundred thousand dollars and it is funded in part by the Richard M. Schulze Family Foundation, along with the Lion's Club of NE Minneapolis, among others.

In 2015 we were informed that the Holiday Train, which helps support our food shelves, could no longer take place at Shoreham Yards due to security challenges. Through a group of committed volunteers and continuing support of Andy Cummings of Canadian Pacific Railroad we were able to relocate the event to 37th and Stinson at Lion's Park in December. Attendance was estimated at over 4,000 attendees. A special thanks to Council Member Kevin Reich, Senator Kari Dziedzic, Hennepin County Commissioner Peter McLaughlin, Columbia Heights Mayor Gary Peterson, Mayor Jerry Faust of the Village of St. Anthony and both of their public works staffs and Police Departments. We would also like to thank Inspector Todd Loining of Second Precinct and the Minneapolis Police Department for their help and support. We are already planning on December of '17 in the same location.

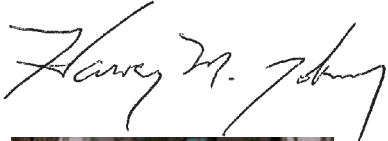
We were able to replace the agency phone system through a grant for installation from a local foundation and the donation of used, however, updated phone equipment.

Our programs expanded in a number of areas. We have opened a drop-in child care center at the Central Northeast Hub site for Hennepin County in downtown Minneapolis. Our Senior Services expanded with funding from a Live Well at Home Grant from the MN Department of Human Services for our Empowering Vital Aging (EVA) programs. It allowed us to hire a senior health and wellness coordinator and a senior navigator position. Additionally, we were able to add a part-time dementia specialist position to our Senior Services Department. The Youth Department received an Opus grant to support our “Future Connect” program which provides career pathways to employment for kids in the youth department.

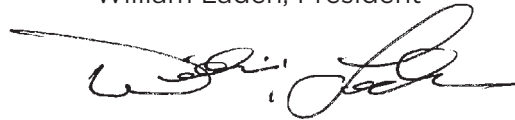
In 2016, the following allocations have been made by our Board from the 100th Anniversary Fund. They have included; work on our gym floor and walls, parking lot repairs, a new building banner focusing on our services, replacement of our lawn equipment, replacement of carpeting on the second floor hallways, meeting rooms and offices. Also, a new Youth Van was purchased with funds provided by the Kiwanis Club of NE Minneapolis, the Lion’s Club of NE Minneapolis, and the Exchange Club of NE Minneapolis. In recognition of these donations a new Donor Wall was completed and installed giving tribute to all of our 100th Anniversary Donors. We thank everyone for their donations to keep the agency’s facility and programs safe and updated.

As you review the content of this Annual Report, we believe that you will clearly see the benefit and understand the needs that we encounter in our work. We are proud of all of the accomplishments over the year and the commitment by so many in our community to see that resources are available to help individuals and families to meet their unique challenges. A special thanks to all of our committed board, staff and volunteers for making a difference in the life of our community.

Harvey Johnson, Board Chair



William Laden, President



Northeast Child Development Center

Northeast Child Development Center (NECDC) offers quality early childhood education in preparation for kindergarten, and full day care for children between the ages of 6 weeks and 5 years. A top rated 4-star Parent Aware program and Nationally Accredited, NECDC improves access to primary education for children by providing its services to families from all income levels in a developmentally appropriate, anti-biased, literacy rich environment. NECDC ensures children are healthy and meet developmental milestones to be ready for kindergarten; supporting families in their efforts to provide the environment and relationships that promote positive development.

NECDC's early childhood education and child care staff are prepared and well trained to:

- Teach and model behavior for children leading to age appropriate social/emotional, cognitive, language/literacy, and physical development.
- Provide assessments and set up education plans for children who do not demonstrate such development.
- Increase school readiness by providing parents with information and resources for children entering kindergarten.
- Encourage positive parenting techniques that enhance childrens school readiness skills.



2016 Accomplishments, Highlights and Awards

- Enrollment was strong in 2016 with 81 children between 6 weeks and 5 years old in attendance.
- Classrooms hosted a total of 36 different monthly parent child events bringing families together to promote friendships, build a sense of community and provide parents with the opportunity to learn with their child doing projects and activities.
- Parent conferences focusing on children's age appropriate development are held twice a year with 94% of families attending. Six month individual education goals were completed for each child.
- NECDC received continued Parent Aware 4 Star Rating renewal through 2019.
- In collaboration with MACC and Hennepin County, the drop in center downtown celebrated 1 year of successful operation in November. Children from 6 weeks to 12 years are cared for between 1-3 hours while parents access services.

Partnerships and Collaborations

- Breck High School students
- Fraser
- Health Dimension Resources for Speech, Occupational and Physical Therapy
- Hennepin County Purchase of Service
- Hennepin County Well Child and Teen Program
- MACC Early Childhood Affinity Group
- Minneapolis Early Childhood Special Education Preschool Program
- Minnehaha Academy
- MN Child Care Health Consultants, Inc.
- Mt. Carmel Lutheran Church
- North Point Health and Wellness Center
- The Church of St. Gerard
- USDA



Youth Development and be@School Programs

The ESNS Youth Department mission is “creating places that empower and educate all youth to thrive”. Following that mission, our Youth Development and be@school Programs are strengths-based and trauma-informed. Our intentional approach emphasizes a safe space for developing relationships, an enriching learning environment, opportunities for leadership and healthy risk taking. Current research shows that consistent attendance in high-quality after school programs can close the achievement gap for youth by 5th grade (Pierce, K.M., Auger, A. and Vandell, D.L., 2013). Providing youth with opportunities for healthy risk taking and intentional relationship building mitigates risk and contributes to strong academic and social outcomes (Laurence Steinberg, PhD. and Abigail A. Baird, PhD., Howland Symposium: Trends in Adolescent Brain Development, April 2012). Key program goals include: 1) Improving academic skills; 2) Increasing connections to school and community; and 3) Building 21st Century skills.

Programs

ESNS Youth Development Programs provide after school and summer programming at seven locations including five school-based and two community-based programs. Our Out of School (OST) team consists of 10 full-time and 12 part-time staff as well as over 50 interns and volunteers from The College of St. Catherine, The University of St. Thomas, Adler Graduate School, MCTC and the University of Minnesota. Programs focus on a combination of academic skill building, enrichment and social/emotional development. We provide academic instruction and support, leadership development, work readiness skill building, civic engagement and service learning, environmental education, relationship building and parent engagement to address each young person’s individual needs.

The be@school Program serves youth ages 5-17 that have been referred to the Hennepin County Attorney’s Office for too many absences from school. Our team engages with families to provide support around barriers to their children’s success in school including facilitating communication with school and other support staff, providing referrals to community resources and checking in with students on a regular basis about their attendance at school.



2016 Accomplishments, Highlights and Awards

- The addition of the Youth Out Loud program provided an opportunity for teens to learn about how racism and oppression in our systems impact our community. Teens are engaged as leaders and advocates of change.
- In January 2016 we received a Youth Intervention Program grant from the Minnesota Office of Justice Programs to expand our Creative Arts Therapy Program.
- 25 middle and high school students participated in a SNAP-Ed Nutrition Education Program in partnership with the University of Minnesota Extension Office. Teens earned stipends to help develop a nutrition curriculum and teach it to younger students.
- Our Menlo and Heritage VIBE programs earned an Metropolitan Regional Arts Council (MRAC) grant to bring in teaching artists during afterschool. The project culminated in an art gallery opening at MCAD.

Partnerships and Collaborations

Adler Graduate School

City of Minneapolis Step-Up Discover Program

Cornerstone Gardens

Edison High School

Girls, Inc.

Girls on the Run

Heritage Academy

Inverted Arts

MACC Alliance of Connected Communities

Menlo Park Academy

Minneapolis Community Ed

Minneapolis Institute of Arts

Minneapolis Parks and Rec

Minneapolis Public Housing Authority

Minneapolis Public Schools

Minnesota Department of Education

Music Out Loud (The MN Opera)

OPUS Foundation

Pillsbury United Communities

Pratt Community School

Public Achievement (the SABO Center at Augsburg College)

St. Catherine University

St. Thomas University

The Family Partnership

Three Rivers Parks

The Textile Center

University of Minnesota America Reads Program

University of Minnesota Service Learning Program

University of Minnesota Y-Mentors Program

Venture Academy

YMCA Beacons

Youth Employment Programs

ESNS's Youth Department mission is “creating places that empower and educate all youth to thrive”. ESNS Youth Employment Programs assist youth and young adults ages 14-24 to identify their strengths, cultivate their career interests and develop the work readiness skills they need to be successful in today’s job market. Participants work individually with staff or in small groups to engage in goal setting, employment skills practice, career pathways exploration, and occupational skills training. Young people receive ongoing support from a consistent, caring adult to address challenges that create barriers to being successful in school and employment.

Programs

The Youth Employment Program serves youth and young adults ages 14-24 with an emphasis on older youth who are not attending school. Participants set goals related to educational attainment, work readiness skill development, and occupational skills training. Youth have opportunities to earn industry recognized credentials in high-demand careers and participate in paid internships. Support services are available to provide transportation, work/interview clothes, and supplies as they transition into the professional world.

Future Connect (FC) serves youth ages 15-24 through a four-phase model. FC is a partnership with Connections to Independence (C2i), an organization based in South Minneapolis that provides services to young people in the Hennepin County Foster Care system. Participants complete: 1) Work Readiness Training; 2) Career Pathways Exploration (in the high-demand fields of IT or Hospitality); 3) Advanced Training (including ServSafe® Food Safety Manager or Computer Coding and Repair); and 4) Paid Internships. Throughout the program participants develop a “Pathway to My Future” plan, outlining the education and career steps necessary to reach their goals.

In addition to these two core programs, the ESNS Youth Department partnered with the City of Minneapolis STEP-UP Explore program in 2016 to provide summer jobs to 13 Minneapolis youth.

2016 Accomplishments, Highlights and Awards

- 67 young people participated in work readiness training in 2016.
- 21 participants completed 12-16 hours of Career Pathways Exploration in either the field of IT or Hospitality.
- Participants had access to a variety of training opportunities such as: Forklift/Bobcat, ServSafe, Certified Nursing Assistant, Child Development Associate, Computer Coding, A+ Certification, and more. 17 youth earned industry recognized credentials through these trainings.
- 23 youth completed paid internship experiences.
- The Youth Employment Program earned a \$5,000 grant from the Gibney Foundation to create a clothing closet and develop an emergency fund for participants.

Partnerships and Collaborations

Asian Media Access

Avenues for Homeless Youth

City of Minneapolis/Minneapolis Employment and Training

Code Saavy

Connections to Independence

Elite Catering

ESNS Adult Employment and Training Program

Free Geek

IT Ready

Menlo Park Academy

Minneapolis Adult Basic Education

Minneapolis Parks and Rec

Oasis for Youth

OPUS Foundation

Sammy's Avenue Eatery

STEP-UP Explore Program

Urban League (Urban Tech Program)

Youth Link



Camp Bovey

The mission of Camp Bovey is to provide a safe place for youth to have fun while participating in outdoor activities that help build respect for themselves, one another and the environment.



Programs

This year we combined Performing and Visual Arts into one session. Campers were able to try each of the arts taught by experienced artists in the hope of expanding their interests. We ended this session with an art show and the Pipe Dream Blues Machine performed for the campers. All Campers got a chance to perform for each other and went home with a CD of their performances. Our regular sessions continue with many new additions in Environmental Education which the campers love. Campers learn about nature, outdoor living skills, working together as a team, swimming, archery, canoeing and tomahawk throwing just to name a few.

2016 Accomplishments/Highlights/Awards:

- During one of our July sessions, a camper caught a 1 lb. 6 oz Bluegill that was 12” long.
- July 12, 2016 we had 10” of rain at camp. We no longer have a swim beach and all docks are under water.
- Gordon Fire Department and Ambulance Service spent an evening with campers this summer. Each camper physically put out a small fire after being taught how to use a fire extinguisher. Other hands on equipment was explained and demonstrated for the campers which ended with campers trying out equipment of their choice.
- The Bovey Olympics expands every year with not only physical challenges but classroom challenges as well. Team building and good sportsmanship are the main focus and extra points can be earned in these areas.

Partnerships and Collaborations

- Three additional sessions were added to the beginning of our regular camp season for Minneapolis Public Schools. During these sessions programming is done to match what the students are studying in school at that time. We are very excited to continue our partnership with them and are looking forward to additional sessions in 2017.
- Camp is currently working with the Youth Employment Program at East Side. We not only offer employment opportunities but educational trainings to our Jr Staff members. This way we can keep a connection from camper to Jr Staff to one day Staff members at camp.

Menlo Academy

A contract alternative program of the Minneapolis Public Schools, Menlo Park Academy serves students in 9th-12th grade whose needs are not being met in the traditional school setting. Through small class sizes and a supportive staff, 70 students earn the full range credits needed for a Minneapolis High School diploma. Menlo Park Academy creates a setting where students feel safe to learn and grow, and where educational needs are met through a wide variety of materials and strategies matched to individual learners. Learning becomes a priority when social and emotional needs are being met.

Through our collaboration with Minneapolis Public Schools we offer the Jobs for America's Graduates Program (JAG), on-site therapy services, and ALC Plus case management for students with Hennepin County involvement including probation, homelessness, truancy, and parenting.

2016 Accomplishments, Highlights and Awards

- 12 seniors graduated
- 5 scholarships were awarded:
 - 2 from the Northeast Minneapolis Lions Foundation
 - 2 from the Kopp Family Foundation
 - 1 from Linda and Bob Foster Family Fund

Partnerships and Collaborations

Metropolitan Foundation of Alternative Schools, East Side Youth Programs and Minneapolis Public Schools



Adult Employment & Training

Our goal is to administer employment and training efforts based on industry specific standards and trends, while providing individual job counseling and vocational training programs. We provide career development and training opportunities to clients of various employment backgrounds and skill sets, and help prepare them for the workforce.

Programs

Employment Counseling: One-on-one counseling with a certified Employment Specialist. We work with clients to gain employment in their chosen field. Services include crafting and editing resumes, job search and application training, interview preparation, and more.

Forklift/Bobcat® Training:

Industry recognized certification to operate sit-down and stand-up forklifts. We use industry designed curriculum developed in accordance with OSHA safety regulations.

Health & Human Services Training:

Offering credentials in Certified Nursing Assistant (CNA) and Child Development Associate (CDA). Participants of these programs have the opportunity to concurrently complete foundation credit bearing coursework as a pathway to post-secondary education.

Leadership in Hospitality:

Prepares individuals for entry-level management careers in hotels, quick-service restaurants, full-service restaurants, catering, and food service vendors. Participants gain credentials in ServSafe® and a certification in foundations of leadership.

ServSafe®: The ServSafe® program provides food safety training, exams and educational materials to foodservice managers. Students can earn the ServSafe® Food Protection Manager Certification, accredited by the American National Standards Institute (ANSI)-Conference for Food Protection (CFP). East Side administers this training with the exam on a monthly basis.



Computer Basics Workshop Series: Aims to help bridge the digital divide through educating individuals on four beginning levels (intro, keyboarding, Internet, and email) of computer usage. The workshop series culminates with the participant being able to earn a Northstar Digital Literacy Certificate.

2016 Accomplishments, Highlights and Awards

- 153 participants earned an industry-recognized credential.
- 65 participants placed in employment.
- 35 participants were placed in high wage jobs \$12-\$20/hour.
- 73% of participants placed in employment retained employment 6 months after initial date of hire.
- 44 Employment Program participants received financial literacy training.
- Adult Employment & Training's Climb On! Certified Nursing Assistant (CNA) Career Pathways program received the Tim Tucker Spirit of Collaboration Award from Augustana Health Care for its collaboration with Augustana Feeney Manor. This partnership has been in existence for a year and a half and has a 90% percent job placement rate. The program has been so successful the Department of Employment & Economic Development awarded an additional \$60,000 to East Side to put 15 more individuals through the CNA program.



Partnerships and Collaborations

- Augustana Health Care
- Avail Event Services
- Department of Employment and Economic Development
- Greater Twin Cities United Way
- Hennepin County
- City of Minneapolis
- Herc-U-Lift
- LaMere Concrete & Masonry, Inc.
- Lancer Hospitality
- Land O'Lakes
- Metropolitan Center for Independent Living
- Minneapolis Adult Education
- Minneapolis Community & Technical College
- Normandale Community College
- Quality Bike Products
- Radisson Blu Minneapolis
- Schulze Family Foundation

Family Services

Family Services consists of the Family Violence Intervention Program (FVIP) and crisis support for families. FVIP has been offering services since the men's programming began in 1985 and the present Educational Series format was established in 1989. Current programming assists both male and female participants in developing assertive communication, non-violent behaviors, and conflict resolution skills that can be used in their home, work place, and in the community. The continuum of services assists participants to develop positive family relationships, work through life challenges, and become contributing members of the community.

Programs

FVIP works mainly with court ordered participants in an outcome-based 18-week educational series. Program participants are primarily men and women who have perpetrated domestic violence and have anger management issues.

Crisis Intervention Services are also provided to help meet basic needs and support their household stability. Participants receive food, household and hygiene items, clothing, bus tokens, school supplies, and gifts from the holiday toy store.

2016 Accomplishments, Highlights and Awards:

- 17% increase in clients in the last year.
- Group size 23-38 clients, with 2-3 month waiting list to get into the program.
- Client fees increased 20%.
- Started a Spanish speaking group.
- Had open gym nights for 3 months.
- Hosted 4 meetings for "People Who Work with People Who Batter".
- Key staff involved in the Hennepin County Family Violence Coordinating Council CLE, Hennepin County Domestic Violence Resource Fair, member of the MN Department of Human Services Child Maltreatment and Domestic Violence Response Path Workgroup by Governor Dayton.
- Crisis funding of \$8,000 served 22 participants with 24 bills.
- 90 mentors attended and assisted others 256 times.
- 27,723 services (referrals, crisis intervention, supportive listening) provided to group 552 clients.



- 223 families were served with either food or by the toy store with 1,434 services.
- FVIP operated 50 program weeks, providing 317 meetings for men and 61 for women.
- One year follow up: of the 223 group participants who completed the FVIP Educational Series in 2016, 98% did not re-offend after one year.
- 74 interns and volunteers contributed over 9,024 hours of service, equivalent to 3.86 full-time employees.
- FVIP staff trained interns from 7 different colleges and universities for 6 different degrees.

Partnerships and Collaborations

Adler Graduate School
 Alpha Human Services
 Bethel University-Social Work Program
 Beverly Foundation: Elijah's Cup Crisis Funding
 Child Protection Offices of Wright, Hennepin, Ramsey,
 Scott, Anoka, Dakota, Isanti and Washington Counties
 Hennepin County Department of Human Services
 Legal Aid Society of Minnesota
 Metro State University Social Work Program
 Minneapolis Community Technical College Human
 Services Program
 Minnesota Board of Social Work
 National Association of Social Workers
 NorthPoint Health & Wellness Center
 People Who Work With People Who Batter Programs
 Probation Offices of Wright, Hennepin, Ramsey,
 Scott, Anoka, Dakota, Isanti, and Washington Counties

Senior Community Service Employment Project
 St. Catherine University Social Work Program
 St. Cloud State University Social Work Program
 Summit Academy Community Health Worker Program
 Target
 Twin Cities R!SE
 United Way First Call For Help 211
 University of St. Thomas Social Work Program



Empowering Vital Aging

Project EVA connects older adults to services and resources that expand their choices for remaining independent in their own homes and communities.

Programs

Project EVA offers evidence-based health and wellness classes led by peer volunteers, focused on fall prevention and managing chronic conditions. We also provide social connections and educational and fitness opportunities for neighbors through weekly programming and innovative Neighborhood Social Circles. We provide resource referrals, peer volunteer opportunities and dementia education. Our goal is to help our neighbors stay in the communities they love.

2016 Accomplishments, Highlights and Awards:

- Provided 1410 direct services to 372 unduplicated community members and 3,635 indirect services (congregate dining and outreach).
- Facilitated 11 Evidence based-classes (3 Tai Ji Quan, 4 A Matter of Balance, 3 Living Well with Chronic Conditions, 1 Living Well with Diabetes).
- Distributed monthly health and wellness e-newsletter, Bytes of Wellness, to 250+.
- Served 200+ at Senior Appreciation Valentine Luncheon.
- Provided three In-service trainings for Social Workers and Case Managers.
- Launched EVA Social Circles in neighborhood high-rises.
- Partnered with Minneapolis Council Members Jacob Frey and Kevin Reich's offices on the 39th Annual Health & Wellness Expo, Your Community for a Lifetime (47 vendors, 150+ attendees).
- Reduced the stigma of Alzheimer's disease and other forms of dementias through education of East Side staff, SCSEP staff, and volunteers.
- Provided volunteer opportunities for more than 20 peer volunteers.
- Combined tax assistance programs provided by Volunteers from AARP and Prepare and Prosper prepared over 2,000 Federal, State and Rent/Property Tax rebate returns for qualifying individuals and families.



Partnerships and Collaborations

AARP Tax Assistance
ACT on Alzheimers
Alzheimer's Association
AmeriPride
Amherst H. Wilder Foundation
City of Minneapolis
East Minneapolis Exchange Club
Eastside Meals on Wheels
Foster, Brever, Wehrly, PLLC
MASWA, MCSC, Medica Foundation
Metropolitan Area Agency on Aging
Minnesota Board on Aging
Neighborhood HealthSource
Northeast Bank
Northeast Seniors
PREPARE+PROSPER
Southeast Seniors
Union Bank & Trust
University of Minnesota, Clinical Translational Science Institute
Washburn-McReavy
and supported in part by a Live Well at Home Grant
from the MN Department of Human Services



Senior Community Service Employment Program

SCSEP provides civic engagement and employment opportunities and other services to low-income older adults living in Hennepin County

Programs

The Senior Community Service Employment Program (SCSEP) provides job training to low-income older adults 55 years and better (residing in Hennepin County) through subsidized-wage positions in local public and non-profit organizations delivering a wide range of services to the community. Employment through SCSEP provides personal skill development while providing paid on-the-job training at community based nonprofits allowing older adults to hone their skills while earning a wage as they search for unsubsidized employment.

2016 Accomplishments, Highlights and Awards:

- 2014 qualified older adults delivered 127,193 paid community service hours.
- 44% over the age of 65; 5% over the age of 75; 69% minority.
- 35 older adults moved on to unsubsidized employment.
- 53 Community-based non-profits throughout Hennepin County served as “host training sites”.
- Senior Community Service Employment Program, a major program of the Older American’s Act received renewed funding contract through the National Sponsor, Senior Service America, Inc.



Partnerships and Collaborations

Department of Rehabilitation, Emerge, ESNS Adult Employment, Hennepin County Workforce Centers, HIRED, HSPHD Works Eligibility Worker Group, Ignation Volunteer Corps, Project for Pride in Living (PPL), Personal Transportation, Inc. (PTI), Senior Service America, Inc., Title V, Older Americans Act, Workforce Benchmarking Network.

“The SCSEP Program is there to help you fulfill your dreams to get back into the work force. I owe SCSEP everything for helping me achieve my potential to get a high paying job at my age,” — Steve D

Dementia Education

Our mission is to reduce the stigma of Alzheimer's disease and other forms of dementias and build a dementia friendly community for East Side staff, SCSEP staff, and volunteers.

Programs

These efforts are being achieved through an educational series that focus on various aspects of the disease, support resources and tools, and practical steps on how to serve and support the East Side community who are living with this disease.

- **Lunch and Learn:** monthly, one hour educational series on specific topics around dementia for staff, SCSEP staff, and volunteers.
- **Meetup:** monthly social program in collaboration with the Alzheimer's Association for individuals and care partners living with early dementia or Mild Cognitive Impairment.
- **"Dementia Friends":** model used to train staff SCSEP staff, and volunteers about becoming a dementia friend and advocate in the community.
- **Planning for "Growing Connections":** an eight week, twice annual social educational program in collaboration with the Alzheimer's Association and the U of M Master Gardeners for individuals and care partners living with early dementia and Mild Cognitive Impairment.



2016 Accomplishments, Highlights and Awards:

- Marv who is living well with early Alzheimer's disease, wrote and presented with his wife/care partner Elaine, about living with the disease and being a voice/advocate for those living Alzheimer's.
- A panel discussion held at ESNS' Lunch and Learn gave two families living well with early Alzheimer's disease the opportunity to share their stories of hope and encouragement.
- Educated over 200 staff and supervisors from host sites throughout Hennepin County about the basics of Alzheimer's disease, community and cultural impact, and provided resources and tools for support.
- Partnered with the Alzheimer's Association to bring a monthly "Meetup" to East Side that allows those with early dementia and their care partners connect socially and get support.

Partnerships and Collaborations

Alzheimer's Association; U of M Master Gardeners; Neighborhood Health Source; ACT on Alzheimer's; Rick Naymark, author; State Department of Human Services supported in part by a grant from the Minnesota Board on Aging

Senior Transportation

The mission of Senior Transportation is to provide special transportation services to area seniors to support aging in place.

Programs

ESNS' Senior Transportations' lift-equipped vehicles enabled older adults to access medical appointments, shopping, senior dining, social/cultural events and volunteer commitments on a weekday schedule. Providing older adults with mobility support helps them remain active, make connections and attend community events like the Senior Health & Wellness Expo and the Senior Appreciation Valentine Luncheon. ESNS Senior Transportation also manages East Side's four 15-passenger Club vans supporting our Youth/Employment programs.

2016 Accomplishments, Highlights and Awards:

We safely served 427 clients; delivering 23,854 one-way rides. We took delivery of a new lift-equipped bus (2016 - E450) in March. We began a new partnership with Centro Tyrone Guzman, serving our communities Spanish-speaking elders.

Partnerships and Collaborations

Metropolitan Area Agency on Aging (MAAA), Hennepin County, TRS Property Management, YMCA at Heritage Park, Catholic Elder Care, St. Anthony Health Care, Centro Tyrone Guzman, Minneapolis Public Housing Authority (MPHA), The Kensington and Minnesota Department of Transportation





Metro Food Programs

Each of our food shelf programs assist people who are struggling to avoid hunger due to lack of income and other factors. We work in partnership with Minneapolis Public Housing Authority (MPHA) and other subsidized housing agencies who host our food shelves in their buildings. Each food shelf uses the “client choice” model and provides a 4-6 day supply of food every month for each person in the household. Households are eligible if their income is under 200% of the poverty line. We focus on providing fresh fruits and vegetables, dairy, meat, other staple items, and culturally specific food items. We also provide information and referrals to food programs like SNAP, other ESNS programs, and community resources.

Programs

The Senior Food Shelf (SFS) provides 20 pounds of food to eligible adults 55 and older residing in Hennepin County. Participants are eligible to receive a food package once a month. The High Rise

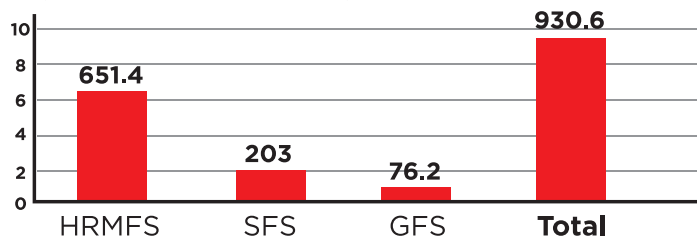
Mobile Food Shelf (HRMFS) delivers a food shelf twice a month to 39 subsidized apartment buildings with residents who are 55+ and/or disabled. Over 290 building residents volunteer to set up food shelf distribution under the guidance of ESNS staff.

Glendale Food Shelf (GFS) provides food assistance to the families living at Glendale Town Homes in SE Minneapolis.



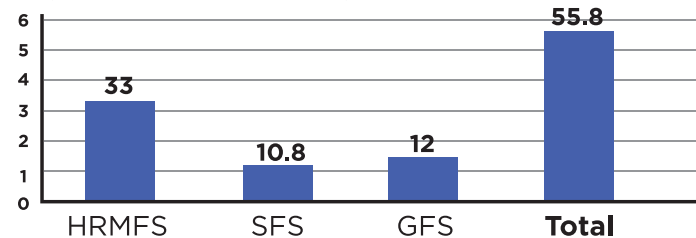
Pounds Distributed

(Thousands of Pounds)



Food Orders Given

(Thousands of Orders)



2016 Accomplishments, Highlights and Awards:

- 5,575 persons served in total by all three programs.
- 35% of all foods provided were fresh fruits and vegetables.
- Over 522,000 pounds of food was donated to our programs.

Partnerships and Collaborations

Food Donors/Suppliers: Bix Produce, Caribou Coffee - Washington Ave SE, Cub Foods - the Quarry, The Food Group, Growing Hope Farm, Liberty Distribution, The Lone Grazer Creamery, Minnesota Gold Meats, Peatland Reds, Sam's Club - Fridley, Second Harvest Heartland, Sentyrz Market, Target - the Quarry, Target Express - Dinkytown, Whole Foods - Calhoun, Whole Foods - Edina

Collaborations: AHEPA Housing, Avinity, BDC Management, Bigos Properties, BoisClair Corporation, CommonBond Communities, Ebenezer, Ecumen, Minneapolis Public Housing Authority, St. Olaf, Sholom, Volunteers of America

High Rise Partners: 1900 3rd Street NE, Arbor Lakes Commons, The Atrium, Basset Creek Commons, Brooks Landing, The Cooperage, Crest Apartments, Ebenezer Park Apartments, Ebenezer Tower Apartments, Edendale Residence, Hamilton Manor, Holland Highrise, Holmes Greenway, Holmes Park Village, Labor Retreat Apartments, Lilac Parkway Apartments, Lowry Towers, Menorah Plaza, Monroe Village, North Oaks / St Olaf, Park Elder Center, Penelope 35 I, Penelope 35 II, Richfield Towers, The Riverside, Riverview Apartment, Robbins Landing, Robbins Way, Seward Tower East, Seward Tower West, Shingle Creek Commons, Sibley Triangle, South Haven, Spring Manor, St. Anne's Apartments, Trinity Apartments, Upper Post Veterans Community, Winnetka West, Yorktown Continental



Adult Day at Friendship Center

Adult day provides mental, social & physical stimulation for adults who have lost a degree of their independence because of physical or cognitive impairment or chronic health conditions.

Adult Day at Friendship Center (DHS licensed) provides respite for caregivers and support for vulnerable at-risk elders. Adult Day engages body, mind and spirit through activities & wellness services to support health & quality of life. As a most cost effective option, Friendship Center's program enriches one's life experiences, foster friendships/ community engagement, and develops problem-solving skills to support the ongoing sense of well-being.

Since 1976 Adult Day at Friendship Center has offered creative, fun programs engaging the mind, body & spirit of older adults in a caring, compassionate community setting. Participants, family members and caregivers know they or their loved ones are safe with professional staff who focus on each participant's interests and goals.

2016 Accomplishments, Highlights and Awards:

- 18% increase in average daily attendance over previous year.
- U of M "Healthy Living Series"- special program.
- Courage Kenny warm water pool exercise therapy- spring & summer months.
- 40th Anniversary Open House.
- Social Work Interns from Bethel University.
- Intergenerational Events: U of M Athletes, U of M Extension-Gardening, school groups, Week of Hope mission group.
- Special Events; MN Pops Concerts; tour Ronald McDonald House; State Fair; Wellness Expo.
- Friendship Too Caregiver Support/Loved Ones group opened mid-year.
- Hosted Quarterly Case Manager CEU Events.



Partnerships and Collaborations

- Bethel University-Social Work Interns
- Breck School
- Courage Kenny, ESNS After School Programs-Mulberry Junction & Summer on 2nd Street
- ESNS Senior Transportation
- Greater Twin Cities United Way
- Home Instead
- Leading Age
- Liberty Diversified International (LDI)
- Menlo Park Academy
- Metropolitan Area Agency on Aging
- Metropolitan Caregivers Services Collaboration
- Minnesota Senior Workers Association
- Minneapolis Pops Orchestra
- Minneapolis Transitional Elementary School
- Minnehaha Academy
- Minnesota Department of Human Services
- Northeast Child Development Center
- St. Catherine University-Occupational Therapy
- University of MN Extension Services-Interns & Athletes
- Week of Hope- Group Work Camp



Top reasons for joining Adult Day at Friendship Center:

- Friendship Center makes a difference in my life: new friendships/feel less lonely.
- Have fun, health is improved & exercise keeps me moving.

Events and Volunteers

840 Volunteers devoted over 32,000 hours of time to the Programs and Events of ESNS

In 2016 we were able to reconnect with old friends and introduce ourselves to new ones. Fundraising events provide opportunities for East Side Neighborhood Services to make connections with members of the community, and serve as key sources of support for our programs. We are proud of the connections and commitments of our friends and neighbors who actively participate in our fundraising events and as Volunteers throughout the year.

Twin Cities Snowshoe Shuffle and Canines for Camp Dog Walk were held on February 6, 2016 at Long Lake Regional Park. Over 200 participants were registered for the race and walk. After the race, participants, their loved ones and volunteers enjoyed a chili lunch, awards and silent auction at our agency. The Battle of the Brewers encouraged local breweries to enter teams and win a traveling trophy. Approximate raised: \$12,000-for Camp Bovey

Senior Valentine Luncheon: Event date was February 11, 2016. 250+ Seniors attended the event. 58 volunteers assisted, including groups from Northeast Bank, Union Bank and Trust, Washburn McReavy and Uof M Athletics.

20th Annual Eastside Wine Tasting was held on May 12, 2016 with approximately 450 attendees and 54 Volunteers.

Northeast Big River Brew Fest was held on Saturday, October 22, 2016 at our Agency. 1200 attendees tasted beer from 37 vendors and enjoyed food from Red Table Meats, Lone Grazer Creamery, local Brats and Lloyds BBQ. 58 Volunteers assisted.

The Mill City Golf Tournament was held on September 1, 2016 at Columbia Golf Course. After patio Party was held at Elsie's. 100 Golfers, 8 Volunteers assisted.

The **Holiday Train** was held, December 10, 2016 at a new location which brought the cities of Minneapolis, Columbia Heights and St. Anthony together. Over 4,000



Events and Volunteers

community members attended to support the food Shelves of ESNS! 24 Volunteers helped to collect over 4,000 pounds of food, doubling the amount of food previously recorded from this event. Canadian Pacific Railroad presented a check for \$15,000.

Adopt a Family: 142 households including 428 children, received holiday gifts and certificates from 11 Donor groups and individuals.

Volunteers breathe life into our fundraising events and programs. With our large array of programs and events, we are able to find a job for anyone who wants to volunteer. Whether it is rocking babies in daycare to cooking food for our events or repairing buildings at Camp Bovey, we have a place for their skills. We are grateful for the individuals, business groups and organizations who devoted their time in 2016 to help us continue to support the NE Minneapolis community.

Highlights

The Community came together to mourn and honor the musical contributions of Prince after his sudden passing with a Prince Dance Party at the agency. Over 600 community members of all ages came together in the ESNS parking lot to dance, sing, create purple crafts and eat great food.

Volunteer groups from Meritex, Gays for Good, Bio-Techne, LDI International and Clifton Larson Allen participated in special Volunteer projects that benefitted several programs.

Fair State Brewing Cooperative, 56 Brewing and Indeed Brewery conducted fundraising events at their pubs that benefitted our programs.

Trustone Financial recognized ESNS as a neighborhood partner and presented a check to the agency at their new NE location groundbreaking.

High School Student Volunteer groups from Breck and Minnehaha Academy throughout the school year worked with both young children and seniors.



Events and Volunteers

To ensure the success of our agency, 840 Volunteers devoted over 32,000 hours of time to the Programs and Events of ESNS

The Volunteer Program additionally worked with Hennepin County, Anoka County, Ramsey County, H.I.R.E.D program, RISE, Tree Trust, Minneapolis Public Housing and local high schools to place individuals that are in need of serving community service hours.

Partnerships & Collaborations

2 Gingers
56 Brewing
AARP
Arcana Lodge # 187
Bio-Techne
Breck High School
CenturyLink
Church of St Gerard
Circle of Light Ministries
City of Columbia Heights
City of Lakes Rotary
Clifton Larson Allen
Code 42
Cranky's Ice Cream
Culvers of St. Anthony
Dangerous Man Brewing
Exchange Club of East Minneapolis
Fair State Brewing
Faith United Methodist Church
Finnegans
Foster Brever Wehrly, PLLC
Gays for Good



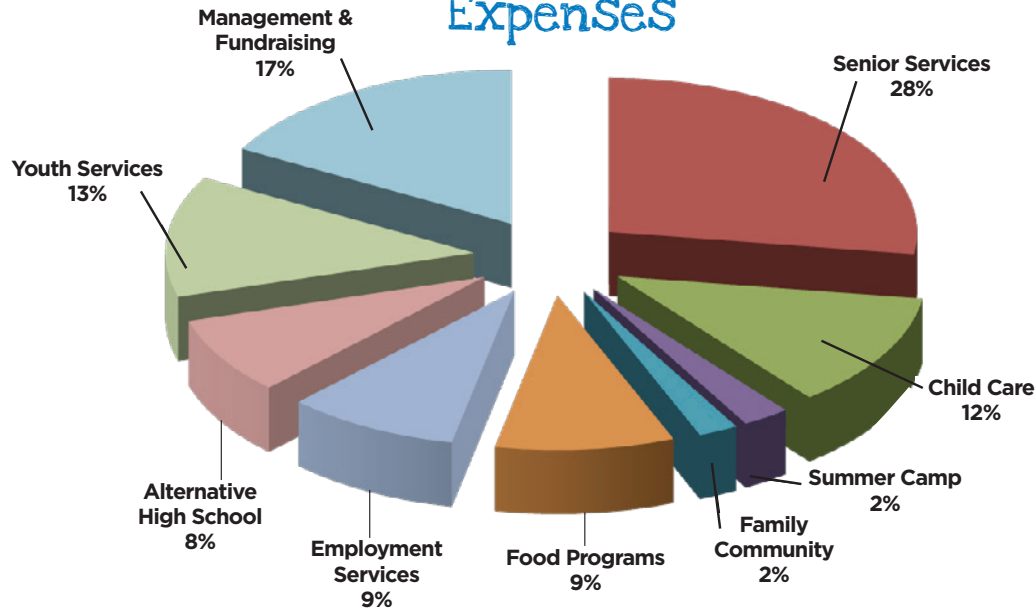
Grace United Methodist Church
Graco, Inc.
Gustavus Adolphus Lutheran
Church
Hennepin County
Holy Cross
Honeywell NE
Indeed Brewing
Jerry's Foods
Kozlak Radulovich Funeral Chapels
Land O' Lakes
Liberty Diversified International
Medica
Medtronic
Meritex
Metropolitan Health Plan
Minnehaha Academy
Mortenson Construction
Mount Carmel Lutheran Church
New Brighton/Moundsview Rotary
Northeast Bank
Northeast Kiwanis Club
Northeast Minneapolis Chamber
Northeast Minneapolis Lions Club
Northeast Royalty
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OPUS Foundation
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Saint Anthony High School
Saint Anthony Village
Sentryz
St. Mary's Men's Club
St. Paul's Lutheran Church
Stanley's Northeast Bar Room
Surdyks
The Food Building
Trinity United Methodist Church
Trustone Financial
UCare
Union Bank and Trust
United Health Group
University of Minnesota
University of Minnesota Athletics
Waite Park Church
Washburn McReavy
Xcel Energy



Financials and Demographics

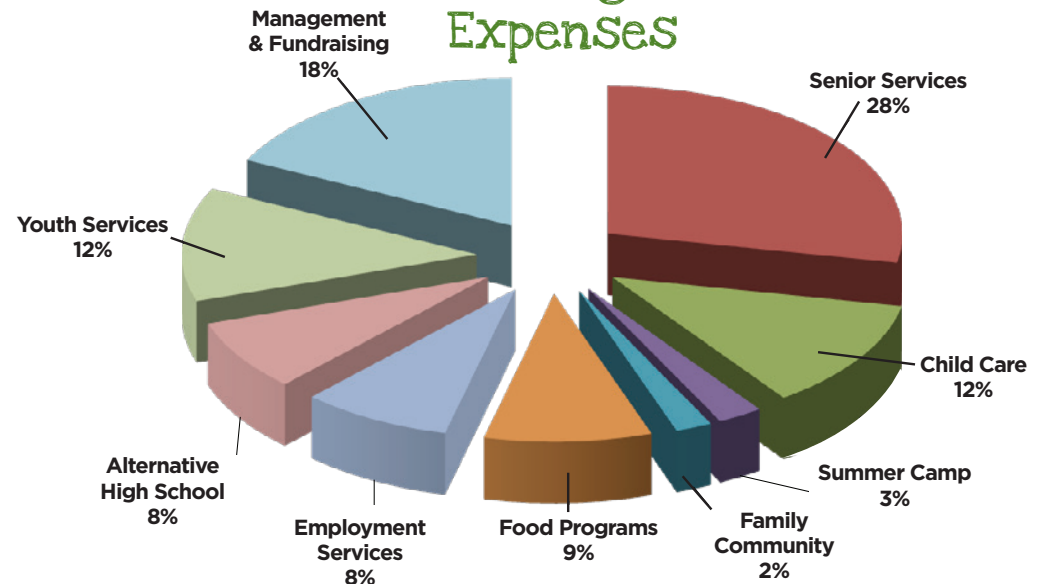
2016 Program Expenses



TOTAL 2016 PROGRAM EXPENSES: \$7,206,013



2017 Program Expenses

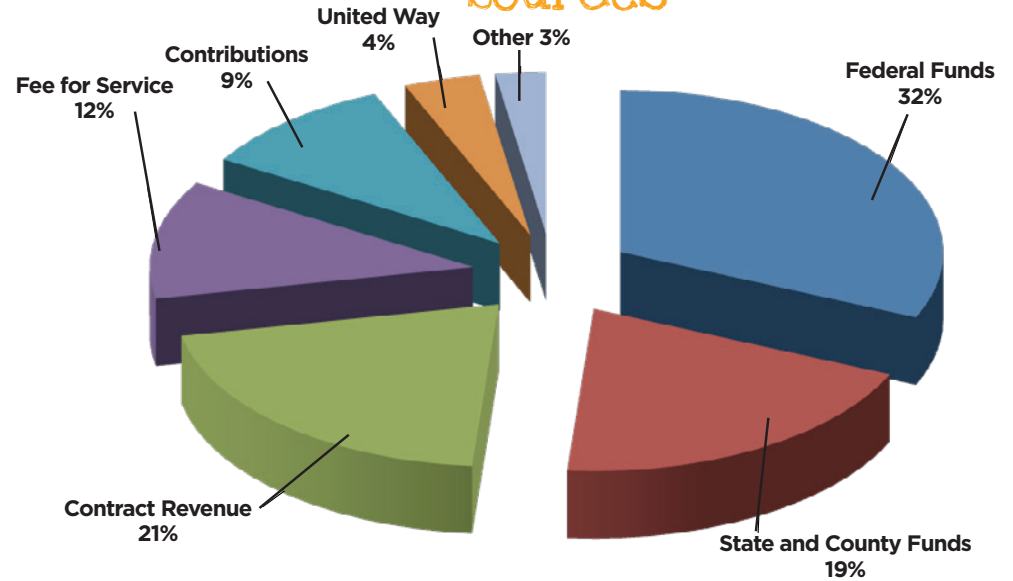


TOTAL 2017 PROGRAM EXPENSES: \$7,158,205





2016 Revenue Sources



TOTAL 2016 REVENUE: \$7,288,162

Demographics

Gender

| | |
|----------------|-----|
| Female: | 53% |
| Male: | 44% |
| Not Disclosed: | 3% |

Ethnicity

| | |
|-------------------------|-----|
| African: | 9% |
| American Indian: | 2% |
| Asian: | 3% |
| Black/African American: | 23% |
| Caucasian: | 26% |
| Hispanic/ Latino: | 3% |
| Multiracial: | 6% |
| Not Disclosed: | 27% |
| Other: | 1% |

Poverty Level

| | |
|----------------------|-----|
| <100% Poverty: | 36% |
| 100% - 200% Poverty: | 45% |
| >200% Poverty: | 4% |
| Not Disclosed: | 15% |

Age

| | |
|--------|-----|
| 0-5: | 3% |
| 6-9: | 5% |
| 10-14: | 8% |
| 15-17: | 4% |
| 18-22: | 4% |
| 23-54: | 24% |
| 55-64: | 26% |
| 65-74: | 15% |
| 75-84: | 8% |
| 85+: | 3% |

Clients Served By Zip Code

Top 12

| | | |
|-------|------|-----|
| 55418 | 1626 | 17% |
| 55413 | 1097 | 12% |
| 55414 | 1008 | 11% |
| 55411 | 887 | 9% |
| 55412 | 602 | 6% |
| 55404 | 494 | 5% |
| 55406 | 463 | 5% |
| 55407 | 370 | 4% |
| 55435 | 306 | 3% |
| 55422 | 235 | 2% |
| 55430 | 235 | 2% |
| 55421 | 204 | 2% |

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Lowe's
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Marino's Deli
McKnight Foundation
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ReStore
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St. Anthony Wine and Spirits
Schneiderman's
Sentyrz Supermarket
Siwek Lumber and Millwork
Sports Authority
Stanley's NE Bar Room
Tactile Medical
Tankenoff Families Foundation
TruStone Financial
Tyson Foods
Target
TEE Squared
Union Bank & Trust
United States Cold Storage
United Transportation
Union Local 1000
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Funeral Chapels Whole Foods
WOW Logistics
Xcel Energy

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Northeast Minneapolis Chamber of Commerce
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Pratt Community Resource Center
Press Sure Print
Prospect Park Co-op Legacy Fund
Prospect Park United Methodist Church
MN Public Health Department
St. Frances Cabrini Church
St. Maron Maronite Church
St. Mary's Orthodox Cathedral
Think Small
University of Minnesota
University of St. Thomas Gibney Fund Award
Wednesday Night Summer Basketball Group





East Side Neighborhood Services, Inc.

1700 Second Street NE
Minneapolis, Minnesota 55413
612-781-6011



East Side Neighborhood Services — Main Building

Administration
Northeast Child Development Center
Youth Development Programs
Senior Community Service Employment Project
Senior Transportation
Menlo Park Academy
Adult Employment and Training
Family Services
Senior Programs (EVA)

Camp Bovey

Located in the Northwoods of Wisconsin
612-787-4030

Adult Day at Friendship Center

1717 Second Street NE, 55413
612-781-2052

The Senior Food Shelf

1801 Central Ave NE, 55418
612-788-9521

High-Rise Mobile Food Shelf

554 8th Ave N, 55411
612-340-9694

Glendale Food Shelf

92 Saint Mary's Ave SE, 55414
612-342-1954

Luxton Community Center

112 Williams Ave SE, 55414
612-331-8678

Pratt Community School

66 Malcolm Ave SE, 55414
612-668-1122

Venture Academy

315 27th Ave SE, 55414
612-345-9040

NE Neighborhood Early Learning Center

342 13th Ave NE, 55413

Heritage Academy School

1042 18th Ave SE, 55414
612-355-5570

Edison High School

700 22nd Ave NE, 55418
612-788-4881