



THE OPEN DOOR

East Side Neighborhood Services, Inc.

1700 Second Street NE • Minneapolis, MN 55413

612.781.6011 • www.esns.org



Member of United Neighborhood Centers of America, Inc.



A Participating United Way Agency



MACC Alliance of Connected Communities



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Go Green!

Help us in our efforts to go green and sign up to receive The Open Door E-Newsletter! Visit www.esns.org and click on 'subscription' to send us your email address. Please let us know if you are receiving duplicate newsletters, if your address has changed or if you no longer wish to receive The Open Door, contact Karen K. at 612.781.6011 or email at kkorba@esns.org

UPCOMING EVENTS

Senior Valentine Luncheon
Thursday, February 17, ESNS,
lunch served at 11:30 a.m.

15th Annual East Side Wine Tasting
Thursday, May 5, 5-8 p.m.
Nicollet Island Pavilion

Reminder for seniors!
Free Tax Assistance available
for seniors at ESNS,
Feb. 1-April 15
Call ESNS to make your
appointment.

MARCH - Food Share Month



The Open Door

The News & Views of East Side Neighborhood Services, Inc.

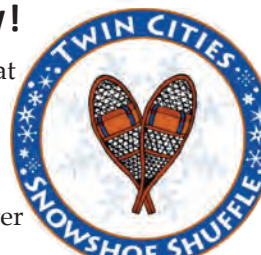
Helping individuals, strengthening family, building community.

6TH ANNUAL TWIN CITIES SNOWSHOE SHUFFLE

A DASH IN THE SNOW!



This will be the sixth year celebrating Minnesota's great outdoors, age-old snowshoe tradition and gathering for an excellent cause. The 2011 Sixth Annual Twin Cities Snowshoe Shuffle, "A Dash in the Snow," will be held Saturday, February 5, 2011 on the beautiful natural trails of Long Lake Regional Park. This winter race is a 5K/10K run/walk and Regional Qualifier for the United States National Snowshoe Association National Championship.



WINTER 2011

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All ages and abilities are welcome to Dash in the Snow! The Twin Cities Snowshoe Shuffle has grown to rank third in the country for the number of race entrants. In addition to seasoned racers, the Twin Cities Snowshoe Shuffle participants include recreational snowshoers, Nordic skiers, road runners, trail runners and families.

A Nordic walking instructor Rhea Kontos (nordicwalkthisway.com), 47, is looking forward to another fun year at the Twin Cities Snowshoe Shuffle. Kontos has been snowshoeing the past two winter seasons, and the Snowshoe Shuffle brings Kontos and her friends together to enjoy a fun winter activity outdoors.

"We enjoy each other's company and the beautiful scenery around us...and you don't need your own snowshoes," said Kontos.

Don't have your own pair of snowshoes? Don't fret, Snowshoes are available for rental for \$5 the day of the event.

Racing for a Great Cause
Not only is snowshoeing a great way to get some good old-fashioned exercise, but each racer participating in the event, helps contribute to ESNS' Youth Summer Program, Camp Bovey, located in Gordon Wisconsin. Camp Bovey provides outdoor living and leadership development for children ages eight to 14. All proceeds from the pre-race dinner, silent auction and race registration will be used to provide camperships for children from low-income families.

Post-Race Event at ESNS
Registration is \$35 and includes a long-sleeved race t-shirt and lunch to follow the race. This year, the post-race chili lunch, silent auction, participant prizes and awards program will be held at ESNS following the race.

Don't Eat Your Spaghetti At Home...
ESNS and the Twin Cities Snowshoe Shuffle provides a great way to fuel up before the race, enjoy community company, register early and enjoy a great spaghetti dinner. So don't eat your spaghetti at home...A Camp Bovey Alumni and Pre-Race Spaghetti Dinner will be held Friday, February 4, from 5-7 p.m. at East Side Neighborhood Services, 1700 2nd Street NE, Minneapolis. Dinner is \$5 per person. All community members, Camp Bovey Alumni and snowshoe race participants are welcome to attend.

For more information about the Sixth Annual Twin Cities Snowshoe Shuffle, pre or post race events, call ESNS at 612.781.6011. To register today, visit www.esns.org. Registration powered by active.com.



Helping individuals, strengthening family, building community.

EAST SIDE TIDBITS



GIVE TO THE MAX DAY: A SUCCESS FOR ESNS

On November 16th, East Side Neighborhood Services expanded online presence by further increasing fundraising through the Second Annual Give-to-the-Max Day hosted by GiveMN.org. This was a campaign to support local nonprofits in the Twin Cities area. A total of 19 people donated \$2575 to ESNS, leading to a 52% increase from last year's campaign. Greg Ritter, Director of Development, captures his sentiment, saying "I am pleased for the growth and awareness of this important program and I look forward to spreading our net even further in 2011."

For information on helping us to share and promote ESNS's fundraising through GiveMN.org, go to <http://givemn.razoo.com/p/share-and-promote>.

MARCH is FOOD SHARE MONTH
Nourish our community by bringing a food or cash donation to one of our three food shelf locations. Cash or check donations can be mailed to ESNS, Glendale Food Shelf or the Senior Food Shelf. Call ESNS for more information.

Camp Bovey Alumni Network WANTS YOU!

Help us keep Camp Bovey strong! Connect with the Camp Bovey community to learn more about ways you can volunteer, donate or simply reconnect with camp alums by emailing campbovey@esns.org or calling 612-787-4030.

Winter 2011 Employment Training Schedule

Personal & Home Care Aide
With MHD Paid Feeding Assistant and First Aid/CPR/AED & Blood-borne Pathogens certification.

Course Dates:
Monday, February 7- Friday, Feb. 18 ; 9 a.m. - 3 p.m.
Cost: \$275
Orientation meeting:
Thursday, Feb. 3;
from 1 p.m. - 2:30 p.m.
Where: ESNS

For more information contact Mara Johnson at mjohnson@esns.org or 612.787.4051.

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

Course Dates:
Monday and Tuesday,
January 24-25
from 8:00 a.m.- 4:00 p.m.
Cost: \$200
Where: ESNS

For more information or to register contact Ann Oliver at aoliver@esns.org or 612.787.4072.

YOUTH development

SUMMER CAMP

DAY CARE

ALTERNATIVE SCHOOL

THRIFT STORE

Family Support

FOOD SHELF

Senior Programs

Jobs Training

Volunteer Programs

COMMUNITY space

Helping individuals, strengthening family, building community.

ESNS' Youth Afterschool Programs Focus on Goal Setting

ESNS leads three afterschool programs that are unique in program delivery, focus, intentionality and have specific goals expected of all youth participants.

"The afterschool program is better and even more fun than being at school!" said Jakayala Hodges, 10, a fifth grade student at Sheridan Elementary and attends Mulberry Junction Afterschool Program at ESNS.

ESNS' Youth Programs balances both the social and emotional aspects with the individual academic needs of each individual. ESNS' Youth Programs deliberate academic focus is one of the components that sets the program apart from other "out-of-school" programs.

"We get more one-on-one help with reading, subjects in school and homework assignments," said Hodges.

Academic time is broken up into groups based upon academic

levels, youth work in small groups with college volunteers and staff members.

"I know that the staff here at Mulberry Junction are interested in my goals because every day they help me with problems I might have at school and ask me how my homework is going," said Hodges.

During daily discussion time, leadership staff and students participate in open conversation about what their goals are, what they have accomplished, and why it is important for them to reach their set goals.

"It is important to me to do well in school, because then I will get better grades; which will make my mom proud. I like seeing my mom proud of what I have accomplished in school," said Hodges.

The program's team of well-trained staff believe that every child has the capacity to be successful despite messages of failure in the past, low test scores at school and even self doubt. ■

MORE THAN CHILDCARE



The Northeast Child Development Center is more than childcare. NECDC is built on providing children with enrichment activities that promote school readiness and growth development.

What makes NECDC stand out from the rest?

The Northeast Child Development Center at ESNS has been awarded by MN Parent as a four star early childhood program and is accredited by the National Association for the Education of Young Children.

What does NECDC provide for children?

NECDC directly provides quality early childhood education and full time daycare to children six weeks through the age of five, to promote school readiness.

What does NECDC provide for families?

NECDC provides child and parent education on healthy eating and daily exercise programs to reduce childhood obesity. Parents receive ongoing support and information on parenting which include: developmental milestones and achievements, health and safety care, nutrition, immunizations, well child checks, the importance of getting your child ready for kindergarten and more.

The program has occupational, physical and speech therapy services available on site from Health Dimensions Rehabilitation Services to provide early developmental screenings for any family in the community.

The program has a strong focus on literacy as a part of the curriculum. The NECDC provides a lending library for parents to check out books for reading with their children at home.

Interested in finding out more about what the NECDC Program can do for your family? For more information call 612.787.4025, or visit www.esns.org. See NECDC in action and schedule a tour by calling, 612.781.6011. ■



A SPECIAL VISIT AT THE FRIENDSHIP CENTER

Senator Larry Pogemiller visited ESNS' Friendship Center, Adult Day Program on December 7, 2010. Donna Kavanaugh, the Friendship Center Coordinator, invited Senator Pogemiller

to visit and see what the Friendship Center Adult day Program has to offer the community and its clients. Pogemiller spent his time hearing from the Friendship Center participant group about what Friendship Center Adult Day Program means to each of them. This opportunity to speak to the Senator reinforced the program's strength-based approach, which strives to keep older adults engaged and participating in spite the challenges they may face. A special "thank you" goes out to Senator Pogemiller for his visit.

Adopt a Family

The Adopt a Family Program helps families in need during the holiday season with basic needs, such as toys, clothes, cleaning supplies, gift certificates and many other items. Individuals who chose to adopt a family(ies) received wish lists from the family in need and conducted a gift or toy drive in their place of work. This year's program helped 83 families, or approximately 387 individuals. A giant "thank you" to all donors who gave gifts of donated items to our Adopt a Family Program this year. Thank you 2010 Donors!

Donors who contributed toys, gifts and gift certificates:

Graco Columbia Heights/NE Women of Today
Aramark Honeywell NE

Donors who adopted individuals or families:

NE Bank Caryn Olsen Family Russell Reynolds
Joyce Lamere NE Royalty Program Scales Advertising
Wentworth Family McKinley Group Church of St Gerard's
Dunphy Family Martha Krueger Eric Tryvberg
Medtronic Honeywell NE Lions Club
LaBreche

Holiday Baskets at the Senior Food Shelf

Each year during the holidays, the Senior Food Shelf provides meals for local senior community members. 316 Holiday Baskets, complete with the trimmings for a special holiday meal were distributed to older adults on December 20, 2010, during the Senior Food Shelf 21st Annual Holiday Basket Giveaway.

The Emergency Food Shelf Network provided the items inside the baskets and RBC Wealth Management of Minneapolis provided \$5,000 and volunteers to prepare the baskets.

DONOR SPOTLIGHT: STEVE DUNPHY



Give the gift of **GENEROSITY** and help us fulfill our **MISSION** Page 3

"How wonderful it is that nobody need wait a single moment before starting to improve the world." - Anne Frank
Being a third generation Nordeaster on both sides of his family, Steve Dunphy knows what it means to be a part of a close-knit community. For him, East Side Neighborhood Services has always been a part of that community. Growing up, he would oftentimes play basketball at the old Neighborhood House and by the age of 17 he was helping out with programs at Camp Bovey.

"ESNS has helped a lot of people I know. I've seen programs help immigrants in navigating resources and jobs in a new country. Elderly whom I've grown up with as a kid have been touched by our programs. Not only does it keep our neighborhood strong, but it also keeps our broader community vibrant and creates a better future for the Twin Cities."

Steve has taken ESNS's role seriously and has given back in a number of ways. Through financial gifts and encouraging friends and family to make donations, programs have been enhanced by his dollars. Additionally, his work on the Board has helped develop various fundraisers and programs of Camp Bovey, helping expand the value of East Side to others.

"Helping individuals, strengthening families, building communities: those values are ingrained in everything we do here at East Side Neighborhood Services," he says, "Despite this, in these tough economic times, our programs are being hit by a double edged sword. Times are worse, need is greater. We cannot count solely on large foundations and government. We have to rely on individuals more than ever to support our community and to ensure that Northeast remains healthy and vibrant."

For more information on how to donate, please contact Greg Ritter, Development Director, at 612.787.4019 or at gitter@esns.org. You can also visit www.esns.org/donate to make an online financial investment in your community. ■

HOLIDAY GIVING AT ESNS

All recipients of the holiday baskets were community members who used the food shelf within the past year.

"It has been a rewarding experience to be a part of the giving and distribution of the Holiday Basket Program, versus just giving a check to the Senior Food Shelf. We enjoy being a more resourceful part of the event; RBC is a huge supporter of giving back to the community," said Diane Pouliot, a Premier Service Group Representative from RBC Wealth Management.

"Thank you" to all who helped make this a special holiday event in 2010. Volunteers who helped contribute to this event were from RBC Wealth Management and the Senior Food Shelf.

2010 Holiday Train

Our 2010 Canadian Pacific Holiday Train event was unfortunately canceled due to severe weather on December 11. However, the contributions given towards our senior food shelves were significant. A special "thank you" to all of those who brought their donated food items and cash contributions to the Senior Food Shelf the following week. \$9,000 was donated from Canadian Pacific Railway; \$1,135 given in cash contributions; up \$902 from the 2009 collections; and 1,217 lbs of food was donated.

"Thank you" to "Los Soles" Mariachi Group and the carolers from St Richards Catholic Church, who were ready to provide musical entertainment at the Holiday Train event.

Look forward to news and updates on the 2011 Holiday Train, arriving December 2011.

Thank you to the 2010 Holiday Train Volunteers!

NE Royalty Program Bob and Linda Foster NE Citizen's Patrol Mike Burns
Aramark Washburn McReavy Columbia Heights/NE Women of Today
Martha Krueger NE Mpls Chamber

You can make a DIFFERENCE.

SUSTAINING DONOR CONTRIBUTION LEVELS

\$1,000 - BENEFACTOR \$500 - PATRON
\$250 - SUPPORTING \$100 - PARTICIPATING
\$___ - OTHER

Enclosed is my check donation
 Please use my charge account
___MC ___VISA Exp _____

Acct.# _____

Signature _____

Name _____

Address _____

City _____

Zip _____ Phone _____

E-mail _____

I would like to receive the Open Door E-Newsletter

Employer _____
(For employer matching gifts)

I would like my donation to support:
(List ESNS program or service.)

We/I have included ESNS in our estate planning
 Please contact me/us about including ESNS in our will or estate planning

To make an electronic donation log onto our Web site
www.esns.org

Make checks payable to East Side Neighborhood Services



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