



1700 Second Street NE
Minneapolis, MN 55413
612-781-6011 • www.esns.org



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UPCOMING EVENTS

- Tai Ji Quan
Begins September 3
- Wellness Expo 2014
September 9
- Northeast Big River
Brew Fest
October 18
- Matter of Balance
Begins October 30

Boomers & Beyond WELLNESS EXPO 2014

A special, FREE EVENT for adults 50 and older



**FREE HEALTH
SCREENINGS**

Tuesday, September 9, 10:00am.
East Side Neighborhood Services
1700 Second Street NE, Minneapolis, MN 55413
For more information call 612-781-6011

Employment Training:

Adult Employment Program Orientation: Tuesdays 9:30-11:30
Contact: Mara Johnson • mjohnson@esns.org • 612-787-4051

At Northeast Child Development Center:

Now accepting full and part-time care in the following age groups:

- Infants 6 weeks to 15 months
- Toddlers 16 months to 35 months
- 3 to 5 year olds in a preschool school-readiness program

MN State Licensed Nationally
Accredited by NAEYC
4-Star Parent Aware Rated

Call the office at (612) 787-4048
for more information or to enroll.



Summer 2014

The Open Door

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



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Tai Ji Quan - Sept 3
Wellness Expo 2014 - Sept 9
Northeast Big River Brew Fest - Oct 18
Matter of Balance - Oct 30

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High Rise Mobile Food Shelf Serves Thousands in Hennepin County

"Diane" is 76 years old and lives in a senior housing community in Edina. Social Security is her only income; she receives about \$850 each month. She doesn't drive, making it difficult for her to access food shelves and other resources. The transit system doesn't always go where she needs to go in the suburbs, and hauling home large grocery purchases or food-shelf packages is hard for her. Diane's only choice is usually to shop at the nearest grocery store to her home, which isn't always the cheapest option. A Mobile Food Shelf in her building makes all of the difference for Diane's health and budget. She now can access nutritious food without having to worry about transportation or cost.



This is the story of the ESNS's High Rise Mobile Food Shelf (MFS). Each month, the High Rise Mobile Food Shelf delivers on regular schedules to 35 subsidized housing complexes in Hennepin County. This translates to over 2,300 people served (all age 55+ and/or are disabled) and 36,800 lbs. of food delivered every month. It's an incredible accomplishment; resident volunteers receive the food, set up food on tables, and provide information. It's a choice model, not pre-boxed, meaning residents get to select the types of food that will work best for them.

While on site, MFS staff do enrollment, training, problem solving and troubleshooting to support our clients and their

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A Big Food Shelf Thank You to Plat System Services/NorthstarMLS!

Plat System Services
Better. Information. Now!

The most successful food shelves in the Twin Cities have the support of their surrounding communities, especially from individuals who believe in their mission and provide volunteer help, food and financial contributions. As East Side Neighborhood Services began to operate the Senior High Rise Mobile Food Shelf that delivers to 35 high rises, our traditional service areas of Northeast and Southeast Minneapolis expanded to include nine additional communities throughout Hennepin County.

To assist us in reaching out to the new communities, Dianne Goodman of Plat System

Services/NorthstarMLS was kind enough to do the research to provide us with contact information for the neighbors who live in close proximity to each of the high rises. With this important information, we are able to be in touch with 8,500 potential new friends for the program, introducing the mission of East Side and inviting support for the high rise food shelf in their neighborhood.

This outreach will help to sustain the program and give neighbors the opportunity to identify with an important mission close to home.
Thank you, Dianne!

(High Rise Mobile Food Shelf, continued from page 1)

experience. Outreach is done at each site on a rotating basis about nutrition and other senior programs available in the community. There are many benefits of having a mobile food shelf, primarily helping people who have difficulty accessing a traditional food shelf.

“Bill” is 50 years old and has several serious medical issues, leaving him dependent on his disability income of \$710 each month. Between rent and medical expenses he doesn't have much left over for the healthy food he needs to help manage his health conditions. Bill requires a wheelchair to get around, which makes it all the harder to get to a quality, affordable grocery store. Most of the neighbors in his subsidized apartment building are in similar situations. Even walking a few blocks is difficult for many of them. By bringing the Food Shelf right to their home, Bill and his neighbors can save their limited income for other basic needs.

By collaborating with building management, our social service staff, and with the assistance of over 150 volunteers, the ESNS High Rise Mobile Food Shelf distributes nutritious perishables regularly to thousands of senior and disabled adults.

For more information about the East Side Neighborhood Services High Rise Mobile Food Shelf, visit www.esns.org or call 612-340-9694.

California Garden

In June, 12 ESNS youth and young adults started paid summer internships through the Explore “We Are What We Eat” Summer Jobs Program. Interns are working for eight weeks at seven sites across Minneapolis including Bread and Pickle restaurant at the Lake Harriet Band shell, Tiny Diner and Farm, California Street Farm and various ESNS programs that incorporate serving and distributing food to the community. Interns meet as a group weekly to reflect and develop job readiness skills that will help them find permanent jobs following the program. They are gaining experience for their resume, solid references and the confidence they need to take the next step toward future employment!



ESNS+SSA=SCSEP

East Side Neighborhood Services has partnered with Senior Service America to provide the Senior Community Service Employment Program to help older workers find permanent employment. Through paid community service positions, ESNS will help you build the experience and confidence you need to find permanent employment. Call today to find out more about the Senior Community Service Employment Program by calling 612-787-4078.

ESNS' Metro Food Programs Gets a New Donated Roof

East Side Neighborhood Services' Metro Food Programs warehouse building is getting a new roof thanks to donations of materials and labor by the United Union of Roofers, Waterproofers & Allied Workers Local Union No. 96. Workers started the job in February by shoveling off a foot of snow and ice from the roof. Custom Refrigeration is also donating materials and labor to temporarily remove the rooftop compressor unit that runs our walk-in freezer. The Pohlad Family Foundation donated \$10,000 to replace the freezer compressor due to the original unit no longer working. Thanks Local 96, Custom Refrigeration and the Pohlad Family Foundation!



ESNS Celebrates 100 Years of Service in 2015

For nearly 100 years, ESNS has served immigrant, refugee and low income individuals and families. On January 20, 1915 the North East Neighborhood House was formally opened. In a few years, the activities of the settlement had outgrown its temporary building, and permanently located at 1929 2nd St. NE. The agency moved to 1700 2nd St. NE in April 2001, and was known as East Side Neighborhood Services, reflecting the organization's broadened mission of providing services to the entire East Mpls community. In 2015, ESNS will honor the past, celebrate the present, and inspire the future.



Tai Ji Quan: Moving For Better Balance Classes

Tai Ji Quan Moving for Better Balance is an evidence-based fall prevention program which helps to improve strength, balance, mobility and daily functioning, and prevent falls in individuals with balance disorders. The program is able to accommodate people with mild mobility issues such as using a cane. This traditional program has contemporary applications (expanding our balance zone, increasing range of motion in the ankles, strengthens the lower extremities) while integrating mind-body-sensory systems as a fall prevention.

This 12 week program on Monday and Wednesdays will be held at ESNS beginning Wednesday, September 3rd, running through Monday, November 24th from 1-2 pm. Your trainer is Donna Kavanaugh. The cost is \$20 for 24 one-hour sessions. Wear comfortable shoes and cotton clothing for ease of movement. Space is limited. Call Laura at 612-781-6011 to register. Your doctor's permission is advised.

VOLUNTEER SPOTLIGHT!



Mike Giefer is on our Board of Directors from Union Bank & Trust, is on the Finance Committee, Chair of the Development Committee and Co-Chair of the Wine Tasting.

“I first became active with volunteering as the United Way coordinator at Union Bank & Trust, which evolved into expanded volunteering roles with United Way including many years on review committees. After sitting in the Children and Families committee, I wanted to concentrate more within an agency. I first volunteered at ESNS while working at UBT in the late 1990s. In 2006, I became more active in committees

and became a board member in June of 2012. Having worked and/or lived in Northeast Minneapolis since 1992, and having already volunteered through the years, I became more involved with ESNS.”

“I really enjoy volunteering in many of our fund-raising events: Wine Tasting, Brew Fest, Mill City Charity Golf Tournament and serving food at the Senior Appreciation Valentine Luncheon. I've been involved with the Brew Fest since inception and I look forward to increasing the fund-raising for that event as it continues to evolve. My favorite part about volunteering for ESNS is the interaction with the staff and guests served, and the Senior Appreciation Valentine Day Lunch is one of my favorite events. There isn't enough free time but I do enjoy playing with my dogs and giving them attention!”



Wellness Expo: Boomers & Beyond

Tuesday, September 9, 2014, 10:00 am to 1:00pm

ESNS presents the 37th Annual Free Wellness Event where participants will have the opportunity to explore a wide variety of health resources and community services to meet varied interests, get your annual flu and pneumonia shots (bring your insurance card & photo ID), register for door prize drawings, enjoy lunch (reservation required), hear an educational speaker on strategies for healthy living, and experience KAIROS Alive! – a performing arts prescription for well-being. This activity is made possible by the voters of MN through a grant from the MN State Arts Board, thanks to a legislative appropriation from the arts & cultural heritage fund.

University of Minnesota: Wellness and Physical Activity Study

Ready-Steady will be offered again early September 2014. If you are 70 years of age or older, you might be able to take part in this wellness study. You will be part of a small group (4-6 people) that meets weekly to learn and practice activities to build/maintain leg strength and balance. For more information, please call (800) 358-2481. Classes will be held at ESNS.

A Matter of Balance

Oct 30, 2014 (Mondays & Thursdays -2:15 -4:15)

This award-winning program designed to reduce the fear of falling and increase activity levels among older adults will meet twice a week for 4 weeks. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance. The cost is \$20 for the class series. Call Laura at 612-781-6011 to register.



For more information on these events call 612-781-6011.

Artists from the Grain Belt Bottling House Partnered with us to Raise Money for our Programs.

This special fund-raising opportunity, “Art for Others – Helping the Northeast Neighborhood,” was held during the Art-A-Whirl celebration in NE Minneapolis May 16-18, 2014. Local artists donated an original, 5x7 piece of art that sold for \$30 each. The goal was to gather 100 pieces and display them in the Grain Belt Bottling House.

“We chose East Side Neighborhood Services because they provide a broad range of services to residents in Northeast and have a proven track record as a community asset,” said Lynn Speaker, local artist at the Grain Belt Bottling House. “[ESNS] assists people of all ages and backgrounds and we felt they were the best match for our fund-raising effort. In addition, they have been an Art-A-Whirl supporter for many years.”

For more info about Art-A-Whirl visit www.nemaa.org or www.esns.org.

