

The Open Door

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



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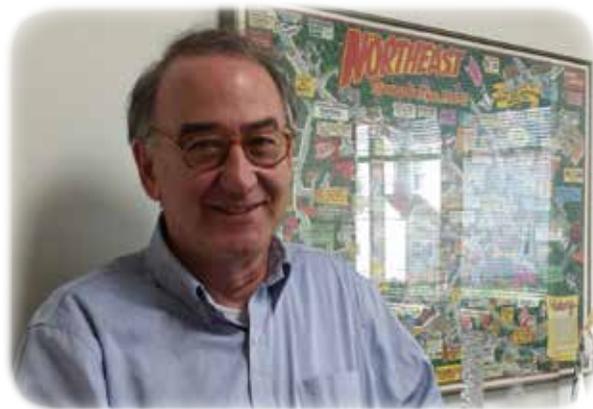
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A MESSAGE FROM THE PRESIDENT, BILL LADEN

As many of you are aware, I continue to plan my retirement for late May of this year. I have been blessed to work for East Side Neighborhood Services, our Board and Community over all of these past 36 years. I began in the field as a kid's resident camp staff member and charted my future to someday head an organization. As it worked out, East Side became my challenge and my passion.

Driving up to our old building in 1981 for an interview, I thought that this would be a great place to be for a couple of years. I interviewed with then Executive Director Joe Holewa, met Carol Jalma, the Camp Bovey Director and as I recall fourteen other members of the Community, Staff and Board, across the street at Bottineau Park. At the time, the NE Neighborhood House didn't have a room large enough for the interview committee. It became a great opportunity and match for my education, values and efforts up until that point. I remember enjoying the meeting and the people around the tables that were a part of the hiring panel.

In 1987, I became the Associate Director. On Joe's retirement in September of 1989 I became Executive Director. That same weekend, Laurie and I were married. Since then, I seldom had a chance to look back. The opportunities and challenges of the organization were always expanding. I recall thinking that I was going to strip my gears as one challenge was resolved three new ones appeared. It's amazing to me that time seems to speed up as we age rather than slow down. Perhaps that's simply a unique quality of our field, or of life.



I have had the honor of meeting people throughout my career who cared about their neighbors. It was not about power, culture, ethnicity, religion or socioeconomic status. It was about the pride that everyone feels and the drive that nearly everyone has to be able to help others. Help they did! I have recognized thousands of people over the years for their gifts to our agency. I take great pride in the trust that we were shown through these gifts. It was knowing that what was offered had a positive effect on someone's future, the need was real and the gifts had their intended impact. It was always reassuring and I never felt that we were alone. I've always said that the East Side is a great caring community and my personal thanks to everyone for their efforts on behalf of others.

I have taken great pride in our Staff and Board over the years and in all of the accomplishments of our organization throughout my career. I've seen us expand services, meet budgets and provide effective supports for our ever evolving community. I thank you for all of your friendship and assistance over the years and the opportunity to make a difference in people's lives.



FRIENDSHIP TOO: A CAREGIVER/LOVED ONE SUPPORT GROUP

Families caring for someone with a chronic illness, disability or frailty need lots of support. To help meet that need, East Side has launched Friendship Too: A Caregiver/Loved One Support Group. The caregiver receives education, tools for self-care and learns from others facing similar situations while their loved one is nearby, receiving adult day services. Caregivers can work one-to-one with an Empowering Vital Aging (EVA) team member to help them find the best way to care for their loved one while keeping balance in their own lives. A quote from a caregiver participating in Friendship Too, "It never ceases to amaze me (I thank God) that the right people seem to come around at just the right times."

This spring, East Side launches "Powerful Tools for Caregivers" at Adult Day at Friendship Center. This six week evidence-based class helps caregivers gain the self-efficacy needed to cope with the daily challenges of caregiving. For more information about East Side's Empowering Vital Aging programs including Adult Day at Friendship Center, please call (612) 787-4045 or EVA@esns.org.

DEMENTIA SUPPORT GROUP AT EAST SIDE

Meetup Social Program was created for people living with early dementia and their care partners and is in partnership with the Alzheimer's Association. Meetup will take place at East Side Neighborhood Services once a month on Fridays. This program helps those living with early dementia feel less alone and stigmatized within our community. For further information or to register please contact either Sara Tucker, Stucker@esns.org or Katie Roberg, kroberg@alz.org.

LIVING WITH DEMENTIA EDUCATIONAL GROUP

Growing Connections is a social educational program created for people living with early dementia and their care partners and is in partnership with the Alzheimer's Association and the U of M Master Gardeners program. Growing Connections is an 8 week program starting April 17th- June 12th on Mondays that will take place at East Side Neighborhood Services. This program will share the joy of growing plants, social connections and cultural outings. For further information or to register please contact either Sara Tucker, Stucker@esns.org or Katie Roberg, kroberg@alz.org.

EAST SIDE AFTER SCHOOL PROGRAMS

The *Mulberry Junction* crew has had a fast and furious afterschool year, so far!

Among the many science experiments, nature outings, field trips, and family events we've been able to offer, our most recent highlight was

our snow tubing trip to Elm Creek Park. Thanks to the generosity of volunteer photographer Jason Kokal (www.JLKimags.com), we managed to get some fantastic shots of MJ kiddos making the most of winter.



Summer on Second is still accepting registration for Summer 2017. Contact James Whitt, jwhitt@esns.org or (612) 787-4029 to discuss enrollment options.



REGISTRATION IS OPEN!

Mystery of Science & Nature Camp

8-14 year olds
June 26 to June 30

Explorers

8-14 year olds
July 10 to July 14

Hodagers

10-14 year olds
July 17 to July 28

Adventurers

8-14 year olds
July 31 to August 4

ES/MACC Leadership Week

8-14 year olds
August 7 to August 11

www.esns.org/CampBovey

GRACO FOUNDATION GRANT ENHANCING COMMUNITY SUPPORT

East Side Neighborhood Services received a \$53,703 grant from the Graco Foundation at the end of 2016. We've been hard at work putting this funding to good use. The grant was approved by the Foundation's board of directors for a technology upgrade to enhance East Side's ability to pursue its mission of fostering the healthy development and well-being of individuals and families while strengthening our diverse community.



"We at East Side are so appreciative of this major grant from Graco to update our technology capabilities," said Bill Laden, President of East Side Neighborhood Services. "It is allowing us to replace our eight-to-ten-year-old computers; improve our reporting capabilities to funders and others; track our program performance goals through improved agency dashboards; provide a more secure back-up system for our network; and improve presentation visuals for in-house and rental group use."

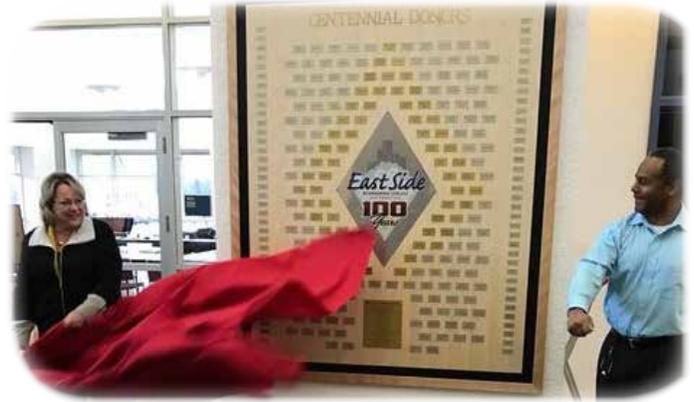
By focusing on capital projects and technology needs, the Graco Foundation strives to help organizations grow their ability to serve community needs. In this case, the grant allows East Side to shift their focus away from their aging technology and toward the needs of their clients.

Providing grants for organizations like East Side is a way Graco gives back to the neighborhood and supports the Foundation's mission of helping organizations grow their ability to serve community needs, enabling people to be self-sufficient and more productive.



SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Are you 55 or older and looking for work? Contact SCSEP at (612) 787-4090 or email mwheeler@esns.org. To qualify you must live in Hennepin County, be unemployed, and income eligible. Go to www.esns.org/SCSEP for more details.



UNVEILING THE CENTENNIAL DONOR WALL

Sue Sjoselius, Director of Risk Management and Marketing at Northeast Bank and Centennial Committee Chair, and Harvey Johnson, East Side Board Chair, unveiled the donor wall at East Side Neighborhood Services. The wall lists all donors whom together gave over \$230,000 during East Side's Centennial Campaign to support future programming.

FOOD SHELF RENOVATIONS

East Side's High Rise Mobile Food Shelf program is housed in a small warehouse on the western edge of downtown Minneapolis that has a long history of providing food



to the hungry. It was the home of the Greater Lake Country Food Bank from the late 1970's until the organization closed in 2012, when ESNS was asked to take over the program delivering food to senior high rise buildings throughout Hennepin County. Since taking over the program it has grown to 39 distribution sites with over 650,000 pounds of food given to senior households in 2016, all of it starting out from this 4,000 square foot building.

Late last year we began to look at how we could improve the building to make it more efficient, safe and increase the capacity to store goods not needing refrigeration. The building came with a 1600 square foot walk-in freezer. That's an amazing asset to have, but in reality we didn't need that much freezer space. One improvement just completed was to put up an insulated wall that cut the size of the freezer in half but also opened up nearly 800 square feet for dry storage. We're also adding several bays of pallet racking and purchasing a pallet stacker so we can double stack pallets. One additional improvement is to install a new and larger door to our loading dock. Later this year we hope to expand our walk-in refrigerator to accommodate the increased fresh produce and dairy donations we receive. Thank you to our donors who've supported this project: the Schulze Family Foundation, Northeast Kiwanis Club, Otto Bremer Foundation, Land O' Lakes Foundation, and many individual donors.

Visit www.esns.org for more information about what's happening at East Side.



THE OPEN DOOR

East Side Neighborhood Services, Inc.

1700 Second Street NE • Minneapolis, MN 55413

(612) 781-6011 • www.esns.org

NON PROFIT ORG

U.S. POSTAGE

PAID

TWIN CITIES, MN

PERMIT #91234



Community Partner



Helping individuals, strengthening families, building community.

UPCOMING EVENTS

East Side Wine Tasting

May 11 at the Nicollet Island Pavilion

Celebrate Northeast Parade

June 20 in Northeast Minneapolis

Mill City Charity Golf Tournament

August 3 at Columbia Golf Course

Health & Wellness Expo

September at East Side

Northeast Big River Brew Fest

October at East Side



Join us for the 22nd annual Mill City Charity Golf Tournament!



BECOME A TOURNAMENT SPONSOR

YOUR CONTRIBUTIONS WILL
PROVIDE FUNDING FOR PROGRAMS THAT BENEFIT
INDIVIDUALS IN OUR COMMUNITY.

FOR SPONSORSHIP INFORMATION, CONTACT GREG AT
(612) 787-4019 or grritter@esns.org

Call Karen at (612) 787-4014
to register. Or register online at
www.esns.org/Events

A BENEFIT FOR
EAST SIDE NEIGHBORHOOD SERVICES

THURSDAY, AUGUST 3, 2017

COLUMBIA GOLF COURSE
3300 Central Avenue NE

SHOTGUN - BEST BALL SCRAMBLE
STARTS AT 11:00 am

INDIVIDUAL GOLF PACKAGE - \$105
(\$45 TAX DEDUCTIBLE)

TOURNAMENT REGISTRATION INCLUDES:

- 18 holes of golf
- golf cart
- patio party at Sarma's
- awards & drawing for prizes

CONTEST HOLES

- closest to the pin
- longest putt
- longest drive - men's & women's

Organized in 1915, East Side Neighborhood Services, Inc. (ESNS) is a non-profit human service agency that provides social and other services to individuals, families and neighborhoods primarily of Northeast and Southeast Minneapolis and surrounding communities. Its purpose is to assist people of all ages and backgrounds in realizing a higher quality of life.



East Side Neighborhood Services • 1700 Second Street NE, Minneapolis, MN 55413

21st Annual East Side

Wine Tasting

proceeds benefit East Side Neighborhood Services

May 11, 2017 – 5-8 p.m.

Nicollet Island Pavilion

\$45 Advanced | \$50 At the Door

Enjoy over **200** wines,
local foods, beer, spirits,
cigars, great music and
Silent Auction!

**Tickets available at: East Side,
Surdyk's, Sentyrz, or River Liquors.**

www.esns.org



Strength of a Leader. Hand of a Friend.

