



With the help of its volunteers, Neighbors, Inc. will strive to reduce poverty, promote self-sufficiency and build community.

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Greater Twin Cities  
 United Way

# neighborsnews

## MN FoodShare Spotlight: Augustana Lutheran Church

A culture of generosity has been present at Augustana Lutheran Church in West St. Paul for a long time. That's why, back in 2006, they named "ridiculous generosity" as one of their core values. "When Christians are asked and invited to give to the specific needs in our community they always respond," said Pastor Mark Aune. "At Augustana we aren't afraid to ask because we know that the people of God will always respond."

When they heard that Neighbors would not be receiving a \$90,000 grant from the United Way beginning July 1, their social ministry team immediately began working on a plan to increase their MN FoodShare campaign goal to 25,000 pounds/dollars. They drew their inspiration from the story of Jesus feeding the 5,000 when it appeared there would not be enough to go around. They could meet their goal if they brought in 5,000 pounds/dollars each week during Lent.



Although this goal seemed a bit out of reach, they were determined to go for it! The team came up with several ideas that would include the entire church. By involving all aspects of the church – families, confirmation, social ministry, worship, etc. they hoped to meet their goal. From a friendly competition between the pastors, confirmation credits for bringing in food, messages from the pulpit from youth, and Kids Kingdom (Sunday School) support – all were encouraged to participate.

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Shari Hanson, an Augustana church representative and Sunfish Lake City Council Member believes that this was the key to their success. "When everybody comes together, ridiculous generosity can happen." And ridiculous generosity is exactly what happened! They exceeded their goal by bringing in more than 33,000 pounds/dollars to feed their neighbors in need!

Augustana wasn't alone, and extremely generous donations poured in from other churches as well. 28 churches collected a total of 99,096 pounds/dollars during MN FoodShare. We are so grateful for all of our amazing church partners. They are truly the bedrock of our organization and we couldn't do it without them!

## Welcome to Neighbors, Inc.



If you have visited the office in the last few months, you may have noticed some changes to our front desk (a.k.a. the Welcome Center). We have been updating policies and procedures in order to better serve our community and to make Neighbors a more welcoming and safe space for everyone that comes through our doors. One positive change we are proud to announce is that our guests can now come once per calendar month rather than every 30 days.

We made this change because we believe people know best when they need food and because food insecurity results from many factors. For example, lower wage workers are not often compensated for time off when they or their children are sick. A day of missed work can result in hunger for many households. We realized that a policy change could help alleviate this burden. By allowing for flexibility

when visiting the food shelf, our neighbors can get what they need when they need it. This change has been very well received and is very appreciated by our visitors.

We have also updated and streamlined our check in process by reducing the number of steps guests need to take to receive food. This has helped reduce stress, sped up our process, and saved a few trees. While we still need to collect some information, we have made it easier and more efficient.

The final change we have made is that we have started to offer water, snacks, community resources, and meaningful activity to folks while they wait. Waiting isn't anyone's favorite thing to do, but there is often a wait for our food shelf guests. We hope this bit of hospitality makes our guests more comfortable and their experience at Neighbors more positive.

Do you have an idea about how we might make visiting Neighbors even more welcoming? Susan, our Director of Mission Fulfillment would love to hear from you. Please contact her at 651-306-2141 or [susan@neighborsmn.org](mailto:susan@neighborsmn.org).

## And The Winner Is...

The winner of this year's annual Great Neighbors' Food Fight is BLVD Bar + Grille.



Congratulations! Thank you to all of the participating restaurants: B-52 Burgers & Brew, BLVD Bar + Grille, Jersey's Bar & Grill, Kaposia Club and the Mississippi Pub. We sold out of Food Fight cards this year, which means we raised \$7,500 to support the services at Neighbors. Thanks to everyone who contributed!

## 2019 Volunteer Award Recipients

Congratulations to the following volunteers who received awards at the 2019 Volunteer Appreciation Luncheon held in April.



### **Respect**

Michelle Hunt

### **Empowerment**

Jaron McNamara

### **Compassion**

Elise Hilton

### **Fairness**

George Brown

### **Rookie of the Year**

Deniz Kihdir

### **Outstanding Youth**

Jordyn Hondel

### **Community Partner**

Deerwood Bank

### **Program of the Year**

Produce Prep Team

### **Neighbors' Legacy Award**

Millie Newbauer

And a very big thank you to ALL of our volunteers who generously give their time and talents to Neighbors. You are amazing!

## Three Cheers for Sue – 2019 Food Champion!

At the 2019 MN FoodShare Luncheon, Neighbors volunteer Sue Hanebuth was recognized as a “Food Champion” for her help in the creation and management of the Menu Makers recipe-sharing program in the food shelf. Sue’s passion for giving people the tools to “eat well and do good things” (which, coincidentally is the Menu Makers slogan) is evident in the time and effort she pours into making Menu Makers an outstanding healthy addition to our food shelf. Congratulations, Sue!



## A March to Remember



Not only did Neighbors exceed our goal for the MN FoodShare March Campaign, we placed 6<sup>th</sup> in the state for most pounds of food / dollars donated to our food shelf. Overall, more than 13 million pounds of food / funds were raised by 284 food shelves across the state. Thank you for feeding your neighbors!

# A Day in the Life of Jenny Sanford, Volunteer Services Manager

The Manager of Volunteer Services is responsible for volunteer recruitment and retention as well as helping to provide structure and supervision to our Neighbors' Volunteer Program. Jenny Sanford joined the team in February of 2019 and would like to share a snapshot of her work day, and the ways that she works to support the Volunteer Team at Neighbors.

**6:15 a.m.** – Wake up and start getting kids ready for the day.

**8:05 a.m.** – Arrive at Neighbors and check in with Yudi Montes (Clothes Closet Thrift Store Manager) about changes in volunteer needs for the summer.

**8:10 a.m.** – Catch up on volunteer email inquiries. Update a volunteer opportunity posted online with Volunteer Match.

**8:30 a.m.** – Greet a new volunteer in the Food Shelf and get her settled into her first shift with Mark and Linda.

**9:00 a.m.** – Spend time learning new features in Volgistics (volunteer database management system).

**9:30 a.m.** – Send message to new volunteer group.

**10:00 a.m.** – Visit volunteers in the Food Shelf and Clothes Closet Thrift Store to thank them for their service and check in with our new volunteer.

**11:00 a.m.** – Meet with Summer Internship Candidate and give her a tour.

**12:00 p.m.** – Talk with volunteer interested in trying a new program area. Set up schedule with supervisors.

**12:15 p.m.** – Lunch

**1:00 p.m.** – Had a conversation with a volunteer about an upcoming challenge they are facing and how we at Neighbors can be supportive.

**1:30 p.m.** – Follow up on emails with Neighbors staff and group interested in volunteering with the Summer Meals Program.

**1:45 p.m.** – Check in with volunteers in Food Shelf and Clothes Closet Thrift Store (afternoon shifts).

**2:30 p.m.** – Final email follow ups for the day.

**2:45 p.m.** – Walk through the food shelf and joke with volunteers before picking up daughter from school.

“No day is the same, but every day that I leave Neighbors, I am proud of the work I’ve done to support our team and build on the generous gift of our volunteers’ time.”



Jenny is happy to assist with the needs of our current volunteers as well as welcome our new recruits. Feel free to reach out to her with questions or concerns about serving at Neighbors, Inc. at 651-272-1133 or [jsanford@neighborsmn.org](mailto:jsanford@neighborsmn.org).

## Welcome To Our New Volunteers

A big thank you and a warm welcome to the following individuals and groups who have started volunteering in the past few months.

### Food Shelf

Adreanna, Gayle, Erica, Kalia, Kayden, Morgan, Robert, Aroundeth, Pat, Nile, Cheryl, Tom, Judy, Dale, James, Lynn

### Clothes Closet Thrift Store

Henry, Maureen, Casey, Beverly, Joshua, Clarissa, Serina, Jennifer, Elizabeth, Cari, Kelsey, Ynez, Jane, Lauren, Sadie, Jazmin, Brian, Guadalupe

### Welcome Center

Kathy, Lynn, Sandra

### NAPS Program

Karen, Mark

### Groups

Branch Out, IGH Girl Scout Troop 53230, NET Ministries, 3M Commercial Solutions, Synergy Well-Med, Henry Sibley AVID, Academic Arts High School, The Wine Company

### Off Site Projects

Barbara, Spirit of Hope, BCBS

## Ongoing Volunteer Opportunities



### Clothes Closet Thrift Store

Receive and sort incoming donations, help families shop with free clothing vouchers and help raise money for our emergency services.

### Dial-a-Ride

Enjoy flexible scheduling options and build 1-on-1 relationships with residents of northern Dakota

County while transporting them to medical & dental appointments.

### Food Rescue

Collect food donations from local grocery stores and transport them to the food shelf.

### Food Shelf

Assist families as they select food from the shelves; unload, label and sort incoming donations; and keep shelves stocked.

### Welcome Center Assistant

Help families register for services; welcome visitors and complete office tasks such as filing, photocopying and answering the phone.

### Summer Meals Program

Assist the lunchroom staff in feeding children of our community this summer at one of our five partnering schools.

For more information, contact Jenny, our Volunteer Services Manager at [jsanford@neighborsmn.org](mailto:jsanford@neighborsmn.org) or at 651-272-1133.

## Taps & Apps: Summer Brew Series

Join us for happy hour! We are doubling the fun this year by adding a second evening and location to our annual Taps and Apps event! Join us on June 19<sup>th</sup> at VFW Mendota Post 6690 or on August 14<sup>th</sup> at Wabasha Brewing Company. Tickets are \$30 each or \$50 for both events, and admission includes 2 drink tickets (21+).



Visit [www.neighborsmn.org/event/taps-apps](http://www.neighborsmn.org/event/taps-apps) for more information and to purchase tickets, or call Heidi at 651-306-2154.

## Serving Meals This Summer

As school is wrapping up for the season and the weather is warming up, many families are enjoying time in the yard, the park, or at the lake. I keep discovering toys in my driveway from the neighbor kids. The end of the school year is celebrated by everyone!

However, if your family is one of the families in our area that relies on free or reduced lunch during the school year (50% of students in our local districts!), the summer also provides challenges. Our food shelf sees a major increase in visits every summer as families who depend on their kids eating at school struggle to stretch their dollars even further.

The good news is, there is a solution! Neighbors partners with the USDA, District 197, and Special District 6 to offer free breakfast and lunch to kids and teens ages 1 - 18 at five local schools. A full list of meal times is available on the Neighbors website at [www.neighborsmn.org/services/summer-meals-program/](http://www.neighborsmn.org/services/summer-meals-program/). Please check it out if you know any kids who could use a bite to eat.



This great program needs your help. While each school provides a skilled staff person to manage the kitchen, they do not have the full staff that they have during the school year. The schools depend on cheerful volunteers from Neighbors to help serve meals, prepare food, and wipe down tables. Youth aged 14 and up may volunteer, or aged 10 and up if an adult volunteers with them. This is a great activity for a parent, grandparent or mentor to do with a

young person. It's also a great activity for groups of friends, coworkers, church or scout groups. You can adopt a school for a whole week if you like, plan to serve once a week, or just try it out for one shift and see how fun it is. The schedule is very flexible. This year we need more help than ever—last year we had about 632 volunteer spots to fill, and this year the schedule has grown to require 764 spots. Please give it a shot, and discover how fun it is!



For questions about how to volunteer, please contact Scott at [scott@neighborsmn.org](mailto:scott@neighborsmn.org), or 651-306-2153.

## Where to Get Summer Meals

Meals are available Monday – Thursday unless otherwise noted.

### **Lincoln Center Elementary**

*357 9th Ave. N, South St. Paul, MN*

June 17 – August 15\*

Breakfast: 8:15 – 9:15 a.m.

Lunch: 11:15 a.m. – 1:00 p.m.

### **Kaposia Education Center**

*1225 1st Ave. S, South St. Paul, MN*

June 17 – August 15\*

Breakfast: 8:15 – 9:15 a.m.

Lunch: 11:15 a.m. – 1:00 p.m.

### **South St. Paul Secondary**

700 2nd St. N, South St. Paul, MN

June 11 – August 8\*

Breakfast: 7:45 – 9:00 a.m.

Lunch: 11:30 a.m. – 1:00 p.m.

### **Heritage Middle School**

121 Butler Ave. W, West St. Paul, MN

June 12 – June 28 (Monday – Friday)

July 1 – August 15\*\*

Breakfast: 7:30 – 9:00 a.m.

Lunch: 10:30 a.m. – 12:15 p.m.

### **Somerset Elementary School**

1355 Dodd Rd., Mendota Heights, MN

July 8 – August 1

Breakfast: 8:00 – 9:30 a.m.

Lunch: 11:00 a.m. – 12:15 p.m.

\* *CLOSED July 1 – July 4*

\*\* *CLOSED July 4*

## **Parade Season is Here!**



Do you enjoy the excitement of watching parades or participating in them? Neighbors, Inc. will be in several local parades throughout the summer. Wave at us as we drive by in the Neighbors van or let us know if you would like to participate by walking with us in a parade.

Contact Darcy at [darcy@neighborsmn.org](mailto:darcy@neighborsmn.org) or at 651-306-2149 for more information. We hope to see you there!

## **Compartiendo Esperanza: Speaking With Latinos About Mental Health**

NAMI Minnesota (National Alliance on Mental Illness) is offering services, resources and free classes to the Latino community every Tuesday from 1:00 – 2:30 p.m. at Neighbors, Inc.



Lack of information and misconceptions that surround mental health issues prevent many members of the Latino community from getting the help and support they need. Compartiendo Esperanza is a bilingual 90-minute presentation that can help increase mental health awareness in Latino communities by addressing a number of important topics:

- The signs and symptoms of anxiety disorders, bipolar disorder, schizophrenia and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it's possible
- The types of mental health services and supports available, including NAMI education and support programs

For more information, please call Fanny Fernandez from NAMI at 651-219-9827.

## **Connect with Neighbors**

Want to stay up-to-date with everything that's going on at Neighbors? If you're on social media, like us on Facebook ([/NeighborsInc](https://www.facebook.com/NeighborsInc)) and follow us on Twitter ([@NeighborsInc](https://twitter.com/NeighborsInc)).

## Mailing List Updates

Neighbors News is a quarterly publication of Neighbors, Inc.

If you are receiving duplicate copies of our newsletter, would like more copies or would like to be removed from the list, please call 651-306-2155 or email [brigid@neighborsmn.org](mailto:brigid@neighborsmn.org).

Note that Neighbors does not sell our mailing list to anyone or any organizations.

## Monthly E-Newsletter

Sign-up for our monthly e-news blast! In an effort to be more environmentally friendly and to continue to stay in touch with you about what is happening at Neighbors, we are reducing the number of newsletters we send out each year and have launched a new electronic newsletter. If you are interested in signing up for it, please email us at: [info@neighborsmn.org](mailto:info@neighborsmn.org).

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### **NEIGHBORS, INC.**

222 Grand Ave. W  
South St. Paul, MN 55075

#### **Recipient Name**

Street Address

City, ST ZIP Code