THE OPEN DOOR
East Side Neighborhood Services, Inc.
1700 Second Street NE • Minneapolis, MN 55413
612.781.6011 • www.esns.org

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UPCOMING EVENTS

Friendship Center Open House
Wednesday, Sept 21; 1-3 p.m.
2011 Nordeast Big River Brew Fest
Saturday, October 15; 1-4 p.m.
Historic Grain Belt Bottling House
33rd Annual Senior Health & Resource Fair
Tuesday, October 18
9 a.m. - noon; ESNS
East Side Coat Giveaway
Mon, Nov 7; 1-5 p.m.; ESNS Gynasium
"Give to the MAX Day"
Wednesday, Nov 16; www.givemn.org
7th Annual Twin Cities Snowshoe Shuffle
Saturday, Feb 4; 10 a.m.
Long Lake Regional Park
Free Blood Pressure Checks
Every 1st & 4th Tuesday of each month
11 a.m.-noon; ESNS Senior Dining

GOT MILK?

Milk is one of the most important staple foods we provide, especially for children and older adults. But in 2011, ESNS' Food Shelves have experienced unprecedented demand for resources, as well as cuts from government funding that were used to subsidize some of the cost of milk for the families ESNS serves. Consider making a donation today to help us provide more milk to those we serve. With your help, we can ensure kids have strong and healthy bones and provide nutrients that help maintain the health of seniors in our community.

To donate, visit www.esns.org /donate and choose Glendale Food Shelf or Senior Food Shelf. Cash donations are accepted at ESNS. Call 612.781.6011 for more information.

Helping individuals, strengthening families, building community.

- Youth Development
- Summer Camp
- Day Care
- Alternative School
- Thrift Store
- Family Support
- Food Shelf
- Senior Programs
- Jobs & Training
- Volunteer Programs
- Community Space

EAST SIDE COAT GIVEAWAY

Monday, November 7; 1-5 p.m.
East Side Neighborhood Services Gymnasium

This year is the 15th Annual East Side Coat Giveaway, providing those in need with winter outdoor apparel. Child, teen and adult coats, hats, mittens and scarves are needed items for the Coat Giveaway.

Donations are accepted at the ESNS Thrift Store, 1928 Central Ave. NE, or at ESNS, until October 31. Volunteers are also needed. Call the East Side Thrift Store for more information, 612.789.0600.

GATHER YOUR FRIENDS...
FOR A THRIFT STORE SOIRE
Plan your next birthday party or group event as a "Community Service Party" at the East Side Thrift Store. Have a window display competition! Bring your own food, soda and cake! For more information or to schedule a party, contact Lynn Albright, Store Manager, at 612.789.0600 or thriftstore@esns.org

DESIGNER CLOTHING
Household goods Art
FURNITURE VINTAGE &
CHILDREN'S CLOTHING & TOYS
ANTIQUE ITEMS
..and much, much more!

East Side THRIFT Store
Shop • Donate • Reuse

DONATIONS ACCEPTED!
VOLUNTEER YOUR TIME!
1928 CENTRAL AVE NE.
MINNEAPOLIS
HOURS: M - FRI. 10-6,
SAT. 10-5
612.789.0600

Helping individuals, strengthening families, building community.

The Open Door

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

Helping individuals, strengthening families, building community.

FALL 2011

IN THIS ISSUE:

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- 2011 United Way Campaign: "How Will *You* 'Count'?"
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- Upcoming ESNS Events
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- East Side Thrift Store Community Service Parties

Campers enjoyed wading in the water with their new friends at Camp Bovey, Summer 2011. (Read more on page 3)

CONNECT WITH ESNS ON FACEBOOK AND TWITTER!

The First Annual Nordeast Big River Brew Fest! Great Beer, Great Food, Great Friends and a Great Community Cause!

East Side Neighborhood Services proudly presents the First Annual Nordeast Big River Brew Fest, to be held Saturday, October 15, 2011, 1-4 p.m., at the Historic Grain Belt Bottling House, 79 13th Avenue NE, Minneapolis 55413. Tickets are $25 per person and $30 at the door (includes commemorative event mug.) Limited availability – get your tickets now! An exciting and diverse array of micro and craft brewers – over 140 beers for sampling from over 30 breweries! More are joining to support the event daily. Enjoy "Nordeast-Style" foods; entertainment, including a jug band, an accordianist and Minneapolis', *Trio Tipo*. Event t-shirts are available for purchase.

To purchase tickets online, visit ***www.esns.org/nordeastbigriverbrewfest.*** Tickets are also available at ESNS, Stanley's, Surdyks, River Liquor and Sentyrz, who are all supporters of the event.

Northeast Minneapolis has an incredible history - and beer is deeply rooted in that history. Serving the Northeast community for 96 years, East Side Neighborhood Services is also part of this history and continues to provide much-needed programming for the northeast community. All proceeds raised at the Nordeast Big River Brew Fest, will go directly toward ESNS programs benefitting over 11,000 low-income children, youth, families and seniors in our community annually. If you thought the East Side Wine Tasting was fun, you are in for a spectacular time at this new and exciting event this fall!

Great beer, great food, great friends and support for our community! Don't Miss out on the First Annual Nordeast Big River Brew Fest!

Visit ***www.esns.org/nordeastbigriverbrewfest*** or call **612.781.6011** for more information, to purchase tickets or to become a sponsor! ▪

2011 United Way Campaign

ESNS has organized five weeks of fundraisers, staff activities and lunches for the community, raising funds for the 2011 United Way Campaign. This year's campaign is "Every One Counts." The theme focuses on the fact that, everyone counts – whether you give, advocate or volunteer.

EVERY ONE COUNTS
LIVE UNITED

East Side's United Way Campaign will run from Monday, September 19 through Friday, October 21, with each Wednesday being a "United Way Wednesday," featuring activities and special lunches available for the community.

A large ESNS funder, United Way helps stabilize families in crisis with emergency food and safe shelter while giving them the job skills they need to increase their earnings for themselves and their families. Meeting basic needs is critical to helping our most vulnerable neighbors move up and out of poverty.

Did you know that in the metro area a family of four needs an income of $59,500 to meet their basic needs? *(continued on page 2.)*

2011 United Way Campaign: Continued from page 1)

A family living at 200 percent of poverty (an annual income of $44,700) has a gap of $14,800 in meeting those basic needs.

For many of the services that United Way helps to fund, ESNS is the community provider. United Way is a vital funder of East Side's programs and services.

In 2010 our East Side United Way Fundraising Campaign raised over $9,000 to strengthen our community! Over 240 individuals participated in last year's campaign, showing the dedication of our community in making a difference and helping those in need.

ESNS staff, supporters and board of directors encourage the community to participate in ESNS' United Way five-week campaign and "United Way Wednesdays."

"UNITED WAY WEDNESDAYS" SCHEDULE OF EVENTS

Week 1 - Wed, Sept. 21 "Kick-off Week" (open to community)

Root beer floats & ice cream sundaes
Time: 3-4:30 p.m. Where: ESNS lobby Cost: Free

Impact Speaker -"Children & Families/Health & Independence"
Time: 3:15-3:45 p.m. Where: ESNS dining Cost: Free

Lawn Games
Time: 3:45-4:30 p.m. Where: ESNS parking lot Cost: Free

Week 2 - Wed, Sept. 28 (open to community)

Salsa contest & tasting
Come taste and vote for your favorite salsa for only $1! ESNS staff and community members have the opportunity to showcase their hot, mild, and unique salsas. Prizes will be awarded! Interested in particpating in the salsa contest? Email janderson@esns.org or call 612.787.4063.
Time: 11a.m.-1p.m. Where: ESNS gymnasium Cost: $1

Taco-in-a-Bag Lunch
Time: 11a.m.-1p.m. Where: ESNS lobby Cost: $4

Week 3 - Wed, Oct. 5 (open to community)

Car Wash
Time: 11a.m.-2p.m. Where: ESNS parking lot Cost: $5/car

Soup Lunch
Minestrone, baked potato, chicken and dumpling, and cheese and bacon soup is on the menu! Yum!
Time: 11a.m.-1p.m. Where: ESNS lobby Cost: $4

Week 4 - Wed, Oct. 12 (open to community)

Chili & Cornbread Lunch
Chili with your choice of toppings and cornbread. A perfect warm meal for the fall weather!
Time: 11a.m.-1p.m. Where: ESNS lobby Cost: $4

Week 5 - Tuesday, Oct. 19 (open to community)

Baked Potato Lunch
Baked Potato Bar with your choice of toppings. $3 for seniors.
Time: 11a.m.-1p.m. Where: ESNS lobby Cost: $4

Early Literacy Learning

Tips from the Northeast Child Development Center

Finding time to read is important in developing literacy skills for children. There are many easy and convenient ways to make reading a part of each day — even when it's tough to find time to sit down with a book.

Car trips, errands, waits in checkout lines and the doctor's office, are all opportunities for reading. Keep books or magazines in your car, diaper bag or backpack, to pull out whenever you're going to be in one place for a while. Even if you can't finish a book, read a few pages or discuss some of the pictures. Encourage older children to bring their favorite books and magazines along wherever you go.

Have you considered reading in the morning, before breakfast or before getting dressed? How about after dinner or bedtime, or when it is your child's bath time (with plastic, waterproof books)?

Reading opportunities are everywhere you go. Read road signs aloud to your baby while you're driving. Ask your preschooler to "read" pictures on boxes at the store and tell you what they mean.

Even routine tasks around the house, like cooking, can provide reading moments. With younger kids, read recipes aloud; ask older kids to help by telling you how much flour to measure. Give your child a catalog to read while you look at the mail. Ask relatives to send your child letters or e-mail and read them together. Join them and become readers too!

"We encourage early literacy through daily activities like reading stories, having conversations with children, encouraging children to retell stories through art and music, giving children words to use to express feelings. Every activity offers children the opportunity to experience language through books, writing activities, games, and through our weekly curriculum," (Ashley Baltzell and Debi Murlowski, Preschool Teachers.)

Northeast Child Development Center currently has child care openings for children, ages 6 weeks to kindergarten.

Call **612-787-4048** for a tour or more information; also visit our web site, ***www.esns.org/northeastchilddevelopmentcenter.***

give to the MAX DAY NOV 16 giveMN.org Click. Contribute. Change Your World.

ESNS Encourages friends, families and supporters of ESNS to participate in one day of giving that benefits nonprofits in Minnesota. You will have 24 hours – will you "Give to the Max?" To donate, **visit GiveMN.org** or **http://givemn.razoo.com/story/Esns** to go directly to ESNS' donation page. Select ESNS and make Wednesday, NOV 16 the day you Give to The MAX!

SPOTLIGHT!

on Friendship Center

This is a personal letter written by Marian Pike, 83, expressing her experience at the ESNS'Friendship Center, Adult Day Program. This letter was also published as a reader commentary in the August 24 issue of the Northeaster.

I am writing to let other seniors know about something that has become very valuable to me. I attend an adult day program called "Friendship Center" in Northeast Minneapolis. It is a secret that many seniors have never heard about. I have attended Friendship Center for over eight years. During those eight years I have enjoyed the new companions in my life. They come not only from North and Northeast Minneapolis, but from St. Anthony, Columbia Heights, NE and other surrounding areas. I keep in contact with them and the staff, which helps me feel like I'm part of a community again. I don't feel as lonely and isolated as I once did. I have friends my own age.

We enjoy ourselves immensely. We are entertained and entertaining to each other. We have various games, trivia, bingo, golf, bowling, special events, music, and trips to various places including the conservatory to see flowers in the early spring. Our minds are constantly stimulated and our bodies exercised. I know I am happier attending than not attending.

We are having an open house on Wednesday, September 21, from 1-3 P.M., as Friendship Center celebrates its 35th birthday and it's "National Adult Day Services Week". You are invited to attend, have a tour, and see if you may need to add this to your life. We elders need new adventures in our lives. I love getting out of my house surrounding myself with others who need friendship as much as I do. I hope to see you at the open house where you can learn even more about this "best kept secret" called Friendship Center!

Sincerely, Marian Pike (N. Minneapolis)

2011 SUMMER YOUTH PROGRAM HIGHLIGHTS

- The partnership with Eclectic Edge Ensemble, a Northeast Minneapolis-based dance company, brought dance teachers to teach movement/dance to our youth throughout the summer.
- Summer on 2nd Street's annual Family Fun Night, themed "Garden Party", was held on August 4 behind the Youth Garden, with over 100 attendees including youthworker, staff and youth participant's families, and community members.
- Over 180 campers attended Camp Bovey!

Above left: Students celebrate the closing of the summer youth program at the "Garden Party" by presenting their accomplished projects. Above center: Teens enjoy the view of the lake during "East Side Leadership Week." Above right: A camp Counselor in Training teaches campers new swimming techniques.

SPOTLIGHT!

on the Digital Inclusion Program

Two Friendship Center clients participated in digital inclusiveness classes this past year at ESNS where they learned basic computer skills. They were asked how this program changed their lives.

Edward, 65, says:
"It has opened a whole new world for me. I feel better connected to what is. I can look up history, and all kinds of information on line. I am also looking at taking an on-line class. I enjoy watching sports and finding out the scores if I haven't been able to catch the game on T.V. It's a great way to keep my mind active and it's healthier than sitting around watching T.V. However, the games keep me up at night, so I'm tired! I just can't quit!", he laughs.

Mary, 67, says:
"It's a lot of fun! I am on Facebook with my relatives, looking at their pictures, and writing to them. I've made friends all over the world. I play games and look up recipes and information about other countries. My teacher at East Side was very patient with me. Everyone should learn the computer! If you want to learn some new games please talk to me, I'll tell you all about what I play! No one is too old to learn the new technology!"

If you are a senior looking to take a digital inclusiveness class, call ESNS at **612.787.4044.**

East Side Neighborhood Services Presents

33rd Annual Senior Health & Resource Fair

ESNS invites our senior community, caregivers and family members to our annual event, benefitting our community's seniors. Thirty-three years successful, The Annual Senior Health and Resource Fair will be held Tuesday, October 18 from 9 a.m. to noon at ESNS. MHP, Ameripride, Northeast Senior Services Inc., Northpoint, Neighborhood Health Services, Northeast Bank and Washburn McReavy are all supporters of this year's event.

The event, which is free and open to all seniors of the community, will feature free health screenings, flu and pneumonia shots, health related information, presentations, over 40 community health providers and suppliers, refreshments and raffles. At 9 a.m., Fairview Home Care & Hospice will be speaking on, *"Homecare to Help You or Those You Know, Stay at Home."* At 10 a.m., Joan Kennedy, a professional speaker and published author, will be presenting *"How to Avoid The Aging Trap."* A baked potato bar will be provided for lunch, $3 for seniors, from 11a.m. to 1 p.m. For more information about the 33rd Annual Senior Health & Resource Fair, visit ***www.esns.org/seniorhealthandresourcefair*** or call **612.781.6011.**