



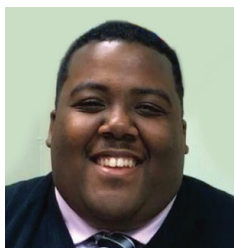
SPRING 2017

# COMMUNITY

People Serving People helps homeless and at-risk children and their families manage crisis situations and build a strong foundation for their long-term success.

## demetrius' story: then and now

"Today I had a full circle moment in my life. It was weird, shocking, happy, exciting and amazing. I went with Mayor Hodges to her press conference about Talking is Teaching. I had no idea where we were going. We pulled up in front and I got out — and I realized we were in front of People Serving People.



**I lived in this shelter from 8th grade all the way up until 11th grade.** Even though we were in transitional housing for the last 2 [years], it was still a form of shelter. I just

stopped and stared at this building. I got tearing [sic] eyed because I thought, wow I have come so far. I was 13 when we first got here and now I'm 27.

I immediately went in to see Margo who was in charge of Minneapolis public schools part and she made sure we always had school supplies, a bus to get to school, vouchers for shoes and whatever else she could help us with. When I saw her she looked at me and said, 'Demetrius I have been waiting for you, how are you?' **I told her that I was an urban scholar with the Mayor's office** and she started to cry — and showed me my picture she took the first day I met her and she said — 'Look at you now.' She was like you are my hero!

And I lost it. No one has ever told me I'm their hero. That touched me. I looked at my picture and I started crying because that boy had no idea what the next 14 years would bring him.

I say all this to say I carry a lot with me, but I know each scar, every heartache and disappointment I've had has made me the man I am today. And even though some of it sucked a lot! I wouldn't take away the lessons I learned from it. I might change a few things but I needed those lessons."

Demetrius and his family found shelter at People Serving People on a cold November day 14 years ago.

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*"It was there that even in the chaos of us being displaced that I felt as a family we were safe."*

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Demetrius and his two sisters participated in a mentorship program in which college students spent time with the young guests sheltering at People Serving People, and it was then that he first thought about going to college.

Demetrius is graduating this spring from Saint Mary's University of Minnesota with a degree in human services because, as he says, **"I want to help people the way I was helped...my mom, my sisters and myself would not be the people we are today without People Serving People."**

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## 2016 Overview



**3,088**  
people received  
shelter



**61%**  
of guests  
were children



**41**  
days in  
average stay



**285**  
children learned in early  
childhood development  
classrooms



**426**  
K-12 children thrived in  
after-school tutoring and  
enrichment activities



**238**  
parents found  
employment



**168**  
children celebrated  
birthdays



thank you corporate & foundation donors  
September 2016—March 2017

\$100,000+

Target Foundation

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\$1,000-\$4,999

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NEWS

## a space transformed: interior design that makes a difference

“Partnerships are everything. We could never have remade this space without ASID.” said Emma Juon, Educational Services Manager. Thanks to the leadership of Jackie Millea, Community Service Chair of the American Society of Interior Designers, Minnesota (ASID), our space for K-5 tutoring and enrichment activities is transformed! Professional designers, design students, and industry partners **donated their time, talent, and resources, valued at \$90,000, to create an engaging space,** tailor-made for learning.

“There are so many of us who have gifts, whether it’s talent, time, money...to make a difference and often we don’t see that opportunity because we think we’re just one cog...and it won’t make an impact. When we pool those resources...something wonderful is bound to happen.” said Bonnie Folkerts, Artist.

*“It’s really important for us...to show people that design can change lives.”*

— Jackie Millea



## summer camp: a chance to be a kid, away from the stresses of homelessness

Summer camp — fishing, canoeing, rock climbing, archery, storytelling — recalls fond childhood memories for many of us. We explored the outdoors, learned new skills, and made friends. For our young guests at People Serving People, summer camp is that and much more. It’s an introduction to life outside an urban area, **it’s a chance to be a kid, away from the stresses of homelessness.**

We continue partnering with One Heartland to offer a five-day residential summer camp experience near Willow River, Minnesota, where campers learn new outdoor skills and grow in their social/emotional development. Camp staff have significant experience working with children facing adverse experiences, such as those experiencing homelessness, and it is a safe environment for children to speak openly about their struggles living in transition. Positive interactions with peers and adults **build their confidence, perseverance, and teamwork skills.**

For children experiencing homelessness, so much of their daily life is out of their control and filled with stress and uncertainty. At camp, the kids choose what skills they want to learn and what group activities in which to participate. It is empowering for them to have some control over their decisions and also be a kid, free from the stresses and stigma of their families’ living situation.

## early childhood development: parent engagement supports success

“One half of children from low-income homes are not ‘ready to succeed in school,’ according to kindergarten teachers. Effective parent engagement programs help address this need.” (*Parent Engagement Practices Improve Outcomes for Preschool Children*, Pennsylvania State University, 2017).

Research in early childhood development highlights the influence of parenting on children’s development and their social/emotional, cognitive, and physical readiness for school. Social/emotional skills — the ability to follow instructions, pay attention, get along with others, and recognize and manage strong feelings — play a



*“We can’t erase all the bad that has happened in their lives, but we can provide these joyous experiences. These youth will look back on this as the summer they went to camp and got to catch fish and climb a rock wall!”*

— Kate Svitavsky, People Serving People Educational Services Associate

critical role in kindergarten readiness. **Children in families experiencing poverty often lack access to a high-quality early educational environment** in which to learn these skills, and parents often lack resources and support to learn and practice positive parenting skills.

People Serving People’s Early Childhood Development and Parent Engagement programs work with both children and parents to foster early learning and school readiness. Our licensed, nationally accredited, 4-star Parent Aware rated school provides developmentally appropriate learning experiences, which promote social/emotional, cognitive, and physical development. In a safe environment, teachers encourage children to develop their language skills by using words to express their feelings, and they model resiliency and executive function skills for children to help with anger management and stress relief.

*“early child development” continued on page 7*



Join us for events that benefit children and their families sheltering at **People Serving People**. Chefs for Change dinners are sponsored by chefs and restaurants who donate their culinary skills and the food and wine served at dinner. Our Annual Gala is sponsored by local business partners and generous donors. Event proceeds support programs and services for children and their families at risk of, or experiencing, homelessness.

# CHEFS FOR CHANGE

This “chef’s table” experience is an elegant dinner party for 40-50 guests, hosted by a top Twin Cities chef, including a four to five course meal with wine pairings. **Are you a restaurant owner or chef who wants to help families find their way home? Contact Mallory Evans today.**



06.19.17

## Cosmos at Loews Hotels

Executive Chef  
Timothy Fischer  
**\$85/person**



Thank you to our  
recent host chefs!

**Prairie Kitchen & Bar at Hyatt Regency**  
Executive Chef Eric LeClair

**The Oceanaire Seafood Room**  
Sous Chef Antonio Murry

To register for or sponsor any of these events, contact Mallory Evans.



peopleservingpeople.org/events



612-277-0256



mevans@peopleservingpeople.org

## 2017 unmasking homelessness gala

Thank you to our guests, donors, and supporters who raised \$216,000 at our 18th Annual Gala to support children and families at risk of or experiencing homelessness!



Thank you 2017 sponsors, guests, and supporters!



## families volunteering together

Enjoy volunteering as a family experience with your children ages 5 and older.

7.23.17

### People Serving People


4:45-6:30pm

614 3rd Street South  
Minneapolis, MN 55415  
**\$5/person**



We invite you to bring a donation of new or nearly-new board books for our youngest guests.





## GIVING GUIDE

### \$2,500 Prepares children today for success tomorrow.

Our nationally accredited, 4-Star Parent Aware rated early childhood development classrooms use the best research-based practices to prepare children for kindergarten and future academic success.

### \$5,000 Helps a family find their way home.

Families stay with us for an average of 41 days. Services include our early childhood development classrooms, after-school learning and enrichment activities, teen programming, advocacy, employment services, parent engagement, support groups, and mental health services.

### \$1,000 Engages children, teens, and families.

Educational support and enrichment activities sustain and increase children's academic skills and provide the whole family with a safe outlet for recreation and stress relief.

### \$750 Empowers families to gain stability.

Advocates connect guests with community resources to help them move towards self-sufficiency, and they facilitate support groups to address guests' mental health, financial fitness, and wellness concerns.





### \$250 Equips parents to be their child's advocate.

Parents learn about typical child development, behavior management, and parenting resources in parenting groups, individual consultations, and structured play activities.

### \$500 Supports parents in employment search.

Advocates work with guests to build basic employment skills for a successful job search and connect them to local companies looking to hire.

People Serving People is a 501(c)(3) nonprofit organization, tax identification no. 41-1965067. Donations are tax deductible to the fullest extent allowed by law. Gifts may be used to support any program unless otherwise restricted by the donor.

| WAYS TO GIVE   |  |   |   |
|--|--|---|---|
| <br>one-time gift   | <br>sustaining gift   | <br>planned giving  | <br>employer gift match                                      |
| We welcome your generous support with a one-time gift.   | Make a difference in the lives of children experiencing homelessness with a sustaining monthly or quarterly gift.  | Your legacy. Their futures.   | Leverage your gift with a matching gift from your employer.   |
| Online via credit card at <a href="https://Peopleservingpeople.org">Peopleservingpeople.org</a><br><br>Check mailed to:<br>People Serving People<br>614 3rd Street South,<br>Minneapolis, MN 55415<br><br>We also accept gifts of stock. | Online via credit card at <a href="https://Peopleservingpeople.org">Peopleservingpeople.org</a><br><br>Automatic gift from checking account.<br><br>Payroll deduction at participating employers, contact your employer.<br><br>United Way annual campaign, designate "Peopleservingpeople." | Your legacy gift helps build a community in which all children have the stability and support they need to develop their full capacity to thrive.<br><br>Gifts can be made via: <ul style="list-style-type: none"><li>• stocks</li><li>• securities</li><li>• cash bequests</li><li>• retirement accounts</li><li>• life insurance</li><li>• charitable gift annuities</li><li>• and more</li></ul> | Search our online database of employer match gifts at <a href="https://Peopleservingpeople.org">Peopleservingpeople.org</a> or ask your employer. |

Contact Noah Gerding, Individual Giving Manager, [ngerding@peopleservingpeople.org](mailto:ngerding@peopleservingpeople.org) or 612-277-0219 with questions regarding donations.

"early child development" continued from page 3

Parents, for whom this is often their first experience with a high-quality early education environment, engage with teachers, beginning with classroom orientation. The parent/teacher relationship grows through conferences, conversations, and group activities. This engagement in their child's early learning years sets the stage for positive parent engagement throughout their child's schooling.

Our Parent Engagement program offers education about typical child development, parenting resources, behavior management and related topics, and connects parents with community resources. Parenting groups, parent meetings, referrals for resources and intervention, and collaboration with community partners are all part of the Parent Engagement program mix. **Parenting group topics include temper tantrums and sleep habits.** Referrals for resources and interventions include St. David's Center for Child & Family Development. Community partner collaborations include "Play & Learn" with MacPhail Center for Music and the Greater Minneapolis Crisis Nursery.

Successful outcomes include: parents learn and use new skills and stress management tools; parents access screening and treatment for developmental issues; the parent/child relationship improves; and the likelihood of school success increases.

**Our parent engagement activities inside and outside the classrooms incorporate four approaches yielding the strongest evidence of improved child outcomes** from parent engagement programs during the preschool years. This includes promoting positive parenting practices and parent-child relationships, promoting home learning activities and effective teaching strategies, strengthening parent/teacher partnerships, and emphasizing children's physical health.

The impact of our parent engagement efforts is illustrated in this story, as told by Parent & Community Engagement Manager Jennifer Swick.

"Shyla arrived at People Serving People with debilitating anxiety; she remained shut up in her room. Her two-year old son, Damon, hadn't yet learned to speak or walk. Through our Parent Engagement program, Damon was assessed and connected with a speech therapist. These days, he bolts into my office, enjoying his mobility like a teen with a fresh license and a new Ferrari.

In Parent Group, Shyla is learning to manage her toxic stress. When people experience homelessness and other traumas, their brains adapt with a raised heart rate and hypervigilance; fight, flight, or freeze becomes a way of life. In Parent Group, we use simple breathing exercises and other techniques to get us out of the reactive part of our brain back into the grounded part of our brain, where we can think clearly, make choices, and stay in control. And we learn how to help our kids do the same.

*A child experiencing cumulative stress or trauma can be 32 times as likely to have behavior problems in school.*

That's 32 times as likely to have trouble focusing, following directions, and managing their emotions. So you may see kids 'smelling the flower' and 'blowing out the candle.' Because **while our parents are learning about developmental milestones or school readiness, they also learn how to coach their children** to breathe like fire-breathing dragons in moments of stress. Helping families deal with toxic stress is just one way our Parent Engagement program achieves our mission--to help homeless and at-risk children and their families manage their crisis situations and build a strong foundation for long-term success."

6 COMMUNITY

People Serving People helps homeless and at-risk children and their families

manage crisis situations and build a strong foundation for their long-term success.

SPRING 2017 7




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