

# community

A PUBLICATION OF PEOPLE SERVING PEOPLE®



People  
Serving  
People

*To serve homeless children and their families and provide new opportunities for healthy, stable family life.*

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[peopleservingpeople.org](http://peopleservingpeople.org)

FALL 2015 Volume 15, Issue 2

## Striving for Health Equity

What contributes to a long, healthy life? Healthy diet and exercise, regular doctor's exams, and good genes might immediately come to mind. But what about the societal factors that impact one's health? Recently the Blue Cross and Blue Shield of Minnesota Foundation challenged us to think of how the social determinants of health—education, employment, income, family and social support, community safety—impact an individual's health and how our work helps people reach their full

health potential as well as increase health equity across populations.

Here at People Serving People we take a holistic approach to helping end

adversity, such as episodes of homelessness—at an early age can negatively impact a child's learning, behavior and physical and mental well-being. The Center on the Developing

Child at Harvard University states, "The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems,

Long before we're making conscious decisions to join a gym or eat more vegetables, our life experiences are shaping our health outcomes.

a family's homelessness. Our comprehensive Family Support Services are designed to equip guests with tools, knowledge, and skills to achieve and retain stability and improve their social determinants of health.

Long before we're making conscious decisions to join a gym or eat more vegetables our life experiences are shaping our health outcomes. Toxic stress—severe, frequent, and/or prolonged

including heart disease, diabetes, substance abuse, and depression." People Serving People's Early Childhood Development program seeks to mitigate the impact of toxic stress on our youngest guests through high-quality early education to help children meet developmental milestones, receive necessary interventions through assessments and screenings, and acquire skills to enter kindergarten on track to succeed. On average, children achieve a 25% improvement in skills during their first 30 days in our program.



"Health Equity" continued on page 7

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## Diapering: A Daily Struggle for Families Experiencing Homelessness

**15,000** That is the average number  
of diapers dispensed monthly,  
at no charge to families, to  
parents of young children staying at People Serving People.

Infants typically require about 240 diapers a month, at an approximate cost of \$72, which is not covered by two key federal benefits provided to families and children, SNAP (food stamps) and WIC (supplemental nutrition benefits for women, infants, and children).

Lacking resources to buy needed diapers was found to be a leading cause of mental health problems among new moms in a peer-reviewed study of pregnant and parenting women, cited in a recent article in The Atlantic magazine (July 21, 2015). Study participants were asked, *"If you have children in diapers, do you ever feel that you do not have enough diapers to change them as often as you would like?"* Almost 30% of participants responded "yes."

The study found that an insufficient diaper supply sometimes leads to "stretching" diapers by changing them less frequently. This can cause diaper dermatitis or urinary tract infections, as well as a diminishing maternal sense of competence and increasing



maternal stress, which can ultimately lead to negative impacts on child health and development. As one mother said, *"My self-esteem plummets. I can't soothe my baby because I can't put a clean diaper on my baby."* Studies have shown that children whose parents have high levels of stress or depression are at greater risk of social, emotional, and behavioral problems.

The study concludes that families' access to an adequate diaper supply "may prove to be a tangible way of reducing parenting stress and increasing parenting sense of competency, enabling parents to be more sensitive with their children, and thereby improving parenting quality and overall child outcomes."

This holiday season as you plan a giving drive with family, friends, or colleagues, consider doing a diaper and baby wipes drive. Last year, Delta Dental of Minnesota challenged its employees to collect a month's worth of diapers for the children staying at People Serving People, rewarding individuals and teams who collected the most diapers at the lowest cost per diaper; they achieved 200% of their goal.

We are most in need of diaper sizes 4, 5, 6 and baby wipes. Individual donations of diapers can be made at any time. Contact Tom Golembeck at [tgolembeck@peopleservingpeople.org](mailto:tgolembeck@peopleservingpeople.org) if you are planning a diaper drive. Thank you for supporting the health of our youngest guests and their parents.

# Volunteers at People Serving People

Thank you to all our volunteers who give so generously of their time, energy, and enthusiasm! Read what volunteers have to say about their experiences at People Serving People.

**Jake volunteers in the preschool room.** Full of energy, one of his favorite times is seeing how excited the children are to play and giving them rides around the playground on his shoulders. When asked about Jake, preschoolers said, "He's so fun to play with!"

**John volunteers in our teen program** and helps chaperone weekly field trips. Recalling one of his favorite moments with the teens, he said, "... watching a beginner songwriter take a rough set of lyrics and build it into a song — melody, beat, layering, everything. That didn't just happen once, though! I continue to be impressed at how teens can make something pro-level out of a basic idea."

**Annette volunteers in our kitchen** every weekend. She helps with dishes and keeps our storage room organized—it has never looked better!

**Sam is a student volunteering with our housekeeping staff** to gain marketable work experience. Keeping our ten-story, 110,000 sq. ft. building clean is a huge job, and we couldn't do it without the help of generous volunteers like Sam.

See the Volunteer tab on our website for more stories from our volunteers and photos of recent events.



## By the Numbers

We could not do our work without dedicated volunteers. Here are some statistics from 2014.

4500 Volunteers

32,006 Hours donated

40 Full-time equivalent staff  
15 Volunteers with 5+ years of service





# People Serving People Events

## CHEFS FOR CHANGE

Chefs for Change is an elegant dinner party with a purpose-helping families find their way home.

Hosted by a top executive chef from the Twin Cities Metro area, Chefs for Change is an intimate dinner of 40-50 guests interested in a "chefs table" experience, including a four to five course meal with wine pairings. Chefs generously donate the food and their time so that 100% of the proceeds directly benefit the homeless children and their families at People Serving People.



**Thank you to our recent host chefs!**

**June 2015**

The SIX15 Room at The Grand Hotel  
Executive Chef Kris Koch



**September 2015**

Cosmos at Loews Hotels  
Executive Chef Timothy Fischer



**October 2015**

612 Catering  
Executive Chef Danica Liebelt



Register online at  
[www.peopleservingpeople.org/chefsforchange](http://www.peopleservingpeople.org/chefsforchange)  
or by calling Mallory 612.277.0256



Reserve your seats now for these upcoming Chefs for Change dinners!

**February 15, 2016**

Prairie Kitchen & Bar  
Executive Chef Aaron Hagerdorn



**\$75 PERSON**

**March 21, 2016**

The Oceanaire Seafood Room  
General Manager Robert Wohlfeil



**\$85 PERSON**

**June 20, 2016**

612 Catering  
Executive Chef Danica Liebelt



**\$75 PERSON**



# People Serving People Events

## 2016 GALA - Unmasking Homelessness

Proceeds support homeless families at People Serving People on their road to self-sufficiency.

**DATE** April 16, 2016

**LOCATION** Hyatt Regency  
1300 Nicollet Mall, Minneapolis

**\$180 PERSON**

**\$1800 TABLE OF 10**

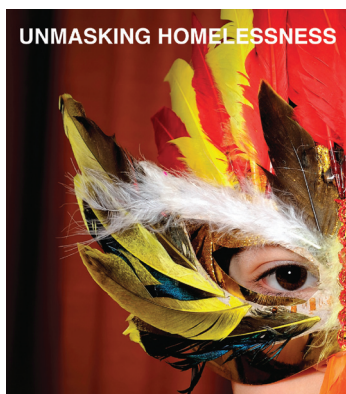
**DETAILS** Hosted cocktails and wine, silent and live auctions, fun games, fund a need, electronic bidding

Register with Mallory Haugen,  
[mhaugen@peopleservingpeople.org](mailto:mhaugen@peopleservingpeople.org) or 612.277.0256



Showcase your support of People Serving People with a sponsorship. Contact Karen Kunze, [kkunze@peopleservingpeople.org](mailto:kkunze@peopleservingpeople.org), 612.277.0242.

Photos: Jeff Achen, CALLSIGN51



## 2015 Sounds Like Home

**SOUNDS LIKE HOME**

**\$15 ADVANCE**

**\$20 DOOR**

A concert to support People Serving People's programs for homeless children and their families.

**DATE** Thursday, November 12, 7pm

**LOCATION** Triple Rock Social Club  
629 Cedar Ave, Minneapolis

Purchase tickets at  
[www.peopleservingpeople.org/events](http://www.peopleservingpeople.org/events)  
or contact Mallory Haugen,  
[mhaugen@peopleservingpeople.org](mailto:mhaugen@peopleservingpeople.org) or 612.277.0256

### FEATURING

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**CITY PAGES**



Showcase your support of People Serving People with a sponsorship. Contact Gwen Campbell [gcampbell@peopleservingpeople.org](mailto:gcampbell@peopleservingpeople.org) or 612.277.0246.

# HOLIDAY HELPER OPPORTUNITIES

In this holiday season, the demand for services here at People Serving People has never been greater. As a nonprofit organization, we rely on our volunteers to help provide many of our services and on the generosity of in-kind donors who work tirelessly to collect items used by our guests.

This season provides many one-time volunteer opportunities, such as field trips, toy shop set-up, gift wrapping, and winter carnival, in addition to our year-round volunteer needs.

To learn more about volunteering, donating wish list items, organizing a wish list drive, buying holiday gifts for children and families experiencing homelessness, or what we do at People Serving People, visit us at [PeopleServingPeople.org](http://PeopleServingPeople.org).

Wish list items most needed now include the following.

- Baby Wipes
- Diapers – sizes 4, 5, 6
- Grocery Gift Cards
- Holiday Toys for Children (new only)
- Sheets & Blankets – any size
- Similac Baby Formula – Advance Iron Fortified and Sensitive (new only)
- Toiletries – full or travel sizes (unopened only)
- Winter Wear – coats, scarves, hats, gloves, mittens, pants, sweatshirts in child & adult sizes

Consider joining us as a HOLIDAY HELPER this season. Spread holiday cheer by organizing a toy drive for children's gifts, wrapping presents, serving meals, beautifying our building and more. Volunteering offers the opportunity to see firsthand the impact of your generosity at People Serving People.

*Interested in learning about what we do but don't have time to volunteer? Tours of People Serving People are offered periodically. To schedule a tour, email Tom at [tgolembeck@peopleservingpeople.org](mailto:tgolembeck@peopleservingpeople.org).*

## GIVING GUIDE

Our mission is to serve homeless children and their families and provide new opportunities for healthy, stable family life.

**\$5000**

HELPS A FAMILY OF FIVE  
FIND THEIR WAY HOME.

The average stay of a family at People Serving People is 39 days. Services provided include our early childhood development classrooms, after-school tutoring and enrichment activities, teen programming, advocates, employment services, parent engagement, support groups, and mental health services.

**\$2500**

PREPARES CHILDREN TODAY  
FOR SUCCESS TOMORROW

Our 4-Star Parent Aware rated early childhood development program uses the best research-based practices to prepare children for kindergarten and future academic success.

**\$1000**

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.

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.

**\$500**

EMPOWERS FAMILIES  
TO GAIN STABILITY

Advocates connect guests with services in the community to help them move towards self-sufficiency.

**\$500**

SUPPORTS PARENTS IN  
EMPLOYMENT SEARCH

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

**\$250**

EQUIPS PARENTS TO BE THEIR  
CHILD'S ADVOCATE

Parents increase their awareness of their child's development and mental health issues through parenting groups, individual meetings, therapy, and referrals to community resources in collaboration with our teachers and advocates.

Your gift today helps homeless children and their families manage crisis situations and build a strong foundation for their long-term success. Give generously online at [www.PeopleServingPeople.org](http://www.PeopleServingPeople.org) or mail gift to 614 3rd Street South, Minneapolis, MN 55415.



Our guests face unemployment, underemployment, and salaries below a living wage. This has short and long-term health consequences for all family members. As the Annie E. Casey Foundation's November 2014 Creating Opportunity for Families: A Two-Generation Approach report states, family income can make a significant lifelong difference in a child's life, affecting health, years of education, and work and earning levels as an adult. For families with income below the federal poverty line, an additional \$3,000 annually during a child's early years could lead to a more than 15% increase in wages for that child as an adult.

For people of color in the Twin Cities metro area, the economic disparities are particularly stark. The Minnesota Housing Partnership reported in June 2015 that unemployment rates in Minnesota were more than two-three times higher for African Americans (11.4%) and Latinos (7%) than Caucasians (3.3%). People Serving People's Employment Advocates work with guests—more than 90% of whom are people of color—to prepare them to compete in the job market, helping assess skills and work history, create resumes and cover letters, search for jobs, practice interviewing, and complete applications. Developing these skills improves immediate and long-term job prospects. Our 13-week Culinary Arts Training program for low-income adults offers classroom and hands-on training. Participants leave with the skills needed to gain employment in the high-demand food service industry.

Mental health issues impact the entire family and can impair the ability to secure and maintain housing and employment stability. According to the Annie E. Casey Foundation, "Low-income parents with young children are nearly three times more likely to report having poor or fair mental health than higher income parents." Our Parent and Family Services program addresses the mental health issues of parents and their children through education, skills learning, and connections to mental health resources



for immediate and long-term assistance. Parenting Groups and individual sessions are also offered to educate adults and nurture healthy parent-child relationships.

For many of our guests, barriers to achieving health equity are compounded by a weak social support system. Our Family Advocates work one-on-one with families to address their barriers, building relationships, providing support, and connecting them to community resources. Parenting Groups, Women's and Men's Groups, Health & Wellness Group, and other activities at People Serving People offer opportunities for our guests to connect with others in similar situations, build a support system, and learn from their peers. Group activities help guests explore healthy ways to reduce stress and develop coping skills. This social support is deeply needed. As a recent guest said, "It was very helpful because the hurdles I faced, I didn't have to face them alone."

We are grateful that the Blue Cross and Blue Shield of Minnesota Foundation awarded us a \$50,000 grant to support our comprehensive Family Support Services and broaden the way we look at health. Together we'll work to improve health outcomes for children and families experiencing homelessness and improve health equity in our community.

## EAT TO THE MAX FOR GIVE TO THE MAX

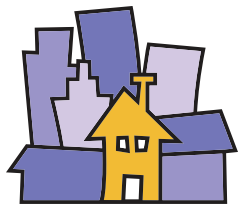
**E**at to the Max is back! Last year, Blue Plate Restaurant Group partnered with us at their eight restaurant locations—Edina Grill, Groveland Tap, Highland Grill, Longfellow Grill, The Freehouse, The Lowrey, Scusi, and Three

Square—to support children and families experiencing homelessness. Blue Plate staff talked to thousands of Minnesota diners about family homelessness and People Serving People. Over 1,600 diners responded with over \$10,000 in donations,

which were matched by Blue Plate Restaurant Group. Join fellow Minnesotans and Blue Plate restaurants again this year, November 1-12, for Eat to

the Max helping homeless families find their way home.





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**November 1<sup>st</sup> - November 12<sup>th</sup>**

Join us at  
[PeopleServingPeople.org](http://PeopleServingPeople.org)  
to help families find their way home.

