



Community Emergency Service

The Spotlight Newsletter

May 2016

Beyond Bread to the Bread of Life . . . Beyond Ourselves to Jesus Christ



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Churches, businesses & families who donated and volunteered during MN FoodShare signed their name to show support for CES.

Thanks for sharing your resources!

Volunteer & Donor Appreciation Event



You're Invited! | Thursday, June 16th

2016 Volunteer/Donor Event

Time: 5:30-7:30

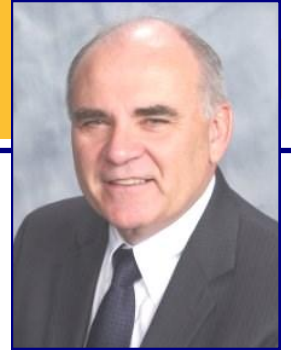
Location: CES Parking Lot
1900 11th Ave S, Mpls 55404

"A simple act of kindness throws out roots in all directions, and the roots spring up to make new trees."



Director's Discourse:

by Mike Lloyd, Executive Director at CES



We are into my favorite time of the year, Spring—the season of rebirth—after the drab winter months. I find this to be a time of refreshment and renewal in nature and attitude.

In our neighborhood, more people are out with warmer temperatures and longer days. This brings with it an energy to this part of the city, but also underscores the needs of people in the community.

Our food shelf has seen a steep increase in clients with the warmer weather. It is very noticeable by our volunteer Advocates. We also are aware of the tremendous need among our Meals on Wheels clients and those receiving Home Delivery groceries. For our staff, the strain of the needs can sometimes be overwhelming. If not for the help of many volunteers, our work would not be possible.

Each year we have more than 1,500 volunteers that do the work of CES. With Summer coming, the need increases. Therefore, for the next three months, we will be focusing on celebrating, honoring and recruiting volunteers.

The work our volunteers do is critical to serving client needs, and is critical to this man with whom I recently connected.

Constantine* was an immigrant from eastern Europe. He came here many years ago and became a successful professional. Through a series of events, which included bankruptcy, the death of his wife and child and the loss of his job, Constantine came to live in a small drab, but affordable rent-subsidized apartment in our neighborhood; a lonely and isolated life.

Constantine contacted me directly because he heard about the work we do at CES. Just 61 years old, he had undergone his second round of chemotherapy for cancer. Due to his medical expenses, he had fallen behind in his rent and bills. Additionally, the medication he needed to suppress his chronic cough, a result of chemotherapy, was not covered under his current medical plan and cost more than \$1 per pill.

Because he is homebound, I went to visit him at his apartment. It was evident that he was in poor health, not sleeping or eating well. Not only was CES able to help him apply for disability and Medicare, we assisted with one month's rent (\$213), some utilities (\$152) and his needed medication for one month (\$130). Equally important, we helped him find a

case worker who could assist him with other benefits and services.

After some initial objections on his part, we began serving Constantine a daily, hot Meals on Wheels meal, which provides him both the calories and the nutrition he needs so badly. A Meals on Wheels volunteer of similar age will continue to connect with him so he is not so isolated and so that we can continue to monitor his condition.

Through the help of one of our congregations, we will seek to provide a volunteer or group of volunteers to help him with things like getting groceries, taking him to his chemo sessions and making sure that he is able to live a dignified and independent life.

For those who volunteer at CES, you embody what it means to be a neighbor and to be in community. Thank you for what do for those we serve.

For those who do not currently volunteer at CES, if the Lord stirs your heart to get involved, please call our Volunteer Coordinator Melanie LaPointe at 612-870-1125 x 128 to learn how you might get involved. (see also page 3)

For those of you who can not volunteer, you may still want to help in other ways. Your financial support is needed and appreciated! Please prayerfully remember CES in your giving plans. Our neighbors depend on the "helping hand-up" that CES provides to all in need.

Lord bless you,

A handwritten signature in black ink that reads "Mike Lloyd". The signature is written in a cursive, slightly slanted style.

Mike Lloyd, Executive Director at CES

CES Mission

**Rooted in God's loving grace,
Community Emergency Service
transforms lives by serving neighbors,
sharing resources and
becoming community ~
a place where people come hungry
and leave hopeful.**

*Clients names have been changed to protect their anonymity, unless used by permission.

Serving is a Privilege by Mike Krachmer, Operations Director



At 79, Henry* could easily be a recipient of Meals on Wheels. In his own words: Henry "...made plenty of bad choices in my youth." At one point, he was even a heroin user. A cancer survivor for many years, Henry is currently fighting another bout with cancer. However, he feels he is fortunate and thanks God daily for saving his life many times in the past. Taking responsibility for all of his decisions and their effects, he now gives God the glory for all of the good things in his life.

Henry works every day to serve others and calls that opportunity a blessing and a privilege. Furthermore, he is a blessing to those who receive a Meals On Wheels meal and a warm and sincere greeting on his MOW route five days a week. Many look forward to Henry's visits. His sense of kindness and gratitude is contagious to those who are graced by his presence.

The world is a better place with Henry in it. When he is done serving, his legacy will bless others for many years to come.



It takes many drivers to take meals each day to over 300 recipients. Join the CES team of drivers like this team from Medica.

Volunteer This Summer at CES by Melanie LaPointe, Volunteer Engagement Coordinator

Home Delivery Volunteers

Help Home Delivery pack groceries, load the van and deliver to homebound people:

- Pack & Store—time about 2 hours
- Top & Deliver—time about 2 hours
- Pack & Deliver—time about 3 hours

Meals On Wheels Drivers

- **Monday—Friday 11-1**
- Pick up meals between 11 and 11:30
- Routes normally take about an hour



Afternoon Advocates (Interviewers)

- **Tuesday—Thursday 1-4**
- Meet one on one with clients
- A listening ear and a caring attitude encouraged

Other Volunteer Opportunities

- MOW Kitchen
- Assist with events
- Friday Distribution
- Front Desk
- Food Shelf Support
- General Office Help
- East African Food Distribution
- Mail Crew
- Building Projects

If you are interested in volunteering, details are on our website at www.cesmn.org or contact Melanie LaPointe at 612-870-1125 x128 or mlapointe@cesmn.org.

Bonus Friday & Summer Fun! At CES

Summer Fun is a summer camp program for kids who are waiting with their parents on Fridays for the food distribution.

- **Friday—11:30 to 2:30**
- June 10th to August 19th, not July 1
- Crafts for preschool and elementary aged children

Join the Fun!

ANI-MEALS

Ani-Meals helps feed the much loved pets and protects their owners from hunger.

- **1st weekend of each month**
- Deliver pet food to keep their pets healthy



Gabriel, with Melanie LaPointe, Volunteer Coordinator, getting pet food ready to deliver Ani-meals for a school project.

CES Summer Food Drive

When we think **July**, certain things might come to mind...

- fireworks
- watermelon
- summer camp
- vacations
- hot dogs
- the lake

But for many of us, we don't think...**hunger**.

Summers tend to be our **busiest** months for the food shelves with school kids at home without school lunch programs to help.

Let's start a new association: **July Food Drive!**

Get ready to mobilize your group for a food drive in July.



Volunteers Faith & Richard from Mt. Olivet helped stock the shelves after a food drive

In Honor & Memory Gifts

Honor or memorialize your loved ones for Mother's, Father's or Memorial Day with a gift to CES.

See insert for details

Community Connect

in Elliot Park—August 13, 2016

A community outreach event hosted by CES
Mark your calendars—more information coming

CES Events

Date	Event	Time/Action
Now	Plant a row of vegetables for CES	At a local garden
All Summer	Deliver your harvest	M-F, 8 am-8 pm
May 30	Memorial Day	Give a gift in memory
June 16	Volunteer & Donor Appreciation Event	5:30-7:30 pm
June 19	Father's Day	Give a gift in honor
July 1-31	CES Summer Food Drive	Plan a food drive
August 13	Community Connect In Elliot Park Neighborhood Outreach	11:00 am –5:00 pm
October	Wheels for Meals Event Bike, run, roller blade to raise funds & awareness for hunger	TBD

To learn more check out our web site or contact *Chris Nelson* at cnelson@cesmn.org or call 612.870.1125 x105