



Community Emergency Service

The Spotlight Newsletter

September 2016

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

**9.6 million older Americans face the threat of hunger, doubling in the past 10 years.
*WALK, ROLL or STROLL to raise awareness and funds for seniors.***



Bike Join us on a 12 mile round trip bike friendly street and trail route from South Minneapolis through downtown to the Near Northside and back, or count laps around beautiful Peavey Park walking, on roller blades or with your favorite little ones in a stroller.

The cycling route intersects neighborhoods and communities CES serves through its Home Delivery mobile food shelf and Meals on Wheels programs.

Don't want to bike? Grab a friend for this fun ride through some fun locations or see how many laps you can do in Peavey Park with roller blades, walking or with a stroller. This is a great option for families, kids and adults of **all ages** who want to support good nutrition for seniors.

Snacks & T-shirt provided with registration!

Race Day Schedule:

8am—Registration Open
8am-9:00am—Venture North Bike Adjustments Available
9am—Bike Race Start
9:30am—Walk, Stroll Starts
10:45am—Program & Awards

Who am I supporting: Community Emergency Service Meals on Wheels and Home Delivery programs deliver food and hope to homebound seniors throughout Minneapolis.



In partnership with Venture North

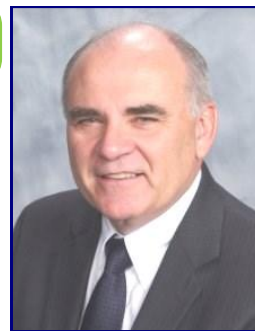
Free bike adjustments available from 8-9am.
Participate in the race to receive a coupon for 10% off bike parts and accessories!

Saturday, October 1st | 9 A.M.

Peavey Park | 730 E 22nd St. | Minneapolis, MN 55404

Register Here: www.active.com/minneapolis-mn/cycling/races/wheels-for-meals-2016

Director's Discourse by Mike Lloyd



Good Day Friends,

As I sit here reflecting, I am struck by how quickly this year has flown. The State Fair is concluded and the kids are back in school. We had a wonderful summer working with many volunteers, including many youth and young adults from all over the area helping us serve those in need in our community. **We nearly doubled the number of folks who got involved at CES** over the summer months through one of our volunteer efforts and thus touched the lives of many. Now as we look to the fall, we see many challenges. For me personally, I am completing my 4th anniversary with CES and just reached a landmark age of 65. How did that happen?

CES is looking to another busy fall and winter. We have a special event coming on October 1st, **Wheels for Meals**, a bicycling, rollerblading, walking or strolling event for people of all ages. This event is aimed to raise awareness of the growing number of home-bound seniors in our community, and to bring focus to the importance of good nutrition and a sense of connectedness for seniors as they seek a life of dignity and independence.

Other fall events are taking place as well. The bi-monthly meeting with our congregational partners called **Inner Faith Fellowship** is a time of sharing about what is going on to support those in need in our community. Several **"taste of CES"** events, which introduce friends of CES to what is going on in the organization, are held on a bi-monthly basis in small group gatherings.

As we go further into the rest of the year, we will again participate in the **Give to Max** drive to help raise support for the work of CES. There will be special food **distributions during the Thanksgiving and Christmas** season to help those in our community. On Thanksgiving morning, you may participate in the **Walk to End Hunger** or help deliver **Meals on Wheels**. Your help with these events is needed, so look for more information in the months ahead.

And, yes, we will be busy in all of our programs as the weather begins to cool down and the stress on the disadvantaged in our city grows. **WE NEED YOUR HELP!**

Help by getting involved in making a difference in the lives of those in need in the inner city of Minneapolis:

- Become a Meals on Wheels driver
- Pack groceries for our Home Delivery Program with you and your church
- Help conduct a food drive for CES this fall
- Consider volunteering as an Advocate in our Food Shelf
- Help on Friday afternoons with our Bonus Friday distribution of fresh produce
- Support the work of CES through your generous gifts financially

Most importantly, **pray for those we serve**, for the resources to do more and for the staff that we "would not grow weary doing good." For more information about CES events and volunteer opportunities, check out our website at www.cesmn.org or contact Chris Nelson, Director of Development at 612-870-1125 ex. 105 or Melanie LaPointe, Volunteer Engagement Coordinator at 612-870-1125 ex. 128.

Thank you in advance for your continued support!

God 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.**

Ted by Melanie LaPointe



Ted was the highlight of the route for many **Meals on Wheels (MOW)** drivers. **For over 20 years, Ted was receiving daily hot meals** delivered by volunteers who got to know him. And people loved his sense of humor.

Ted had been diagnosed with ALS many years ago, and the disease, while it robbed him of his movement, couldn't take away that sense of humor. Ted took a realistic, life-size sculpture of a woman he named Matilda, dressed her in a night gown and posed her by the front window. Regular drivers would laugh as they pulled up to Ted's. New drivers were never told about Matilda. It was on their first delivery that veteran drivers hung back to watch these newbie drivers pull up to the house, walk up the steps and see Matilda in her

nightly. Legendary stories still swirl about the outrageous reactions by certain drivers!

As the disease progressed, Ted developed bed sores. One MOW driver noticed and tried to get help for Ted. He called hospitals, but because Ted had no case worker, no one would help him. The same MOW driver came back to CES and shared his frustration about the difficulty of getting him help. CES contacted the local Volunteers of America (VOA) office and found someone who could help Ted the next day.

Not long after that, Ted's sister called to thank CES and all of the drivers, "**Ted looked forward to the visits every day even more than the great meals.** Thank you for being there for Ted for so many years." Sad to say, Ted succumbed to ALS. **His community of volunteer drivers came to the funeral service to laugh and cry...and share their stories of meeting Matilda.**

A Leg Up by Sandra Holden

I was tapping away at my computer on a normal Monday morning in January when I received a phone call from Judith, a Hennepin County social worker. Judith had a client who needed our **Home Delivery service** and wanted to get this person enrolled as quickly as possible. Unfortunately, a "speedy" enrollment process did not exist, but I asked her for more details. Judith began to tell me Lillian's story.

Right after the New Year holiday, Lillian was out of food and needed something to get her through the week. It was bitterly cold and the sidewalk was covered in a blanket of ice. However, **Lillian considered herself a veteran when it came to dealing with winter conditions** in Minnesota and she proceeded to the corner store. She had dressed in warm clothing and wore boots with a sturdy grip on the soles. There were eight steps leading from her building to the sidewalk. Lillian successfully descended seven steps but as she took the final step, she slipped and fell, breaking her leg. Lillian's neighbors came to her aid, called 911 and she was transported to the hospital where surgeons operated on her leg. One week later, Lillian returned home to an apartment still vacant of food.

Judith stated that Lillian lived alone and had no family or friends to help her. Judith promised Lillian she would do all she could. I told Judith that, although Lillian did not meet the eligibility requirements for long-term enrollment and there was a waiting list, I would seek approval to assist her with what is known as "Emergency Food Bags." With approval, we began delivering food to Lillian.

Upon delivering the food, the volunteer delivery driver noticed that Lillian's leg was still really crooked and she could barely use her crutches. She told the volunteer that she had broken her leg in three places and required two more surgeries before she could begin the complete healing process. Lillian was temporarily enrolled in the Home Delivery Program for the next three months.

Lillian received the other two surgeries and has a good prognosis. Both she and the social worker called and thanked CES for providing the much need nutritional support that was so vital to helping her heal. Lillian stated in a most grateful tone, "**I don't know how I would have made it through without this type of delivery service.**"

Remembering her thoughts about being a "veteran" in dealing with cold Minnesota winter conditions, I humbly responded with, "**It warms my heart to know that the Home Delivery program has given a wounded vet a leg-up in her time of need.**"



Packing bags for Home Delivery

Community Connect in Elliot Park



Volunteer of the Month: Jay Wilcox



What brought you to CES?

I was a Dentist for many years and recently retired. Mt. Olivet has a group that comes to help the Home Delivery (HD) program, of which I have been a part. About one year ago, I began to help HD as the delivery driver on several Mondays and Wednesdays a month as

well as packing pet food for Ani-Meals, a pet food distribution.

What keeps you coming back?: Basically, I go home thankful for what I have. It has been enlightening; when I see the callousness of others towards those in need, I am grateful to be able to make a little difference. Although I have contact with clients only once a month, I am beginning to feel a connection with them.

Experiences: As I have recognized the support many of these people need, I think of one man who is blind, deaf and in a wheelchair and he has an oxygen tank. As I deliver his food, I touch his shoulder and he just nods. Although small, it is a connection he needs with the outside world. **Besides, I think that people I work with at CES are angels in disguise!**

Volunteer Information: Contact Melanie LaPointe at mlapointe@cesmn.org or 612.870.1125, X128

CES Events

Date	Event	Time/Action
October 1	Wheels for Meals —“Walk, Roll, Stroll” Register at: http://www.active.com/minneapolis-mn/cycling/races/wheels-for-meals-2016	9 am-Noon
October 1-31	Seed Round Up at Seward Coop SEED: Seward Co-op’s Donation Program benefiting CES! www.seward.coop/coop/grants/seeds	Visit during October
November 17	Give to the Max Day	Donate to CES
November 19	Thanksgiving Distribution	10 am-Noon Come Volunteer
November 24	Walk to End Hunger/MOW Thanksgiving Delivery	Thanksgiving Morning
December 17	Christmas Distribution	10 am-Noon Come Volunteer