

Upcoming Events



Thanksgiving Distribution

November 17 & 18

Set up: Friday, November 17 at 5-7 pm
Distribution: Saturday, November 18 at 10 am-noon

Come help provide food baskets for our neighbors in need at the Thanksgiving Distribution. It is a fun time to spread joy and hope. Many hands are needed.



MOW Holiday Distributions

November 23 & December 22

Thanksgiving Day: November 23
Christmas: Friday, December 22

Spread happiness to those who are disabled or homebound this holiday season!

Meals are ready at **11 am**; most routes will finish by **noon**.

All you need is a car, a good pair of shoes and a nice smile! Be done in time for your Holiday Celebration.



Walk to End Hunger

November 23

Thanksgiving Morning: 7-10 AM at MOA

Join CES & Meals on Wheels with your family & friends. Give back before you give thanks!

Come join us at Mall of America to build awareness that 1 in 10 Minnesotans go hungry on a regular basis.

Check this out on our website at www.cesmn.org or contact Chris Nelson at cnelson@cesmn.org or 612.870.1125 x 105.



Christmas Party

December 15 & 16

Set up: Friday, December 15 at 5-7 pm
Party: Saturday, December 16 at 10 am-noon

Christmas is a time to spread hope and extend the love of Christ. Visit www.cesmn.org/christmasparty to see how you can participate.

Be a part of the fun, showing others that they can come to CES hungry, but leave hopeful.



Need a New Car?

Subaru America is donating \$250 to Meals on Wheels and other non-profits for every new or leased Subaru vehicle from **November 16 through January 2nd**.

CES will receive a portion of all the MOW donations statewide, so buy a car and choose MOW. **Tell your friends!**

Ways to Give to the Max

- Send your check to CES and write GTTMD on the memo line
- Donate directly to CES at www.cesmn.org/donate or click on the link to GTTM

Questions? Contact Chris Nelson at 612.870.1125 x105 or cnelson@cesmn.org

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.

November 2017



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Community Emergency Service

The Spotlight Newsletter

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



Lenore's Story – by Juanita Lindgren

Imagine if you will – life is wonderful and all seems great, but then you start to realize there is something wrong. You don't feel quite right and you are diagnosed with an incurable disease. How will you survive?

Lenore* found herself in such a situation. She developed ataxia: an inability to coordinate voluntary muscular movements due to disease in the cerebellum of the brain. As her disease progressed, her husband left

her to care for their daughter. She had to stop driving and had to trim her budget by over \$1,000. Although her SSDI helped, the lack of finances put a mental strain on Lenore and affected her health. **Food became their biggest challenge.** Lenore managed to care for her daughter until she went off to college.

"The disease takes away who you are and what you can do. It is not like a stroke where you regain an ability;

once an ability is lost, it will never return. You have to think about how to swallow water or how you are going to walk to the next room. I used to love scrapbooking, but my fingers no longer work, so creativity was taken from me." On top of all this, one day she found out that her SSDI benefits were being cut. How was she going to live? Where was food going to come from?

As it became harder for Lenore to get groceries, her friend helped her by looking for a food shelf that delivered groceries. **Enter CES!** Although there was a waiting list, Lenore was eventually added to our Home Delivery (HD) program, grocery delivery to homebound people. Laughing, Lenore shared, "Home Delivery has more advantages to me than having the extra cost of the Medicare premium I have to pay. Food is expensive, but with the sources of food I now have, I can mix and

match." Think for a moment how Lenore would open a can of tuna if she can't operate a can opener. **HD made sure that Lenore received vacuum packed tuna bags.** She needed easy to open snacks by her bed – **HD gave her small boxes of raisins.**

Her attitude is positive even in her situation, and Lenore looks forward to the HD groceries and the people who take time while delivering. "Every month it's a surprise to see what I receive." Lenore shares as she giggles, "Although the disease has taken my physical abilities, I can now use my mental creative juices to think how I can put my food together to make interesting meals while reducing my costs. I also love the sweet treat I receive each time! Thanks, CES HD for helping me continue to live alone and independent, while having fun at the same time!"



See Page 4 to learn how to give to the max.

\$40,000 Challenge Match For Homebound Seniors

Our Board and financial partners have issued a challenge.

Give \$40,000 by December 31

They will match it!
 Please start by giving today!



Director's Discourse

Dear Friends,

We have been so blessed this past summer with food donations and financial gifts, as well as the support of so many volunteers who come to CES to help meet the needs in our community.

One of the things we will share in this month's Spotlight is the growing need and service to homebound seniors in our community. Because of the access to medical treatment, subsidized and lower rent, and access to transportation, many seniors have moved to the inner city in recent years. These folks come from a wide range of ethnic and racial populations. Many have no family or community connections and are compelled by their life's circumstance to reside in our community. In the five years I have been with CES, the number of senior clients we serve has grown dramatically. Nearly 70% of the neighbors we serve today are seniors and many are homebound. They rely on your generosity and the services we provide to live independently. Additionally, with the help of our

dedicated volunteers, we seek to add to the dignity of their lives through kind faces, encouraging words, prayers and solutions like CES's Ani-Meals program - free pet food for their companions - to help them live independently. Referrals are also provided for other needed services through non-profit and governmental partners in the community.

As we look to the future, with nearly 10,000 people reaching age 65 daily in the U.S., the need to serve seniors will continue to grow. And as we look to the future of CES, our efforts to meet basic food requirements will remain. However, over time, the necessity to add services that will bring a higher quality of life will increase, especially to our senior neighbors. Unfortunately, funds remain a concern. We recently experienced cuts when the state legislature eliminated funding for homebound seniors through one of our financial partners, Hunger Solutions.

We call upon all those who support our work to remember those less fortunate with your generosity. Please look at the matching funds opportunity in the Spotlight. Help us make the fundraising goals that will help close the gap on current demands, as well as provide the badly needed funding to expand support of our programs and those we serve.

God bless you for your service and support to the poor!

In His service,

Mike Loyd

Come & Help Home Delivery!

Pack & Store or Top & Deliver

Morning, afternoon, evening or Saturday

Volunteers needed!

The Elkader group came and "Packed & Stored" for a future delivery. They sorted food, stocked shelves and bagged groceries according to the order sheet that the client requested. Many times there are as many as 30-40 bags to fill.

Once these bags are filled, other groups or individuals come and "top off" the bags with last minutes groceries, load the bags and deliver them to individual clients or community rooms at high rise apartments with a caring smile.

Come & be a part of the fun!



Volunteers of the Month- Oyen Family, MOW, by Juanita Lindgren



Tiffany Oyen with daughters: (left-right) Alina, Keasley, Johahna, Tessa

"Look Mom, it's snowing." One of the Oyen girls commented. Tiffany, her mother, responded, "Yes, it is! What an adventure we will have today delivering Meals on Wheels."

Rain or shine, warm or cold, Tiffany and her four girls deliver for Meals on Wheels. Tiffany home schools the girls and was looking for ways to be involved in serving in the community. CES Meals on Wheels (MOW) was a perfect fit! Only half a block away, the girls are excited to pick up the bags at CES and deliver hot and nutritious meals to homebound seniors.

What are some reasons you like to deliver MOW?

Tessa – "I love seeing the people. We make cards each week and deliver them to everyone with the meals. It's fun! One lady was moving and was so sad that she would not be receiving the cards, which she hung on her wall to encourage her."

Alina – "Some people like to share and it's fun to talk with them. One gentleman shares

nuggets from his days on the orchestra and of his travels. One day he heard that we were going on vacation to the beach. So, we told him we would bring him back some sea shells, which gave him something to look forward to. His face brightened when we brought the shells to him."

Johahna – "I like seeing people at the Towers (a high rise building they deliver to). Even people in the lobby talk to us. So, we meet a lot of new people. It is an added bonus that I look forward to. They call us the 'Meals on Wheels girls'."

Keasley – "What I like about MOW is that I get to make others really happy; like I hug them and they smile. There was one gentleman who was gruff and abrupt. One day I hugged him and now he loves the hugs. In my mind it feels like the sun is so bright!"

Tiffany shared that it does not take a long time; it gives her girls a good perspective of giving to others. "We visit with so many and even pray for them. As a family we talk about how we cannot wait to see these wonderful homebound friends!"



ALC Christmas Benefit Concert for CES

You are invited to a fundraiser concert sponsored by the WELCA women of Augustana Lutheran Church, featuring:

The Southside Singers

**Saturday
December 2, 2017**

2:00 pm

CES – 1900 11th Avenue S

Refreshments provided

