

## COMMUNITY CARING A Newsletter Connecting to MVNA Volunteers

September, 2008

*"Alone we can do so little; together we can do so much" Helen Keller*

Dear MVNA Volunteer,

**Community Caring** is our new newsletter, bringing you information about Club 100/Club 101, Adopt-A-Family, and other MVNA activities. We hope you will enjoy it.

*Michelle Lichtig*  
*Director*  
*Volunteer Services*

### Multi-Generational Household: One House-Two Tales

**The situation:** Tina is a 16 year old high school student and is six months pregnant. Because "mother has a drinking problem and things are bad at home," she has decided to move in with her grandmother who has a one bedroom home. To accommodate Tina, this move, although welcomed by her grandmother, stresses the household finances as well as the physical space.

Her grandmother is elderly and has multiple health problems. She is also the caregiver for a son who has paralysis and is wheelchair-bound. An aunt also lives with the grandmother. Grandmother hobbles around with a cane, but cares for the ones in her home, nonetheless and said, "always room for love." Grandmother sleeps on the couch in the living room and Tina sleeps on the floor. Tina explains she could stay in the basement, but there is no bed and she has schizophrenia and doesn't like to stay in the basement because it makes her "feel bad."

**The need:** Since there is no space for a bed, the nurse requested an air mattress, air pump, sheets and pillows to support a healthy sleep environment for Tina. The teen, who is a good student and is determined to finish high school, also needed school supplies. With additional stress on the household food budget, Tina's grandmother faced choosing between filling prescription medication and food.

**Community response:** A donor, Karmen Anderson, was able to secure funds from her employer, UnitedHealth Group, through a program called 'Dollars for Doers.' MVNA used this gift to purchase a quality air mattress, pump, sheets and pillow. Tina received a back-pack filled with school supplies donated by the Caring Tree and Club 100 Team 11. St. Francis Cabrini Church funded the purchase of a large amount of fresh food from the Fare For All Food Shelf. Tina's grandmother wept at the sight of the food donation and the grocery store gift certificate. This eased the financial burden a bit and freed up some funds to allow her to get a prescription filled. Tina is engaged in her school work and now feels she has a safe place to live, which has reduced her anxiety during her pregnancy.

## How you can help now!

**We have an urgent need for 20 bus cards.** Donors, please help us with the purchase of \$10.00 bus cards! The purchase of bus cards assists young parents to get their children to doctor appointments.

### **There are two ways you can help:**

1. Send a check made out to MVNA and MVNA will purchase the bus cards. Please note "bus card" on the check. Send to MVNA, c/o Michelle Lichtig, 3433 Broadway St. NE, Minneapolis, MN 55413.
2. Purchase \$10.00 bus cards at the service desk of Cub or Rainbow and send the bus cards to MVNA, c/o Michelle Lichtig as noted above.

## Adopt-A-Family Donors

If the leaves are turning golden, it must mean Adopt-A-Family is gearing up for the 2008 Holiday Season. Information to sign up as a donor will be sent to you via email on September 30. As you know, our families' wish lists are modest, as their requests are for basic items such as a grocery certificate, towels, or coloring books. If you do not receive the donor sign-up information by October 1, please contact us by email: [club100request@mvna.org](mailto:club100request@mvna.org) or telephone: 612-617-4658.

## Staff Update

Tiffanie Call and Joanne Lidicker are no longer with MVNA Volunteer Services. Tiffanie is attending nursing school full-time and Joanne continues to work as a neonatal nurse. Their hard work and dedication to donors, volunteers, clients and nurses is appreciated.

Please welcome Suzanne Chowen and Peggy Custard. Suzanne has worked for MVNA for almost five years and Peggy has been a volunteer for this department. Suzanne and Peggy are a terrific team and they look forward to being connected to our community of volunteers.

## MVNA Volunteer Services Vision

**Bridging Barriers: Supporting clients' health and independence with community support to provide for non-medical needs.**

**Thank you for being a Minnesota Visiting Nurse Agency Volunteer!**



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