



# COMMUNITY CARING

Club 100: A Community of Caring

Fall 2010

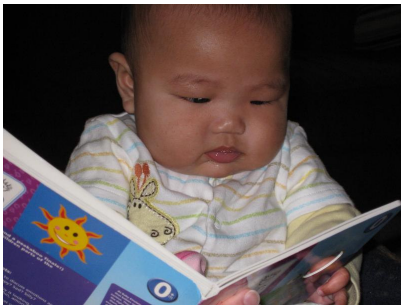
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## VOLUNTEER HIGHLIGHT



### Bright Minds...Big Hearts

(Las Mentas Brillantes Corazones Grandes)

The Bright Minds belong to the infants and toddlers served by MVNA Family Health and the Big Hearts of the members of the Rotary Club of Minneapolis #9 (Rotary #9). Rotary #9 recently awarded MVNA's grant request to support our *Reading Begins At Home Program*.

Rotary #9 members recognized the value of MVNA nurses engaged in the home setting as the nurse mentors and fosters reading, where 95% of MVNA clients do not meet baseline early literacy indicators (which include at least 3 children's books in the home). The initial focus of the *Reading Begins At Home Program* will be regular distribution of new board books purchased with grants to children during the first year of life.

MVNA and Rotary #9 share the same goals about self-sufficiency attained through literacy and high school

## Bouncing Soft Curls: An Update

Bouncing soft, black curled hair marks the recovery of five-year-old MVNA client Lila\*, who suffered from malnourishment and required a special diet. The community responded to our request for funds to support the purchase of gift certificates to food co-ops and grocery stores, which enabled Lila's\* aunt to purchase gluten-free items.

This story of then and now illustrates the difference six months makes with the help of community donors like you. Lila and her Auntie were featured in our Winter 2010 newsletter.

### Then to Now...

Then...five-year old Lila arrived from Somalia last winter without her parents, who had gathered their meager resources towards getting their malnourished daughter to the United States. Upon her arrival in Minneapolis and into the loving care of her Auntie, Lila weighed 29 pounds. The average weight for a five-year-old is 45-50 pounds. Due to her sub-standard diet and other medical conditions, her skin was painful to the touch, with red-hot open sores and flaking skin. Although on target developmentally, she was quiet and inactive.

Now...Lila twirls around the house, singing. Lila's face is now framed with soft black curls--gone is her white hair. She loves to dance, "showing-off" to her Auntie her smooth, healed arms and legs. Auntie is now an accomplished gluten-free cook and makes Lila's favorite dish, gluten-free pasta with vegetables and cheese.

The pathway of the past six months (from then to now) is life-restoring for Lila because of the MVNA nursing staff, community support, Lila's caring Auntie and the sacrifice of her parents. This journey involved regular visits from MVNA nurse Lee\*, caring for her medical needs; MVNA family health aide Peggy\*, who taught Lila's Auntie to cook gluten-free meals; and community members who donated funds for grocery certificates.

Additionally, Auntie completed her sewing training this summer and will be starting a full-time job in a few weeks. Lila's parents, still in Somalia, recently received a photo of their daughter. They wrote that they could hardly recognize her joyful, healthy face captured in the photos and are grateful that Lila has a positive future.

What is Lila's future? Well fortunately, it is now looking typical. This fall she will enter kindergarten just like any happy, healthy five-year old girl. "We could not have done this without the community donors," MVNA Nurse Lee explains, "thanks to all who helped Lila."

*\*Names changed to protect privacy*

graduation. According to Gary Marquardt, President of Rotary #9, "Introduction of books in the first year of life sets the fundamental momentum for future learning."

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Altrusa International of St. Paul has funded a grant to support the purchase of bi-lingual board books to be distributed as part of our *Reading Begins at Home Program*. Families of all languages will have access to the opportunities to share the joy of reading and story telling to their children. Altrusa directs their philanthropy to improve cultural connections and Arlene Roth, Altrusa Communications Committee Chair, noted, "We have partnered with MVNA on several projects, and early literacy is a great fit for our mission."

MVNA is grateful for the support as the *Reading Begins At Home Program* is launched this fall.

**Thank you - Gracias - ua tsaug - mahad-sanid**

### WHAT'S NEW?

MVNA Club 100 is selling Herberger's Community Day Coupon Books as a fundraiser. The coupon books are \$5.00, which is a donation to MVNA.

Last year, we raised \$300 and hope to raise \$500 this year. Funds will be used to support the purchase of items needed to bridge gaps in the lives of our clients.

Community Day is November 13. The books contain a coupon for \$10 off and six 20% off coupons (what a deal!).

Please consider purchasing a book. Better yet, sell some to your friends and relatives. Please contact Suzanne Chowen at [chowens@mvna.org](mailto:chowens@mvna.org) or 612-777-8460.

### Minnesota Visiting Nurse Agency

Michelle Lichtig, Community Relations Director

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[lichtigm@mvna.org](mailto:lichtigm@mvna.org)

[www.mvna.org](http://www.mvna.org)



### Adopt-A-Family this Holiday Season

"You treated me like I was part of your family," writes Anne\*, an MVNA client in her 2009 holiday thank you note to her Adopt-A-Family sponsors.



Anne was one of the 655 individuals adopted for the 2009 holidays. Please consider sponsoring an

MVNA family in 2010. Our nurses nominate the clients, who have prepared a modest wish list. The nurses deliver the gifts.

Past sponsors tell us their Adopt-A-Family experience was enjoyable and rewarding. MVNA sponsors are individuals, families, organizations, congregations or employee groups.

Our "adopted" households are families with children (family sizes can be large or small) and older adults (usually single-person households).

Call Michelle Lichtig at 612-617-4658 or email her at ([lichtigm@mvna.org](mailto:lichtigm@mvna.org)) for more information or to sign up. Please contact us by Wednesday, November 4. Every effort will be made to send out the client wish list by November 24. Gift drop off at the MVNA offices will be by Monday, December 14th.

*\*Name changed to protect privacy*

### Thanks for the Gift of Giving!

We would like to thank the following organizations and companies for recent grants and donations:

3M After Auto Market Division, 3M Community Affairs (Executive Group), Adath Jeshurun Synagogue-Gan Shelano Preschool, Altrusa International of St. Paul, Inc., American Sewing Guild, Birthday Buddies, Bundles of Love, The Caring Tree, Christ Lutheran Women, Daisy Troop 13637 (Burnsville), Deloitte, Earnst & Young, KPMG, Order of Eastern Star, Larsen Design, PricewaterhouseCoopers LLP, Prince of Peace, Rotary Club of Minneapolis #9, St. Louis Park Women's Club Knitting Group, Stride Rite, Target- Beauty & Cosmetics, Target - Minneapolis Distribution Center, Target-African American Business Council, Team 6, Team 11, Walmart

### It's Time for Your 2010 Flu Shot!



Health Fair 11 partners bring you Flu Fighter clinics through MVNA nurses.

Choose nonprofit MVNA clinics for your flu shot and receive amazing care by one of our highly trained registered nurses. As a nonprofit agency, MVNA clinic proceeds support the care our nurses provide to the most vulnerable people in our community.

MVNA wants to provide your flu shot in 2010. This year, our Flu Fighter Clinics will be held in new locations: All 26 Life Time Fitness locations, all 22 YMCA metro locations, and many local libraries (membership at these locations is not required). This year, MVNA nurses will not be at the Cub Food sites.

[www.mvnaflushot.org](http://www.mvnaflushot.org)