

MVNA CLUB 100/101 NEWSLETTER

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Minnesota Visiting Nurse Agency

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WHY WE HAVE CLUB 100/CLUB 101: Fadumo is 62; her medical conditions are grave; she has hepatitis C, osteoporosis, chronic pain and an unsteady gate. In her homeland she saw many friends and family murdered and as a result has PTSD (post traumatic stress syndrome) and is extremely depressed. Fadumo has a limited income and has nothing in her home but a rickety couch, a bed, an office chair and a coffee table. In Somalia, she was a business woman, a woman of power; now she lies on her couch, speaks little and seldom smiles. Elizabeth has been seeing her for about a year. She has worked hard to monitor her care, set up her meds and also provide friendship in Fadumos' isolated world. It has taken a long time to establish a trusting relationship. Recently Elizabeth asked Club 101 for some sheets and towels and a fan. One team came through with a regal set of sheets and some beautiful towels another Club 101 team bought a fan. Fadumo threw her arms around Elizabeth and said "you are my daughter"; she was ecstatic. Elizabeth has noticed a change in her demeanor. She can tell that the gifts plus the compassionate care have made her feel valued and worthy. She has always looked forward to Elizabeths' visits – but now with help from her nurse and from the caring community she has the courage to work through her barriers to a healthier life.

Volunteer Profile: Christy and Gordon Myers are recent retirees; young retirees who have left their "day jobs" behind for a life filled with artistic expression and meaningful volunteer activities. Christy was a Sr. Vice President at Evansen-Dodge, working with municipalities who were raising funds in the bond market. Gordon was a Vice President with Josam, a company that sells commercial drains. Their work took them to many parts of the US and their adventure travel took them to many parts of the world. They have chosen MVNA as their venue for volunteer activities. Christy and Gordon are Lifeline volunteers, trained by MVNA to install Lifeline (a personal response system) in the homes of disabled adults or seniors. In addition, Christy and Gordon support the Club 100/Club 101 project and have adopted a family for several years during the holidays. Christy has recently agreed to belong to Women In Philanthropy, a group of women who are meeting to think about the fundraising potential of women when supporting a care-taking project such as Club 100/Club 101. Christy has always loved photography. After studying the subject for many years; she has set up a photography studio in St. Anthony Park. She photographs weddings and events but her passion is portrait work.

You can contact Christy at 651 647 0776 or at cmyersphoto@msn.com

A GREAT IDEA: MVNA and Club 100 would like to thank the Weaver Lake Moms Club and Culvers of Maple Grove for the fundraiser in August. At the suggestion of the Moms club, Culvers donated 10% of their profits to Club 100 during a specific evening. They raised \$258. It will buy a lot of front carriers to help mom and baby bond and will provide a safe way to transport baby when using public transportation. Thank you for finding a great way to help your sisters in motherhood overcome barriers!!

VOLUNTEER OPPORTUNITIES: **1.** Be a **Lifeline installer** and assist older or disabled people who need a personal response device to be able to remain in their home. **2.** Bring a friend and spend a couple of hours at MVNA **preparing packets of information** that go to daycare centers or schools or spend several hours in the **Club 100 store room shelving books** and straightening the clothing bins and shelves. **3.** Have a **(baby) shower** for Club 100 or Club 101. Invite your friends, play some games (or not) and help out people who are struggling with poverty raise their families or stay safely at home.

Wish List for Club 100: Sleepers or sleep sacks for newborn babies; developmental toys for infants and small children; breast feeding pillows (we have a pattern for both the sleepers and the breast feeding pillows); diapers and gift cards for food.

Wish list for Club 101: Towels, bed linens, scales, and gift cards for food

Club 100/101 is a program, which personally connects Community Women with the MVNA Nurse who works directly with families in their homes to improve their health and move them toward self-sufficiency Call 612-617-4658 to participate or for other volunteer opportunities.