



The Good Newsletter

A Message from Shawn

RESPONSIVELY READY

Every two years, during the month of April, the Good in the 'Hood staff members participate in a course entitled, "Heartsaver CPR AED" a curriculum provided by the American Heart Association. It's an important class because it offers us refresher course in the lifesaving techniques necessary when someone is suffering from cardiac arrest or what is commonly known as a, "Heart attack". I even carry a card in my wallet to remind me of the CPR Checklist or what is known by the acronym, C.A.B. (Start **COMPRESSIONS**-Open **AIRWAY**-Give 2 **BREATHS**). This checklist includes the following important lifesaving steps: Check for responsiveness; Call for help-911-Get an AED; Give 30 chest compressions; Give 2 breaths; Repeat giving 30 chest compressions.

In only a few short hours of guidance, our classroom instructor, Connor, did his best to impress upon us the seriousness of learning the valuable procedures associated with saving lives. Most of us listened intently, amid a few humorous comments and good-humored teasing. Despite being frequently advised that we may need to use CPR training or an AED machine at any given time, not one of us really expected we would actually encounter someone in dire need of our services. In fact, it seemed semi-surreal to imagine that we might really have the most privileged place of holding someone's life in our very own hands. So, without ever thinking we would be able to use our training, we faithfully fulfilled our classroom duties, received our certification and went home quickly leaving the valuable classroom instruction in the rearview mirrors of our daily routines.

That is until only a few weeks later one balmy June afternoon when our very own staff member, Tim (pictured below), was found slumped over a large gaylord of shoes at our warehouse in Fridley. My beloved wife and Director of Operations/HR, Jamie, was the first person to notice something was not right. She thought it was strange that he was not moving. Initially she assumed he was merely resting; however, when she called his name without any response she quickly sprang into action. Enlisting the aid of two of our team members, Lillie and Edith, she shouted, "Lillie, Call 911"! Jamie then worked to lower Tim to the floor. With the over-the-phone guidance of the 911 operator, Jamie and Lillie provided over 10 minutes of physically taxing chest compressions. This is no small feat as during our practice sessions even a single minute of similar emergency



service left one feeling completely exhausted and drained. Lots of love, will power, super-human strength and divine intervention kept them going non-stop until the paramedics arrived and took over. It was a long-haul for Tim to recover. Not without several very precarious days and moments for family and friends combined with a whole lot of prayer. Fast forward to today and we're so pleased to be able to share that Tim is doing just fine, fully recovered and back to working with us. Of course, accompanied by a new diet and a renewed purpose for living. Yet, our dear friend, Tim, is back with a

deeper sense of appreciation for each moment and every single breath that God daily entrusts to him.

A bit later this past summer, during one of our August Food in the Hood at Cedar Valley events, Jamie, once again had the opportunity to help a valuable friend and volunteer. Kandy was approaching Jamie when she began to appear somewhat unstable. Jamie quickly reached out as Kandy collapsed in her arms. Only a few compressions were necessary this time as the emergency services team quickly arrived. Again, following several hours of trepidation, we're pleased to share Kandy is doing much better and back with us as one of our dedicated volunteer partners.

One never knows when we're going to need our special lifesaving skills to help someone in need. For Jamie, aka, "The Heart Whisperer" (pictured), she was responsively ready for the unexpected emergencies at hand. Her training was vital, her willingness essential, and her responsive action a key to making a difference that helped to save two treasured friends in need.



Perhaps you assume, as most of us do, that you'll never encounter such a dramatic life-saving scenario. It's entirely possible you'll go through your whole life with nary an opportunity to offer emergency services to a helpless soul on life's edge. Still, every day, we encounter human lives, personal beings, and searching souls desperately in need of love, care, and special attention. Your lifesaving skills may not resemble CPR, First Aid, or an AED machine; however, sometimes a kind word of affirmation, a helping hand or even a warm smile directed towards one who is suffering, depressed, lonely or feeling rejected is every bit as essential to their future well-being as any medical support can offer. Perhaps your contributions, your prayers or even your volunteer service at a local charity enables you to touch lives in a manner that gives hope to the hopeless and help to those who are helpless. Even your daily encounters at work, school, home, or church may be the balm of healing that a suffering soul is earnestly longing for. One never knows when or how the gifts we have to offer are going to be needed. The only question is, "Are we going to be responsively ready to help with whatever we have to offer when the need arises?" We don't need to be experts in a particular skillset, but we do need to be "Heart Whisperers" in the sense that we must care with a full heart and bring others hope of heart. Or, as in Jamie's case, a literal reviving of the heart.



At Good in the 'Hood, our mission is, "To influence, inspire and impact individuals, families and entire communities for good". We aim to be responsively ready every day to help our community become better. We invite you to join with us and be responsively ready to help everyone, all the time, and everywhere. Oh, and while you're at it, remember to get your "Heartsaver CPR AED" certification too. 😊

Have a MAKE A DIFFERENCE DAY!

Rev. Shawn Morrison
Executive Director

Program Update: Shoe Away Hunger

GIVE A BOOT TO HUNGER EVENT



Our 4th annual "GIVE A BOOT TO HUNGER" at Cedarcrest Church was a tremendous success. Hundreds of individuals and families received a new or gently used pair of boots or shoes to meet their winter needs. We're so grateful for the many volunteer partners who helped us to prepare and to host this event.

Thank you to our wonderful staff, volunteers and partners as we raised nearly \$12,000 to help us in our efforts to feed the future one sole at a time.

A MAKING A DIFFERENCE TESTIMONIAL

Hello Folks. How are you this year? I'm a customer to your boot event from last year. I found out about it on the final day by accident and was able to find a large pair of winter boots. They saved my hide this past winter. I'm hoping to find a pair or two my size for the price range you have. Thanks much. All the best, J

P.S. I'm 62 and living in the car. Looking to rent.

GREAT LAKES BASEBALL ACADEMY (GLBA)

A BIG shout out of thanks and appreciation to Brian Bambenek (pictured) and the wonderful members and supporters from GREAT LAKES BASEBALL ACADEMY. They sponsored a shoe drive and hit-a-thon fundraiser to support our SHOE AWAY HUNGER program that resulted in over 300 donated shoes and \$262 in financial support for our Feeding The Future programs. In addition, as part of their CULTURAL U service-learning initiative they

are partnering with us as volunteers to support our Foodshelf-In-A-Box and Shoe Away Hunger programs. With the outstanding help of this generous team, we're able to continue with our efforts to deliver valuable resources to those with the greatest need.



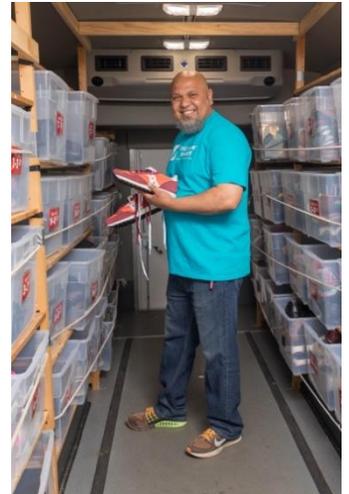
FIRST STOP DROP-IN CENTER

Did you know we offer shoes every Monday and Friday afternoon from 12-6:00 pm at our FIRST STOP DROP-IN CENTER 2101 Chicago Ave South Minneapolis, 55404? You can stop in visit Ron (pictured), our host site coordinator or our wonderful team of volunteers. They are always willing to help you find an affordable pair of quality shoes or boots. In addition, they'll gladly offer you a cup



of coffee, a place to read or rest, a kind word, a listening ear, a hug, or even a much-needed prayer for those in need. This unique urban location is an outreach of Good in the 'Hood in partnership with Lutheran Colportage Services. Our purpose is to be a safe place for all those souls who are looking for an affordable pair of soles. Stop by and say, "Hello" to

our team. You'll recognize them by their bright smile and warm greeting.



Please see the Shoe Away Hunger page on our website to check out our new video and learn more about this important program and how you can help by sponsoring an event.

<http://goodinthehood.org/our-programs/shoe-away-hunger/>

Program Update: Feeding The Future



Did you know that each month we offer essential groceries and food subsidies to families and children in need from 21 unique locations? The scope of our food outreach and resourcing ministry continues to grow and expand. In 2019, we added 3 new sites as we work together with the local community in order to help move families forward towards a better and more stable future. The following is a list of our current program host site partners:

FOOD IN THE 'HOOD PROGRAMS

Food in the Hood @ Cedar Valley Church 8600 Bloomington Ave S
Bloomington 55425; 1st & 3rd Tuesday from 5-8 pm

Food in the Hood @ Beacon of Hope Church 2827 Newton Ave North
Mpls. 55411; 2nd & 4th Thursday from 5-8 pm



COLLEGE CAMPUS AND STUDENT FOOD PROGRAMS

Food For Thought @ Metropolitan State University 700 East 7th Street St. Paul 55106; Tuesday, Wednesday, Friday from 10-3 pm; Thursday 10-6 pm

Campus Cupboard @ Normandale Community College 9700 France Ave South Bloomington 55431; Monday-Thursday 7:30AM- 6:00PM Friday 7:30AM- 2:00PM

The Weekend Pack Program (ISD 833 weekend food subsidy for students offered every Friday)

- Next Step Pathways School 1750 Weir Drive Woodbury, 55125 (Food Storage/Packing site)
- Crestview Elementary School 7830 80th Street South Cottage Grove, 55016
- Newport Elementary School 851 6th Ave Newport, 55055
- Pullman Elementary School 1260 Selby Ave St. Paul Park, 55071
- Royal Oaks Elementary School 7335 Steepleview Road Woodbury, 55125
- Oltman Middle School 6625 Goodview Ct. S Cottage Grove 55016
- Alternate High School 8400 East Point Douglas Road Cottage Grove, 55016
- Park High School 8040 80th Street South Cottage Grove, 55016
- Woodbury High School 2665 Woodlane Drive Woodbury, 55125
- Armstrong Elementary School 8855 Inwood Ave South Cottage Grove, 55016

FOODSHELF-IN-A-BOX MOBILE POP-UP PROGRAMS

Foodshelf-In-A-Box, Macedonia Baptist Church 3801 First Ave S Mpls, 55409; 4th Wednesday from 12-2 pm

Foodshelf-In-A-Box, 800 West Broadway Ave N Mpls, 55411; 4th Thursday from 1-3 pm

Foodshelf-In-A-Box, Creekside Gables 7601 Zane Ave N Brooklyn Park, 55443; 4th Thursday from 12-2 pm

Foodshelf-In-A-Box, Maple Pond Homes: 1854 Beebe Rd Maplewood, 55109; 1st Thursday from 3:15-5:30 pm

Foodshelf-In-A-Box, Bethany Church 6900 Auto Club Rd Bloomington, 55438; 1st & 3rd Tuesday from 2-4 pm

Foodshelf-In-A-Box, AIOIC Takoda School 1845 East Franklin Ave S Mpls, 55404; 3rd Wednesday from 1-3 pm

Foodshelf-In-A-Box, Webster Elementary 2170 7th Ave E St. Paul, 55109; 3rd Thursday from 3:15-5:30 pm

Foodshelf-In-A-Box, Project and Pride for Living (PPL) 2020 Elliot Ave S Mpls, 55404; 4th Tuesday from 1-3 pm

How do we do all of this? Of course, we cannot do this alone. It truly takes a community to reach a community. With your volunteer help and financial support, we are able to offer up to 7 days of groceries per person for approximately \$2.50. Our cost effectiveness is due to the generous participants and partners associated with each of our programs. These amazing partners have generously agreed to let us use their facility as a platform for hosting each of our respective programs at no cost. THAT'S RIGHT...we are able to do more good because we aren't strapped with the typical costs associated with owning a brick and mortar facility. These savings are then transferred so that we can purchase additional and better-quality groceries such as protein, dairy, fresh produce, bread, dry goods and more. In addition, we ask our kind partners to help us leverage our paid staff time in a more effective manner by recruiting onsite volunteers and leadership to coordinate the actual distribution. This enables us to continue providing high-quality groceries using a more sustainable model. ***Thank you to all our kind friends and partners for working together with us to feed the future and to make the community a better community.***

HOLIDAY HELP

It's hard to believe but the holiday season is nearly here. With this in mind, we invite you to join us as a volunteer, financial support partner or as a gift sponsor for children or for those experiencing homelessness.

The following are some of the programs and services we are offering in partnership with several local agencies:

THANKSGIVING BASKET OUTREACH



Each year, on the Saturday just prior to Thanksgiving, we partner with [Union Gospel Mission Twin Cities](#), in order to distribute a bag of groceries to 4500 Hennepin county residents in need. Each bag holds enough food for a family of five to enjoy a delicious meal together. This compassionate outreach enables us to feed hundreds of hungry folks and to introduce them to our many services, ministries and referral partners.

ADOPT-A-FAMILY SHOPPING WITH DIGNITY

During the December holidays many families with children are unable to provide even a basic gift for their loved ones. This can lead to overall hopelessness and depression. With this in mind, we work together with several key partners, including [Living Word Christian Center](#) in order to bring a bit of holiday joy to those who are struggling with economic disadvantage. In 2018, we sponsored 1058 families with 2 gifts for each of their children through our Shopping With Dignity experience. We wrapped the gifts and we wrapped these families with a practical expression of God's love. You can join us too. We need volunteers and sponsors to buy new gifts for children in need, particularly teenagers (ages 13-17). Please visit our website to learn how you can become part of this life-changing opportunity. Your gift of support has the power to change the circumstances for someone in need. Giving generously to support others will change you too.



HOLIDAY FOR THOSE EXPERIENCING HOMELESSNESS



If you've ever been stranded out in the cold, on a dark winter evening, for a significant period of time, particularly if you're hungry, hurting, and alone then you may have a tiny bit of perspective for what it feels like to experience homelessness. It can be frightening and incredibly lonely, particularly if this is your daily encounter. Helen Keller once said, "...I cannot do everything, but I can do something". With this in mind, our "something" is to offer a warm winter coat and a new pair of wool socks to those who are without permanent shelter. Our goal is to collect over 1000 of each in order to offer these as holiday gifts to our vulnerable neighbors in need. Will you help us to achieve this goal? If so, please contact us at

info@goodinthehood.org to learn how you can help and where you can donate as we work together to bring a small bit of comfort to those without a home.

You can learn more or make a donation here <https://goodinthehood.org/our-programs/holiday-help/>.

BACKPACKS WITH SCHOOL SUPPLIES

During the month of August, we were busy getting ready for the school year. With that being said, in cooperation with our amazing partner, [Simon Says Give](#) and their High 5 for Supplies initiative, we were able to distribute over 1000 backpacks with school supplies to economically-challenged families with school-age children. We're so grateful to have such generous partners who support our efforts to deliver essential resources to those with the greatest need.



In addition, for the second consecutive year, we participated and helped to sponsor the **JUMPSTART 2 SCHOOL** festival. This was a delightful time for everyone as we worked together with the city of Bloomington, local schools, Churches and several community partners to collectively offer over 1000 backpacks with school supplies, groceries, shoes, a hot meal, kids activities and referral resources to hundreds of local residents with school-age children. This proved to be a wonderful collaborative event as we came together to bless the community.

YOUR SUPPORT MATTERS

Your support and partnership make a significant difference. Far more than you may even know. Each month, hundreds of people receive groceries, a hot meal, shoes, backpacks with school supplies, holiday help, winter coats, and a compassionate shoulder to lean upon. To enable us to continue helping our neighbors in need, we invite you to join our 10-4-1 team.



WHAT is a 10-4-1 partner? It's someone who has embraced our vision to eliminate local hunger in the most cost-effective manner possible and has joined us as a \$10 (or more) recurring monthly financial partner. Our vision for 2020 is to feed 100,000 people through our many FEEDING THE FUTURE host site programs. To do this, we need to raise at least \$250,000.

Your help is essential for us to fulfill this vision. We're believing for at least 1000 people to join with us as \$10 per month (or more) recurring financial partners. If 1000 people will join with us, we will raise nearly ½ of our \$250,000 goal for groceries in 2020. Please take a moment to view our [10-4-1 video](#) (www.goodinthehood.org/donate-now/) to learn how your gift can make a BIG difference.

GIVE TO THE MAX DAY



Every November we participate in the **GIVE TO THE MAX DAY event**. This year it is set for Thursday, November 14th. We need your help to reach our goal to raise \$20,000. Why? Because we are looking to expand our efforts to Feed the Future and offer more shoes to shelters and schools. Your generous support enables us to meet these needs and to continue growing in our efforts to

influence, inspire and impact individuals, families and entire communities for good. You can donate in advance at <https://www.givemn.org/organization/Good-In-The-Hood> beginning November 1st. Thank you!

Thank you to all of the donors, sponsors and funders who have generously contributed to our programs in 2019. We are very grateful and truly humbled by your kind support. Recent grant awards include:

- Schuler Shoes
- Eagle Brook Church Woodbury
- Peace Shalom Foundation
- Shakopee Mdewakanton Sioux Community
- Hunger Solutions MN
- UNFI Foundation
- Richard A. Schulze Foundation
- Emmaus Lutheran Church
- Antioch Church
- St. Michael's Lutheran Church
- Chef Jeff
- Bethany Church
- The Grove United Methodist Church
- The March Family Foundation
- Hosanna

How Can You Help?

At Good in the 'Hood, we believe in doing with people rather than merely for them. Our programs are intended to engage people in relationships that build trust and healthy community for both our guests and our volunteers.

Volunteer in one of our many programs and services (**Flash, Regular** and/or **Organizational Development**)

Adopt a family during the holidays

Host a shoe drive for our Shoe Away Hunger program and/or sponsor the cost of a shoe bus event for only \$250

Share our mission and website with your employer, friends, family and networks

Follow us on Facebook and Twitter

Invite us to speak with your church, business, school or community group

Donate funds securely online or by check

Sponsor a family in our 10-4-1 giving campaign. \$10 will pay for the cost of groceries for 4 people for 1 week. We need at least 1000, regular \$10 per month supporters to reach our food programming goals.

Please visit our website for more information.

Thanks, so much for your kind support as we work together to influence, inspire and impact individuals, families and entire communities for good!

GITH Board of Directors

Barb Hoeker-Chairperson
Doug Stewart – Vice Chairperson
Lisa Swelland-Treasurer
Eric Lindberg-Secretary
Kelly Neufeld
Mark Cross
Rev. Shawn Morrison (pictured)



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