



openarms

theSCOOP

A PUBLICATION OF OPEN ARMS OF MINNESOTA

FALL 2011

WE ARE GROWING – ORGANICALLY



Hope: Our Bumper Crop

by Ben Penner, Open Arms Director

What a terrific year: It's hard to believe that it is fall and that, even with the early freeze, we have now picked nearly 20,000 pounds of produce for our clients – a fair bit more than the 15,000 pounds we estimated last spring.

From the start, many of you shared our enthusiasm for Open Arms, our 2-acre, certified organic, vegetable garden located at Prairie Oaks Institute in Belle Plaine. If successful, it would be among the first of its kind: a sustainable farm supporting a non-profit nutrition program for people living with life-threatening illnesses. So, starting early in January, we – the Open Arms staff and volunteers – planted seedlings, nurtured more than 25 different vegetables to harvest, and then delivered them to our kitchen, where they were cooked into healthy meals for our clients.

In its first year, Open Arms produced a phenomenal amount of food, but it also gave 200 volunteers a new way to engage with Open Arms and a valuable experience with the soil and with each other. Now that we have the hard-won language

Continued on page 7 ...

WITH OPEN ARMS, WE NOURISH BODY, MIND AND SOUL.



“OPEN ARMS HAS BEEN ONE OF THE GREAT JOYS OF MY LIFE BECAUSE OF THE PEOPLE I HAVE GOTTEN TO KNOW. JOBS MAY CHANGE. CITIES MAY CHANGE. BUT THE RELATIONSHIPS THAT HAVE BEEN FORGED AT OPEN ARMS ARE FOR LIFE. I LOOK FORWARD TO SEEING YOU BEFORE I LEAVE IN JANUARY AND PERSONALLY THANKING YOU FOR ALL YOU HAVE DONE FOR OUR COMMUNITY, AND FOR ME.”
— KEVIN

FROM THE DIRECTORS

We've Got Momentum

It has been a busy six months here at Open Arms. Thinking back on the last issue of *Scoop*, we could only hint at the innovative projects that have since come to life. We are growing – from our expanding programs to our rising client numbers and the pounds of fresh produce we're harvesting out on the farm – and, with your help, we're doing it in a way that feels organic to our mission.

In this issue we talk about satellite and weekend delivery, a natural next step in our delivery process that not only helps us meet our growing client numbers with efficiency, but also allows us to invite more families and faith organizations to join our community. In a similar vein, it only makes sense that as we look to the farm to be a model of sustainable agriculture and a source of local, organic veggies for our clients, we'd make changes in all our menus – right down to a simple sandwich – to include more locally and sustainably produced meat, bread and dairy. With that ongoing focus on providing

our clients with access to not just food, but high-quality, nutritious food, it feels right to help our friends in South Africa secure access to clean, safe water.

There's a momentum to all of the projects, all the wonderful stories in this issue. It started when you – our donors, volunteers and friends – invested your time, resources and energy in Open Arms during our nation's economic crisis. With the capital campaign and this beautiful building, you as a community created the possibility for all of this good work. So, even as we begin to say goodbye to Kevin and reimagine what our leadership could look like in the coming year, we are in a great place to continue to meet every new opportunity with energy and enthusiasm, and for that we thank you. It's deeply gratifying to be able to deliver on that commitment.

Moving Forward: Leadership at Open Arms

We're sad to see our executive director, Kevin Winge, go – he'll be heading out to San Francisco to join Project Open Hand in January. However, we're awfully glad Jennifer Van Wyk, acting executive director, will be here to lead us into the New Year. Jennifer led Open Arms during Kevin's 6-month sabbatical in South Africa, a period of remarkable growth for the organization. We have always respected her skills, but during that time we got to know her as an energetic, inspired leader.

Before we look at hiring a new executive director, our executive board will form a transition committee to review our current leadership structure and the future plans of Open Arms and determine how best to move forward. Stay tuned!

For more information about Kevin's resignation, visit openarmsmn.org

ADVOCACY IN OUR WORLD

Join Us for the 2011 SNAP Challenge

There's a pleasant chill in the air that tells us fall is approaching, and with it comes our most abundant season. Soon, many of you – like us – will be bundling off to see friends and loved ones and tucking into holiday meals with joy. But before you do, please join us for our second annual SNAP Challenge, an opportunity to experience shopping and eating like a SNAP card user for the seven days prior to Thanksgiving.

SNAP is shorthand for Supplementary Nutrition Assistance Program, the food stamp program, and this year more than 521,775 men, women and children are enrolled – a 19 percent increase over last year. By limiting your grocery budget to our estimated SNAP allowance for a single adult – \$30 a week or \$4.29 a day – you'll help us raise awareness of food insecurity, as well as the added health challenges a person managing both a life-threatening disease and hunger faces.

This year, there are many ways to get involved with our SNAP Challenge, including blogging, nutrition tracking and recipe sharing. We'll also offer diverse guidelines for taking the challenge. For example, our partners at the Wedge Co-Op will attempt to buy and prepare only organic, local and sustainably produced food. At the same time, our executive director, Kevin Winge, intends to shop at his local Walgreens, taking into consideration the time and transportation

constraints a SNAP participant might face.

You can also participate by donating the weekly SNAP allowance of \$30 to a local food shelf or Open Arms – or, if you are taking the SNAP Challenge, consider donating what you would have spent for the week on groceries and dining out.

HELP US RAISE AWARENESS OF FOOD INSECURITY AND THE ADDED CHALLENGES A PERSON MANAGING BOTH A LIFE-THREATENING DISEASE AND HUNGER FACES.

This year, the challenge starts on Thursday, November 17, and ends on Thanksgiving morning. All participants are invited to join us on Thanksgiving morning for a traditional turkey and stuffing meal beginning at 10:00 a.m. at Open Arms.

SNAP to it! Contact Executive Director Kevin Winge for more information at kevin@openarmsmn.org.

Coming in 2012:

The Middle of Somewhere: A Quirky Travelogue, with Some Serious Bits, About One Man's Adventure on the Trains of South Africa that Unexpectedly Becomes a Spiritual Discovery. A new book from Open Arms executive director and author Kevin Winge.

always
room
for one
more

Summer Meals Success

For eight weeks this summer, our culinary team and volunteers cooked and delivered free meals to 65 kids from our neighborhood – ages 18 and under – who gathered at the brand new East Phillips Park Cultural and Community Center each day. The kids were treated to tasty afternoon snacks, such as cheddar biscuits with jicama salad. In the early evening, hot dinners were served featuring special menu items designed to be kid friendly and nutritious, including our healthy take on turkey tenders and a hearty lamb and veggie goulash.

Through funding from the USDA and Second Harvest, the summer meal program allowed us to return the phenomenal support of our Phillips community and to connect with the families who live in our neighborhood. Thank you to our volunteers and to the folks at the center and the Minnesota Department of Education, who helped make it a success.



OUR CLIENTS

The Soup is ON

by Dave Wildermuth, Open Arms client

Fully Punctuated
by Jane Levin

hope is a dangling participle

grammatical error

broken rule

You have cancer

hope is a comma,

another breath,

another day

hope is a semi-colon;

separation between

what was

what

may be

period

Jane Levin is a poet, cancer survivor and long-time friend and volunteer of Open Arms.

I had to have the jeans: dark denim, boot cut, perfect fit, awesome. But if we're being honest here, the real reason I had to have them was the label stitched over the back pocket confirming my 34-inch waist. Three months earlier, you could have switched those two numbers and the jeans still might not have buttoned. Down just over 90 pounds, I was ecstatic – this was a triumphant retail moment.

Before you ask for weight loss tips, I should probably tell you that I don't recommend my diet plan. In mid April, the day before my birthday, I was diagnosed with a rare type of cancer, which had spread from the back of my throat to the lymph nodes in the front of my neck. Ten days after my diagnosis, I was looking at a roomful of masked doctors, a seven-hour surgery at the Mayo Clinic, and six weeks of daily radiation to ensure that the cancer was gone. That kicked my newly svelte butt ... which brings us back to the jeans and to Open Arms.

Our mutual friend, Roseanne Shaver, saw me buying jeans. I'm told I looked pale and frail – she immediately recognized that I needed some help. I know Roseanne and Randy, her husband, from my days at KARE-11, so I had called them after my diagnosis, but this was a chance meeting. I told Roseanne that my oncologists were giving me a week to stabilize my weight or face a feeding tube. The very next day, she set me up with Open Arms.

Surgery to remove the head and neck cancer had left my throat incredibly raw, which meant I could only handle liquids. Open Arms understood immediately that I had special nutritional needs, and they were willing and interested to work with me to develop a soup menu and apply that knowledge to other clients having a tough

time swallowing. They were incredibly patient with my picky palate: the soups they created rivaled those from any high-end restaurant, everything from curry lobster bisque to Thai peanut and apple-brie. I was spoiled rotten.

Most importantly, it worked: my weight stabilized and I was able to avoid a feeding tube, plus I felt better. And for that, I am so grateful to the wonderful people at Open Arms.

“ ... [THE MEALS] WORKED: MY WEIGHT STABILIZED AND I WAS ABLE TO AVOID A FEEDING TUBE, PLUS I FELT BETTER. ”



©2011 Ellie Wildermuth

Many Thanks

To our friends at the Randy Shaver Cancer Research and Community Fund for their ongoing support.

OUR PROGRAMS



Hold the Tuna!

In response to client feedback and our own desire to bring clients meals that reflect Minnesota's abundant local, sustainable foods and the talents of our culinary team, Open Arms has introduced 12 new sandwiches and 24 new salads to its menu.

Goodbye tuna – hello, roast eggplant and portabella with red pepper on focaccia, tender lamb gyro, and house-cured pastrami on rye. Save the Pullman loaf for the ducks! Our breadbox is full of house-made rye, brioche and demi-baguettes. How about a side of zesty black bean and millet salad, gluten free and delightfully piquant? Here's the recipe:

Black Bean & Millet Salad

- 4 cups cooked millet
- 2 tomatoes
- 1 red pepper
- 1 cucumber, seeded
- 1 onion, diced
- 1/2 cup parsley, chopped
- 1/4 cup cilantro, chopped

Dressing

- 1/3 cup water
- 2 tbsp lemon juice
- 1 tbsp balsamic vinegar
- 2 tsp minced garlic
- 1/8 tsp cayenne
- 1/4 tsp black pepper
- 1 tsp cumin

1. Whisk dressing ingredients together until well blended.

2. Combine millet, veggies and dressing and refrigerate for at least one hour before serving. Enjoy!

Please Pass the HACCP



It's a kitchen, it's a bakery – it's a food production facility! In all seriousness, when we moved into our state-of-the-art kitchen it became more apparent than ever that our size and capacity had changed. Open Arms is now a food production facility, and as such needs a different set of food safety standards than say a home, catering or even restaurant kitchen. With that in mind, volunteer Carol Cronk worked with our culinary team to create a voluntary Hazard Analysis Critical Control Points (HACCP: We say ha-sup) plan that goes beyond important basics such as hairnets and hand-washing to provide guidelines for how food is stored, prepared, cooled, portioned and delivered.

Food safety has always been important to Open Arms, but the new kitchen gave us the opportunity – and space – to install new safety features. For example, the blast-chiller helps us maintain safe food temperatures; hand-washing stations

throughout the kitchen allow efficient hygiene; and hot and cold sides of the kitchen control cross-contamination. From a process standpoint, we're recording safe handling procedures and standardizing our recipes, which helps minimize the risk of harmful bacteria by establishing accurate cooking times.

The HACCP plan helps us ensure that our clients, many of whom are immune-compromised, are not exposed to foodborne illnesses. That's why it's so important that each of us, as volunteers and staff, help maintain our HACCP plan by revisiting the kitchen safety training once a year. Thank you for helping us make sure our food is as safe to eat as it is tasty and nutritious.

Safety first! Contact Volunteer Coordinator Lila Gilbert at lila@openarmsmn.org or 612-767-7330.

We fondly remember our clients who recently passed away:

| | | | | |
|----------|-----------|-----------|----------|----------|
| Paul | Larry | Catherine | Mykal | Deborah |
| Victoria | Josephine | Leon | Ronald | Margaret |
| Thomas | Laycile | June | Valerie | Robert |
| Robert | Jerry | Gary | Ronald | Curtis |
| Abbie | Benjamin | Jean | James | |
| Michelle | Fred | Penny | Lawrence | |

Clean Water – It’s About Health, Safety and Dignity

Every April, South Africans celebrate Freedom Day in commemoration of the first post-apartheid elections held in 1994. This past spring, 400 people from Khayelitsha, an informal township outside of Cape Town, observed it by forming a quiet line in front of a portable toilet – a peaceful illustration of the 400,000 people in their area who are still waiting for access to clean, safe sanitation and water facilities.

The demonstration was organized by our newest partner in sub-Saharan Africa, the Social Justice Coalition (SJC), a Khayelitsha-based, non-governmental organization that campaigns for the safety and security of people in the informal settlements. Partnering with SJC seemed to us a natural extension of our mission – nourishing body, mind and soul. After all, clean water is as fundamental to health, dignity and hope as nutritious food, and all the more so for those living with HIV/AIDS. “In our work, we have always believed that by providing good, nutritious food we can help make our clients treatments more effective and improve their health and quality of life,” Kevin Winge, Open Arms executive director, recently said. “In Khayelitsha, our support may actually save lives.”

While many in Khayelitsha do not have access to toilets, those who do may have to walk significant distances to use them, and when they get there they are likely to find the facilities out of order, over-flowing with sewage or even

locked. Finding clean water is equally challenging: Many families have a standpipe within 40 feet of their home, yet most are poorly maintained, if at all, and “gray water” surrounding the standpipes is often infected by dangerous e-coli bacteria. These conditions contribute to the widespread transmission of waterborne diseases, parasites

and gastroenteritis. In Khayelitsha, 60 out of 1,000 children die of diarrhea-related illness before their fifth birthday. These deaths could be reduced by 40 percent with the delivery of adequate sanitation.

To address these challenges, the SJC is campaigning for a two-pronged approach. The first step would be to establish regular maintenance of existing standpipes and sanitation facilities, including wastewater disposal, security, toilet paper and handwashing supplies. The second would be to create an implementation plan and budget to ensure that every household has access to basic sanitation and water services.

So where does Open Arms fit in? With the help of our international program donors, we are funding an SJC staff member. We are very proud to be a partner in the campaign to support potable water and sanitation.

To learn more, contact Executive Director Kevin Winge at kevin@openarmsmn.org or 612-872-1152.



Teff: A Small but Mighty Grain



In photos, the fields of waving grain grass in Dawn of Hope’s gardens look so very like our own, they could be right here in northern Minnesota. Yet farmers there are growing a grain so particularly suited to their soil and climate that it is found in few other places.

The Dawn of Hope Rehabilitation Center in Adama, Ethiopia, serves 100 clients, people infected and affected by HIV/AIDS, through a daily meal and the 5-acre community garden, which provides the center and its residents with food and income. In a partnership with the National Alliance of State and Territorial AIDS Directors and the Minnesota Department of Health, Open Arms helps support the garden.

Last year, the gardeners planted an assortment of onions, tomatoes and peppers, but the crops were relatively unproductive, due to droughts and limited irrigation. And then, any veggies that did flourish in the erratic rain were eaten by small animals and pests. So, this year the residents and gardeners decided to plant teff, a grain that is native to Ethiopia – dating back to 4,000 Before

Common Era – drought resistant, and only grown in limited quantities outside of Africa, which makes it a terrific cash crop. Our partners expect to harvest 20,000 kilograms of teff for a value of \$1,400. Teff straw is also marketable as animal feed and a construction material.

Teff is widely touted as the world’s smallest grain, but it packs a nutritional punch: It’s gluten free and high in protein, carbohydrates, fiber and minerals. Ethiopians use it to make a sponge-like, sourdough bread called injera, which is eaten at nearly every meal with stews, salads and sauces.

This season, 126 people are working in the garden, all formerly part of the rehabilitation program. The teff they harvest will be sold on the market and at the center, generating income for the gardeners, nutritious injera for the center – and a tremendous opportunity for healthy clients to return the hope and generosity they’ve received from their community.



... Hope: Our Bumper Crop continued from page 1.

of experience, of seasons and of the rhythm of life on a farm, we can take a message of hope to others – hope that everyone can eat nutritious food.

And that’s so important. A signature challenge of the 21st century is to provide enough nourishing food for everyone and to do it sustainably. Solving it will require the best thinking from scientists, philanthropists, CEOs, governments, farmers and everyone in between, including people just like you.

There is no more auspicious time than right now to start a farm and to lead by example in the growing food

movement. Open Farms is a concrete step in the direction of sustainable nourishment for Open Arms meals and for the health of our clients, donors and volunteers. It’s truly heartening that our community has supported our efforts by physically getting out into the fields and digging in the dirt – thank you for making the farm’s first harvest such a success.

What’s a hoop house? Visit Open Farms and find out! Volunteer schedules are online at openarmsmn.org/volunteer.

Welcome Interns!

Did you know that, in addition to our 1,500 or so volunteers, we have a fabulous crew of interns helping us out with everything from program administration to cooking and delivery to research? This fall, we have interns with us from a variety of community organizations, including:

Cristo Rey Jesuit High

School: Surea, Anthony and Moesha

St. Joseph The Worker and Lutheran Volunteer

Corps: Ellen and Caroline

Twin Cities RISE!: Sharon

Waite Community

Program: Joaquin and Lytton

Farming, cooking and driving, oh my! For information about internships, contact Acting Executive Director Jennifer Van Wyk at jennifer@openarmsmn.org or 612-872-1152.

OUR VOLUNTEERS

Meet Volunteers Kay Stampe and Max McManus



THE NEW BUILDING HAS PROVIDED US THE SPACE AND ACCESS TO ACCOMMODATE VOLUNTEERS WITH SPECIAL NEEDS.

Visit us on a Wednesday afternoon and chances are pretty good volunteer Kay Stampe will be there to greet you, smiling over the front desk. There have always been a multitude of ways to volunteer at Open Arms, but now the new building has provided us the space and access to accommodate special needs, including Kay's wheelchair and a hands-free headset that allows her to answer our phones with limited hand motion.

Since April, Kay and her friend Max McManus have been carpooling into Minneapolis to volunteer. It's their first volunteer job,

but they've settled right in. After a long administrative career, Kay is a whiz at juggling phones and welcoming visitors; Max, a retired airline mechanic, is already devising ingenious tools for the kitchen staff, including a gadget to help streamline the soup packaging process.

Kay: Max picks me up, he's my chauffeur – and I'm a terrible back-seat driver.

Max: She keeps me on my toes.

Kay: Somebody has to! I did make him come and volunteer.

Max: It's all her fault you guys ended up with me! I didn't think I'd like it, honestly, but now, well, I just like coming here.

Kay: I love it, too. I look forward to getting out of the house and interacting with all the happy people coming and going.

Max: The environment is infectious; you can't help for being in a good mood once you're here, no matter how bad your day has been.

Kay: Yes, I've never worked for a company that is so upbeat.

Max: I work in the kitchen; I'm the chief veggie cutter and the kitchen cut up! I had no kitchen experience, but Austin has shown me a few things, and now I'd like to try different jobs – maybe delivery.

Kay: I'd come every day if Max would drive me.

Max: Believe me, most days I'd rather be here!

Kay: Well, all right then, it's done!

openarmsmn.org | page 8

OUR VOLUNTEERS

We're All Over the Map – in a Good Way

In August, we tallied our numbers and realized we'd already delivered 270,800 meals; about 32,700 more meals than the same month last year. Open Arms is growing! And while it has always been our intention to put this building to work for us and do more, we also recognize the challenges this increase presents to our staff and our volunteers, who are busier than ever, too. So, we're making a few additions to our delivery program.

This summer, we started a pilot satellite delivery program, in which we drop off blue bags filled with client meals at participating businesses and faith organizations, where they are picked up by local volunteers and delivered to our clients. This hub-and-spoke model allows us not only to bring our delicious, healthy food to more people – people living outside our regular delivery area – but also to create efficiencies that save volunteers time and gas. We're pleased to say it's working beautifully, and we'll be launching more satellite sites in the coming months.

In the meantime, we're also adding another day of delivery. In addition to our regular Monday through Friday routes, we'll soon offer Saturday morning delivery shifts. This is particularly exciting to us because it will

provide new ways for families and faith groups of all ages to volunteer together, which is not always possible during the week. It will also help us meet the increased need for our meals, by providing another day in which we can deliver up to 600 meals.

Thank you once again for supporting us as we open our arms still wider to increase our delivery boundaries and the number of meals we are able to bring to people living with life-threatening illnesses.

Got wheels? Sign up for a delivery shift with Volunteer Coordinator Pete Fischer at pete@openarmsmn.org or 612-767-7343.



NOURISHMENT
ON BOARD!

BEEP, BEEP! WE NEED DELIVERY DRIVERS!
INTERESTED? E-MAIL VOLUNTEER COORDINATOR
PETE FISCHER AT PETE@OPENARMSMN.ORG
OR CALL HIM AT 612-767-7331.



NOUN – The young professionals group of Open Arms.

VERB – To eat with great enthusiasm

Our young professionals organization – NOSH – has had a busy year. They've formed a steering committee, raised more than \$4,000 and volunteered some 1,500 hours in the kitchen and out on the road delivering meals. Along the way, they've also hosted some 92 people at bi-monthly happy hours and special events, including a day at Open Arms and a cooking class.

NOSH helps Open Arms connect with young professionals, our future volunteers and donors – and leaders. "A lot of young professionals are socially minded, but they have limited resources. Open Arms offers so many ways to volunteer, and they make it easy to come in and make an impact," says Emily Negrin, vice president of the NOSH committee. "Once you do, you meet people and you want to stay. Every time I come here, I'm greeted like family."

Ready to get your NOSH on? Visit our Facebook page for upcoming happy hours and events.

Every Tile has a Tale

The Tile Campaign started as part of the tremendous community effort to raise funds for our new building. We believe that Open Arms belongs to all of us, so creating tiles that carry the names – and, really, the stories and memories – of our friends, loved ones and supporters seemed like a great way to make our community a physical part of our building. What a joy it is now to look up and see those tiles on our walls!

Here a few of our friends tell us the story behind their tiles.



Debby Teske,
Volunteer, 10 Years

Delores was my mom – she died of lymphatic and bone cancer when she was just 40 years of age. Every day we had with her was the best one ever! I labored so over the words for this tile. It just brought back a flood of memories and how important each thing we do for others is. I loved my mom, and she taught me to eat well, cook good [food], and always serve others. This tile in her memory is only fitting.



Michael Wilcox,
Volunteer & NOSH
President, 2.5 Years

As I've gotten more and more involved with Open Arms, I've always talked about it a lot with my mom. So, she picked up a shift herself; she knew it was important to her son and it was something we could share. One day, as she was coming off a shift and I was coming on, she showed me the tile – it was touching. It was more than enough for her to volunteer, but to add my name, permanently, to the building was really moving.



Deb Venker,
Volunteer & Donor, 4 years

Open Arms is like our place of worship; it represents so much for our family. Working in that space has been such a joy for us. My husband surprised us with these beautiful tiles, and when I first saw them, I burst into tears. It was a side of Mike I hadn't seen before: the tiles are like poetry almost because he captured the essence of each person, he was just so spot on in describing how each person operates in our family. Just like every experience with family, working at Open Arms has revealed things we might not see in a different space – it has been a great experience for us as a couple.

INSPIRED? THERE'S ALWAYS ALWAYS ROOM FOR ONE MORE TILE ON OUR WALL.
DOWNLOAD A PLEDGE FORM AT [OPENARMSMN.ORG/TILECAMPAIGN](https://openarmsmn.org/tilecampaign)
OR CALL ACTING EXECUTIVE DIRECTOR JENNIFER VAN WYK AT
[JENNIFER@OPENARMSMN.ORG](mailto:jennifer@openarmsmn.org) OR 612-767-7337.



David Bjork Joins us at The Kitchen Table

David Bjork was an early supporter of Open Arms, and throughout the years he has been one of the people who has kept our doors and our kitchen open. A good friend of founder Bill Rowe, he began volunteering with us in 1996 and served on the board for 12 years – and as president for three of them. He also found and hired our executive director, Kevin Winge.

“As an organization, Open Arms is close to my heart,” David says. “I've lost two partners to AIDS and dozens of friends, and at one point, when a partner was very sick, we were even getting meals from Open Arms. I've always been so impressed at how well it does its job, providing meals for people who need them. Nutrition is so important for clients to maintain their strength and health – and the volunteer contact means so much to people who are shut in.”

Because of that connection, David joined our planned giving program, The Kitchen Table, making a legacy gift to Open Arms that will help protect our future without affecting his current assets or financial goals. “Planned giving is the easiest way to give a sizable gift to an organization you like and want to help,” says David, “because you are doing it at a point when you don't need the money anymore.”

For David, it was important to plan ahead, making decisions about how his most

important resources would be used at the end of his life and thus ensuring the best use of them. “When they are young, people like to spend money on themselves and, when you retire, you save money to live on, but then you get to a point where you don't need anything,” he explains. “Make sure it does the most it can: Get it to an organization that will take care of the concerns you've had throughout your life.”



Join us at The Kitchen Table. Contact Executive Director Kevin Winge at kevin@openarmsmn.org or 612-872-1152.

Matching Gifts: It's as Easy as 1, 2, 3

If your employer offers a matching gift program, it's an easy way to make your donation go farther – whether it's time or money. When she changed jobs, Karen Appelbaum talked with her human resources person and discovered that her new employer would match both monetary donations *and* volunteer hours. “It's just icing on the cake that Open Arms gets paid for my volunteer time,” Karen exclaims. “A lot of people don't know that their company matches gifts, the program is buried in their employee handbook, or they worry it'll be too cumbersome. But that's like leaving free money on the table. There's a little work up front – and it goes a long way for Open Arms.”

Karen says participating in her company's matching gift program has been a simple process:

1. Since Open Arms was not already in the program, she enrolled us – a matter of a few forms, which she and Open Arms staff filled out.
2. Every time she volunteers or makes a donation, she logs it on a simple form.
3. When she hits the match limit, she has Open Arms sign her forms and then turns them in. Voila!

Our thanks to the Northwest Area Foundation and Karen for their ongoing contributions.

Make a good match! Contact Finance Director Jeff Laangard at jeff@openarmsmn.org or 612-767-7334.



openarms

2500 BLOOMINGTON AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55404

612 872 1152 T

612 872 0866 F

WWW.OPENARMSMN.ORG

ADDRESS SERVICE REQUESTED

<preferred constituent name>

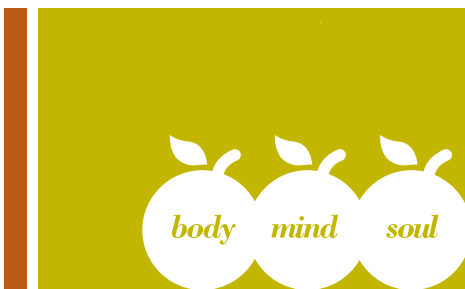
<preferred contact name>

<contact title>

<address1>

<address2>

<city>, <state> <zip code>



“ COURAGEOUS
LEADERSHIP IS CRITICAL
TO COMMUNITY VITALITY
AND SUCCESS ...
OPEN ARMS IS CREATING
A HOME WHERE PEOPLE
CAN PRACTICE THE
LEADERSHIP THAT'S
NEEDED TO ADDRESS
COMMUNITY NEEDS. ”

— PETER HUTCHINSON,
PRESIDENT OF THE
BUSH FOUNDATION

*Open Arms would like
to thank the following
friends for their in-kind
donations and volunteer
time. They made this
Scoop possible.*

Copy Editors

Carole Arwidson
Margaret Ann Hennen

Full Color Covers

Allegra - St. Paul

Photographic Support

Kurt Moses Photography
Jeanne Foels
Ellie Wildermuth

Build Your Teams with Our Teams

Bring your community, leadership or work-group teams to Open Arms for a service-learning day. We offer diverse opportunities to volunteer, including preparing and packaging food in our gorgeous state-of-the-art kitchen, delivering wholesome meals to clients or harvesting plants out on the farm.

Our world-class workshop leaders will then connect that learning with everyday life and work in interactive, actionable sessions focused on the area of your choice: leadership, leading change, teaming and living a purposeful life.

Go team! To learn more, contact Operations Director Kent Linder at kent@openarmsmn.org or 612-767-7343.