

COMMONPLACE

SEPTEMBER 2011

The F-M Dorothy Day House of Hospitality, Inc.

“A caring, Christian community that provides services to the homeless and hungry.”

Annual Soup Supper

September 15, 2011

4:30 PM–7:30 PM



St. Joseph's Catholic Church
218 10th Street South, Moorhead, Minnesota

\$10 (\$5 for those ages 12 and younger)
buys a hand-painted ceramic bowl filled with
your choice of soup along with bread. Beverages
are also provided.

Eat Soup, Bid at the silent auction, Give back!

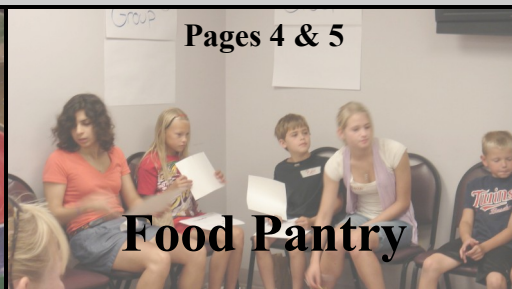
Sponsored in part by: Grizzly's, Hotel Donaldson, Bennigan's, Country Kitchen, First & Deli, Applebee's, John Alexander's, Granite City, Great Harvest Bread, The Green Market, TNT, Cajun Café, and more.

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OUR DEDICATED TEAM

Director's Corner

By: Sonja Ellner

After almost 4 years of being with this great organization, I continue to be amazed by the outpouring of community support that we receive! For this edition of our newsletter, I asked my team to think about unique ways that people can help our organization and those we serve. This reminds me of when I posed this question of "how can you help" to 4th graders at Reinertson Elementary School, and nearly the entire class had their hands raised. Some responses included: donate old toys, make potato salad with my Mom and bring it to the shelter, have a lemonade stand and donate the money, and sing to them [our guests] at Christmas! What GREAT ideas!

The community motivates and inspires me to continue to serve the homeless and hungry because it helps all of us! We feel good, those we serve feel good, and the community is a better place – giving back is contagious! Here are just a few of my own ideas on how you can help:

Understand who the homeless are. This can be done by reading books or interacting with those who have experienced homelessness.

Volunteer your professional talents. Nonprofits have limited resources and are very grateful for assistance with fundraising, marketing, public relations, technology, etc. This can usually be done from home! For example, a gentleman from Microsoft customized a food pantry program for us which has been immensely beneficial!

Volunteer your hobbies. Are you interested in art, photography, or film? If so, help us paint a mural on the wall of our food pantry, visit with guests and clients to put together written and video testimonies, and photograph our activities to showcase our impact on people.

Educate others. Host a book discussion pertaining to issues of homelessness and hunger, or write an article for our newsletter or website.

Share your experiences. If you had a great time sharing a meal with guests at our home or shopping with the clients at our food pantry, TELL ANYONE AND EVERYONE! Word of mouth is a powerful tool!

So, round up your friends and family, and come visit us soon! Together we can make someone smile and restore hope! Thank you for your ongoing support!

Management

Sonja Ellner, *Director*

Beth Olson, *Assistant Director*

Ruth Smith, *Food Pantry Coordinator*

Judy Coffell, *Food Pantry Coordinator*

Service Coordinators

Jesse

Sarah

Amanda

Jessica

William

Providing services to the homeless and hungry since 1983.

Board of Directors

Kevin Wolf, *President*

Cheri Gerken, *Vice President*

Maureen Jelinek, *Secretary*

Duane Koble, *Treasurer*

Bill Beutler

Brian Arett

Cherie Clark

Frank Marrow

Reid A. Brady

Sister Shawn Foley

Scott Mathern-Jacobson

Bonnie Steen

ACKNOWLEDGEMENTS & YOUR IMPACT

Acknowledgements

We treasure each and every one of you that supports our efforts to serve the homeless and hungry whether this is volunteering your time, donating food/clothes/household items/money, sharing your talents through cooking or making quilts, or remembering us in your thoughts and prayers! Our special thanks to all of you is being good stewards of your time, talent, and treasures! Come visit us to see the difference you have made and the lives you have changed!

Thank You

Exciting Improvements and YOUR Impact

Emergency Shelter

- We connect guests to resources and develop support networks in the community and with other service providers. This is accomplished through outreach at the shelter; for example, a social worker from Lakeland Mental Health, a VA representative, and staff from Family Life Credit Services meet with our guests regularly to establish goals and action plans for employment, housing, health and well-being, and finances. In addition, community members bring hope and show support by bringing meals and interacting with our guests. A smile and listening are priceless gifts!
- We created a computer resource center, where guests are able to apply for employment online, create/update resumes, search for apartments, and stay connected with family and friends. This was made possible through computer, desk, and software donations and IT expertise!
- We helped 24 guests move into their own housing this year and were able to provide them with basic household items, including: beds and dressers, TVs, kitchenware, and cleaning supplies. Many thanks to all of YOU that donate your gently used items and to the F-M Area Foundation for supplementing this community support with funds for our "Home Sweet Home!" project!

Dorothy Day Food Pantry

- We have a new, up-to-date Food Pantry Database (no more DOS) that allows us to track information and trends which is important for planning and implementing programming surrounding hunger. Josh and our friends at Microsoft were instrumental in this transition!
- We have a new and improved Kidz Cabinet, where kids can choose healthy snacks and share in the shopping experience with their parents. In conjunction with this, we hosted our first annual Kidz Fest, a healthy lifestyle program that teaches our youth about nutrition and exercise. Local coaches, nutritionists, and motivators shared their energy and expertise, and the children who participated had a blast!

Dorothy Day West

- This program, a partnership with Holy Cross Catholic Church, is thriving! Specifically, we serve a large immigrant and refugee population and provide a supplemental food source in West Fargo. Not to mention, it is run completely by volunteers! A heartfelt thank you goes out to Judy and her crew!

FOOD PANTRY

Interning at Dorothy Day

By: Jennifer Storm

Over the course of the summer, I had the opportunity to intern with the Dorothy Day House and Food Pantry. As a recently graduated high school senior, I found a wonderful learning opportunity as I worked alongside the staff at the pantry and shelter. Over the course of the summer, my job was to create a healthy eating program for youth at the food pantry.

One doesn't have to look too far to see that the health and wellness of our youth is an enormous concern; from magazine articles to national campaigns, our nation's health - or sometimes lack of - is a huge concern. According to the American Heart Association, the statistics seem foreboding; over thirty percent of children and adolescents are considered overweight or obese. Less than 20% of kids get the recommended daily fruits and vegetables. Over the course of the summer, I helped design a program to teach kids about nutrition. We hosted kids at the food pantry for "Kidz Fest," a day of healthy eating and activity. Two local fitness trainers did activities with the kids and a nutritionist spent the day talking about healthy eating. We munched on trail mix, ants on a log, and carrots and dip to complete our day of healthy activities. The kids had a great time, and I hope this is a project the food pantry can continue in summers to come.

The second part of my internship was to redesign the Kidz Cabinet. On Wednesday nights, kids can pick out a bag of snacks for the week. Hopefully, they will learn a little bit about nutrition and healthy eating when they have the opportunity to pick out a food bag on their own. I had an amazing experience working at the food pantry this summer and will take everything I learned with me on my next journey. Thank you to everyone who supported this project, to the Barry Foundation for hosting my internship, and to everyone at Dorothy Day who strive to make life better for those in most need in our community.

I have been interning with the Dorothy Day Food Pantry for about a month and a half now and really enjoy it. The variety of people you meet here volunteering has been inspirational. I have learned a lot about other cultures and the positive impact the pantry has had on them.

Since I have been here, I have been able to see what it takes to keep a food pantry going, from the intake of clients new and old, to stocking shelves, to finding volunteers to help out, and how it takes the entire community to combat hunger. I was never aware how much a pantry can provide and how fast food comes in and out. I have really seen the importance of donating and helping your fellow man in times of need. So, if there is one thing I can tell you from my time here at the Dorothy Day Food Pantry, it would be to donate. When you donate, you are not just providing a person with food, you are giving them a way to relieve the stress of not knowing how they will be able to feed themselves or their family. ~*Rebekah Engen, Intern*

"We enjoy helping others who come into the pantry, and this is why we volunteer. Providing for others so they do not have to worry is what keeps us coming back everyday. It makes our hearts feel fuller to know what we are doing is benefiting others."

~*Majeed, Volunteer*



Participant of Kidz Fest 2011 practicing Yoga.

FOOD PANTRY



Intern, Bekah, in front of new Food Pantry sign.

Fresh Garden Produce

Many of our donations this summer have come from gardens. Farmers have been bringing in a variety of produce to the pantry, and the clients have really been enjoying the fresh variation of vegetables. What is great about donating items from your garden is the benefit of giving, reducing waste if you have an over-abundance, and contributing to healthy eating habits.

Dedicated Volunteers

The Dorothy Day Pantry would like to thank all those that volunteer their time, talent, and energy to helping those who are less fortunate. A special thank you to Jeff Luptek who contributes his time every Monday and Thursday. Also, a heartfelt thank you goes out to Cross Pointe Church, Pepsi, the Kiwanis Club, Ralph and Ann Schellack and all those who donate money and time to the pantry.

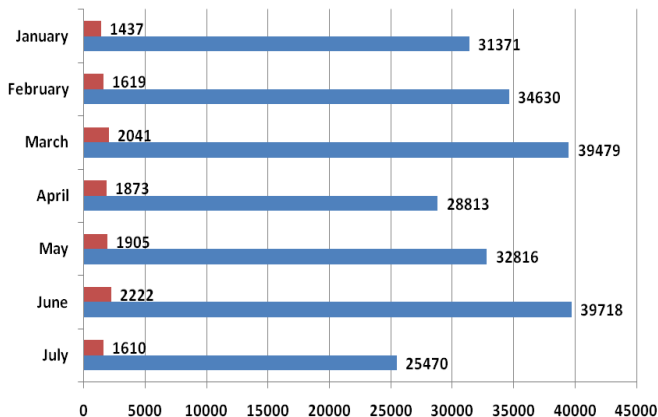
Current Food Pantry Needs

Tuna, juice, baked/pinto/black beans, tomato/spaghetti sauce, soups, rice, pasta, cereal, crackers, fruits, vegetables, meat, milk, and cheese.

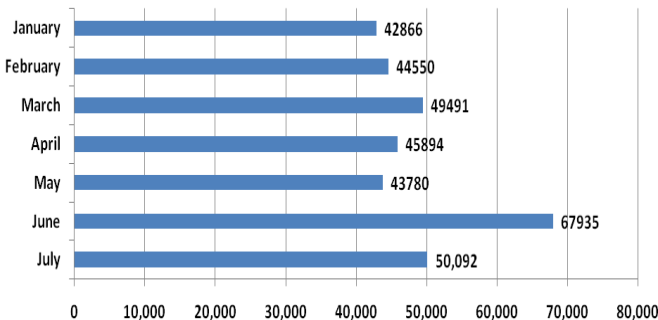
Ending Hunger

“I can’t think of any issue that is more important than working to see that no schoolchild in this world goes hungry.” ~Drew Barrymore

“If you want to eliminate hunger, everyone has to be involved.” ~Bono



The graph above shows the number of individuals (top) compared to the pounds of food distributed (bottom) at Dorothy Day West.



The Dorothy Day Food Pantry has seen a 12% increase in food distribution this year. The graph above shows the pounds of food distributed by month at the Moorhead food pantry.

“What we need are the people that are able to donate to do just that, donate. If all of society had enough clothing and food, we could all be happy and live in peace and safety.” ~Fareeda, Volunteer

NEWS & EVENTS

Donate Your Old Cell Phone

We are collecting old cell phones (with or without accessories). This not only helps our environment, but we also receive monetary compensation.

Please visit www.gcellrecycling.com for more information. Cell phones can be dropped off at the shelter or food pantry. Also, if you would like to collect cell phones for us by having a bin at your church or business, please let us know!

Project Community Connect

October 12, 2011
9:00 AM – 3:00 PM
Fargo Dome

Save a Little, Give a Little...

By: Jesse J. White

Many people cannot afford to donate as much as they would like, but with a few easy steps you can give a little more than you ever thought you could.

Coupons are all the rage across the country. They have spawned time on major TV networks, and every other week there is a new “Coupon Queen” on the morning news. Using coupons can help your family save money and help the non-profit you support.

Another easy way to help is through grocery store free item programs. You usually have to purchase a minimum amount to get a free item; if you are not going to use the item, get it anyway (its free!), and drop it off at you favorite charity.

Lastly, become a member of those reward programs at Walgreens/CVS. They will give you money back and savings on purchases in stores.

Volunteer Opportunities Year Round

Our food pantry is where we have the greatest need for volunteers. We are open Monday through Thursday from 6:30pm-8pm. During this time, volunteers help families “shop” for their food. We ask that volunteers come at 6pm for a brief orientation and plan to stay until 8:30pm. You can choose whatever day works best for you; however, we do prefer that you call so we can add you to the schedule. It is important that we know how many volunteers we have each night. We could also use help at the food pantry during the day if that would work better for your schedule. Depending on the need at the time, some things that you would be doing are: stocking shelves, sorting/organizing donations, light cleaning, and yard work. Please contact Ruth, the Food Pantry Coordinator, at 218-284-8895 or fmddh.foodpantry@gmail.com to schedule a day/night that works best for you.

At our shelter, we serve a hot meal at 6pm all 7 days of the week. Families, churches, school groups, or other volunteers bring the meal. We serve 10 men here, so you would need enough food for 10 plus yourselves. You are welcome to cook the meal at the shelter (we have pots/pans and a stove/oven) or prepare it at your house and bring it in. You are also welcome to eat with us; that is always an enjoyable experience for all involved! For this opportunity, you can contact staff at 218-233-5763 or fmddh.shelter@702com.net.



Volunteers at the Food Pantry in August.

WAYS TO HELP

An Inspirational Word

By: Jessica L. Gibson

Proverbs 18:21 of The New King James Version states, "Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof." With quoting this particular passage, it brings me back to how much an inspirational word can help someone who is in a homeless situation or just struggling in everyday life. So many people have a negative connotation of homeless people, and they are quick to speak a harsh word to them.

How does this really relate to helping people? I am glad you asked...as the scripture says, the power of the tongue is a tool but can also be used as a weapon. Although some people don't understand how powerful words are...believe me, as a writer they are very key. Just giving someone who is less fortunate a word of encouragement can change their outlook on some very serious issues.

Helping out someone can be as simple as smiling and saying "You can make it" or "It's going to get better!" Just these simple phrases can help to uplift people. Some people in today's society are quick to turn their nose up and walk away. Yet, reverting back to the scripture, a word can cut a person to the interior and shatter them even more. That's when we, as a WHOLE, must come together and try as hard as possible to always help out those who aren't as fortunate with just a straightforward kind word.

**Smile...kind word...helping...life changing.
God Bless!**

People of all Kinds

By: William Krigbaum

As a live-in staff, I get the unique opportunity to meet all different kinds of people that are homeless, from the ones that stay with us to the ones that utilize our support services. I get to hear about their unique situations; some of the people I talk to have tough issues they are going through, would like for someone to listen, and want to know if some of the decisions they are making will help them to break out of or further their goal of getting out of homelessness. They would like to have their ideas affirmed or help them get pointed in the right direction down a better path. Others would like to be able to talk without being judged on their current circumstances. Then there are those who are looking for resources to help them reach their goals in finding affordable housing or agencies that can provide them with these tools. Another great aspect of being a live-in staff is that I get to work with a lot of volunteers that come in and help us get larger projects accomplished. These projects have included: repainting the deck and staining the fence; without the volunteers, this would have been impossible to complete in a timely manner.

Some of the volunteers that I have had the privilege to work with have come from a wide variety of places. The volunteers have come from the stretches of the Canadian border to just across the street at Concordia College and have proven that they are always willing to help. We get volunteers from churches, colleges, and all kinds of people that would like to help organizations like ours. They are always a pleasure to work with, and our house has always appreciated these people. It helps us keep our house looking very inviting so the people that come here have a feeling of comfort and ease. The people in our community and abroad help to make our place a safe and welcoming environment to the guests and visitors that we serve.

**Words are as strong
and powerful as
bombs, as napalm.**

-Dorothy Day



Find us on
Facebook

Become a fan of the FM Dorothy Day House of Hospitality, and join the Dorothy Day Food Pantry Volunteer Network.

We want to GO GREEN! If you would like to receive your newsletter via e-mail, please provide your e-mail address () and return this in the envelope provided or send an e-mail to Sonja at fmddh@702com.net.

We're Online

The Dorothy Day Website is the best place to find information about anything relating to the three programs we run. Visit it today at www.fmddh.org.

The Dorothy Day Food Pantry Volunteer Network is the group to join on Facebook if you want to be better informed about the happenings of the food pantry. Join the group today, and remember to invite your friends too.

Also, if you like what we do you can "like" the FM Dorothy Day House of Hospitality, Inc page like the 357 other people that already have. See photos of the house and pantry, start a discussion, or just stop by and leave a comment!

www.fmddh.org

	<p>November</p> <p>Homeless Awareness Week November 12-20, 2011</p> <p>Thanksgiving Turkeys</p>
	<p>October</p> <p>Project Community Connect Trick-or-Canning</p>
	<p>September</p> <p>Annual Soup Supper September 15th 4:30 -7:30 PM St. Joseph's Church</p>



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