



Subject: Introducing support services for your residents: Local nonprofits want to partner with you and help

Dear Hopkins Property Manager,

We hope this letter finds you well. We are writing to introduce you and the residents of your building to services that can greatly benefit them. As a property manager, you understand the importance of fostering a sense of community and ensuring the well-being of those who call your property home.

We are pleased to inform you of a partnership of local nonprofit organizations dedicated to supporting families and individuals with various social needs. These nonprofits offer a wide range of services, including counseling, financial assistance, food, health, educational resources, and more. By partnering with us, we aim to enhance the support network available to your residents and contribute to their overall quality of life.

Here are some ways in which our organization can assist residents:

ICA provides food services, employment assistance, housing assistance (rent and utilities), mental health services (in partnership with Relate Counseling), and navigation to other service providers.

Relate Counseling is a non-profit community mental health center providing high-quality, culturally responsive, and inclusive mental health services to our community. Relate serves all ages and strives to remove the barriers to receiving care.

myHealth Clinic for Teens and Young Adults provides comprehensive, preventive and youth-focused services - ages 12-26. They accept all clients no matter their ability to pay. Well checkups, vaccinations, dental, mental and sexual health services are available.

ResourceWest offers case management, resource navigation, and referral, children & youth programs (school supplies, winter outerwear, gifts), childcare & academic assistance, along with emergency grant assistance (transportation, medical).

MoveFwd provides youth homelessness prevention & response services through our drop-in center, outreach, case management, and transitional housing for youth. MoveFwd also provides low barrier cost free school and community-based mental health services to youth.

We believe that by connecting residents with these valuable resources, we can create a stronger and more supportive community within your building. Our goal is to ensure that all residents have access to the support they need to thrive and overcome any challenges they may face.

If you are interested in learning more about these organizations or would like to discuss how we can collaborate to best serve the needs of your residents, please don't hesitate to reach out to us. We are eager to work together to make a positive impact on the lives of those who reside in your building.

We have provided some flyers and if you need more please feel to contact our offices. We would also love to give you a tour of any of our facilities.

Thank you for your attention to this matter. We look forward to the opportunity to partner with you in providing enhanced support services for your residents.

Warm regards,

Dan Narr, Executive Director ICA, dan@icafoodshelf.org

Joan Twiton, Executive Director Relate Counseling, jtwiton@relatemn.org

Gerilyn Hausback, Executive Director myHealth Clinic for Teens and Young Adults, gerilyn@myhealthmn.org

Tracie Santon, Executive Director ResourceWest, tracie@resourcewest.org

Angela Gauthier, Executive Director MOVfwd, agauthier@movefwdmn.org



ICA

More than a food shelf

ICA is more than just a food shelf; it's a lifeline for many in our community. Your generous contributions to ICA are crucial in three vital ways: providing **food, employment, and housing assistance**. Your donations have a tangible impact on the lives of thousands of people each month.

A lifesaving device

Consider the story of one of our clients. Our employment consultant helped him with his resume and interview techniques. She also inquired about his previous work experience. He shyly revealed that he was molding and manufacturing plastic cases. When she asked about the purpose of his work, he admitted that he was creating the housing for MRI machines. Our job placement consultant exclaimed, "**That's incredible! You were crafting a lifesaving device!**" Our client, moved to tears, responded, "No one has ever told me that anything I've ever done has been worthwhile."

Imagine the impact of having someone in your corner. Imagine the difference it makes to think, "I'm just molding plastics," versus, "I'm crafting a lifesaving device!" ICA not only assists hundreds of people each year with resumes and interview skills, but we also provide them with dignity, hope, and encouragement!

Keeping families in their homes

Where would you turn if you couldn't pay your rent? For hundreds of families in our community, this is a reality. Over the past decade, rents have increased by 34% in Minnetonka and by 37% in Hopkins. We need your help to ensure our neighbors may stay in their homes. We know that keeping families and especially children in their homes significantly increases their chances of long-term success. As we look ahead to 2024, we anticipate needing **\$350,000 to keep families in their homes**.

FOOD

Feeding Our Community: A Look at ICA's Impact

At ICA, we're dedicated to ensuring that everyone in our community has access to nutritious food. In 2023, we distributed a staggering 1,136,393 pounds of food to our clients. Our food shelf operates on a choice-model system, mirroring the experience of a grocery store or local market. Our mobile food shelf extends our reach to low-income apartment buildings in our service area. For those who are unable to visit the food shelf due to disability or medical reasons, we offer a home delivery service, ensuring that no one in our community is left without food.

Through our food programs, we've provided food for 946,994 meals.

JOBS

Helping Individuals Find Their Path

We understand that finding employment can be a challenging journey. That's why we offer a range of services designed to help individuals navigate this path. Our services include resume creation, interview skills training, job search assistance, and networking strategies. We're here to provide the tools and support needed to help individuals find and secure employment.

HOUSING

A Safe Place to Call Home

Housing stability is a key factor in preventing homelessness. At ICA, we provide financial assistance on a case-by-case basis for rent and utilities, as well as referrals to other area service agencies. Our goal is to help individuals stay in their homes, thereby increasing stability and preventing homelessness. In addition, we provide bus passes and other transportation assistance to ensure our clients can get to work or school.

A \$255,000 grocery bill!

Consider the weight of a \$255,000 grocery bill! That's the amount ICA plans to spend in the upcoming year to ensure everyone in our community has access to food.

Like many people, you may have noticed an increase in your grocery expenses over the past few years. The USDA reports that you're spending about 5.8% more on food compared to 2022. The same is true for ICA. We purchase about a third of the food we distribute.

Consequently, ICA's grocery expenses for 2023 have also risen significantly. Looking forward, while the USDA predicts food prices will begin to stabilize in 2024, they still anticipate a **2.2% increase** in food costs.

Rising food costs impact ICA in two ways. First, the number of families seeking our assistance is on the rise. We're currently experiencing record numbers of families needing help, with **over 1000 families each month!** Second, our grocery expenses continue to rise. Therefore, our goal for the next year is to raise \$255,000 to cover the cost of the groceries our neighbors will need when they visit the food shelf.



Join Us in Our Mission

We are committed to not only feeding our neighbors in need, but also supporting them in their journey towards financial independence and housing stability. We invite you to join us in our mission to provide assistance to those in need.

Thank you for your generosity and for helping care for our community through your contributions to ICA.

With gratitude,

Scott Searl
Director of Philanthropy



Donate Today!

Please call Scott at 952-279-0280 or Nina at 952-279-0292 for more details on how your donations help thousands of neighbors in need. Thank you!



Serving our neighbors in need

www.icafoodshelf.org

FOOD BANK VS FOOD SHELF

WHAT'S THE DIFFERENCE?

FOOD BANK

Operates like a warehouse and wholesaler to food shelves

Collects, stores, processes, and transports food to food shelves

Often part of a statewide or national network

Sells food to food shelves



FOOD SHELF

Operates as a direct service provider to those in need

Collects and processes food donations to serve those in need

Local, often stand-alone organization

Gives food to those in need



Help ICA directly support our neighbors in need: provide funding to food shelves!



**MoveFwd provides
mental health and
housing support to
teens and young
adults so they can
focus on building
a bright future.**

**All services are
free & confidential.**

our services

COUNSELING Barrier-free therapy to youth and families

CASE MANAGEMENT Housing assistance to young people who are experiencing or at risk for homelessness

TRANSITIONAL HOUSING Housing program for young adults who are learning to live on their own

DROP-IN Drop-in center at Eisenhower Community Center for young people 15-25

OUTREACH Outreach in the community to connect young people to housing and basic needs resources

drop-in center

NO APPOINTMENT NEEDED

Monday–Thursday, 2:30–5:00pm at the Eisenhower Community Center

STOP BY FOR SUPPORT REGARDING:

- > Housing
- > Food and hygiene products
- > Employment search
- > Advice for how to get a social security card, state ID, birth certificate, etc
- > Finding the resources you need

Looking for a way to be a part of a young person's journey?

donate

Consider making a financial gift or donating to our wish lists. Donations can be made via our website, movefwdmn.org

volunteer

Drop in to volunteer, join a committee, or provide a meal for our monthly support group. Please contact our Program Manager at 952.988.5337 for more details.



MoveFwd
Eisenhower Community Center
1001 Highway 7, Room 235, Hopkins, MN 55305
952/988-TEEN (8336)

info@movefwdmn.org
movefwdmn.org



LOCAL CARE FOR AGES 12-26



AT MYHEALTH

Services Include:

-  Mental Health Therapy
-  Sports Physicals
-  Monthly Low-Cost Dental Clinics
-  Child & Teen Checkups
-  Acne/Rash Care
-  Vaping Cessation
-  Asthma Care EpiPens
-  Vaccines
-  Illness Checks

Specialized Care For Young People

myHealth’s staff is trained to help clients ages 12 to 26 as they transition from the pediatrician to general practitioner. myHealth offers primary care, reproductive care, and mental health care.



Insured & Uninsured Welcome

myHealth accepts most major forms of insurance. Not insured? No problem: myHealth’s sliding fee system lets you pay what you feel like you can. A myHealth MNsure Navigator can also help you apply for health insurance through MNsure.org.

Complete List



Of Services

 myhealthmn.org

 **952.474.3251**

 **Evening & Weekend Hours**

 **15 8th Ave South
Hopkins, MN 55343**

Our services are provided in a non-judgmental, caring, and safe environment.

Adolescents under age 18 must have a signed parent/guardian consent form on file to receive some general medical services. A signed consent form lasts until the child turns 18, unless withdrawn. **Note:** According to state law, parental consent is **not** required for pregnancy and contraceptive services, chemical abuse assessment and counseling, or diagnosis/testing and treatment of sexually transmitted infections.



Relate
COUNSELING CENTER

WHO WE ARE

Relate is a non-profit community mental health center who has been a leading provider of outpatient counseling services to individuals of all ages, couples, and families in the western suburbs of Minneapolis since 1969.

WHAT WE DO

Office-based mental health services:

- Therapy and diagnostic assessments for adults, adolescents, and children in individual, couple, family, and group formats.
- Therapeutic groups and educational programming

School-based services:

Relate partners with the State of Minnesota and eight West-Metro school districts to provide mental health care in 52 areas schools.

Community-based services:

Relate partners with local food shelves to provide mental health care services to those who may not have access otherwise.

Scan here for more information



CHILDREN & YOUTH PROGRAMS

Back-to-School

The Back-to-School Program provides school supplies to help K-12 students in the Hopkins and Minnetonka School Districts start the school year strong. Each registered student receives a new backpack filled with school supplies. This program runs in August, every year.

Winter Warm Wear

The Winter Warm Wear Program provides winter gear to children (0-18) in the Hopkins and Minnetonka communities, so they have a safe, fun, and healthy winter. Each registered child receives a winter coat, waterproof gloves, and a warm hat. This program runs in October and November, every year.

Toy Chest

ResourceWest provides new gifts to children (0-18) in the Hopkins and Minnetonka communities. All registered youth will receive a new gift to enjoy in the month of December. This program runs in December, every year.

Program Qualifications

To qualify for our programs, your child must attend school in the Hopkins or Minnetonka School Districts, or live in one of the following cities: Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, and Woodland. Other qualifications include having physical custody of your child and the child being 0-18 years of age.

Get in Touch

www.resourcewest.org

Office Number: 952-933-3860

If you need assistance and want to register for these programs, please contact one of our Social Services staff members.

**Kirsten, Licensed Social Worker
(Spanish/English):**

- 952-322-0882
- kirsten@resourcewest.org

**Anab, Case Manager
(Somali/English):**

- 952-322-0357
- anab@resourcewest.org

To volunteer for or donate to any of these programs, please reach out to Ally, the Development & Communications Coordinator: 952-277-9341, ally@resourcewest.org.

CHILDREN & YOUTH PROGRAMS

Back-to-School

El Programa de Regreso a la Escuela proporciona útiles escolares para ayudar a los estudiantes de K-12 en los distritos escolares de Hopkins y Minnetonka a comenzar el año escolar con fuerza. Cada estudiante registrado recibe una mochila nueva llena de útiles escolares. Este programa se ejecuta en agosto, todos los años.

Winter Warm Wear

El Programa de Ropa De Abrigo de Invierno proporciona equipo de invierno a los niños (0-18) en las comunidades de Hopkins y Minnetonka, para que tengan un invierno seguro, divertido y saludable. Cada niño registrado recibe un abrigo de invierno, guantes impermeables y un sombrero cálido. Este programa se ejecuta en octubre y noviembre, cada año.

Toy Chest

ResourceWest ofrece nuevos regalos a niños (0-18) en las comunidades de Hopkins y Minnetonka. Todos los jóvenes inscritos recibirán un nuevo regalo para disfrutar en el mes de diciembre. Este programa se ejecuta en diciembre, todos los años.

Program Qualifications

Para calificar para nuestros programas, su hijo debe asistir a la escuela en los distritos escolares de Hopkins o Minnetonka, o vivir en una de las siguientes ciudades: Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood y Woodland. Otras calificaciones incluyen tener la custodia física de su hijo y que el niño tenga entre 0 y 18 años de edad.

Contáctenos

www.resourcewest.org

Número de oficina: 952-933-3860

Si necesita ayuda y desea inscribirse en estos programas, comuníquese con uno de nuestros miembros del personal de Servicios Sociales.

Kirsten, Licensed Social Worker (Español/Inglés):

- 952-322-0882
- kirsten@resourcewest.org

Anab, Case Manager (Somalí/Inglés):

- 952-322-0357
- anab@resourcewest.org

Si está interesado en donar o ser voluntario para estos programas, comuníquese con Ally: 952-277-9341, ally@resourcewest.org.

CHILDREN & YOUTH PROGRAMS

Back-to-School

Barnaamijka Dib-u-Dhiska wuxuu bixiyaa sahay dugsiyeed si ay uga caawiyaan ardayda K-12 ee degmooyinka dugsiyada Hopkins iyo Minnetonka si ay u bilaabaan dugsiyadda sanad-dugsiyeedka. Arday kasta oo diiwaangashan wuxuu helayaa booramaal cusub oo ay ka buuxaan sahay iskuul. Barnaamijkan wuxuu socdaa bisha Agoosto sanad kasta.

Winter Warm Wear

Barnaamijka Xirmadda Diiran ee Jiilaalka wuxuu siiyaa qalab jiilaal ah carruurta (0-18) ee bulshooyinka Hopkins iyo Minnetonka, sidaa darteed waxay leeyihiin qaboobaha nabdoon, xiiso leh, iyo caafimaad leh. Cunug kasta oo diiwaangashan wuxuu helayaa jaakad jiilaal, gacmo-gashi biyuhu celiyaan ah, iyo koofiyad diiran. Barnaamijkan wuxuu socdaa Oktoobar iyo Nofembar, sanad walbana.

Toy Chest

ResourceWest waxay bixisaa hadiyado cusub carruurta (0-18) ee bulshooyinka Hopkins iyo Minnetonka. Dhamaan dhalinyarada diiwangashan ayaa heli doona hadiyo cusub oo ay ku raaxaysanayaan bisha Diseembar. Barnaamijkan wuxuu socdaa bisha Diseembar sanad walba.

Program Qualifications

Si aad ugu qalanto barnaamijyadeenna, ilmahaaga waa inuu dhigtaa dugsiya ku yaala Hopkins ama Minnetonka School Districts, ama ku nool yahay mid ka mid ah magaalooyinka soo socda: Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, iyo Woodland. Shahaadooyinka kale waxaa ka mid ah lahaanshaha mas'uuliyadda jireed ee cunuggaada iyo cunugga da'doodu u dhexeyso 0-18 sano.

Nala soo xiriir

www.resourcewest.org
Nambarka xafiiska: 952-933-3860

Haddii aad u baahan tahay caawimaad oo aad doonayso inaad iska diiwaangeliso barnaamijyadan, fadlan la xiriir mid ka mid ah xubnaheenna adeegyada arrimaha bulshada.

Kirsten, Licensed Social Worker (Isbaanish / Ingiriis):

- 952-322-0882
- kirsten@resourcewest.org

Anab, Case Manager (Soomaali/Ingiriis):

- 952-322-0357
- anab@resourcewest.org

Haddii aad xiiseyneysid inaad ku deeqdo ama iskaa wax u qabso barnaamijyadan, fadlan la xiriir Ally: 952-277-9341, ally@resourcewest.org.

SOCIAL SERVICES PROGRAM

Case Management:

The Social Services Staff works one-on-one with individuals and families who need extra support. This could include information on resources, problem-solving assistance, advocacy, goal-planning, and counseling.

Information & Referral Program:

The Social Services Staff can help you navigate services and make sure you get connected to the right resources. We can connect you to organizations who assist with housing, food, employment, education, legal aid, financial services, and much more.

The Social Services Staff meets with community members by appointment, which can be set up by calling the staff's direct number.

ResourceWest's Case Management team:

- Kirsten (Spanish/English): 952-322-0882, kirsten@resourcewest.org
- Anab (Somali/English): 952-322-0357, anab@resourcewest.org

www.resourcewest.org

Office Number: 952-933-3860

Childcare & Academic Assistance Program:

ResourceWest's Childcare and Academic Assistance Program provides a financial grant funding 50% of tuition costs. The goal of this program is to provide stable childcare and academic enrichment for children and enable caregivers to maintain employment.

To qualify for this program, your child(ren) must be a student(s) in the Hopkins or Minnetonka School Districts.

Emergency Grant Assistance:

ResourceWest offers emergency grants for one-time, short-term expenses for households to maintain or secure stability. These grants can be used to address emergencies related to transportation, medical expenses, and other concerns.

You must connect with Social Services Staff and live in one of the following cities to qualify for an emergency grant: Hopkins, Minnetonka, Deephaven, Excelsior, Greenwood, Shorewood, or Woodland.



SOCIAL SERVICES PROGRAM

Gestión de casos:

El personal de servicios sociales trabaja individualmente con individuos y familias que necesitan apoyo adicional. Esto podría incluir información sobre recursos, asistencia para la resolución de problemas, promoción, planificación de metas y asesoramiento.

Programa de Información y Referidos:

El personal de servicios sociales puede ayudarlo a navegar por los servicios y asegurarse de que se conecte con los recursos correctos. Podemos conectarlo con organizaciones que ayudan con vivienda, alimentos, empleo, educación, asistencia legal, servicios financieros y mucho más.

El personal de Servicios Sociales se reúne con los miembros de la comunidad con cita previa, que se puede configurar llamando al número directo del personal.

Equipo de administración de casos de ResourceWest:

- Kirsten (Spanish/English): 952-322-0882, kirsten@resourcewest.org
- Anab (Somali/English): 952-322-0357, anab@resourcewest.org

www.resourcewest.org

Número de oficina: 952-933-3860

Programa de Cuidado Infantil y Asistencia Académica:

El Programa de Cuidado Infantil y Asistencia Académica de ResourceWest proporciona becas que financian el 50% de los costos de matrícula. El objetivo de este programa es proporcionar cuidado infantil estable y enriquecimiento académico para los niños y permitir que los cuidadores mantengan el empleo.

Para calificar para este programa, su(s) hijo(s) debe(n) ser estudiante(s) en los distritos escolares de Hopkins o Minnetonka.

Asistencia de subvención de emergencia:

ResourceWest ofrece subvenciones de emergencia para gastos únicos a corto plazo para que los hogares mantengan o aseguren la estabilidad. Estas subvenciones se pueden usar para abordar emergencias relacionadas con el transporte, los gastos médicos y otras inquietudes.

Debe conectarse con el personal de servicios sociales y vivir en una de las siguientes ciudades para calificar para una subvención de emergencia: Hopkins, Minnetonka, Deephaven, Excelsior, Greenwood, Shorewood o Woodland.



SOCIAL SERVICES PROGRAM

Maareynta Kiisaska:

Shaqaalaha Adeegyada Bulshada waxay si toos ah ugula shaqeeyaan shaqsiyaadka iyo qoysaska u baahan taageero dheeraad ah. Tani waxaa ku jiri kara macluumaad ku saabsan kheyraadka, gargaarka xallinta dhibaataada, u ololeynta, qorshaynta yoolka, iyo la-talin.

Barnaamijka Macluumaadka & Gudbinta:

Shaqaalaha xafiiska adeega bulshada ayaa kaa caawinaya sidii aad uga maarmi laheyn lahaanshaha adeegyada, isla markaana aad hubineysid in aad ku xiranto ilaha saxda ah. Waxaan kugula xiriirin karnaa hay'adaha kaa caawinaya guryaha, cuntada, shaqada, waxbarashada, kaalmada sharciga, adeegyada maaliyadeed, iyo waxyaabo kale oo badan.

Shaqaalaha adeegga bulshada waxay ballan kula kulmaan xubnaha bulshada, kaas oo lagu aasaasi karo wacaya lambarka tooska ah ee shaqaalaha.

ResourceWest's Case Management team:

- Kirsten (Spanish/English): 952-322-0882, kirsten@resourcewest.org
- Anab (Somali/English): 952-322-0357, anab@resourcewest.org

www.resourcewest.org

Lambarka Xafiiska: 952-933-3860

Barnaamijka Caawinta Caruurta & Akadeemiga:

ResourceWest's Childcare and Academic Assistance programs provides scholarships funding 50% kharashka waxbarashada. Ujeeddada barnaamijkani waa in la siiyo daryeel xasiloon oo caruurta lagu taakuleeyo iyo taakulaynta tacliinta ee carruurta iyo in dadka daryeelayaasha ah ay awood u yeeshaan inay sii haystaan shaqo.

Si aad ugu qalanto barnaamijkani, cunugaaga(ren) waa in uu ahaadaa arday(wiil) ee Degmooyinka Dugsiyada Hopkins ama Minnetonka.

Caawimaadda deg-degga ah:

ResourceWest waxay bixisaa deeq degdeg ah hal mar, kharashaadka muddada gaaban ee loogu talagalay qoysaska si ay u ilaaliyaan ama u xasiliyaan. Deeqahan waxaa loo isticmaali karaa wax looga qabto xaaladaha deg degga ah ee la xiriira gaadiidka, kharashaadka caafimaadka iyo walaacyada kale.

Waa inaad la xiriirtaa Shaqaalaha Adeegyada Bulshada oo aad ku noolaatid mid ka mid ah magaalooyinka soo socda si aad uhesho deeqda degdegga ah: Hopkins, Minnetonka, Deephaven, Excelsior, Greenwood, Shorewood, ama Woodland.