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EMMA NORTON SERVICES PROVIDES AFFORDABLE HOUSING AND LIFE-CHANGING SUPPORT FOR HOMELESS WOMEN AND CHILDREN DEALING WITH THE ADDITIONAL CHALLENGES OF MENTAL ILLNESS AND CHEMICAL DEPENDENCY.

SPRING 2015

GROWING COMMUNITY AT EMMA NORTON

“It’s not just a gardening project anymore. It’s an outlet for some people who are just feeling a whole lot of stress.”

Emma Norton Residence is home to 50 women at any given time, but one resident in particular is working hard this summer to make sure ENR feels even more like home for the women here.

As soon as the weather began warming up this spring, Shelly launched an ongoing gardening project, recruiting other residents to help dig, plant, water and weed. She has even worked with board members to source local plants.

Shelly’s goal wasn’t just to brighten up the outdoor spaces at ENR. She knows the act of gardening itself can serve as an opportunity to create community and bring women together. “[Emma Norton Residence] is not only a place



for people to transition,” she says. “It’s a place where everybody comes together and I think we have a really good group. It’s magical. It’s not just a

gardening project anymore. It’s an outlet for some people who are just feeling a whole lot of stress.” And so far, it’s working. “A couple months

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HELP SHELLY MAKE ENR A BETTER PLACE TO LIVE!

Your support has helped hundreds of women like Shelly find safe, affordable housing and support through Emma Norton Services. It also helps us make much needed updates to our living spaces. Donate today at emmanorton.org to ensure that every family in our community has a place to call home.

LETTER FROM THE EXECUTIVE DIRECTOR



Every day I look around and are struck by how much our world is changing. A Greek philosopher coined the phrase – the only thing that is constant is change. In his view of the world, he equated life to a flowing river – ever moving yet with the

understanding that one can never encounter the same river twice.

Like the river, change is inevitable but we can also understand that there is beauty and power in a flowing river which teaches us that change is not only something to accept, but also to celebrate.

Here at Emma Norton Services, my first year has been full of changes. I look around the building at Emma Norton Residence and see the tangible rewards of the changes we have made. New windows, new flooring, newly painted walls and redecorated rooms – all with the constant goal of providing the best possible housing for the 50 women living here.

But the change goes much deeper than our buildings. We also have new programs like our Early Childhood Initiative at Emma's Place, new volunteer opportunities to support the work that we do through

active service, and new staff who have joined our team. We are a dynamic organization and this year the Board and staff will be crafting a new strategic plan to ensure our future effectiveness and success.

Though like a flowing river that is ever changing, the core of what we do and who we are stays the same - we partner with women and families to promote positive transformation in their lives as they heal and recover from the circumstances that have brought them to our door.

Our changes have allowed us to open up to new ways of achieving our mission – changes that are built on better and more effective ways to support our women and families to achieve their goals.

I invite all of you to connect with us and join in our celebration. You are critical to our success as you have made the decision to positively impact over 200 women and children each year.

Your investment not only benefits the women and families that are here now, but it is an investment in the future and the greater world around us. You are the change that we all want to see in the world.

A handwritten signature in black ink that reads "Tonya" followed by a stylized monogram.

Tonya Brownlow

STRATEGIC PLANNING

Since this past spring, Emma Norton Services has undergone a comprehensive strategic planning process. With the help of a strategic planning expert, we have engaged many of our staff, board members, residents, donors, volunteers, and community partners in conversation to determine the future of ENS over the next 3-5 years.

We look forward to sharing the results with you this fall. Stay tuned to our website, Facebook and Twitter pages for updates!

THANK YOU!

Thank you to Peaceful Grove UMC in Woodbury for hosting Emma Norton Services' strategic planning retreat on June 20th!

DIANE IS LEAVING A LEGACY THROUGH ENS. WILL YOU?



Diane (shown above with her husband) has been a generous supporter of Emma Norton Services for over ten years. Hear how she got involved and why she's chosen to leave her legacy through ENS.

ENS: How did you initially get connected with Emma Norton Services?

Diane: Within a year after Emma's Place was built I read in our Prayer Calendar a story from a lady who had gathered used books and created a "library" in a shelter for homeless people. She said she knew that a person must have a home address to get a library card so that would leave the homeless without access to books. I was impressed with her idea. I called and asked if some stocked bookshelves would be welcome at Emma's Place and was very cheerfully received. After a couple of my UMW friends and I had procured some shelves and stocked them I wondered about Emma Norton downtown. With a phone call I found out that there were many shelves with many books that had not been tended to for years

(or a very long time). My friends and I tackled those shelves, organizing and exchanging very old "ratty" books for ones in better shape. When this plan was formalizing I asked the President of our District United Methodist Women if I could have a minute at our meeting to ask for donations of used books in good shape to stock the shelves. She said, "Yes," and then "You would be our District Emma Norton Representative." That really wasn't my aim, but I accepted and completed 4 years on the board.

ENS: Why did you choose to include Emma Norton Services in your will?

Diane: The interactions that I have had with some of the gals at Emma's has given me a feeling of being involved in a worthwhile project. The stories that residents and alumni have told at the Annual Dinners are proof that this mission has really been effective in their lives. I want ENS to continue to be a place of saving grace and have listed ENS in my will.

LEAVE YOUR LEGACY

You don't need to be wealthy to leave a lasting legacy through Emma Norton Services. You can become a part of Emma's Legacy Society by making a planned gift in any amount. You'll join other generous, forward-thinking donors in supporting our long-term success, and you'll be remembered for generations to come. You can make a legacy gift through:

- Retirement Accounts
- Bequests through will or trust
- Appreciated stock
- Accounts with P.O.D provisions
- Gifts of life insurance
- Gift annuities
- Charitable remainder trusts
- Gifts of real estate

Contact your financial planner and/or attorney to get started. They may ask you for the following information:

Legal Name: Emma Norton Services

Tax ID Number: 410859485

Finally, don't forget to notify us of your legacy gift. Contact our Development Department at (651) 251-2632 or ens@emmanorton.org.

URGENT NEEDS

In-kind donations help balance our budget and provide a fun way to get involved. Right now, we're in need of:

- Twin sheet sets
- Standard pillows
- New or gently used plates and drinking glasses
- New toys/games for teens
- Brooms and dust pans
- Dish soap
- Laundry detergent
- Bath products (including shampoo, conditioner, soap, loofas, deodorant, lotion and shower shoes)
- Cleaning supplies
- Bath and hand towels
- Coffee and tea
- Sturdy upright vacuum cleaners
- \$5 and \$10 gift cards to Target or other general purpose stores

Donations can be delivered to:

Emma Norton Residence
670 Robert Street North
St. Paul, MN 55101

Staff is available to accept donations 24 hours a day, 7 days a week.

WELCOME NEW STAFF!



Bob Foster: Director of Finance

Bob Foster is the new Director of Finance at Emma Norton Services. He was born and raised, and currently still lives in, Anoka County. He enjoys the outdoors, keeping physically fit, and tropical warm winter vacations. He has been working for nonprofits for 13+ years and is excited to continue his journey at Emma Norton Services.



Cari Tan: Volunteer Coordinator

Cari Tan is excited to be the Volunteer Coordinator for Emma Norton! She has mostly worked in education teaching kids and adults on farms in California and Minnesota, and most recently, she was the volunteer and materials coordinator for the Science Center within Minneapolis Public Schools. Last summer, she explored political work as the Deputy Campaign Manager for a School Board Race. Cari is passionate about advancing social justice and believes that everyone has the right to feel safe, supported, and have access to the resources they need.

LAWN CARE VOLUNTEERS NEEDED!

Emma Norton Services operates two site-based facilities, Emma Norton Residence and Emma's Place. That means that when the weather is warm, we have a lot of grass to mow! That's why we're asking for your help to perform basic lawn care at Emma's Place. This is a great opportunity for youth groups or families! We need volunteers every week until it snows, so whether you can commit to one day or many, let us know by contacting our Volunteer Coordinator, Cari Tan, at (651) 251-2627 or ctan@emmanorton.org.



WHAT IS HARM REDUCTION?

Do you wear your seatbelt when you drive your car? Do you go to the doctor for your annual check-up? Do you brush your teeth twice a day and always remember to floss – and when your dentist asks about your brushing and flossing are you completely honest about your behavior? Do you avoid eating foods that are “bad” for you?

These routines and behaviors are examples of how we keep ourselves safe and healthy in the world; most of us were taught to develop these habits by our parents or nurturing caregivers. They are also all examples of socially acceptable behaviors that we can choose NOT to do without fear of being judged, shamed, or ostracized.

Harm Reduction is a different mode of treating people who struggle with addiction or mental health symptoms. It promotes safety and non judgement, so that people can be honest about why and when they may choose to use chemicals or other unsafe behaviors. It builds on the idea that we should be treating people with addiction issues just as treat other medical conditions that require people to change their behavior.

For example, let’s think about how most of our health care systems work. If I go to my doctor and they find out I have heart disease, I’m provided with a list of medications that I can take, a list of foods to avoid, and most importantly, my doctor wants me to come back for continued checkups. It’s hard to imagine being told that if I don’t follow these steps, I’m not allowed to come back for treatment. I’m encouraged to make whatever small changes I can because that’s how humans change a behavior.

I’m sure that when I do go back to my doctor, I would be asked what am I doing well and what I need to keep working on to improve. Again, the doctor would give me resources and would never threaten me that I can’t



come back for medical care. Yet, our society often believes that this is how we should treat people with severe addictions. What we really know is that one of the most important factors in getting adequate medical care is that we can be honest and open with our health care provider. This is exactly how Harm Reduction recovery programs work with individuals who are trying to be healthy even when they aren’t completely sober.

Harm Reduction educates people about the reasons why they choose to use drugs or alcohol, and sets the expectation that they must be safe with themselves and others in their community because they are important in this world. The primary goal of treatment is for them to make healthy choices.

As an agency focused on helping women recover from their past, Emma Norton Services must create trusting relationships where they can be honest about the support they need without fear that they will lose their housing. Many of our women come from abusive relationships in which support was only given under certain conditions. Our programs keep people accountable to their behavior as compassionately as possible so we do not recreate the abuse and trauma that these women have experienced. It is our work to partner with women in changing their lives, and this is one more way we will achieve that goal.

22%

of homeless adults have been diagnosed with a substance abuse disorder.

17%

of homeless adults say that chemical dependency is the immediate cause of their homelessness.

90%

of homeless adults with a substance abuse disorder also have a chronic health condition or mental illness.

SPONSOR A ROOM, MAKE SOMEONE'S DAY



Volunteers from Grace UMC Burnsville update a room at Emma Norton Residence.

Our living space is a reflection of who we are. That's why we're thrilled to work with YOU to update the resident rooms at Emma Norton Residence!

When your group sponsors a room, you'll make an immediate difference for a woman in need. Freshen up the room by cleaning and painting, then pick a color scheme and shop for items that will work together to create a comfortable, calming space, such as curtains, area rugs, wall mirrors, and floor lamps. The total financial commitment for each room is around \$500.

Several groups have already stepped forward to sponsor a room. Check out the incredible before and after photos on our Facebook page, and contact our Development Department at (651) 251-2632 or ens@emmanorton.org if you are interested in helping out!

SHELLY (CONTINUED)

ago, two people wouldn't be talking, and now they are. That's what I like to see."

She is especially grateful for the therapeutic nature of gardening. "We're feeling a little lost here, we're feeling a little vulnerable. I know how I feel when I walk out there in the morning and have my coffee, or even when I'm out knee deep in mud. When everyone's out there talking and laughing, it feels good."

Shelly and other residents have added plants to one of the patio spaces at Emma Norton Residence, have created a community vegetable garden, and have brightened up the front entryway with annuals and perennials.

Now, Shelly is working on updating her resume so she can begin job searching. Her dream job? Designing gardens, of course.



VOLUNTEERS MAKE THE DIFFERENCE



Above: Volunteers from the Twin Cities Wedding Professionals enjoy lunch before volunteering at Emma Norton Residence.

Last year, our amazing volunteers contributed nearly 3,000 hours of their time to Emma Norton Services. If you're interested in helping women and families in transition, consider sharing your talents at Emma Norton Residence or Emma's Place. Look to the right for some of our immediate volunteer needs, or contact our Volunteer Coordinator to find an opportunity that fits perfectly with your unique skills!



Above: Volunteers from Target pose after a productive day of painting and cleaning at Emma Norton Residence.

INTERESTED IN VOLUNTEERING?

TUTOR

There are between 60-80 kids living at Emma's Place at any given time. You can change a child's life by joining us once a week to provide homework help and support!

ORGANIZE

We're always in need of organized people to help out with administrative tasks like filing and data entry. Come in once or schedule a regular time to come in and help us dominate our data.

CELEBRATE

Host our monthly birthday party and bingo at Emma Norton Residence, complete with treats and prizes.

FIX IT

Help us paint, repair, or clean, making our sites feel a little more like home for the women and families who live with us.

GET INVOLVED TODAY!

Visit volunteermatch.com for more volunteer opportunities, or contact our Volunteer Coordinator at (651) 251-2627 today to get started.



670 Robert Street North
St. Paul, MN 55101
www.emmanorton.org

VOICES for VICTORY

SEPTEMBER 17, 2015

Mendakota Country Club
2075 Mendakota Drive
Mendota Heights, MN 55120

Featuring inspiring stories from



EMCEE
JEARLYN STEELE



KEYNOTE SPEAKER
STEVEN FORD

5:00—6:30 Reception with delicious food, cash bar, live music and more
6:30—7:30 Program featuring Steven Ford, Jearlyn Steele, ENS residents, and
Executive Director Tonya Brownlow

Save the date for Voices for Victory today,
and visit emmanorton.org for updates!