

My Mom's Mental Illness

Diagnosed mental illness became a member of my family in the winter of my third grade year. My mom was diagnosed with Schizoaffective Disorder, Bipolar Type.

She was hospitalized for a month in 1988 after her first "mental breakdown." I remember visiting her in a place they called "lock up," during strict visiting periods that always happened to fall during rush hour. The Psych Ward was a stark, cold place under the inescapable watch of stern and unfriendly staff. And even though people in this unit were very sick, not a flower, balloon, or get well card could be

found.

In that institution-like setting, doctors worked the art and science that is Psychiatry to formulate



a cocktail of drugs to help control my mom's moods and thoughts. While ostensibly necessary, the drugs carried a litany of nasty side effects—weight gain, constipation, involuntary muscle movements, fatigue, hypotension, and inflam-

mation of the heart, among others.

During the first week of her hospitalization, I overheard that my mom arrived in restraints (as was standard protocol regardless of necessity), had wet the bed in fear, and would be found cowering under tables. It was in the eyes of my mother that I learned what real terror

looked like. I was 10 years old.

In the 25 years since, my mom has been hospitalized more than 20 times for her mental health. Most recently, she spent 10 days in a Senior Behavioral Health

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Kindness Knows No Age

Lucille Prinsen and Eric Diaz don't have much in common at first glance. When Lucille first drove a car, gas prices were 17¢ a gallon. Eric doesn't yet have his driver's license. When Lucille was born, President Franklin Roosevelt was trying to steer the country out of the Great Depression. When Eric was born, Bill Clinton was hoping the Asian financial crisis wouldn't

(Continued on page 2)



Some of the shelves Eric and his volunteer team constructed and organized.

Letter from the Board Chair

Judy Phillips, ENS Board Chair



It is with a mix of sadness, excitement, and tremendous gratitude that the Emma Norton Services Board of Directors announces Roxanne Condon's departure as Executive Director. While we will miss her strong leadership and commitment to mission, we are incredibly proud of her accomplishments that have helped to pave a forward-focused path for ENS. ENS's successes under Roxanne's leadership are too many to recount, but notably under Roxanne's direction ENS:

- ★ Developed a strong strategic plan charting a course for future growth
- ★ Built a program evaluation system and improved client outcomes in some cases by as much as 400%
- ★ Secured Medicaid as a new revenue stream
- ★ Cultivated imperative relationships with funding partners and community leaders

We cannot thank Roxanne enough for her contributions to ENS. We wish her the best in her new endeavor as the Vice President of Administration at Mental Health Resources, Inc.

We are equally as excited for the next chapter at ENS. We are pleased to announce that Kasey Gerkovich, ENS Human Resources Director, will be the interim Executive Director while the Board of Directors continues to conduct the search for Roxanne's permanent successor. We are grateful to Kasey and for her service and feel confident that her skillful leadership will ensure a smooth transition and continued success.

KINDNESS *(Continued from page 1)*

undermine the booming US economy.

But underneath all of the obvious dissimilarities, this octogenarian and this high school junior have something very important in common: their commitment to community. Lucille, longtime ENS volunteer-turned-staff member and Eric, aspiring Eagle Scout candidate, were both introduced to ENS through their connection to the United Methodist Church. This spring, they chose to celebrate personal milestones by making much needed improvements a reality at ENS.

Eric, already well along the path toward the merit badges and leadership activities required to achieve Eagle Scout rank, chose ENS for his Eagle Scout Service Project, raising funds for materials to build shelving in the storage closets that house donations and supplies at Emma Norton Residence.

Lucille chose to celebrate her 80th birthday by raising more than \$3,200 – in lieu of gifts – to replace the worn out rear entrance at the Residence with a more secure and energy efficient model.



Lucille Prinsen with her 'legacy' door at Emma Norton Residence.

Now, thanks to Lucille and Eric, Emma Norton Residence is a more secure and functional building today. Despite their superficial differences, their compassion, generosity, and love for community service make them very much the same.

Emma Norton Services is a 501(c)(3) nonprofit organization that provides housing and support services to women, children, and families achieving victory over homelessness, mental illness, and chemical dependency.

My Mom (Continued from page 1)

Unit; she admitted herself because she wanted to commit suicide. After decades of dealing with this mood and thought disorder, the medicinal side effects, the blurred lines of reality and delusion, and the complex range of emotions including fear and anger – she couldn't take it anymore.

Considering over 90% of the people who commit suicide suffer from a diagnosed mental illness, it's devastating, although not surprising, that my mom feels this way. And while it's awful for my dad, my brothers and me every time my mom gets sick, I can't even begin to fathom what it's like in my mom's shoes—or rather, socks, as she's not allowed to have shoes in the Senior Behavioral Health Unit.

My family has been lucky enough to be able to manage my mom's healthcare on our own. However, the time has come that my father is too old, and the private insurance company too stingy, for her to receive the help she desperately needs. As my mom gets sicker, and our resources to help

her run out, my family is starting to see firsthand what women and families faced before coming to Emma Norton Services: a lack of re-



sources.

The term "resources" isn't simply synonymous with money. It means the resource of friends and family members who helped care for my brothers and me while my mom was in the hospital, so that my dad could work and afford her health insurance. It means a resource like the level of education my mom has, so she had a basic understanding of medical jargon. It means a resource of safe and se-

cure housing my mom could return to after discharge.

The people at ENS have few, if any, of the resources that keep my mom and the rest of us from living on the street. That is why places like ENS are so vital to our society. If my family were not in the fortunate situation it is, my mom would need a place like ENS. In fact, there have been several women at ENS who have reminded me of her. It's certainly heartbreaking to hear the stories of how they came to need housing, support, and basic needs, but I'm so thankful ENS exists to provide such vital services.

My mom is the strongest and most courageous person I know, but she can't make it on her own – just like the people at ENS. It takes all of us, working together as a community, to help each other. And for those who not only lack the resources we have, but are also dealing with mental illness, chemical dependency, and homelessness as well—it takes a place like ENS.

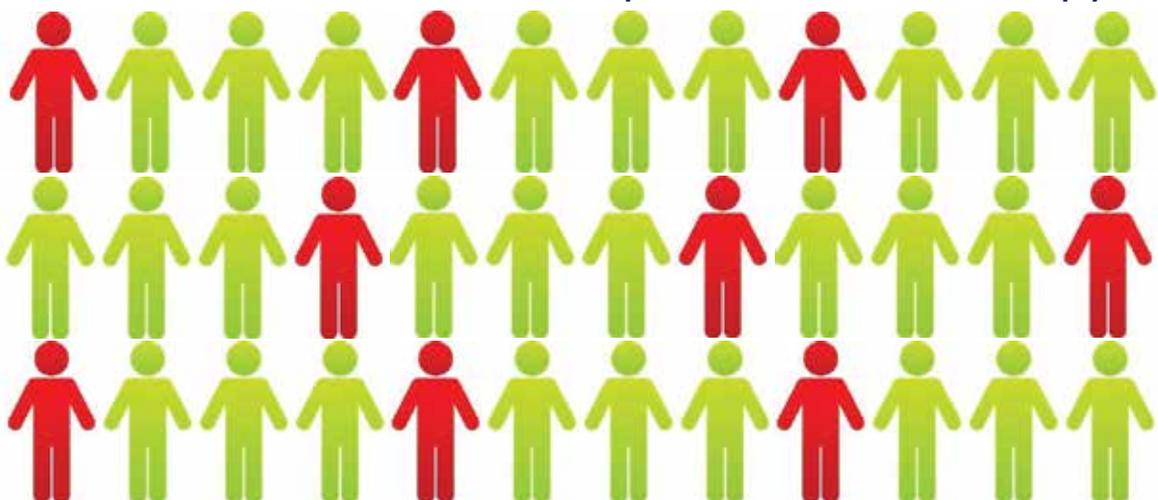
The author is a staff member at ENS.

WHY IS ENS IMPORTANT?

Mental illness affects

1 in 4 people

or nearly 60 million Americans every year.



Volunteers Makeover ENS Lounge



League of Minnesota Cities volunteers held fundraisers to redesign the second floor lounge.

Emma Norton Residence (ENR) was built in 1967, the same year the show *Hondo* debuted on television. And much like the show, by today's standards, both *Hondo* and the second floor lounge at ENR are



equally antiquated.

Thanks to ENR neighbor and annual supporter, the League of Minnesota Cities, the lounge received quite a redesign this spring. Our friends at the League raised money for new furniture, lighting, paint, rugs, and home accessories. The makeover turned a room that was once dim and cluttered into a bright community space that can be used for far more than just sleeping or watching television. The League crew found designers to donate their time and talent, and surveyed residents to find out how the space is used and what they wanted out of the redesign. Today, ENR boasts a comfortable, multi-purpose second floor lounge that enjoys daily use and is as attractive as it is functional. *Thank you to Jeanette Behr, Lena Gould, Heather Cederholm, and our*



The League also recruited volunteers to clean, paint, and move and assemble furniture.

wonderful friends at the League of Minnesota Cities; designers Brenda Dever and Tricia Wencel; Oertel Architects; and everyone who contributed to this remarkable transformation.



Designers worked closely with residents to ensure the space was redesigned to best suit the needs and desires of people living at ENR.

Designated Thrivent Choice Dollars® can help ENS

Are you a member of Thrivent Financial? Are you eligible to participate in the Thrivent Choice Dollars® program? Your recommended Choice Dollars® funds can make a world of difference to ENS as we work together to help people achieve victory over homelessness, mental illness, and chemical dependency. By directing Choice Dollars® to ENS, you can make a direct impact. For more information or to direct your designated Choice Dollars®, simply go to Thrivent.com/thriventchoice or call 800-THRIVENT and state "Thrivent Choice."



Within Each of Us Lives a Story...



Voices for Victory is an event inspired by the very reason Emma Norton Services exists: victory over adversity.

Each one of us has a personal story about overcoming adversity.

This October, we invite you to an event that will move and inspire. Join Kevin Kling, Ken Barlow, Honorary Chairwoman Belinda Jensen, and emcee Jearlyn Steele for dinner and a few amazing stories.



...of Victory Over Adversity



October 10

6:00 p.m.

Boy Scout Base Camp at Fort Snelling



Event photos courtesy Rempel Design & Photo



TICKETS ON SALE THROUGH SEPT 30



To Purchase Tickets

Call (651) 251-2632 with a credit card

Mail this form with payment to:

ATTN: DEVELOPMENT

670 Robert Street N., St. Paul, MN 55101

Name _____

Address _____

City _____

St _____ Zip _____

Phone _____

Email _____

____ # of individual tickets** (\$100* each)

____ Table Sponsor** (\$1,000* reserved table of 8)

****ALL GUESTS: Please include a list of all guests' first and last names to ensure pre-printed name badges.**

____ # vegetarian meals needed

My check to ENS is enclosed, or

Visa MasterCard

Card # _____

Exp Date _____

Billing Address same as above

Address _____

City _____

St _____ Zip _____

**Tax-deduction information will be printed on the receipt sent to you.*

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Mardag Match Momentum

The 2013 Mardag Foundation Challenge Match is off to a great start. In addition to securing \$15,000 of new and increased donations, Mardag and ENS agreed to these criteria for success:

- ★ 20 donors to commit to the Daisy Erbes Society*
- ★ 20 donors at \$500 and above to increase their annual gift
- ✓ 100 donors to contribute to ENS for the first time
- ★ 20 donors to commit to Emma’s 100**
- ★ Raise \$30,000+ at Voices for Victory***



Mardag Foundation

Any increased donation from gifts given in 2012 or 2011 or any new donation from a new donor or a donor that last gave before December 31, 2010, will be matched dollar for dollar. It’s an incredible return on investment! For more information, call (651) 251-2632 or email ens@emmanorton.org.

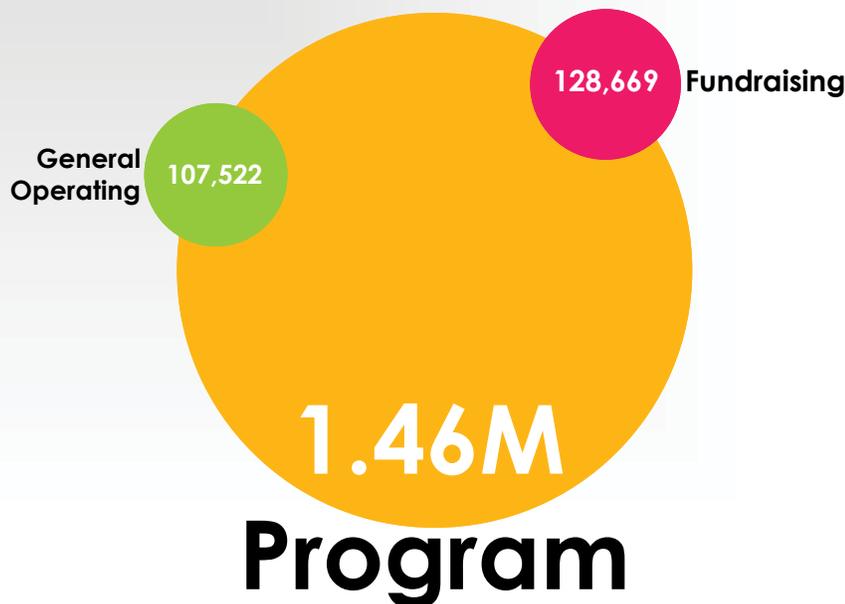
**Daisy Erbes Society members make an impact by donating \$2,500 or more in a year.*

***Emma’s 100 members give \$100 a month and provide sustained income and financial stability throughout the year.*

****Voices for Victory is a fundraising event in October at which special guests share their personal stories of victory over adversity. See page 5 for more details.*

HOW ENS USES DONATIONS

The Charities Review Council requires a non-profit organization to spend less than 35% of its annual budget on fundraising and general operating expenses. In 2012, ENS spent 7% of its budget on fundraising and 6% on general operating expenses.



A Note from a New Alumna

Thank you for the opportunity to live at Emma Norton and participate in the program. My time here has given me the ability to work on some of my issues and find a way to return to community living. All of you are awesome and willing to go the “extra mile” so that I could be successful with my goals.

Thank you for everything and I wish you the best for the future of Emma Norton Services.



Grant Partners

It takes a village to make sure the women, children, and families at ENS succeed and flourish. Funders, donors, volunteers, staff, and residents all work together. Major gifts in the form of grants help fund programs, projects and general operating expenses at ENS. Grants come from corporations, private foundations, community organizations and churches. ENS thanks recent grantors for their partnership:

Steeple People
Beim Foundation
Thrivent Foundation
Otto Bremer Foundation
Woman's Club of Minneapolis
Open Your Heart to the Hungry and Homeless

THE MORE YOU KNOW...

Schizophrenia is a chronic and severe brain disorder that affects more than **2.4 million Americans**. It interferes with a person's ability to think clearly, manage emotions, make decisions, and relate to others. Research has linked schizophrenia to **changes in brain chemistry** and structure. The disorder is thought to be a result of environmental and **genetic factors**. While the course of illness is unique to each person, common symptoms include **hallucinations**, memory trouble, delusions, disorganized speech, **depression**, and lack of pleasure in life. Treatment to **manage symptoms** includes medication and talk therapy. Many people living with schizophrenia lead happy and rewarding lives.

Sources: NAMI, NIMH

ENS Recognizes Outstanding Contributions

At the Annual Dinner & Silent Auction in May, Emma Norton Services was proud to recognize four individuals and a group for their outstanding contributions to Emma Norton Services. It is with the contributions of these extraordinary volunteers that ENS continues to help people get healthy and get ahead.

The Volunteer Group of the Year award went to the Church of the Resurrection in Olathe, Kansas for their 552 hours of volunteer work during a mission trip to ENS. Tina Seeland



Don and Naren Bauer accept the Emma Norton Services Heritage Award from board member Shirley Jackson at the 2013 ENS Annual Dinner.

and Pastor Tony Fink each received a Volunteer of the Year Award for their personal contributions of time and talent.

Don and Naren Bauer accepted the Heritage Award for their 15 years of support. Together, these two ambassadors of ENS have held multiple leadership

positions, volunteered and donated generously, and tirelessly promoted Emma Norton Services both in the United Methodist Church and in the community.



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VOICES for VICTORY

{ Within Each of Us Lives a Story... }



Kevin Kling
Author, Storyteller &
Disability Activist



Jearlyn Steele
WCCO Talk Show Host &
Champion of Women's
and Children's Causes



Ken Barlow
KSTP Meteorologist &
Mental Health Advocate



Belinda Jensen
KARE11 Meteorologist &
Humanitarian

October 10 6:00 p.m.

In the past, Don Shelby, Jim Ramstad, Jeff Dubay, William Moyers, and Reatha Clark King shared their personal stories of victory over adversity with a spellbound audience. This October, Honorary Chairwoman Belinda Jensen invites you to dinner and an evening of powerful stories from Kevin Kling, Ken Barlow, and emcee, Jearlyn Steele with a special tribute to Voices for Victory speaker Lt. Col. Mark Weber.

Tickets by phone (651) 251-2632 or by mail (see page 5.) More info at www.emmanorton.org