ICA's Impact: April -- June 2019

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Our mission is to offer hope as we provide assistance to our neighbors in need.

**In this Issue:**
- Families Served: 1,187
- Volunteer Hours Worked: 11,880
- Pounds of Food Distributed: 364,178

BUILDING RELATIONSHIPS & MAKING CONNECTIONS
How ICA's Case Management Team Impacts the Lives of Our Neighbors in Need

ICA Case Managers work one-on-one with the individuals and families who come to us for help. When neighbors visit the food shelf for the first time, they meet with our case managers to talk through how the food shelf works and what to expect when they visit. Case Managers also find out what brought our neighbors to ICA, and how they heard about us.

Our Case Managers also work with clients to ensure they are aware of and accessing other resources and services that are available to people when they need them. Common services to which we refer people include Energy Assistance, SNAP, free community meals, financial counseling and tax help, and a variety of housing, transportation, and food resources.

Case Managers also administer ICA’s Financial Assistance program, which helps people with a one-time expense where our help will have a significant, long-term impact. Examples include:

- Move-in costs: security deposit plus first and last month's rent
- Helping with rent when a client experiences a gap in wages between jobs
- Transportation assistance for getting to work and doctor's appointments

**Building Relationships & Making Connections**

In 2018, ICA provided 982 Financial Assistance services.

Lately we’ve had an increase in requests for emergency Financial Assistance. We try to stay aware of the reasons people come to us for help, to identify any trends so that we can better help people. These are some of the reasons new neighbors have asked for help this summer:

- they’ve had a major, unexpected expense, such as a medical bill or car repair
- they (or their child) were ill, so they missed work and weren’t paid
- their spouse died or left and they now have only one income to rely on

This summer, we have seen an increase in the number of people who need us. Most of our clients don’t have a cushion to cover expenses when something major comes up. And that is why we are here: to help those in our community who need help. We are here for people when they need us, when the unexpected arises, to help our neighbors get back on track.
CLIENT STORY: MAGGIE'S APARTMENT FIRE

This summer, Maggie*, 37, had a fire in her home. Though the damage from the fire itself was limited to part of one room, smoke and water damage permeated Maggie’s entire apartment, making her home unlivable and destroying many of her furnishings and belongings.

Maggie and her 3-year-old daughter Alice were grateful that both escaped the fire unharmed. They have since been staying with family while Maggie has worked to get their lives back together. And though Maggie’s renters insurance covered some expenses, she needed help when it came to moving into her new apartment. Maggie contacted Hennepin County, and they referred her to ICA. She needed $3600 to move into her new apartment (first and last month’s rent + security deposit.) She met with our Case Manager Jessie, and came in with a plan. Between help from the Red Cross and her own financial resources, Maggie only needed $650, which ICA was able to provide through a one-time financial grant.

Maggie and Alice have since moved in, and are working to replace their beds and bedding, furniture, and clothing. Jessie encouraged Maggie to visit ICA for food when she first moved in so that Maggie could stock her new kitchen with groceries. Jessie also referred her to Reach and Restore to help replace furnishings.

Before the fire, Maggie had never needed ICA. This one huge, unexpected crisis knocked her off course. With ICA’s help, Maggie has been able to get back on track. Thank you again for supporting ICA and folks in our community like Maggie and Alice!

*Names and identifying details have been changed to protect privacy.
As we head into autumn and toward the end of the calendar year, we think more about Required Minimum Distributions (RMDs). RMDs are simply the minimum amount that people 70½ or older must withdraw from their IRA accounts each year. IRS required minimum amounts are individualized, based on account balances and life expectancies.

All direct donations to ICA make these withdrawals tax free! For additional information or questions, please contact Kate at 952.279.0290 or kate@icafoodshelf.org.

**RECENT GRANTS**
ICA recently received grants from the following organizations:

- Citizens Independent Bank
- Old National Bank Foundation
- Otto Bremer Trust
- Schulze Family Foundation
- Syngenta
- Target Foundation

Thank you for your support!
Autumn 2019 Events Calendar

The Great Taste
Thursday, October 24
Join us for the sixth annual The Great Taste at the Minnetonka Community Center. To purchase tickets and learn more about the event, visit icataste.org.

Turkey Coupon Sales at Cub
November 8-9 & 15-16
Provide a meal for a family in need this Thanksgiving and holiday season! Just $15 will provide a turkey and all the fixings. Volunteers needed to staff the table. Contact Shirley: shirley@icafoodshelf.org or 952.279.0282.

Give to the Max Day
Thursday, November 14
Minnesota’s annual day to support nonprofits! Stay tuned for information on matching gifts. Donate at icafoodshelf.org/donate.

Turkey Giveaway
Thursday, November 21
Turkey and holiday meal distribution will take place at Zion Lutheran Church in Hopkins from 10 a.m. to 5 p.m. and at Christ Community Church in Excelsior from 6:30 to 8 p.m. Learn more at icafoodshelf.org/turkey.

"From the Heart" Holiday Variety Show
Saturday, November 23 | 4:00 p.m.
Sponsored by the Excelsior Morning Rotary club, this annual talent show benefits ICA. Admission to the event is a non-perishable food item or monetary donation. Held at Excelsior Elementary School.

Bagging for Tips
Tuesday, November 26 - Wednesday, November 27
We’ll be at Cub Foods in Minnetonka (Highway 7 & 101) to bag up your groceries and raise funds for our Turkey Program! Baggers include neighbors, fire, police, and city staff. Volunteers needed! Sign up at icafoodshelf.org/events.

Tonka Turkey Trot
Thursday, November 28
The 10th annual Tonka Turkey Trot will take place at Minnetonka High School on Thanksgiving morning. The race includes a 5K for adults and the “turkey scoot” for kids. New this year! $1 from every registration will be donated to ICA. Register at www.minnetonkaschools.org/turkey-trot.

ICA Day at Maynards
Monday, December 2
Each year, Maynards generously donates 100% of the proceeds from this day to ICA! Join us the Monday after Thanksgiving for a break from turkey leftovers! Reservations open November 1.

Excelsior Kids’ Movie
Saturday, December 7
Hosted at the Dock Cinema, the Excelsior Fire District and Excelsior Real Estate sponsor a free movie event for kids! Admission to the event is a non-perishable food item.