

# FALL 2017 NEWSLETTER



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helpatyourdoor.org | 651-642-1892

## Providing Peace of Mind With Help At Your Door's Home Support Service



Need your gutters cleaned or your furnace filters replaced? We're here to help! To meet the growing needs and fulfill our mission, we have expanded our offerings to include interior and exterior maintenance services to help keep your home, or that of a loved one's, safe and orderly.

Meet Mike Kingsley, a handy person who has contributed his home-repair expertise with Help At Your Door since this past May. He decided to give his time to others after helping his mother age in place.

"I was a caregiver for my own mother so that she could stay in her home as long as possible. And that's what I think Help At Your Door's main goal is – to help people stay in their homes," Mike explains.

From washing windows to moving furniture, Mike has stepped up to give back to those who need it most. Volunteers often find that the time they donate is easily repaid by the relationships and memories created—as well as knowing that they have made a difference in someone's life.

*Continued on page 2.*



Are you or a loved one looking for a way to age at home, but need assistance? We can help. Schedule our Home Support Service, today! Call: 651-642-1892

Mission: to help seniors and individuals with disabilities maintain their independence and continue living in their homes.

## Executive Director's Note

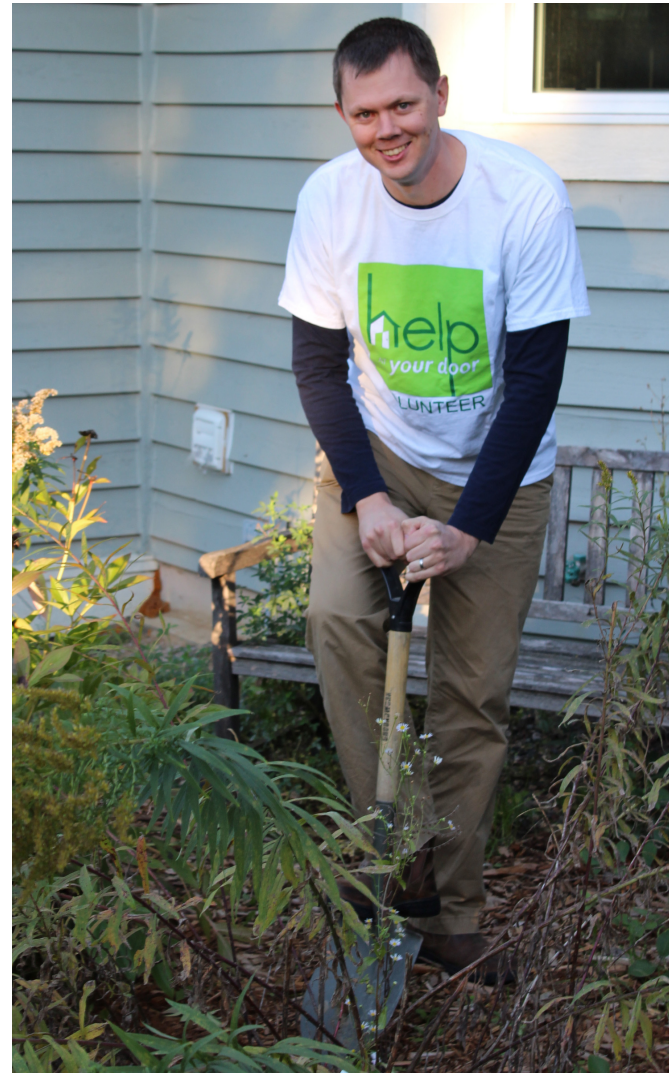
Since our nonprofit organization's founding, more than 30 years ago, we've been helping people age at home through our Grocery Assistance Service. As many know, our deliveries not only provide nourishment, but also a friendly check-in and help with the extras – whether that be opening jars or putting freezer items away.

Changes to our organization over this past year have indicated a new way of thinking about how we can help seniors embrace aging and live independently in their homes. Committed to ensuring the well-being of our clients, we expanded our offerings and refined our strategies – placing an emphasis on providing services that were often hard to come by and costly for those that we serve.

The addition of Home Support and Transportation Services to our offerings helps our clients remain healthy, active and independent. Our Home Support Service is more than just repair work; it keeps your home or that of a loved one's in good condition – whether that be by landscaping or changing smoke detectors. The same holds true for our Transportation Service. It is not just about making sure appointments are kept, but also gives our clients a way to venture out and stay connected with their communities.

Our new services, just like our Grocery Assistance, will continue to go the extra mile, providing a friendly hand to help our clients stay in their homes.

Karen Cotch, Executive Director



*Cover story continued.*

Nearly 25% of the clients we serve have income levels below poverty, making our services critical to Minnesota's aging population. Clients can receive help at home for an affordable cost with all proceeds going to support our nonprofit mission and to assist those who need a little help remaining in their homes.

After joining Help At Your Door's volunteer community (more than 500 strong!), Mike realized the value of the services. He remarks, "We have talented people handy. We are donating our time so that they can get something done that they probably couldn't find anyone else to do. And if they did find them, it would cost them a lot of money. I would like more people to know that our services are available at a reasonable cost to the client and that the volunteers doing it have the clients' best interests at heart."

## NEW! Services



Help At Your Door is excited to announce that we have expanded our service offerings. Home Support is now available throughout the seven counties we serve. Our Transportation Service is available to seniors and individuals with disabilities in the Crystal, Golden Valley, New Hope and Robbinsdale areas.

**To learn more and request a service**, call: 651-642-1892, visit: [helpatyourdoor.org](http://helpatyourdoor.org) or ask your Help At Your Door driver.

### GROCERY ASSISTANCE

We provide access to nutritious food, companionship, and a helpful hand in your kitchen.

- Easy-to-use product catalog and phone order placement (no internet needed)
- Assistance with putting away items
- Accept EBT payments/ SNAP benefits

### NEW!

### HOME SUPPORT

Whether it's vacuuming or hanging pictures — we can help keep your home orderly.

- Help with cleaning and organization
- Complete minor home repairs
- Install accommodation features for increased accessibility

### NEW!

### TRANSPORTATION

With a team of vetted drivers, we are able to help clients maintain their independence.

- No destination restrictions — even if you just want to get out of the house
- Rides can be accompanied — we can wait for you at appointments

## Support Help At Your Door Through Amazon



Did you know that you can support Help At Your Door when you shop on Amazon? By using AmazonSmile, 0.5% of your eligible purchase price can be automatically donated to our nonprofit.

To get started, visit: [smile.amazon.com](http://smile.amazon.com). Sign into your account and in the “pick your own charitable organization” field, enter “Help At Your Door” and press “Search.” Select us from the search results and you are all set! Now you are ready to begin supporting us through AmazonSmile.





## Fall Soup Recipe

Celebrate fall with a tasty, hearty soup! This time of year, it is easy to find carrots, cauliflower, turnips, onions, broccoli, cabbage, kale and potatoes. All of these vegetables add vitamins, minerals, and nutrients to your diet.

### INGREDIENTS

- 2 carrots, grated or cut into slices
- 2 onions, chopped
- 1 tomato, chopped or 1 can of diced tomatoes
- Left-over or frozen vegetables, such as green beans, broccoli, cauliflower, green peas, corn, etc.
- 6 cups of water (beef or chicken broth, tomato juice or V8 juice can be used in place of water)
- Meat, cut up, such as cooked chicken or turkey, cooked and crumbled hamburger (optional)
- ½ cup of uncooked pasta (elbow macaroni, shells or rings), rice, or barley (optional)
- Seasonings including pepper, basil, tarragon, a bay leaf (Remove bay leaf when cooking is complete.)

### DIRECTIONS

1. Grate or chop the vegetables by hand or in a food processor.
2. Put all of the ingredients in a large saucepan. Bring to a boil. Reduce the heat and cover the soup.
3. Simmer for 1 to 2 hours. Check the soup often and add water as needed.

This soup recipe makes about 10 servings. Leftover soup can be stored in containers and frozen to use for future lunches or dinners. Toast, crackers, or rolls can be served with the soup.



## THANK YOU!

Thank you so much, Patty Toenies, for your years of service on our board and your continued efforts as a Help At Your Door volunteer. Your dedication to our mission helps to ensure that seniors and individuals with disabilities in our community maintain their independence and continue living in their homes.

# Volunteer Opportunities

Give Your Time & Impact a Life


Are you looking for way to make a meaningful impact in your community? Do you have a group of coworkers or friends looking for a volunteer opportunity?

Volunteers are the heart of our nonprofit services. There are several ways that you can give back to those who need it most.

We offer flexible scheduling; social interaction with a welcoming, mission-driven community; and hands-on activities to help the aging population and individuals with disabilities stay in their homes.

Want to take the next step?

## CONTACT

 651-642-1892

 [information@helpatyourdoor.org](mailto:information@helpatyourdoor.org)

### GROCERY ASSISTANCE



- ORDER SPECIALIST
- SHOPPER
- DELIVERY ASSISTANT

### HOME SUPPORT



- HANDY PERSON
- CHORE ASSISTANT

### TRANSPORTATION



- PERSONAL DRIVER

## Board of Directors

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Retired, Cargill Executive

Geoff Pescheret, *Board Vice-Chair*  
Retired, Vice President, General Mills

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651-642-1892 | [helpatyourdoor.org](http://helpatyourdoor.org)



**Helping seniors and individuals with disabilities  
maintain their independence and continue living in their homes.**  
*Help At Your Door is a 501(c)(3) nonprofit. Donations are tax-deductible.*

**TAKE CARE OF THOSE**  
who once cared for us

“ **IT HAS BECOME A LIFELINE FOR ME**  
and I'm so grateful to all you wonderful people.”  
- JANE, 70, HELP AT YOUR DOOR CLIENT



For our aging neighbors grappling with whether they can remain in their homes, Help At Your Door could be the difference between maintaining their independence or relocating to a more costly healthcare setting.

**Could you help us ensure that those who have cared for us are not forgotten?** Your gift will go directly to help people like Jane, a senior who relies on our services to stay active, healthy, and independent.

**Giving back makes twice the impact this fall.** Knowing how critical our services are to the aging population, The Katherine B. Anderson Fund of the Saint Paul Foundation has agreed to match dollar for dollar up to \$20,000.

**Together, we can help seniors embrace aging and remain in their homes.** To donate, visit: [helpatyourdoor.org](http://helpatyourdoor.org) or mail your gift to Help At Your Door, 1935 West County Road B2, Ste. 250, Roseville, MN 55113