



CONNECTING OUR COMMUNITY

2017 Report to the Community

Bringing people
TOGETHER

For the good of
our community.

Connecting our community



Keystone's mission is simple but powerful. Every day, Keystone Community Services connects with people — youth, seniors and families — who are striving to improve their quality of life.

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The mission of Keystone Community Services is to strengthen the capacity of individuals and families to improve their quality of life.

For over seven decades Keystone has been a trusted place that neighbors turn to when they need support and when they want to connect with their community. Keystone programs support our community members at all stages of life. Our homemaking program provides seniors with household help so they can live independently. Crisis funds help families navigate emergencies while they receive help finding long term solutions. Express Bike Shop provides job skills training for neighborhood youth which prepares them for a successful future. Every month over 8,000 people participate in Keystone programs that are supported by 3,000 volunteers.

In this report, you will meet four of the 30,000 people who participated in Keystone programs last year. Their stories highlight the impact our programs have in our community.

Your support ensures that Keystone programs are connecting people to resources and to their community. Wendell, Yafeit, Yosan, Nancy and their neighbors are counting on their community and Keystone to help them reach their goals. Thank you for supporting your community and Keystone.

Mary McKeown
President

Claire Cambridge
Chair, Board of Directors

Helping elders thrive



Nancy, 72, had recently retired from her longtime career as a teacher and principal, and had only been living in her new apartment for two weeks when she fell in the bedroom and broke her hip. Alone and in pain, she stayed on the floor for two days before managing to drag herself to a phone in the living room to call for help.

Two surgeries and physical therapy later, she was on the mend, but still unable to do things like shop for groceries and cook. And with no family in town to help cook for her, she was relying mostly on nutritional drinks until a friend recommended she call Meals on Wheels.

"Meals on Wheels has been such a savior," she says. "There are so many choices, and sometimes there's enough food that I get a dinner and a lunch out of one meal." In addition to balanced meals, Nancy also appreciates talking with Keystone staff and volunteers.

Each month, when she phones in her order, she chats with Emily, the Keystone Meals on Wheels staff person at the West 7th Community Center. "And sometimes I just call her to say hello. Meals on Wheels is the best thing I've done for myself."

Senior Program Spotlight



384 Meals on Wheels volunteers delivered **39,524 meals** and smiles to clients.

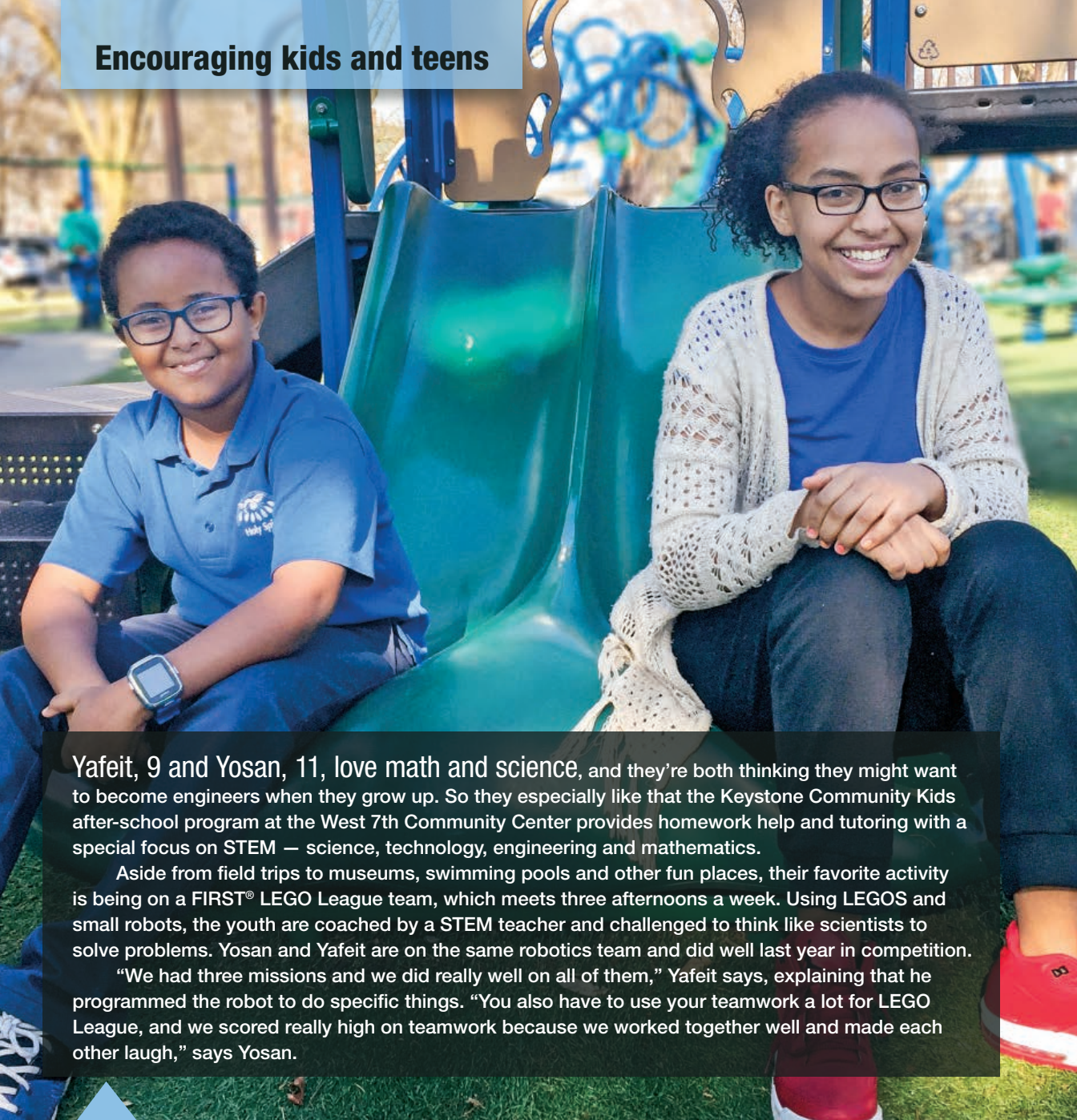


Keystone social workers helped **1,221 seniors and adults** with disabilities remain living independently in the community.



Keystone offered more than **1,200 activities** to help older adults improve their health and reduce isolation.

Encouraging kids and teens



Yafeit, 9 and Yosan, 11, love math and science, and they're both thinking they might want to become engineers when they grow up. So they especially like that the Keystone Community Kids after-school program at the West 7th Community Center provides homework help and tutoring with a special focus on STEM — science, technology, engineering and mathematics.

Aside from field trips to museums, swimming pools and other fun places, their favorite activity is being on a FIRST® LEGO League team, which meets three afternoons a week. Using LEGOS and small robots, the youth are coached by a STEM teacher and challenged to think like scientists to solve problems. Yosan and Yafeit are on the same robotics team and did well last year in competition.

"We had three missions and we did really well on all of them," Yafeit says, explaining that he programmed the robot to do specific things. "You also have to use your teamwork a lot for LEGO League, and we scored really high on teamwork because we worked together well and made each other laugh," says Yosan.

Youth Program Spotlight



10 Community Kids youth applied their critical thinking, team-building and engineering skills to **win silver medals** in the FIRST LEGO League competition.



93% of youth who participated in the Community Kids program consistently **improved in reading** and **87%** improved their math skills.



Teens in our apprenticeship program spend an average of **200 hours** gaining "first job" skills.

Supporting struggling families



After attending a college that turned out to be a fraud, Wendell, age 37, spent a few years feeling adrift and in debt. He is now working hard to create a positive future for himself. As an AmeriCorps VISTA volunteer for St. Paul's NeighborhoodWorks Home Partners, he has created a youth financial literacy program to help kids learn the skills they need to manage money early in life. He teaches this course in schools and community recreation programs and hopes the program will expand over time.

The experience has also helped Wendell learn to better manage his own finances. But even with the AmeriCorps position, which pays a small stipend, and two other part-time jobs, he frequently runs out of money by the end of the month. When that happens, he's glad he can visit Keystone's Foodmobile at the Minnehaha Rec Center.

Over the years, Wendell has been to a lot of different food shelves. Some experiences were good, but there were also times when he felt uncomfortable: "Like I had to fight for my right to food," he recalls. The Foodmobile, though, has always been welcoming, especially Mobile Distribution Manager, Ilon Preston.

"When I first visited the Foodmobile, he was very kind and explained exactly what I could get and how much I could get," Wendell says. "He even held the bags for me as I did my shopping, and that was really cool. It made me feel comfortable, and I wasn't made to feel bad because I didn't have money and ran out of food."

Basic Needs Program Spotlight



Keystone distributed **2.4 million pounds** of food to families in need in 2016 and **61%** of the food distributed came from donated sources.



24,685 individuals visited our food shelves, Foodmobile and Farmer's Market produce events, which is a **14% increase** in people turning to us for food assistance.



Keystone helped **372 families** through emergencies, providing **\$82,000 in crisis funds** to help families build a more stable future.



Locations

Merriam Park Community Center | 2000 St. Anthony Avenue, St. Paul, MN 55104

West 7th Community Center | 265 Oneida Street, St. Paul, MN 55102

Midway Food Shelf | 1916 University Avenue, St. Paul, MN 55104

Rice Street Food Shelf | 1459 Rice Street, Suite 3, St. Paul, MN 55117

Roseville Food Shelf | 2833 North Hamline Avenue, Roseville, MN 55113

Express Bike Shop | 1158 Selby Avenue, St. Paul, MN 55104

There are many ways for YOU to connect with the Keystone community.
Find the one that's right for you!



Volunteer

- Deliver Meals on Wheels
- Serve clients at a food shelf
- Tutor young people



Contribute

- Food or personal care items
- School supplies
- Used bicycles



Participate

- Attend a community event
- Shop at the Express Bike Shop
- Collect food for the food shelves



Donate

- Visit **keystoneservices.org** and click Donate
- Donate stock
- Make a planned gift



Learn more about how you can get involved by calling
651-645-0349 or emailing **info@keystoneservices.org**



Our 2016 Annual Report is available online at **keystoneservices.org**.
It includes Keystone's donor and financial information.



2000 St. Anthony Avenue
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