

# WE WANT YOUR FEEDBACK

## SHARE YOUR FEEDBACK WITH US

As a recipient of Keystone's Quarterly Newsletter, we want you to stay informed and engaged. We're reaching out to gather your feedback on our newsletter content and overall relevance to you.

Scan the QR code or visit [keystoneservices.org/springsurvey](https://keystoneservices.org/springsurvey) to fill out a short survey about our newsletter.

Want to update your contact information or communication preferences?  
Email [giving@keystoneservices.org](mailto:giving@keystoneservices.org)



# You Are The Key

## A Keystone Newsletter

SPRING 2025

Keystone Community Services  
and Second Harvest Heartland  
at 'Pack The Capitol'.  
Friday, May 2, 2025



## A MESSAGE FROM OUR PRESIDENT

This newsletter is filled with stories that show how powerful our community can be when we come together.

**At Keystone, we support people during difficult times and provide resources to help them move forward.** Whether it's providing food to families, helping someone move from crisis to stability, giving kids the chance to grow through summer jobs, or guiding older adults toward connection, every story begins with someone like you who cares.

As we face new challenges, including reduced federal funding and economic pressures that are stretching families thin, more people than ever are turning to Keystone. And still, there is hope. Every day, we see that hope in action, in the dedication of our volunteers, the persistence of the people we serve, and the generosity of our community.

Perseverance is what carries us forward. That's why we're adding more Foodmobile stops, expanding food shelf hours, and doing everything we can to make sure no one goes without.

The stories of Mary, Asnakech, Cecilia, and others remind us that every kind connection makes a difference.

**Thank you for being the key to this work.** Your partnership helps ensure that hope, opportunity, and community thrive no matter the challenge.

Sincerely grateful,

Adero Riser Cobb  
Keystone President & CEO



## EVENTS AND IMPACT IN THE COMMUNITY



**18,347**  
Pounds Collected

NATIONAL ASSOCIATION  
OF LETTER CARRIERS

**Stamp  
Out  
Hunger**

FOOD DRIVE

**10,606**  
Pounds Collected

**PACK THE  
CAPITOL**  
with Second Harvest Heartland



**545**  
Boxes Packed

## UPCOMING EVENTS THIS FALL

**Express Bike Shop  
30th Anniversary**



September 6, 2025

**Keys to Success 2025  
Annual GALA**



September 25, 2025

2000 St. Anthony Avenue, St. Paul, MN 55104 | 651-645-0349 | [keystoneservices.org](https://keystoneservices.org)



Open Your Heart This July  
Summer Challenge



We're proud to participate in the Open Your Heart Summer Challenge! Right now, an estimated **537,890 Minnesotans** are facing hunger, with **34% of them under the age of 18**. This July, your gift to Keystone will be matched through the challenge grant! Make a gift today to help ensure no one in our community goes without food this summer.

Students On The Right Track  
Keystone Interns

This summer, through the **City of St. Paul's Right Track program**, 5 high school students will gain valuable work experience and career-readiness while helping out around our Community Food Center!



Asnakech's Journey Of Resilience  
The Keys To Citizenship



When Asnakech first connected with Keystone, she was focused on building a better life for herself and her family. But one goal stood out among the rest: becoming a United States citizen.

With the support of **Angela Hurley, a Keystone staff member**, Asnakech could access critical resources for her family. These resources included food support, help navigating systems, and connections to other community services.

On November 25, 2024, Asnakech proudly stood at her Oath of Allegiance ceremony and officially became a U.S. citizen. It was a celebration of partnership, perseverance, and the power of community.

Asnakech's story is one of resilience, and Keystone helped make this milestone possible. She's an incredible woman, and I'm so proud of everything she's accomplished.

- Angela Hurley, Youth and Family Support Specialist

Addressing The Increased Need In Our Community  
Foodmobile, Food Shelf, And Free Farmers Market



**FREE FARMERS MARKETS ARE BACK!**  
Fresh and free: Keystone's Farmers Markets are back to help Twin Cities families! Even as grocery prices stay high and many struggle to stretch their budgets, access to fresh fruits and vegetables is critical for good health and well-being. The Free Farmers Market helps bridge this gap by **providing nutritious produce that might otherwise be out of reach**. The summer 2025 Free Farmers Market schedule includes 14 events across three convenient community locations: Roseville Covenant Church, Galilee Lutheran Church, and Allianz Field.

**FOOD SHELF - ADDITIONAL SERVICE**  
To better serve our community and meet the growing need for emergency food assistance, our Community Food Center changed its Wednesday service hours. Since June 11, we added an additional Market service from 11 AM - 1 PM to increase our capacity. Evening Market service shifted to 4 PM - 6 PM.

**FOODMOBILE SITES ADDED**  
Our Foodmobiles travel throughout St. Paul and the northern suburbs of Ramsey County to bring nutritious food to people in need. So far this year, **we have added 3 new sites** so participants can easily access a neighborhood Foodmobile distribution. In 2025, we aim to add 15 new sites to improve access to healthy food.

From Real Estate Office to Real  
Support A Story Of Reconciliation

A few months ago, a woman named Mary walked into the Coldwell Banker real estate office on Grand Avenue and told the agent she "needed to find a new place to live." **Thankfully, the agent thought to call Keystone.**

That's when Mary met Phil, a Senior Services Coordinator at West 7th. As he gently built trust and unraveled Mary's story, he learned she had left her apartment, believing it was no longer safe to live in—which, sadly, was true. By the time we connected with her, she was living in her car.



Phil discovered that Mary's son lived nearby. But she had convinced herself that he was too busy and didn't want to burden him. He had no idea what his mother was going through. When Phil contacted him, the son was shocked—and deeply grateful. With encouragement and guidance, he quickly made arrangements for his mom to move in with his family.

Now, with help from Keystone and her loved ones, Mary is in a safe, stable home.

Summer Gardening  
Teen Tutor Activities

Youth enrolled in our Teen Tutor Program learned all about gardening and how they can start their own at home. Using grant funds, they purchased an all-in-one gardening kit called **'Garden-in-a-Box', designed to teach kids about vegetable gardening**. Students will maintain the gardens throughout the growing season from June to September and harvest fresh vegetables.

Similar to our Community Kids program, Teen Tutor activities provide kids with an opportunity to engage in a variety of enrichment activities to help them learn and grow!



A Concert Of Hope And Abundance  
Keystone Community Singers

Led by musical director Robert Graham, Keystone Community Singers performed a concert in May titled "Abundant Hope" at Mount Zion Temple in St. Paul. They sang songs of peace, hope, love, and positivity. Vintage Voices is a VocalEssence program that partners with older adults and senior centers across Minnesota. Programs like this enable participants to find joy and happiness by singing in a group while also feeling like they are part of a community.

**Sing-alongs at Keystone Community Services began in the summer of 2023 with just 10 members.** By the spring of 2024, the choir doubled in size at 20 members. This spring, 38 members have performed at Keystone Community Singers' 3rd ever concert on May 1st to an audience of 160 friends and family.



Farewell For All  
The Key to Food Assistance



Earlier this spring, **The Food Group announced the closure of 11 Fare for All sites**. Fare for All is a program that provides fresh produce and frozen meats at up to 40% off retail price. Our West 7th Community Center host location remains open and has already seen an increase in participants during sale dates. Partnerships like this help food relief organizations like Keystone and The Food Group meet people where they live.



**DID YOU KNOW?**  
We have 10 Meals on Wheels service areas around the city of St. Paul! They are:

- |                      |                       |                                |                      |
|----------------------|-----------------------|--------------------------------|----------------------|
| River Summit Winslow | Midway Montreal North | West Side District 12 Highland | Macalester Groveland |
|----------------------|-----------------------|--------------------------------|----------------------|

The Proactive Navigator  
A Pleasant Surprise

Cecilia, a spirited senior and a long-time participant at the Keystone Community Food Center, regularly visits to access food assistance and engage with her neighbors. Like many older adults, she faces the challenge of making ends meet on a fixed income. During a recent intake session at the Food Center, she expressed an interest in learning more about SNAP benefits but wasn't sure if she would qualify. After recognizing this as an opportunity to provide further support, our navigator reached out to Cecilia to discuss her potential eligibility.

After reviewing her situation, it became clear that she was indeed eligible for SNAP benefits. Cecilia was surprised—she had always assumed that her fixed retirement income made her ineligible. **Cases like this demonstrate just how crucial outreach is in reaching seniors who may be unaware of available programs like SNAP** or have misconceptions about their eligibility. Thanks to the Keystone Community Food Center's intake process and proactive navigator support, Cecilia is now receiving the extra assistance she needs to supplement her groceries, helping her stretch her budget further each month!

