

redeemer center for life

INCLUSIVE DEVELOPMENT NORTH MINNEAPOLIS

Give to the Max Day *Thursday, November 18, 2021*

Thursday, November 18th was Give to the Max Day--a day our community rallied, celebrated, and invested in RCFL. We raised over \$8,500 to go towards projects that will improve the safety, security, and livability of our Attainable Housing building, the 16-Plex. These projects include: installing a new roof, renovating 12 apartment units, and updating the hallway.

Thank you to our supportive community, partners, and donors for believing in our mission. Your support sustains and makes our work possible.



Housing resident, Kitana



Venture North

Bike Service

During the Winter months, Venture North has made the tough decision to shut down our coffee bar and continue to offer bike service, but by appointment only. You can make an appointment by calling Venture North with the phone number below or emailing Keisha, our Youth Development Coordinator as we will no longer accept walk-ins. Bike service will operate on Tuesday - Friday from 10AM-3PM.

Bike Service By Appointment Only

Tuesday-Friday | 10AM-3PM

Phone: (612) 377-3029

Email: kiesha@redeemercenter.org



Empowering Adults 2.0

Empowering Adults program has been put on pause, but will proceed in 2022. We are looking forward to hearing from the participants about their experience in this program.

For more information and questions about Empowering Adults, contact Kevin: kevin@redeemercenter.org

Attainable Housing *16-Plex*

Since July, we have made many improvements on our apartment building, the 16-Plex, including: renovating 9 apartments, repainting the basement, installing a new washer, dryer, security doors, security locks, and made repairs on the roof. These improvements have created a livable and safe environment for our current and future tenants to call home.

We have yet to renovate the 7 remaining apartments and the first and second floor hallways. These projects will cost about \$29K total to complete.

Donate on our website to help fund these projects!
www.redeemercenter.org/donate

Redeemer Christmas Store

Saturday, December 11



Youth Interns with Lonna, Trai, and Kelly at the Christmas Store

On Saturday, December 11th, Redeemer Lutheran Church, with help from amazing partners and the RCFL Youth Interns, was able to offer holiday gifts to 43 families in the Harrison neighborhood.

The Redeemer Christmas store has been a staple of serving our community for 20 years. For the last two years, it has taken a new shape due to the ongoing Covid-19 pandemic. Despite this challenge, we offered curbside pick up of holiday baskets. The Youth N' Power interns filled the baskets with activities for the whole family. Our partners donated gift cards to help families with celebrating the holidays. Volunteers from Christ the King congregation made boxed lunches, which were given out along with the baskets. Fairview Health Commons provided health packets in each of the baskets.

Thank you to everyone who made the Redeemer Christmas Store possible and we hope to be together again next year. Special thank you to Lonna and Traiveon for their leadership!



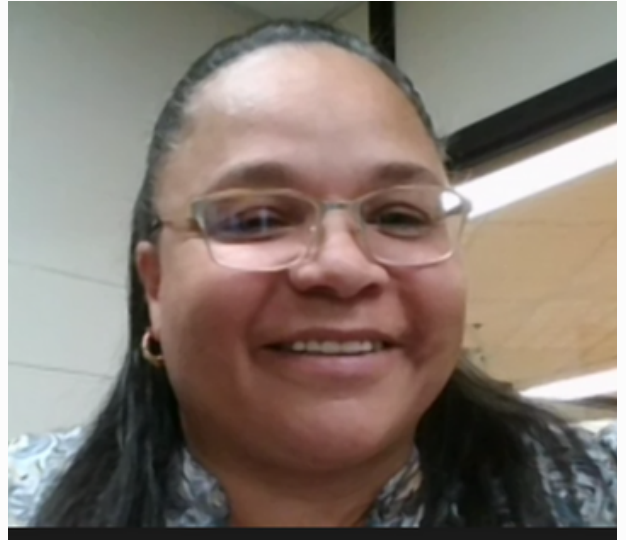
Youth Interns and Trai at the Christmas Store

The Health Commons at the Living Room

Nichelle's Story

Nichelle is in her 28th year working with Minneapolis Public Schools and her 15th year as a PCA. She discovered Health Commons by chance 4 years ago when she saw a table full of veggies in front of The Living Room. It was there that she met Bertha, who told her about The Living Room and all the classes they offered. She began attending some classes and soon was coming to The Living Room 2-3 times a week. She enjoyed participating in classes, getting massages, and building relationships with other participants with whom she found a lot in common. **"I just love The Living Room. I just felt really comfortable. It felt like just, really sitting in the living room and connecting with others. It felt good."**

Being healthy to Nichelle means, **"Living longer. Breathing, moving around more. I think if you don't eat healthy I think you'll start being sluggish, get breathing problems or start having health problems."** Nichelle has found the food box program very helpful for staying healthy during the pandemic. She says it's helped her to learn new recipes and eat healthier. **"I'm learning new recipes, which is good. I've never ate so many vegetables in my life. It's like a present coming every Monday."** Nichelle also identifies the mental health class she took in the past as useful in her daily life.



Nichelle Miller

Contact our community liaisons at the Health Commons to get involved today!

Bertha: 763-843-9988
Angela: 651-214-4178

Upcoming Events

Zumba

Mondays @ 6-7PM

Thursdays @ 6-7PM

Message the [Health Commons Facebook Page](#) for links to Zumba

Health Commons Cooking Classes

January - February

More details to come, check the [Health Commons Facebook Page](#)

Winter Extravaganza

February 13th, 2022 at the Loppet Trailhead

More details to come!