

bold moves

for real change

Editor's Note

Even as we continue to learn how to function during this time of pandemic, this season helps us realize for how much we have to be grateful. Learning In Style students have returned to on-line classes. St. Mary's Health Clinics patients are getting flu shots and Covid vaccines. Sarah's . . . an Oasis for Women can finally welcome new residents. The newest St. Joseph Workers have settled into their placement sites; the Justice Commission diligently works to educate us on justice issues; and Wisdom Ways Center for Spirituality welcomes a brand-new staff and a new season of on-line classes and workshops.

All of us at the Ministries Foundation continue to feel hopeful as we look forward to a year that just may include live in-person events! In the meantime, know that we are most grateful that you continue to support us and join is in this important work.

Happy Autumn and Happy Thanksgiving!

In peace and gratitude,

Alyssa Howells

Lacy Sietsema

Ralph Scorpio

Caring For Our Dear Neighbors

By Sue Gehlsen

St. Mary's Health Clinics (SMHC) sponsored an innovative Women's Clinic Saturday, October 9 in partnership with faculty and students from St. Catherine University. Funds awarded by the Cox Foundation helped support this initiative, which provided comprehensive care for women at a time and location convenient to them. Women were able to receive physical exams, mammograms, flu vaccines and Covid vaccines. Medical staff were available to address needs related to nutrition, occupational and physical therapy, mental health and oral health care. The St. Kate's food shelf provided fresh vegetables, fruits and healthy staples. Staffing was provided by four physician and nurse practitioner volunteers and SMHC nurses, community health workers and volunteer interpreters. Students from St. Kate's physician assistant, nutrition, and occupational/physical therapy programs provided direct care to patients, supervised by St. Kate's faculty members. The clinic was held on the St. Kate's campus in Whitby Hall. In addition, support was provided from St. Mary's Health Clinics' partners Park/Nicollet, for the mammogram truck, and M Health Fairview for vaccine administration.



Women received quality health care at St. Mary's Health Clinics' innovative Women's Clinic on October 9.

Sarah's... an Oasis for Women

Since last May, Sarah's has begun to invite new residents to fill vacancies that weren't filled during the pandemic. Sarah's has welcomed six new residents and is seeking referrals for six additional openings.

Sarah's takes referrals exclusively from Center for Victims of Torture (CVT), International Institute of Minnesota, and Advocates for Human Rights to serve the continuing need

among asylum seekers and others seeking humanitarian protection.

Sarah's is also in the process of rolling out a

new website and a new video that provides a tour of the house. Sarah's makes a difference in women's lives one day at a time, one lesson at a time, one woman at a time.

Tax Deductions

Don't forget that due to the CARES Act, you can claim up to \$600 in tax deductions for charitable giving even if you choose not to itemize. This applies to gifts made to the Ministries Foundation before December 31, 2021. Keep your receipts and keep track of all your monetary donations for the upcoming tax season.



Introducing...

By Hanna White

Hafa Adai! I'm Hannah White, one of the new St. Joseph Workers working with Celeste's Dream and the St. Catherine University Food Insecurity Project. I grew up on the island of Guam where food is the center of community life and home gardens bear produce all year long. This year, I hope to learn more about food systems, urban agriculture, and nutrition through my service in the CSJ/St. Kate's Food Shelf and Community Garden.



Hannah White



Gao Lee

Nyob Zoo! I am Gao Lee, and I use she/her pronouns. I am a Hmong American and a St. Kate's Graduate student in the Master's of Public Health program. I serve as a student leader at St. Kate's/CSJ Food Insecurity Project (FIP) and NIFA Food Ecosystem Fellow and coordinate food shelf operations, plan food-oriented events, and support work in the community garden. As a NIFA Fellow, I focus on St. Kate's, Hamline, and Augsburg campuses and coordinate cross-campus efforts related to services, advocacy, and research addressing campus food insecurity.

St. Kate's food shelf is open the 1st and 3rd Wednesday of every month from 12 pm to 6 pm.

Join This Movement

Now, more than ever, our ministries' work is important and the vital work of our ministries must continue. Help us meet the needs of **this** time. Please consider getting involved:

Learn, Share & Get Involved!



- Sign up for the Ministries Foundation monthly and weekly inspiration newsletter by visiting the Ministries Foundation's website [csjministriesfoundation.org](https://www.csjministriesfoundation.org).
- Looking for something to do this winter? Volunteer with the Ministries Foundation! Opportunities available at [csjministriesfoundation.org/volunteer-opportunities](https://www.csjministriesfoundation.org/volunteer-opportunities).
- Follow us on Facebook, Instagram and Twitter! Search for *Ministries Foundation* and *csjministriesfoundation*.



Do you shop on Amazon? Sign up for AmazonSmile! By going to [smile.amazon.com](https://www.smile.amazon.com) and choosing *Sisters of St. Joseph Ministries Fund*, a percent of your purchases will be designated to support the ministries of the Sisters of St. Joseph.

Make a Monetary Donation ~ Donate at [csjministriesfoundation.org/donate](https://www.csjministriesfoundation.org/donate) or via the envelope provided in this issue.

Ministry Highlights



Congratulations to Cristina Flood, Community Health Outreach Manager at St. Mary's Health Clinics. On Mexican Independence Day, Wednesday, September 15, the Government of Mexico presented her with the prestigious Ohtli award.



Cristina was nominated by the Consulate in St. Paul for her exceptional outreach work on behalf of the Latino population, especially related to Covid prevention, education, screening and vaccine administration.

"Cristina has led and continues to lead these efforts to support the greater Latino community in our metro area," says Sue Gehlsen, St. Mary's Health Clinics Executive Director.

"It is through her extensive network of connections and relationships that St. Mary's Health Clinics has been able to serve the broader community. Congratulations Cristina, we are grateful for your presence and leadership!"



Learning In Style has been busy with on-line classes and supporting its students' basic needs.

It has developed a relationship with the Blake School, which has helped enrich students from both campuses. Students from both campuses are working on the creation of a collage that reflects the spirit of the neighborhood. LIS students are also participating in the Blake School Legacy Days by making videos that reflect the cultural gifts they bring to the community.

LIS has also established a food shelf to provide basic necessities, especially rice, oil, and diapers. To make a donation contact **Martha Nemesi** at **612-870-1815**.



Sarah's... an Oasis for Women

Sarah's is looking for donated items that will be incorporated into gift baskets and passed out to residents. Currently, 30 women need shower and house shoes, body wash, coffee and tea thermoses, microwavable bowls, long underwear, hats, mittens, and scarfs. Please contact **director@sarahsoasis.org** to make a donation.



Celeste's Dream
for Young Adult
Spirituality

On October 9, Celeste's Dream distributed fresh produce, dry goods, and personal hygiene products to more than 40 patients and households at St. Mary's Health Clinics Women's Health Day held at St. Catherine University. Celeste's Dream is deeply grateful to the SMHC staff as well as the faculty and staff of St. Kate's Master of Physician Assistant Studies program for the opportunity to collaborate and broaden its impact.



The Justice Commission introduces Cheryl Peterson as its new Justice Office Coordinator.

Cheryl is a St. Kate's alum who wholeheartedly shares the CSJ priorities of community, spirituality, and justice. As a licensed social worker with experience working with adults and families in poverty and crisis, she is committed to engaging people of faith to act for justice to change the systems and structures that perpetuate inequality.

Cheryl has organized justice efforts at both the parish and Archdiocesan levels.

Welcome Cheryl!



St. Joseph Worker Program

In October, the St. Joseph Worker program hosted and partnered with groups from both Creighton University and Loras College to learn about Dakota history and various forms of advocacy.

They also engaged in a common read book club with the St. Joseph Worker Program in Los Angeles and Orange, CA and read Olga Segura's **Birth of a Movement – Black Lives Matter and the Catholic Church**.



Wisdom Ways
Center for Spirituality
A ministry of the Sisters of St. Joseph

Wisdom Ways has many exciting new programs this fall. Start your week with Sunrise Yoga with Sara. This gentle yoga practice will help you feel centered, focused, refreshed and ready for the day ahead! This on-line class is every Monday at 7:30am, \$15 per session.

Hedgerow Institute presents **Mothers of Racial Revolutionaries** every Monday of November and the first week of December at 6:30pm, \$100 Full Course or \$20 per session.

Sign up for these classes and check out other Wisdom Ways programs at:

wisdomwayscenter.org

A gift to the Sisters of St. Joseph Ministries Foundation ensures that strong, vibrant communities will continue to thrive in the Twin Cities and beyond.

ACTION

EDUCATION

RESILIENCE

WELLNESS

SPIRITUALITY

COMMUNITY

ADVOCACY

csjministriesfoundation.org/donate

Make a gift to the Annual Fund today and help ensure a community filled with hope & healing is supported well into the future.

Bold Moves is a publication of the Sisters of St. Joseph Ministries Foundation, a 501C3 organization whose purpose and ministry are to raise funds for the current and emerging ministries of the Sisters of St. Joseph of Carondelet, St. Paul Province.

csjministriesfoundation.org



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Graphic design: Periwinkle Concepts

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Ministries Foundation**

1884 Randolph Avenue
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Permit #594

A publication of
The Sisters of St. Joseph of Carondelet Ministries Foundation

FALL 2021

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Give to the Max!

Your donation to the Ministries Foundation during these Give to the Max weeks supports healthy, strong, and vibrant communities. Give to the Max is Minnesota's largest giving holiday. The Ministries Foundation needs YOU to help it reach its goal on Thursday, November 18.

Visit csjministriesfoundation.org for more information.

TO THE
give MAX
Nov. 18, 2021

MAKING OUR
COMMUNITIES
STRONG,
HEALTHY,
AND VIBRANT

- Tell your friends
- Donate to the Ministries Foundation between November 1-18
- Share with everyone you know!