



seeds of change

lutheran metropolitan ministry

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LMM Lends Helping Hands to Harvest Apples

Giving back and building right relationships are at the core of Lutheran Metropolitan Ministry's mission. LMM culinary students, along with staff partners, did just that when they worked alongside Board Emeritus, Rev. Hank Doll, to turn apple picking into a truly educational experience.

Not only is Doll an integral part of LMM's board, he is also a Master Gardener and apple tree grower. Doll delivered bushels of apples from his very own backyard to LMM's Central Kitchen. He then invited students in the Culinary Arts Training Program and staff to come learn about his horticulture in exchange for a helping hand.

Doll gave the staff a tour of his yard, where he has three large apple trees and a beautiful garden full of Dahlias and other flourishing plants. LMM staff picked Golden Delicious and Macintosh apples from two of his trees while Doll explained what it takes to care for apple trees, educating everyone as apples were harvested. Staff learned that the correct way to harvest apples from the tree is to carefully twist them off. By twisting the apple, rather than pulling, the apple and tree remain undamaged and the crop will be able to grow back just as strong the next season.

The apple crop was especially abundant this year. In all of the years Hank has been growing apples, he has never seen so many on one



LMM staff pick Macintosh apples from Hank Doll's garden.

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You're Invited to Dinner Theatre at the Prison!

Think you know what prison is like? Your perceptions may soon change. It's not often a prison invites the public inside its walls. Your chance to take part in a unique experience featuring the talents of dozens of women who are incarcerated is coming up on November 1st and you won't want to miss it!

Residents of Northeast Reintegration Center (NERC) in Cleveland are the new faces of re-entry, and their tenacity is as great as the show they're going to perform. Since a partnership formed between LMM and the Ohio Department of Rehabilitation and Correction nearly two years ago, dozens of Chopping for Change culinary students from NERC have been working on their talents in the kitchen. They're ready to combine forces with their fellow residents who are learning the art of theatre. The result will be an evening of entertainment you'll talk about for years to come.

Entertainment isn't the only purpose of the Dinner Theatre. The night will also be an educational experience, as we continue to find innovative paths to changing the way re-entry is viewed by society. As you check in, you'll take a guided tour of the facility. "We hope people will see we're not spending our time here in vain," says Amanda Freed, Northeast resident. "We're working on ourselves and preparing to re-enter society better than we were when we left it."

REGISTRATION INFORMATION ON THE BACK PAGE



LMM staff helped harvest over 25 bushels of apples.

tree before. Between just the two trees, LMM staff helped pick over 25 bushels.

Central Kitchen then surprised Hank by using the fresh, homegrown apples to make a delicious dessert, salted caramel apple pie bars. The remaining apples were given to residents at the Men's Shelter at 2100 Lakeside for

a nutritious snack and used in various recipes in LMM's Central Kitchen. We extend a heartfelt thank you to Rev. Hank Doll for sharing his abundant gardening knowledge and allowing LMM to enjoy the fruits of his labor.

ALL ABOARD! FIRST STOP: LMM!

The Cuyahoga County Office of Reentry invited community leaders to jump on Lolly the Trolley and ride around town to see various re-entry programs at work.

County Council members and key stakeholders got to see firsthand how Lutheran Metropolitan Ministry and others are expanding re-entry resources. It was a chance to meet people who most need the services and view ways those programs operate.

The re-entry tour began and ended at LMM. Council wrapped up the day with a tour of LMM, cooking demonstration, and lunch made by Chopping for Change culinary students.



(L – R): Rev. Tony Minor (LMM Director of Advocacy), Councilman Scott Tuma, Councilwoman Shontel Brown, Councilwoman Yvonne M. Conwell, Councilman Dale Miller, Andrew Genszler (LMM President & CEO), Councilwoman Nan Baker

Strategic Plan Explores Trauma Informed Workplace



LMM's Strategic Planning Trauma Informed Workplace group

The second phase of LMM's strategic planning process was launched mid-year with ten projects, some of which are a continuation of the initial effort, and others, new efforts. One of the most popular themes that has gleaned a lot of energy and enthusiasm is our exploration of becoming a Trauma Informed Workplace (TIW). This theme fits into some key strategy areas, including improving program quality and impact on clients, as well as achieving an engaged workforce.

A trauma informed workplace recognizes that the effects of working in behavioral health and human services can take its toll on the workforce, and institutes approaches that prioritize taking care of staff to avoid compassion fatigue, secondary traumatic stress, vicarious trauma, and burnout. "We need to take care of our clients, but also take care of each other," says TIW group member, Donnie Lynch. A workgroup of 11 staff partners (and growing!) has taken on the task of researching and exploring possible service system approaches, and will bring their recommendation to LMM leadership in coming months.

LMM's goal is to create an environment that supports the health and well-being of not only persons we serve, but also for those who provide the service on the front line. "It's intended to shift the way the staff looks at each other and clients and recognizes that trauma really affects people regularly and in ways we wouldn't even be thinking about if we weren't using this trauma lens," says Erin Kray, TIW strategic planning group co-leader. "We should be changing the culture of how we relate to one another for the better."

Holiday Donation Needs

Donations can be dropped off at the Richard Sering Center, 4515 Superior Avenue, unless otherwise indicated. Please mark for which program your donation is intended. For more information, please call the program you wish to support. Thank you!

GUARDIANSHIP

Adult Guardianship Services

(216.696.1132): blankets, gloves, hats, scarves, socks, toiletries and personal care items, slippers, men and women's plus size sweat shirts and pants, and fast food restaurant gift cards.

Volunteer Guardianship Program of Lorain County

(440.934.3613): men's t-shirts (large and x-large), women's camisoles, slippers (one size fits all is fine), blankets/throws, socks, winter apparel, hats, scarves, gift cards, cans of soda, shampoo, and body wash.

YOUTH SERVICES

After School Prevention Resources

(216.651.6841): ages 12-18 need gift cards (i-Tunes, restaurants, Walmart, Target, etc.), wallets, basketball shorts, basketballs, sweatshirts (M & L), hats, gloves, CD players, iPods, Cavs gear, watches, alarm clocks, jewelry for girls, sunglasses, umbrellas, backpacks, DVD movies, purses, mini boom boxes and headphones. Please deliver donations on or before December 14 to St. Paul's Community Church, 4427 Franklin Blvd. in Cleveland, Mon-Fri 10:30am-6:30pm.

Next Step – shelter care (216.941.0062): needs a complete Thanksgiving dinner to feed approximately 15-20 youth. No supplies, set-up or clean-up help required. Please call to arrange delivery. Also in need of individually wrapped gifts, labeled with gender and contents for the holidays. Desired gifts include: teenage-appropriate games, radios, CD players, journals, books, Gameboys, CDs, videos, and craft items.

Next Step – semi-independent living

(216.221.8920): televisions, radios, small table and chair sets, video games, DVD players, toys for infants and young children, infant and toddler clothing, new pajamas, socks and underwear for men and women, hair products, gift certificates to department stores, athletic shoe stores and salons.

WORKFORCE DEVELOPMENT

Employment Services

(216.658.8421): Men's employment interview attire and day-to-day attire (suggestions: khakis, button down shirts, polo shirts, undershirts), dress shoes, gift cards to Target, Men's Warehouse, JC Penney, Macy's, etc.

Women's Resource Center

(216.658.8421): gently used women's clothing, shoes and hygiene products.

HOUSING & SHELTER

Men's Shelter at 2100 Lakeside

(216.566.0047): new or gently used coats, pants, shoes, boots, socks, gloves, hats, new underwear/long underwear, towels, wash cloths, twin size bedding, toothbrushes, toothpaste, soap, small hand lotion, men's razors & razor blades, and regular size deodorant. Drop off at front desk of shelter at 2100 Lakeside. Also, bus tickets for shelter residents getting to essential appointments. Drop off bus tickets attention to Ron Register, Program Director of shelter. Hours: 24/7.

HEALTH & WELLNESS SERVICES

Friend to Friend (216.861.1838): gift cards to Target, Walmart or K-mart (or monetary donations to purchase the cards) for \$15 each, which will be given to the children of people in prison. Friend to Friend is also in need of first-class postage stamps.

Women's Re-Entry Network

(216.696.7535): gift cards for Target, Walmart, Family Dollar and Dave's grocery store, regular and travel size deodorant, lotion, toothpaste, shampoo, conditioner and feminine hygiene products, new underwear sizes 7-10, bras in sizes 34 - 40 B, C & D, new or gently-used adult hats, gloves, scarves, socks, winter cold weather boots sizes 7-10, comfortable casual clothing (women's sizes 12-22), plates, dishes, pots, pans, cutlery, laundry and dish soap, toilet paper and umbrellas.

YAARP, JR. (216.623.0959): children's socks, underclothing, boots, winter coats, hats, gloves and scarves.

LMM Students Turn Tables on Local Chefs

LMM's culinary students showed off their cooking skills as they created delicious dishes for participating savor restaurants and other local eateries. **Students had the chance to interact with culinary community employers including Rising Star Coffee Roasters, Mabel's BBQ, La Dolce Vita and University Hospitals. While dining, these chefs were able to learn about the Workforce Development Program and witness firsthand how LMM is preparing people for careers in the culinary arts.** "I just spoke with four qualified cook candidates," said John Selick, University Hospitals' Senior Culinary Manager. "I don't get four in a year from job postings."

The culinary students were honored to be given the opportunity to network with local chefs who believe in their skill set and their second chance at life. Employers even invited participants to their restaurants for employment opportunities. "Meeting with employers not only gave me help with believing in myself," said Chopping for Change participant Tiffany Robinson, "but the hope that someone else believes in me as well!"



Chef John Selick from University Hospitals Ahuja Medical Center speaks to Chopping for Change participants about employment.



Chopping for Change women prepare and serve food for local chefs.



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Our Mission:

To promote shalom (peace, well-being) and justice (right relationships) through a Christian ministry of service and advocacy with those who are oppressed, forgotten and hurting.

Link with LMM



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YouTube.com



E-newsletter sign-up at
www.lutheranmetro.org



Latest news at
www.lutheranmetro.org

Contacting LMM

LMM Main Office

216.696.2715

Development & Communications

216.696.1724

Office of Advocacy

216.658.7210

Housing & Shelter

216.566.0047

Workforce Development

216.658.4608

Health & Wellness Services

216.281.2500

Youth Services

216.696.0370

Guardianship

216.696.1132

To add, delete or change your address, contact 216.696.1882 or mail@lutheranmetro.org.

REGISTER NOW!

NERC Dinner Theatre

Wednesday,
November 1

Northeast Reintegration Center

4:30-5:45pm:

Registration & Tour of Prison

6-8pm:

Dinner Theatre

Tickets: \$40

Food and Theatre provided by the women at NERC!

Visit lutheranmetro.org to register

Must be 18 or over to attend



[THE DATE]

3.22.18

Silver Grille at the Higbee Building!

Food stations, entertainment, raffles, and more!

Details coming soon on LMM's culinary event of the year!

