



SKYLINES

S P R I N G 2 0 1 6

A semiannual newsletter by Urban Ministries of Wake County about our people and programs.

CELEBRATING 35 YEARS

The Urban Ministry Center officially opened its doors on July 2, 1981. Our community felt a more organized and centralized approach was needed to provide the basic necessities of life to our less fortunate neighbors. In our first year, we served 2,995 individuals by providing assistance with food, finances, medications, transportation and referrals. In 1984, following the tragic deaths of two homeless men in Raleigh, The Urban Ministry Center opened the Ark Shelter, serving 25 homeless men each night. Ten beds for homeless women were added in 1986. The Open Door Clinic became part of Urban Ministries in 1985.

Sister Helen Wright, our founding director for whom our homeless program was named, retired in 1986 and was followed by Anne Burke who served as executive director for more than 25 years.

Urban Ministries always intended to adjust our mission to meet the changing needs of this fast-growing community. Today, we serve 27,000 individuals each year through programs that honor our traditions – food for the hungry, shelter for the homeless, medical care for the uninsured, and reliance on volunteers to make it all happen. We emphasize going beyond the immediate and urgent needs of our clients to explore new ways to assist them toward

good health and stable lives. Assisting in a moment of crisis is good work; ending a cycle of crises is great work!

Growth of our services meant location hopping and, after several location changes, in 2008 we moved into our current building at 1390 Capital Blvd. The building houses our crisis programs, nutrition services and health services. The Helen Wright Center is downtown on West Cabarrus Street.

There's more to come as we reinvent ourselves with a renewed emphasis on outcomes: health, nutrition, a path home, and meaningful experiences for volunteers. With continued community support we will continue to serve and advocate for persons affected by poverty, not doing-for or doing-to, but walking with our neighbors in need.

Thanks to all who have been instrumental in the creation and development of Urban Ministries of Wake County over the past 35 years. And thanks for your partnership still to come!



As this issue of SkyLines goes to print, Urban Ministries of Wake County is preparing for its Spring Fling, a 35th Anniversary Celebration! Looking back over those 35 years, we recognize many milestones in Urban Ministries' evolution, and many reasons to say thank you!



Scramble on over for the 12th annual Tour D' Coop Saturday, June 4th to experience family fun at its finest! Trek through backyards across Wake County for a peek at designer chicken coops, home gardens, and

active bee hives—complete with spring chickens of course! Choose a self-guided tour throughout the Triangle or an eco-friendly bike route spotlighting coops in downtown Raleigh. .

Advance tickets are available online at www.tourdcoop.com or in-person the day of the event at Seaboard Ace Hardware and Wake County Whole Foods Stores. Bike route tickets can be purchased at Oak City Cycling.

For information about sponsorship and volunteer opportunities, please contact Jordan Hewitt at 919.256.2187 or jhewitt@urbanmin.org

Thank You Sponsors!

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Letter from Peter



Dr. Peter Morris, Executive Director

When you're in the "stand with" business you deliver more than services.

It's a little too easy to say that Urban Ministries provides services. Of course, we do. Our most important service might well be our volunteer program: hundreds of volunteers advocate for and serve our clients each year. Without volunteers, we can't do it.

It's not only what our volunteers do. It's how they do it. Clients come to us to improve their health, to ease hunger with improved nutrition, and to find a way from homelessness to home. We tailor our services not to "do for," or "do to" but to "stand with" them as they choose improved health, better nutrition and stable homes. It's the changing and challenging conditions of life that bring people to our doors. They come as much to find solace from those conditions as they do for the service.

When you're in the "stand with" business how you do what you do is critical. Our volunteers do it with hospitality, with compassion – and with empathy. Empathy is something you don't "do for" or "do to" but something you "stand with" someone. Our volunteers know well that it isn't only the what, but the how, that makes Urban Ministries a special place.

A handwritten signature in black ink, appearing to read "Peter Morris MD, MPH, MDiv".

Peter Morris, MD, MPH, MDiv

PUBLIC HEALTH IN OUR COMMUNITY:

"The Role of Public Health in Social Justice"

The Gillings School of Public Health at UNC Chapel Hill held its 37th annual Minority Health Conference in February 2016. Exploring the theme "The Role of Public Health in Social Justice," over 700 participants were informed about current conditions that affect the physical and mental health of individuals in our communities, particularly people with lower incomes. Topics covered included access to health care, the protection of natural resources, injuries and deaths from firearms, reproductive rights, cultural competency of health care providers and social determinants of health.

The organizers encouraged the attendees to think about public policies and advocacy that can bring about better health outcomes in our communities. Several presenters highlighted statistics regarding health disparities between people of color and other ethnic groups. Of particular note, health outcomes for people of color are lagging behind, even when controlled for the patients' income. The takeaway from these studies suggests that certain situations experienced by people of color cause stress that is harmful to both their physical and mental health.

The conference also dealt with how public policies in our communities disadvantage certain socio-economic groups and elevate others. Examples of these impediments include the placement of landfills near low-income communities, as well as the de-funding of public education, therefore limiting opportunities for social mobility. The issue of easy access to firearms was also mentioned. The attendees heard about the considerable disadvantages faced by individuals in need when trying to seek legal assistance and redress before the courts. The conference did not fail to mention health care inequities based on gender and sexual orientation.

"All of these topics are pertinent to the mission of Urban Ministries, which directs us to understand the plight of those affected by poverty and to advocate for those whose voices are not being heard. Our aim is to build a better community for all," said Pablo Escobar, Open Door Clinic Director who attended the conference.

Our Community Partner: NC MedAssist

Providing Medicines to Neighbors in Need, One Prescription at a Time

The Pharmacy at the Open Door Clinic provides medications to our patients continuously, reliably and professionally. Our usual practice is to apply to “Patient Assistance Programs,” which are the pharmaceutical companies’ outreach to the uninsured. This source fades when prescriptions become generic and we are faced with having to purchase those medications. That is when NC MedAssist comes to the rescue.

NC MedAssist is a non-profit pharmacy program providing access to lifesaving prescription medications, patient support, advocacy and related services to poor, vulnerable, and uninsured North Carolina residents. Based out of Charlotte, North Carolina, NC MedAssist began in 1997 through the efforts of the Mecklenburg Medical Society Alliance, the employees of Presbyterian Hospital and the State of North Carolina. Today, NC MedAssist provides more than \$30 million worth of free prescription medications each year to more than 12,000 low-income individuals across the state.

NC MedAssist has been partnering with Urban Ministries’ Open Door Clinic since the fall of 2013, providing life-sustaining medications to our patients free of charge. Prescription medication assistance programs like NC MedAssist are essential to our practice.

“NC MedAssist is a statewide pharmacy that provides services to over 90 Agency Partners in North Carolina. The Open Door Clinic is one of our largest,” stated Executive Director Lori Giang. “Through our partnership with the Open Door Clinic, NC MedAssist provided more than 2,400 prescriptions worth \$313,403 to 278 patients in Wake County last year. Our strong collaboration enables both agencies to provide more lifesaving medications and services to our uninsured neighbors in need.”

“NC MedAssist operates through the generosity of caring individuals and volunteers. Its operating model is based on grants, donations and in-kind contributions. They operate much like we do,” said Amanda Vaughn, Pharmacy Manager at the Open Door Clinic of Urban Ministries. “We’re thrilled to count them as a partner in our efforts to improve the health of the community.”



Kenneth’s Story...

Kenneth lost his job when his employer unexpectedly went out of business. He had only a year of payments left before he would own his home free and clear and now, with jobs scarce, it all seemed to be falling apart. Without insurance, Kenneth’s health conditions spiraled out of control, exacerbated by the stress of possibly losing his house so near retirement. On a referral from the Raleigh Rescue Mission, where Kenneth had volunteered for more than 20 years, Kenneth sought the help of Urban Ministries’ Open Door Clinic.

“Helping people to the degree that Urban Ministries is doing it lets me know that they’re more concerned and I wish they’d take loud speakers and broadcast it to the other people who don’t know,” says Kenneth. Kenneth speaks of his care as being “wholesome” considering that the Open Door Clinic not only addresses his immediate medical needs, but also finds out why those needs are happening to the fullest extent—without treating him differently because of his financial situation.

Kenneth continues to manage his medical condition while searching for employment. He does handy-man work for friends and neighbors in order to continue working towards owning his home—he has only 7 months to go! Kenneth has been 10 years sober and he thanks the strong support of local organizations, including Urban Ministries, for his sobriety.

“Urban Ministries returns people to a wholesome living and makes you feel good as a person again; No one gives up on you.”

Beyond Medicine ...a healthier life.

OPEN DOOR CLINIC: NOT JUST PRIMARY CARE

When you think about primary care, images of physicals, shots, chronic disease management, and sick visits come to mind. The Open Door Clinic does a lot more than that. We have volunteer providers who specialize in a variety of medical fields. Patients who come to the Open Door Clinic will get the attention they need either on-site or through our referral network.

Open Door Clinic practitioners provide our patients with the best in care, specializing in Audiology, Cardiology, Diabetes, Ear-Nose-Throat (ENT), Infectious Disease, Internal Medicine, Mental Health, Musculo-Skeletal (Sports Medicine), Nephrology, Neurology, Nutrition, Ophthalmology, Pulmonology, Gynecology and Podiatry.

Along with our specialized providers, the Open Door Clinic offers services such as pulmonary function testing, hearing tests, nutrition and cooking classes, diabetes education and counseling, mental health counseling, lab services, medication management, and an on-site pharmacy. Our array of health screenings include pap smears and a visit from the mobile mammography clinic every other month.

Not only do we have the best volunteer providers for all of the services we offer in house, we have strong community partnerships that allow our patients access to off-site services and testing such as diagnostic imaging and specialty medicine not listed above. The Open Door Clinic is primary care, but we are also so much more!

homelessness

Beyond Shelter ...a path home.

RESPONDING TO EMERGENCY

Wake County Human Services determined that single women are the most at-risk homeless population here in Wake County, assessing that single homeless women are a more likely target for physical and domestic violence as opposed to families and single men that experience homelessness. Determining that 30-35 shelter beds would protect this population, Urban Ministries of Wake County, Healing Transitions, and the Raleigh Rescue Mission have come together to provide emergency shelter to these women.

12 of the 36 beds at the Helen Wright Center for Women are currently being used for emergency shelter as opposed to program beds. Women have the opportunity to seek safe haven for a week to two weeks while they gain the resources needed to aid them in their journey. Upon the allotted time period, emergency shelter guests are able to seek safety by rotating between participating shelters. While safety is the main priority for our emergency shelter clients, we've also witnessed some transition to program clients beginning their journey home.



Welcome Lisa Williams!

hunger

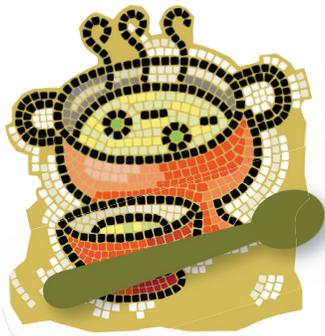
Beyond Feeding ...we nourish.

WELCOMING NEW LEADERSHIP

Join us in welcoming our new Director of Crisis Programs, Lisa Williams! In Lisa's short time at Urban Ministries she has been busy making positive changes to our Crisis Program by expanding our operations to serve more people living in crisis and serving those who need it the most, more often. Thanks to Lisa, our Crisis Program will now see senior citizens once a month, allowing seniors who are on a fixed income the ability to divert their income towards other needs.

Lisa is also directing our food pantry towards a self-selecting model in which clients can choose what they would like to eat. Possibilities include remodeling our food pantry to match a grocery store model and giving clients' the option to select recipe cards complete with the ingredients to make each meal.

As Urban Ministries continues to respond to the evolving needs of our community, we're grateful for such creative leadership. Thanks, Lisa!



STONE SOUP SUPPER



A Record Breaking Thank You!



Stone Soup Supper 2015 was a huge success, thanks to the community who joined us, the chefs who prepared delicious artisan soups, the potters from the Triangle Potter's Guild who donated the beautiful pottery and the celebrity judges who used their expertise to name a winner—whew, tough job!

The potter's village was magical; speckled with knowledgeable potters and their carefully crafted pottery. The chefs dazzled our taste buds, making it a challenge to choose a winner. In the end, the Celebrity Judge Award went to Chef Ron Solerno of the Raleigh Marriott Crabtree and The People's Choice Award went to Chef Jake Wolf of Capital Club 16.

Thank you to all of the sponsors! Thanks to you, Urban Ministries of Wake County raised more funds than ever at a fall event—more than \$42,000 for our neighbors in need!



If you missed it don't worry, Stone Soup Supper is promised to be even bigger this year. Join us this fall!

Thank You to our 2015 Stone Soup Sponsors:

Farmer	Bank of America	Seamstress	Great Tarheel Restoration Company	Villager	Rebecca and Gordon Christian
Merchant	Associated Agriculturalists of Urban Ministries	Seamstress	Mary June and Henry Jones	Villager	Joelyn Harrington
Merchant	The Fenwick Foundation	Seamstress	Greer and Chuck Lysaght	Villager	Mary Anne Howard and Steve Schuster
Merchant	Fifth Third Bank	Seamstress	Susan and Ken Nichols	Villager	Judy and Dan McConnell
Merchant	North State Bank	Seamstress	Sara Smith and Dr. Peter Morris	Villager	Suzanne and Jeff Morrison
Carpenter	Jean and Mike Carter	Seamstress	Raleigh Capitol Ear Nose & Throat	Villager	Celia and Grey Poole
Carpenter	Dr. Gary Greenberg	Seamstress	Nancy and Bob Sumner	Villager	Drs. Mary and Gerald Sibrack
Carpenter	H.H. Architecture	Seamstress	Barbara and Ken Updegrave	Villager	Russ and Susan Stephenson
Carpenter	Carla and David Liberatore	Seamstress	Katie and Larry Wu	Villager	Suzanne and Guye Stroud
Seamstress	Beth Meyer Synagogue	Seamstress	Whitney and Cliff Zinner	Villager	Charles R. Ullman & Associates
Seamstress	Lee and Jim Black	Villager	Bible Application Class	Villager	Wainright & Wassel DDS
Seamstress	Margaret and Chris Browning	Villager	Andrew Bonin and Friends	Villager	Wood Wise Design & Remodeling
Seamstress	Chris and Dave Gospodarek	Villager	Anne and Matt Bullard		
		Villager	Susan and Jon Carr		

52 Week Food Drive Sponsors

THANK YOU TO OUR CURRENT 52 WEEK FOOD DRIVE SPONSORS

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Bank of America	JTH Law	The Green Chair Project
BB&T	Kiwanis/Alpha Graphics	The News & Observer
Beth Meyer Synagogue	Lysaght & Associates, P.A.	UCB Biosciences, Inc.
Bible Application Class	McConnell Golf	United Methodist Women
Coastal Federal Credit Union	Millbrook Baptist Church	Wake County Chic-fil-A's
CVSsu at Duke Hospital	Nationwide	Wainright & Wassel
Dimensions in Occupational Health and Safety, Inc.	News & Observer	West Raleigh Exchange
Employees of NC OAH	Novella Clinical	Whitley Law Firm
First Baptist Sunday School Class Journeys	PRA	Williams & Daily Dental
FMI Corporation	St. Michael's Episcopal Church	Womble Carlyle
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Hayes Barton Baptist	Super Sod	

For more information on organizing a food drive, please contact **Carol Schwartz** at cschwartz@urbanmin.org or **919.256.2179**.

Spotlight on:



our board member:

Whitney White Zinner

Q: Tell us a little about yourself.

A: I was born in Scarsdale, NY and moved around, growing up with an IBM dad.

We lived in Raleigh when I was in 4th grade, but I ended up graduating high school from The American School in Japan. I returned to NC to attend the University of North Carolina at Chapel Hill majoring in Economics. Following a brief stint in Atlanta I settled in Raleigh with a 15 year career in retail marketing and business development.

I love my big family: 3 sisters, Mom and Dad doing well in Wake Forest, 18 nieces and nephews! Cliff and I married in 1996 and we have 3 wonderful children, Mattison (18), Josh (16) and Molly (9). And we're known for our pets: a dog, 3 cats, a guinea pig and a hedgehog. I have been fortunate to be able to spend the kids' childhood years as a mom with an occasional contract job and many volunteer opportunities.

Q: What attracted you to board service at Urban Ministries of Wake County?

A: My husband and I have been involved with Urban Ministries for more than 12 years. When my husband served on the board, and later as board chair, I assisted with various events. I continued after he moved on and eventually became a board member as well. My kids have worked at events and enjoy serving meals at The Helen Wright Center.

Over the years I have been involved with numerous great organizations, such as The Red Sword Guild and National Charity League. With family time as the first priority, I've become more particular about obligations that

take away from family time. I've been careful to get involved only where I know I am making a difference. Other than my kids' school activities, I have found that the most rewarding use of my time away from family is at Urban Ministries of Wake County. Not only does Urban Ministries make a real difference and address critical needs in our community, it's comprised of staff and volunteers with rare dedication; their commitment is unmatched at other organizations where I have served. The efficiency and respect with which every decision is made ensures that the maximum numbers of those in need are getting help.

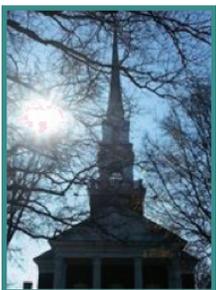
Q: What do you see as the chief challenges or opportunities for Urban Ministries as an organization and for its mission?

A: Urban Ministries has a strong foundation on which to continue alleviating poverty and advocating on behalf of those who are struggling in Wake County. I believe the greatest challenges we face are related to community awareness and increased funding.

We must do more to engage our community in understanding and responding to the needs that exist here and the amazing work Urban Ministries is doing to address them. Our collective impact can be so much greater!

Urban Ministries does an outstanding job of managing donations and budgeting responsibly. However, program growth and our ability to engage more of the community depend on funding, including a stable base of "estate" donations and eventually an endowment. Additional resources will enable UM to serve more of our neighbors in need with more than a stop gap fix, rather, with assistance that changes and improves lives.

our donor: White Memorial Presbyterian Church



White Memorial Presbyterian Church has strengthened the mission of Urban Ministries in service to the poor in our community for nearly three decades. Through member volunteerism, financial contributions, food collections, meal preparation at the Helen Wright Center, event hosting and many other avenues of support, White Memorial has consistently been among Urban Ministries' most generous and dedicated providers of the resources needed to keep our mission strong.

We talked with Reverend Gloria Johnson, Associate Pastor for Community Ministry, about White Memorial's long history with Urban Ministries and her role in that relationship. "My first formal interaction with Urban Ministries after arriving at White Memorial in 1993 was to volunteer in the crisis eligibility area. It was a great way to learn the agency's programs and gain important face-to-face knowledge of those we serve," said Johnson. "White Memorial used to help individuals directly, providing financial and

other support to walk-in clients at our facility. Over time, we recognized that agencies like Urban Ministries are better equipped to manage these processes. In 1999, we discontinued our walk-in service and refocused our community outreach by supporting the most effective service providers in the community, including Urban Ministries."

Beyond the very generous financial support Urban Ministries receives from White Memorial and its members, dozens of White Memorial members serve in volunteer roles such as Board Member, clinic doctor, nurse, receptionist, repairman, food pantry, eligibility review, food drive organizer, committee member and more. One reason Urban Ministries can direct 95% of all donations to programs – a very rare level of efficiency – is the generous volunteering spirit of White Memorial Presbyterian Church members. We and the people we serve are sincerely grateful!



Volunteer Spotlight:



Henri Dawkins

20 YEARS OF DEDICATION

In her two decades of service, Ms. Henri Dawkins has held many volunteer positions at Urban Ministries of Wake County. She's been a receptionist, a pharmacy assistant, she's sorted patient files, she makes meals for the women at

the Helen Wright Center four times a year, and she currently helps mail thank you letters to our donors.

Ms. Henri volunteers through Altrusa International Raleigh Club, a service-based organization comprised of professional women committed to making a difference in the community.

Ms. Henri worked for 30 years for the state government, working in the Historical Publications sector of the Archives and History Department where she fact-checked and edited publications for small books, documentaries,

and maps focused on North Carolina. Ms. Henri fondly remembers all of the writers and researchers she met while working in Historical Publications, mentioning that "When you associate with great minds it stimulates you". With Ms. Henri's eagle-eye skills for catching mistakes, it's no wonder where she got it from!

Not only is Ms. Henri celebrating 20 years of volunteerism, but she'll also be celebrating her 92nd birthday in May! When asked why she continues to volunteer, Ms. Henri said "It's because I believe in volunteering. It makes me feel useful in my retirement. I like the camaraderie of everyone I work with here and I like knowing everyone is here because they want to be here."

When reflecting on her experiences as a volunteer at Urban Ministries, Ms. Henri kindly mentions how good it makes her feel when the women at the Helen Wright Center tell her how much they like the meals and how many women note that the meals remind them of their own families' cooking—a special quality Ms. Henri has for making those around her feel like family.

We are so grateful to have had you as a dedicated volunteer for the past 20 years and hopefully many years to come—thank you, Ms. Henri!

Spotlight ON NUTRITION:



With limited resources, Urban Ministries' clients face challenges you might not expect – impossible choices between food, medicine, or rent/mortgage/housing bills. When the paycheck is going to run out before the bills are paid, inexpensive food

becomes the norm. Thus, nutrition is of paramount concern in helping low income families lead healthier lives.

Urban Ministries advocates to not only make our clients' urgent decisions an easy one, but also a decision that will affect their long-term health. With an emphasis on collecting more fresh and frozen meats and produce, Urban Ministries is moving away from the typical food pantry items that cause health problems, such as high sodium and high sugar foods.

With gracious help from our volunteer gardeners, we're able to promote nutrition with our three community gardens, which have brought in over

10,000 pounds of fresh produce in their four years of existence! Clients are given a healthy dose of beans, peas, tomatoes, greens, carrots, and turnips—produce as local as you can get! Urban Ministries was able to add the third and largest garden thanks to the generous support of The Burt's Bees Greater Good Foundation, who donated the necessary funds to more than quadruple our garden capacity through a \$5,000 grant that allowed the delivery, spreading, and tilling of the top soil.

While we replace more and more canned foods in our pantry with fresh and frozen foods, we also encourage our clients to proactively seek healthy lifestyles that will allow them to live a higher quality of life. We offer 6-week Cooking Matters classes quarterly, to learn how to cook healthy meals and where students learn why it's important to pay attention to nutrition. Participants practice cooking skills, make a meal in class with donated items, and take home any leftovers. Often times if enough food is donated, participants are given ingredients to replicate the meal for their families!



Adopt a Garden

Tend, plant, and harvest our organic garden! All yields go directly to our Food & Nutrition Program. Is your small group interested in helping Urban Ministries provide more fresh produce to families in need? If so, please contact **Beverly Benitez at bbenitez@urbanmin.org –Thank you!**

GROUP NAME

POUNDS OF FOOD DONATED

Edenton Street United Methodist Church	10,321
St. Paul's Episcopal Church	9,453
Holy Trinity Evangelical Lutheran Church	7,348
Bible Application Class, Inc.	7,231
White Memorial Presbyterian Church	6,275
Local Government Federal Credit Union	6,120
Western Boulevard Presbyterian Church	4,130
Good Shepherd Lutheran Church	3,590
First Baptist Church of Raleigh	3,494
BB&T	3,411
Curves for Women	3,341
West Raleigh Exchange Club	2,935
Unitarian Universalist Fellowship of Raleigh	2,798
Penn State Triangle Alumni Club	2,538
UCB Biosciences, Inc.	2,222
Lysaght & Associates. P. A.	2,116
St. Michael's Episcopal Church	2,099



SKYLINES

SPRING 2016

Urban Ministries of Wake County

our wish list

Your in-kind gifts can help Urban Ministries of Wake County to continue directing more than 90 cents of every dollar to programs.

A full list of our needs can be found at www.urbanmin.org/wish/

A SAMPLING FROM OUR WISH LIST:

- 2x2 Alcohol Pads/Wipes
- 2x2 Gauze Pads
- Adobe Acrobat (New or Used)
- Adobe Illustrator (New or Used)
- Blood Pressure Monitor with Vinyl Cuff
- Digital SLR Camera (New or Used)
- Digital Video Camera and Microphone
- Fresh/Frozen Produce
- Fresh/Frozen Meats
- Garden Company Gift Cards
- Pillow Cases
- Shower Curtains
- Size Medium Latex-Free Exam Gloves
- Twin Sized Sheets

upcoming events

June 4, 2016: Tour d'Coop

Scramble on over for our annual "parade of combs"! This family-friendly tour showcases the best of urban chicken coops, bee hives, and gardens—complete with an accompanying bike route option!

June 18, 2016: Wine Tasting

Enjoy complementary California wine tastings at Triangle Wine Company's Morrisville location from 4-7 pm. Donations requested.

July 22, 2016: Christmas in July

Fundraising with a double benefit! Donate five cans of food and receive a free chicken sandwich while helping food-insecure families during the toughest months of the year. Visit urbanmin.org for participating Chick-fil-A locations.



URBAN MINISTRIES
OF WAKE COUNTY

Renewing lives. Restoring hope.

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Urban Ministries is a proud Agency of Excellence member of the Triangle United Way.

Triangle United Way Number: 840
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