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On Track with Lifetrack

Putting Hope Within Reach

STABILIZING
FAMILIES
SUMMER 2016



Strengthening Families



When people have sustainable employment, they create stability for themselves and their families and provide a solid foundation for the next generation.

Lifetrack helps people with disabilities, documented immigrants and refugees and people experiencing poverty begin and develop careers that are meaningful to them.

Paying it Forward

A single mom thrives in a counseling career



Yvonne, Lifetrack Participant

Yvonne is a proud and successful mom of an energetic 7-year-old. She spends her days helping others as a counselor and caring for her family. But her journey here wasn't without bumps.

Eight years ago, Yvonne was excited to be expecting her first child, but she says it was a time in her life when she was "scared to death." Adjusting to life as a new single mom was challenging.

After her son was born, Yvonne decided the best way to support him was to first pursue her education. She got involved in a program that helps low-income single moms go to college. Yvonne worked, took care of her son and studied. She graduated with a bachelor's degree in Human Services Administration.

But even with a degree, a good job didn't come along easily. Yvonne started working part-time, but had trouble finding a full-time job in her field. "At that time, a lot of nonprofits were failing and corporations were letting people go, so the job market was really tough for a new person coming in," said Yvonne.

Yvonne got in touch with Lifetrack as part of her Hennepin County benefits program and Lifetrack workforce coaches stepped in to help her jump-start her career.

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Learn more at www.lifetrack-mn.org

Message from the President



*TrixieAnn Girtz Golberg,
President/CEO, Lifetrack*

There are few moments in life that rival the “I Got This” moments.

“I Got This:” A short phrase that captures the joy of long-worked-

for accomplishments, confidence and hopes fulfilled. Listening to Lifetrack parents and family members describe their “I got this” feeling is an extraordinary experience in itself.

At Lifetrack’s annual Legacy Luncheon and in our Summer *On Track*, Marlon, Wade and Yvonne, three parents with very different life journeys, shared their “I got this” moments -- the common, unmistakable note of pride in having created a brighter future for their children and now being role models for others.

Lifetrack’s family-centered approach to ending disparities in education, employment and health, works to get all parents and little ones off to the best start, supports families and individuals through critical life challenges and fosters stability and lifelong resilience. Lifetrack has worked for generations to create innovative, responsive resources to meet families’ changing needs. Volunteers and donors have been critical in this support of families. Lifetrack’s new Diaper Drive and Summer Toy Drive build on that family to family connection.

Enjoy the summer newsletter and take pride in all the great moments that you help to create for families, children and parents. “You Got This.”

Pathways to Success

Class of CNAs graduate, find employment

In a strategic plan to reduce racial disparities in employment, the Minnesota Department of Employment & Economic Development awarded Lifetrack funding to strengthen a career pathways program. This program helps individuals from diverse backgrounds gain skills training as Certified Nursing Assistants and offers employment support, like resume assistance, interview coaching and help with job placement.



Janay Shante, Lifetrack Participant

Certified Nursing Assistants are in-demand—it is a profession that is only expected to grow. The Minnesota Department of Employment and Economic Development projects a 12 percent increase in demand between 2012 and 2022.

Lifetrack was proud to see a class of Certified Nursing Assistants graduate from the program this spring and enter the workforce. Participants like Janay Shante (pictured above) were able to be placed in jobs quickly and begin their careers.

Paying it Forward, *Continued*

“Lifetrack gave me support and they gave me willingness to keep trying and to look further into my career,” said Yvonne.

That’s when Yvonne decided to focus her efforts on becoming a drug and alcohol counselor. “I have a family of alcoholics. I lost a lot to addiction and found my way out, so I wanted to give back,” said Yvonne. She earned her license in drug and alcohol counseling and accepted a job working as a counselor at a women’s treatment center.

Her favorite part of the job is the opportunity to help others. But with her drive to help others, she found a stable avenue to support herself. “Things are coming together more as far as being financially stable. I was actually thinking, boy, in a year we can actually go on a family vacation, which would have never happened before,” said Yvonne.

She thanks Lifetrack for helping to guide her career. “Lifetrack was definitely a good supportive system that helped me find my career path,” said Yvonne. “It took time, but Lifetrack helped me stabilize my life for the future.” ✨



Teaming Up for Healthy Babies

Lifetrack and the Diaper Bank of Minnesota partner to address diaper need

Lifetrack and the Diaper Bank of Minnesota have partnered to help more low-income families collect the diapers they need. The Diaper Bank of Minnesota is a volunteer-based organization that was founded in 2010 to help address diaper need—an problem that 1/3 of all Minnesota families face. Diapers and supplies can cost up to \$1,000 a year--it's a heavy expense that many low-income families cannot afford.



Lifetrack and the Diaper Bank of Minnesota plan to work together to host and plan diaper drives throughout the year for the families that Lifetrack serves.

You can help!

Donation drives are a fun and rewarding way to engage employees, community groups, service organizations or corporate teams to make a meaningful difference for the community. You can make a real impact on people's lives in a tangible way. Generosity is infectious! Join Lifetrack to ignite a campaign of kindness. Learn more at www.lifetrack-mn.org/donate/inkind.



Donor Spotlight



Allianz believes that everyone benefits from a stronger community. Their mission is to help people achieve their financial goals, but that mission doesn't just apply to their customers. It applies to the larger community too. Allianz gives back to the community in abundant ways through philanthropy and employee volunteerism.

"Our employees believe in making our community a better place through financial and volunteer support. By making a difference in the lives of our neighbors, the community becomes stronger, and we all benefit," says Walter White, Allianz president and CEO.

With the support from this program, Lifetrack provides financial literacy education to community members who've experienced poverty—people who might not have much experience managing money or saving for the long-term. With Allianz's help, Lifetrack is able to teach participants how to use the banking system, how to save for retirement, how to buy a house or car and how to establish good credit history. With these tools, more Minnesotans are able to work towards financial independence and create stable, happy homes for their families.

faces of hope corner

Testimonial from Khadijah Ramadan, Advancement Associate at People Incorporated Mental Health Services

"I love Lifetrack for what your organization does for individuals and for the community. At one point in my life, I was out of work and I had to utilize Lifetrack's employment services. I was provided a job counselor, a gas card to get to and from interviews, and also the ability to use the computer lab to submit applications and print copies of my resume. Lifetrack really helped me feel like I was still a viable member of the workforce and I was later able to secure employment. I have referred several people to utilize Lifetrack's many services and opportunities since then and I feel honored to now be invited to your luncheon not as a receiver of support, but as someone who can now support others."

Donate today!

www.Lifetrack-MN.org/donate

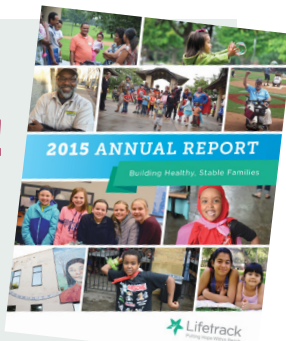
Thanks to our generous corporate partners:

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To learn more about sponsorships, contact Annette Rodriguez at 651-265-2358 or AnnetteR@lifetrack-mn.org.

View the 2015 Annual Report!

www.Lifetrack-MN.org/annualreport



LifeBalance Solutions:

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LifeBalance Solutions is your partner to plan, schedule and promote high-quality, effective work-life and wellness programs. With our extensive catalog of topics and highly-credentialed experts, we work with you to find solutions for your organization.

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If you would like a FREE, no obligation consultation, contact Lisa Vosbeek, Manager of LifeBalance Solutions at 651.265.2433 or email lvosbeek@lifebalance-solutions.org. www.lifebalance-solutions.org

Adopt-A-Scholar Donation Drive

Many families struggle to purchase the school supplies needed for their child's academic success. Help collect backpacks and supplies for kids at Lifetrack! Learn more about how you can help at www.lifetrack-mn.org/inkind or call 651.265.2330.

Upcoming Events

Hope Tour

Join us for a tour of Lifetrack!
709 University Ave W.
St. Paul, MN 55104
July 20, 9am-10am
August 17, 4pm-5pm
September 21, 9am-10am

Work/Life and Flexibility Expo

September 22, 2016
St. Mary's University Center
Minneapolis, MN
www.worklifeexpo.com

Faces of Hope Breakfast

October 6, 2016
Learn more at lifetrack-mn.org

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MNHandsandVoices.org

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