

cribnotes

BECAUSE OF YOU, OUR FAMILY STAYED TOGETHER

Crystal was exhausted. She hadn't had a decent night's sleep in a very long time. Her youngest child, Zak, had a sleeping disorder which significantly affected his sleep patterns. He only slept for a couple of hours a night and not at all during the day. He spent most of this time perched on Crystal's shoulder or laying in the baby swing.

Crystal was existing on short naps and doing everything in her power to make it through each day. **Crystal felt a kind of tired that most people never experience.** Because she suffered from bi-polar disorder, getting enough sleep was critical for her mental well-being. Sleep deprivation could trigger depression or mania, and she felt trapped in a cycle that she couldn't sustain. **It was a heavy, crushing feeling.**

A friend implored her to call the Nursery. A few days later, after Zak had been screaming for hours, she picked up the phone. It was scary, but she knew it was the right thing to do. Her voice shook as she asked the person on the other end of the line for help.

Crystal came to the Nursery, carrying Zak in her arms and her two other children in tow. The children stayed at the Nursery for three days. That first day, Crystal slept for 15 hours straight. She got a full night's sleep the next two nights as well. Crystal was elated when she returned to the Nursery to pick up her boys. She felt reenergized; ready to be the mom that they deserved.

Zak's doctors found the right medication to help Zak sleep better. He slept for longer periods of time, which was a game changer for Crystal.

Crystal returned to the Nursery almost monthly. Those three days of respite allowed her to replenish and be ready to lovingly take care of her boys. Between her visits, she often called the helpline for support.



*"The Nursery was a gift.
Without it, I honestly don't
know if my family would have
stayed together."*

Crystal's children are grown now. Zak works at a local supermarket, her other son is in the Army, and her daughter, now has children of her own, making Crystal a grandma. Crystal couldn't be prouder.

You help families like Crystal's everyday. It's because of you, and your support, that the Nursery can be a resource for parents like Crystal.



YOU ARE THE NURSERY

I hope you read Crystal's story. It is one of countless stories of families who come to the Nursery when they're feeling alone, exhausted, or hopeless.

I also hope that you know that you are the Nursery. Your involvement and commitment to these children and families is undeniable.

We are humbled that you choose to share your gifts with us.

Without you, families like Crystal's may not make it through tough times. **Because of you, parents can get the rest they deserve.** They also have someone who is always there to listen, without judgement, to help them through the tough times; someone who genuinely wants to help them.

You are making that possible.

You are the reason a single mom doesn't feel so isolated. You are the reason a child has a safe place to sleep, grow, and play. **You are the reason families like Crystal's stay together.**

The Nursery is an extended family to those who may not have others to lean on. You are a part of this family, and you make this family possible. Thank you.

Mary Pat Lee
Executive Director



GET INVOLVED THIS SEASON

give TO THE MAX 
NOV. 14, 2019

YOUR GIFT GOES TWICE AS FAR THIS FALL!

When you Give to the Max this November to help local children and families, your gift will be matched dollar for dollar.



MAKING A GIFT IS EASY!

Visit www.crisisnursery.org/GTMD between November 1-14.

YOUR DONATION IS DOUBLED!

How? It's simple: just make a gift between November 1-14. When you Give to the Max this November, Otto Bremer Trust will double your donation, matching all gifts, dollar for dollar, up to \$20,000.

YOU CAN TRIPLE YOUR DONATION!

Many employers offer matching gifts to help their employees make a difference in their communities. Visit www.crisisnursery.org/donate to see if your company will also match your gift.



BE A HOLIDAY HELPER

Make a child's season brighter!

The Holiday Helper program makes gift giving possible for families who access the Nursery during the winter season of giving.

Learn more at
www.crisisnursery.org/HolidayHelper

WHAT A DIFFERENCE YOU HAVE MADE!

Volunteers are making amazing things happen at the Nursery!

A REMARKABLE FEAT

TOGETHER, YOU
DONATED OVER
23,000
VOLUNTEER
HOURS
THIS PAST YEAR



THANK YOU FOR FILLING LITTLE BELLIES!

ALMOST
70%
of meals were
prepared by Cook
for Kids volunteers

THAT'S OVER
700
nutritious, homemade
meals

ADD IN THE
350
snacks that volunteers
prepared

YOU SAVED THE
NURSERY OVER **\$85K** IN FOOD
COSTS

WELCOME NEW VOLUNTEERS!

90
NEW Cook for Kids
teams

90
NEW Creative Snack
for Kids teams

30
NEW Child Care volunteers
joined the Nursery

"Best day EVER. Just finished
volunteering — so fun and rewarding!"

BE A PART OF THE FUN!

Visit crisisnursery.org/volunteer to find a
fit that's perfect for you.



CALLING ALL THRIVENT MEMBERS!

You have the power to help direct where
Thrivent distributes its charitable funding.
Share your belief in Greater Minneapolis Crisis
Nursery by directing Thrivent Choice Dollars to
the Nursery. Visit Thrivent.com/ThriventChoice
to recommend where Thrivent gives back!

CHEERS TO A WONDERFUL EVENING

Thanks to everyone who joined us for the 15th Annual Harvesting Hope wine
tasting event. Hundreds of you came together to show your support for this
critical work. **A special thanks to our Gold Sponsors, Bellisio Foods and
RBC Wealth Management.**





GIVE AN HONOR CARD THIS HOLIDAY SEASON FROM GREATER MINNEAPOLIS CRISIS NURSERY.

Double the joy of giving and brighten the life of a child. Your holiday greeting benefits children at risk and supports Greater Minneapolis Crisis Nursery's mission to end child abuse and neglect and create strong, healthy families.



To order, complete and mail the order form on the next page, visit crisisnursery.org/holidaycards or call 612-767-8468



OPTION 1 KID ART CARD

5 x 7, includes white enclosure envelope.
The perfect choice for those who want their card ready to send.

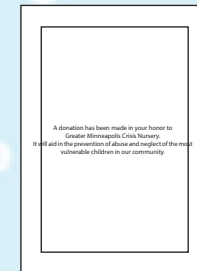
Inside Message:
Warmest wishes for a holiday season filled with joy, laughter, and time with loved ones.

Artwork made with the help of little hands at the Crisis Nursery.

A donation has been made in your honor to Greater Minneapolis Crisis Nursery. It will aid in the prevention of abuse and neglect of the most vulnerable children in our community.

PRICES

Number of pieces (cards or vellum)	Price per piece	Tax-deductible donation per piece
1-99	\$5.00	\$2.00
100+	\$4.00	\$1.00



OPTION 2 VELLUM INSERT

4 x 6
The perfect choice for those who prefer to send their own card or letter, but want to share with the recipient that a donation has been made in their honor.

Message:
A donation has been made in your honor to Greater Minneapolis Crisis Nursery. It will aid in the prevention of abuse and neglect of the most vulnerable children in our community.



To order, complete and mail the order form in the enclosed envelope, visit crisisnursery.org/holidaycards or call 612-767-8468.

2019 HOLIDAY CARD ORDER FORM

Name		
Company		
Address 1		
Address 2		
City / State / Zip		
Phone		
Email		

CARD STYLE	# of Cards	Amount
Kid Art Card		
Vellum Insert		
Additional Donation		

Total: _____

PAYMENT

- ☐ Check enclosed, made payable to Greater Minneapolis Crisis Nursery
☐ Charge (please circle) Visa MC American Express Discover

Account Number _____

Expiration Date _____

Security Code _____

Cardholder's Name (print) _____

Signature _____

Billing Address (if different from above) _____

BECAUSE OF YOU...



Someone ANSWERED EVERY CRISIS CALL – **ALL 3,808 OF THEM.**



Parents could ASK THE NURSERY TO CARE FOR THEIR CHILDREN **1,283 TIMES.**



Children were TUCKED INTO BED **5,746 TIMES.**

LOOK INSIDE TO SEE WHAT OTHER AMAZING THINGS YOU MADE POSSIBLE

crisisnursery.org | 763.591.0400

4544 - 4th Avenue South
Minneapolis, MN 55419



Nonprofit Org.
Postage
PAID
Minneapolis, MN
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