

# Sixth Ward News

FROM MINNEAPOLIS CITY COUNCIL MEMBER ROBERT LILLIGREN

## NEW FITNESS CAMPAIGN PROMOTES HEALTH THROUGH COMPETITION



Get Fit Twin Cities is a new campaign launching in January 2007 and is an exciting fitness program where teams of 2-10 in the Twin Cities help motivate each other to reach physical fitness goals. Teams can participate in one of two divisions: minutes of activity or weight loss, and the minutes or weight of the groups are tracked and reported and can be compared against other teams in a friendly competition. All teams receive weekly "Tips for Healthy Living" e-mails, prizes such as gift certificates and fitness equipment for winning teams, and reduced-rate fitness opportunities and nutrition resources in Minneapolis and St. Paul, on top of increased physical fitness.

Get Fit Twin Cities aims to address a major public health problem: fewer than half of adults get the recommended amount of physical activity, and most adults don't eat enough fruits and vegetables. Get Fit Twin Cities is modeled after successful programs in 15 other states. In Iowa last year, 33,000 people logged 76,842,495 minutes of physical activity and lost 138,872 pounds.

The first 10,000 participants register free, and it is \$5 per person after that. Registration will begin this month at the Get Fit Twin Cities website.

Get Fit Twin Cities:

Minneapolis Resident Questions:

St. Paul Resident Questions:

<http://www.getfittwincities.org/>

612-673-FIT5

651-266-2400

## PARTICIPATE IN A CONVERSATION ABOUT YOUTH ON DECEMBER 19

Conversations about ensuring Minneapolis children and youth have access to places that are safe, fun and enriching are taking place all over the city. Council Member Lilligren is convening a meeting among youth service providers on Tuesday, December 19, at Lutheran Social Services (2414 Park Ave) from 9:00am to 11:00am.

You are encouraged to attend if you are interested in making the Sixth Ward a better place for youth. RSVP no later than noon on Monday, December 18th (612-673-2708) with the name of your organization and the number attending. Please send no more than two individuals who are familiar with the needs of children and youth in your community and the issues they face.

The Minneapolis Youth Coordinating Board was established in 1985 and is an inter-governmental organization dedicated to promoting the healthy and comprehensive development of Minneapolis children through collaborative action and policy alignment.

Council Member Lilligren is looking forward to participating in this conversation and hearing from youth service providers in the Sixth Ward.

Minneapolis Youth Coordinating Board:

<http://www.ycb.org/>

## FRANKLIN LIBRARY HAS MOST PROGRAMS IN LIBRARY SYSTEM

The Franklin Library, located at 1314 East Franklin Avenue, has more programs than any other city library. The library offers basic reading and writing, math, English language, GED preparation, homework help, and technology classes on a regular basis.

The Franklin Library is open Mondays and Thursdays 12:00PM to 8:00PM, Tuesdays, Wednesdays and Fridays 10:00AM to 6:00PM, and is closed on weekends. The library reopened after renovation in 2005. For additional information, visit the library website or call 612-630-6800.

Franklin Library:

<http://www.mpls.lib.mn.us/franklin.asp>

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## COMMUNITY OFFICE HOURS

Council Member Lilligren has Community Office Hours at each of the four Sixth Ward Neighborhoods, every Monday, 9:30AM to 12:00 noon.

To schedule an appointment, call Connie at (612) 673-2206. Drop-ins are welcome, and translation is available by appointment. There will be no Community Office Hours if the Monday lands on a city holiday.

## ROBERT'S CALENDAR

- Monday, December 11 9:30AM - Noon  
**Community Office Hours**  
Lutheran Social Services  
2414 Park Avenue South
- Monday, December 18 9:30AM - Noon  
**Community Office Hours**  
Stevens Square Community Organization  
1925 Nicollet Avenue
- Tuesday, December 19 9:00AM - 11:00AM  
**Youth Service Providers Meeting**  
Lutheran Social Services  
2414 Park Avenue South  
RSVP to 612-673-2708, see article to the left

No office hours on Monday, December 25 and Monday, January 1.



Call 311 in Minneapolis or 612-673-3000 for city information, news, and services.

## DECEMBER 1 WAS 18TH ANNUAL WORLD AIDS DAY

World AIDS Day was Friday, December 1, and in its 18th year. It is an international health day that originated in London in 1988, and its purpose is to bring attention to global challenges and consequences of HIV/AIDS in order to bring change. The Minnesota Department of Health found that there were 5,000 people in Minnesota living with HIV/AIDS, and about 90% live in the Twin Cities metropolitan area. Over 95% of the people in the world who have HIV/AIDS live in developing nations. Three million people will die world-wide from HIV/AIDS in 2006 alone, causing suffering all over the world. World AIDS Day may have passed, but you can still help: the National AIDS Trust asks the public to wear a red ribbon, speak out against ignorance and prejudice, and educate others.

AVERT World AIDS Day Information:

<http://www.avert.org/worldaid.htm>

## "HEADING HOME HENNEPIN" AIMS TO END HOMELESSNESS BY 2016

A Minneapolis and Hennepin County Commission to End Homelessness created a 10-year plan to end homeless in the city and county earlier this year. The city and county do not have enough resources to help the homeless, as the plan identifies: homeless shelters are consistently overwhelmed. Wilder Research Center found that 80 percent of homeless children in Minnesota are twelve years old or under. More than 70 percent of unaccompanied homeless youth under 21 have been in foster care, residential treatment, or correctional facilities. The winter months in Minnesota are especially difficult for people experiencing homelessness. Our systems are currently only managing and maintaining homelessness, not preventing and fixing it.

A group of 70 representatives from federal, state, and local governments, businesses, non-profit, faith, and philanthropic communities, as well as homeless and formerly-homeless citizens developed a plan to end homelessness in Minneapolis and Hennepin County by 2016. This plan was guided by the following principles: all people deserve safe, decent, and affordable housing, shelter is not housing, providing services without housing does not end homelessness, homelessness costs more than housing, data is important, prevention is the best solution, ending homelessness requires a community-wide response, and ending homelessness is attainable.

People of color are more likely to be homeless due to underemployment due to racial discrimination, lack of access to affordable housing, overrepresentation in the criminal justice system, and disparity in poverty rates. 87.5% of all adults in Minnesota are identified as Caucasian or White and 5.0% as African American. 35.9% of homeless adults in Minnesota are identified as Caucasian or White, while 49.3% are African American.

The average annual cost of meeting basic needs for a single person with two children in the Twin Cities metropolitan area is \$43,800. A full-time hourly wage to meet these costs would be \$21.07, and 62% of the jobs in the metro area pay less than that. Fair market rent for a two-bedroom apartment in Minnesota is \$788 per month. A person working full-time at minimum wage would need to work 118 hours per week in order to afford the apartment. The actual wage needed to afford it would be \$15 per hour.

The plan recognizes these and other discouraging statistics, and has several goals: preventing homelessness, providing coordinated outreach, developing housing opportunities, improving service delivery, building capacity for self-support, and implementing system improvements.

You can read the plan in its entirety on the Commission to End Homelessness website.

Wilder Research:

<http://www.wilder.org/homelessness.0.html>

Commission to End Homelessness:

<http://www.ci.minneapolis.mn.us/homelessness/>



## WHAT IS THE SIXTH WARD?

The Sixth Ward includes the strong and vibrant communities of Ventura Village, Phillips West, Whittier, and Stevens Square/Loring Heights, and offers authentic dining, entertainment, beautiful parks, activity centers, and plenty of shopping.

