

CLARE HOUSING

929 Central Avenue NE
Minneapolis, MN 55413
Phone: 612-236-9515
www.clarehousing.org

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We are always looking for ways to share the Journey Home program in the community.

Ideas include but not limited to:

- **Host a Lunch 'n Learn at your place of business.** All it takes is a simple invitation from you to your colleagues and we will do the rest!
- **Host a private Journey Home tailored to fit your schedule.** Host a Happy Hour Journey Home, or a morning Coffee Hour Journey Home.

By hosting a *Journey Home* program you are helping us spread the word about Clare Housing's mission and the impact we provide to people living with HIV/AIDS.

To RSVP or to schedule a Journey Home event call Debbie Wyman at (612) 236-9528 or debbie.wyman@clarehousing.org.

— The — JOURNEY HOME



The **Journey Home Program** is a one-hour interactive program that demonstrates how affordable housing and supportive services improve the quality of life for people living with HIV/AIDS in the Twin Cities.

2014 DATES AND LOCATIONS

MARCH 12	GRACE HOUSE	4:00 – 5:00 pm
APRIL 9	CLARE MIDTOWN	8:00 – 9:00 am
MAY 7	CLARE APARTMENTS	5:00 – 6:00 pm
JUNE 11	CLARE MIDTOWN	5:00 – 6:00 pm
JULY 9	CLARE APARTMENTS	8:00 – 9:00 am
AUGUST 6	CLARE MIDTOWN	5:00 – 6:00 pm

clare housing
PARTNERS IN AIDS CARE

CLARION

A bulletin for the friends and supporters of Clare Housing.

COMMUNITY REPORT

WINTER 2014

Enhancing lives with two new supportive services programs



Congregate Dining Coordinator, Lynn Traun, visiting with a few of the residents after dinner.

Imagine what life is like for a person who lives on less than \$8,000 a year, is HIV-positive, homeless and does not have access to medical care, or a safe, warm bed.

Imagine yourself waking up under a bridge or on the bus you rode all night to stay warm in below zero temperatures and wondering where your next meal will come from or if you will survive another day. These are the people Clare Housing serves - HIV positive people who are marginalized in our community and have little, if any access to medical care or financial resources. They are often homeless or on the verge of homelessness, have a mental illness or chemical addiction. They are people who come from impoverished backgrounds.

Sixty-four percent of Clare Housing's residents come from a long-term homeless situation. The staff recognizes that the residents who come from homeless backgrounds may need assistance in adapting to their new environment and community. "When a resident moves into Clare Housing the first goal is to stabilize their housing and meet their basic needs, and then to work on providing services that will heighten their quality of life," says Michele Boyer, Director of Programs.

Last July, the staff at Clare Housing developed two new strategies to assist residents who need a deeper level of support: a congregate dining program at Clare Apartments and a housing specialist dedicated to helping those individuals who have experienced long-term homelessness.

Congregate Dining

Clare Housing's assisted living program is designed to help those who need additional supportive services. The nursing staff has frequently noticed that residents either do not have the ability to prepare their own nutritious food due to HIV co-factors such as poor appetite, depression and/or dementia issues. In September, we launched a congregate dining program for residents enrolled in the assisted living program at Clare Apartments.

Proper and consistent nutrition is vital for the health of the residents. By offering residents two warm and ready-to-serve meals a day, five days a week, staff will be able to monitor

diets and nutrition, as well as offer residents a social environment to help improve their mental health.

"We have seen the benefits of community dining in the care homes and we wanted to bring those services to the assisted living residents at Clare Apartments," says Michele. "The staff is seeing first-hand the residents eat nutritious food twice a day and the dining experience has created a supportive social environment."

In order for the program to begin, the kitchen in the community room was upgraded and a welcoming dining room was created in the community room. Clare Housing contracts with RS Eden to deliver hot meals cafeteria style. Staff was also expanded. Lynn Traun joined the staff as the dining coordinator. Her role is to serve dinner to the residents and to provide positive, supportive interaction with them. "In the beginning, the residents would come to dinner and sit by themselves. After a few weeks, they were eating together, helping with set-up and clean up, and socializing," says Lynn Traun, Congregate Dining Coordinator.

The program is well received by the residents. If a resident does not show up for

Article continues on page 3 . . .

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Chuck Peterson, Executive Director

Debbie Wyman, Development
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THE CLARION

is a publication for friends of Clare Housing,
a 501(c)3 non-profit provider of care, services
and housing for people living with HIV/AIDS.

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Message from the Executive Director

It’s hard to believe that I’ve completed my first eight months as Clare Housing’s new executive director. I’m deeply grateful for all the support I’ve received over the last several months and have been continually inspired by the dedication of the hundreds of volunteers who cook meals, garden, and provide companionship and support for our residents. The generosity of our community is the foundation of Clare Housing and is what built the strong organization you see today.

Over the last several months, I’ve been thinking a lot about how the AIDS epidemic has changed since it started in 1982. Today, approximately 35 million people are infected with HIV, of which approximately 1.1 million are in the U.S. One in four new infections occur in youth ages 13 – 24 years and about 60% of those youth with HIV do not know they are infected, are not getting treated, and can unknowingly pass the virus on to others. This new reality presented itself to Clare Housing recently when we housed a 21 year-old HIV positive gay man in our Project Cornerstone program.

With the advancement of new medications to suppress the HIV virus and slow disease progression, we are seeing significant gains in life expectancy. People are now, more than ever in the history of Clare Housing living with HIV. But for many of our residents, HIV continues to be a disabling and sometimes, fatal disease.

For those who are aging with HIV we are seeing a host of new health concerns. People are developing diabetes, high blood pressure, high cholesterol, rare cancers, and heart disease, in addition to HIV-related infections. With multiple conditions to manage, and increased levels of mental health disorders and chemical dependency, people aging with HIV pose a new care challenge to Clare Housing.

In January, the Clare Housing Board of Directors launched its work to develop a new strategic framework that will guide our work into the future. Over the next several months we will discuss a variety of opportunities that will ensure we can continue providing the services and care needed for our residents. We will be thinking about new ways to integrate care – involving multiple providers and partners. We will explore how we can best meet the affordable housing needs of those living with HIV in our community, and how we can house the 200+ individuals on our waiting list. As we begin this process, what we know for sure is that our model of affordable housing, combined with supportive services has had a positive effect on people’s ability to maintain stable housing and achieve better health outcomes.

I welcome your input as the Board of Directors and staff embark on these conversations. If you have ideas, please call or e-mail me. Our community built Clare Housing and it is the community that will sustain and envision its future of providing quality services and affordable housing for people living with HIV/AIDS in Minnesota.

Chuck

Chuck Peterson
Executive Director

... Article continued from cover

lunch or dinner the staff knows to check on them or in some cases a resident will go to check on his friend. “Sharing a meal with the same people every day, you begin to develop friendships,” says Lynn. “We play music, have special desserts and enjoy each other’s company. Just the other day I witnessed a younger resident help an older resident learn how to use his new cell phone.”

Seven months into the program the results and feedback are what the staff had hoped for. “The plan is to find the resources to expand the program not only to Clare Midtown but the staff’s dream is to offer the program to all of the residents at Clare Housing,” says Michele.

Housing Stability Specialist

When Clare Midtown opened in 2011, a third of the residents had a long-term homeless background. The state defines long-term homeless as a person who is homeless for a year or more or at least four times in the past three years. Coming from a homeless situation to a safe and stable home can be overwhelming for many individuals. Six months into the opening of Clare Midtown we had a 31% turnover rate. “It is not unusual to have that kind of turnover, serving those who come from a

homeless background. For many they are unaccustomed to stable housing or having their own lease and not sure how to go from survival mode to living in a safe community,” says Michele.

Staff is committed to strengthening services to those residents. A grant from HUD’s Housing Opportunities for People Living with HIV/AIDS program allowed the opportunity to create a part-time specialist who will provide direct support to assist residents through the move-in process, identify barriers to long-term housing success, and create individualized plans to address obstacles to maintaining permanent housing.

Kate Krueger joined the program staff in August as the Housing Stability Specialist. “When I work with a resident who comes from an extensive homeless background you can see how nervous they are about moving somewhere permanent. But then they get their keys to their own apartment and you see the smile on their faces. My joy comes from knowing that they don’t need to worry about where they are going to sleep tonight and they finally have a home,” says Kate.

By providing residents with a deeper level of services such as congregate dining and hands-on support, the outcomes show that residents will maintain healthier lifestyles

and remain in stable housing. “The staff identified a need to increase our supportive services for residents who struggle in transitioning to permanent housing and a nutrition program for our assisted living residents. I am thrilled we were able to launch these two important programs. Providing quality and responsive supportive services is at the core of our mission,” says Chuck Peterson, Executive Director.



Kate Krueger visiting with Randall in his home at Spirit on Lake.

Meet Randall

Two years ago, Randall lost his housing due to extensive hospital and nursing home stays. Unable to work for health reasons and with limited income he wasn’t able to find housing he could afford.

Randall had been on the waiting list at Clare Apartments and Clare Midtown since 2011. With Clare Housing’s partnership with Spirit on Lake (Clare Housing operates 5 of the units for HIV-positive individuals over the age of 55) Randall was offered his own apartment in September. “I was living at my cousin’s house for over a year and had all of my belongings in storage. I was so relieved when Michele called me with the news that I had a home. I now don’t need to worry about my housing,” says Randall. This spring, Randall will have to have several surgeries and he won’t need to worry about where he will live when he leaves the hospital. In addition, Kate, as his housing stability specialist, will help him connect to the services and support he needs as he heals.



Dear Friends,

It is my pleasure to begin my term as the new Clare Housing board president.

My association with Clare Housing began more than 20 years ago. I never expected that I would care so much about this organization. My journey began out of my own grief and helplessness following the death of my husband’s best friend Guy who died from AIDS in 1989.

I couldn’t do anything for Guy, but I wanted to do something for others who were living with AIDS.

So when I learned of Grace House through St. Joan of Arc, I signed up to cook a monthly meal for the residents. I knew I could put a nourishing meal on the table but I didn’t know how I would be nourished by this experience. I never had a bad day at Grace House. And I never imagined that those monthly meals would stretch out for 17 years.

Four years ago, I hung up my apron and traded a chair at the dining room table for a seat on the board of Clare Housing. I continue to be nourished by the mission and I am honored to play a role in providing affordable housing, supportive services and compassionate care for HIV positive individuals and their families.

As I begin my new role on the board, I would be remiss if I didn’t thank Nancy Lee, Anna Tockman, Bob Siegfried, and Jeff Flynn who ended their board term last December. They each brought incredible skills and passion in moving the agency’s mission forward.

I would also like to give a special thanks to Nancy Lee for her leadership as board president. Nancy brought a clear vision and commitment to the board over her seven year tenure. I also had the pleasure to serve as Nancy’s co-chair on the executive director search committee. It was an honor to work with Nancy on the important task of hiring the next leader for the agency, and it was a task. I feel fortunate to work with Chuck Peterson in his new role and the dedicated staff.

The future is bright for Clare Housing and I thank all of you for your commitment to our mission, whether it is cooking in a care home, volunteering in other ways, serving on the board or making a gift to Clare Housing. Together we can make a difference in the lives of the residents living at Clare Housing and future residents.

Yours truly,

Ann Ruff
Board President

Farewell Board Members

In December, we said goodbye to four board members who each served two, 3 year terms. Their commitment and passion to their board roles were instrumental in making Clare Housing’s board of directors a stronger governing group.

We thank them for their leadership and volunteer commitment!



Jeff Flynn



Nancy Lee



Bob Siegfried



Anna Tockman

Welcome Board Members

In January, we welcomed four new board members to the board of directors. Each of them brings a wealth of experience and knowledge to the tasks of governance with skills in public policy, fundraising, social work and public health.

We welcome them to Clare Housing!



Darielle Dannen



John Estrem



Jodi Pritchard



John Salisbury

Program Outcomes

Supportive Housing

- A total of 77 residents between Clare Apartments and Clare Midtown received subsidized housing. Of these low-income individuals 13 were formerly homeless, 9 were considered chronically homeless.
- 39 residents were enrolled in the assisted living program in the apartments. These individuals received supportive services such as, nursing care, medication administration, hands on assistance with activities of daily living, and building independent living skills.
- 94% of residents in the assisted living program have an undetectable HIV viral load.
- 69% of the residents at Clare Apartments and Clare Midtown have maintained their housing for two years or more.

Community-Based Care Homes

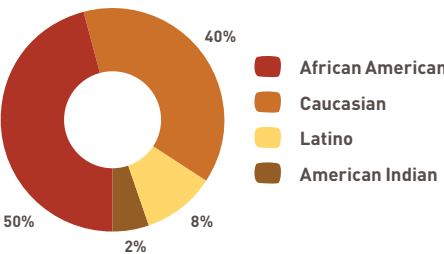
- 19 individuals resided at one of Clare Housing’s community-based care homes.
- A community care manager position was created to manage the day-to-day services. This includes managing a staff of over 40 caregivers and monitoring each resident’s care plan.
- 94.7% of our care homes residents have an undetectable HIV viral load.
- 2 residents received compassionate, quality end-of-life care and/or hospice services.
- One resident, although disabled, maintained part-time employment.

Scattered-Site Affordable Housing

- Clare Housing provided housing for 29 adults and 23 children through 20 housing subsidies in the Project Cornerstone program.
- 80% of residents retained housing in the program.
- All individuals and/or families in the program received supportive services from Clare Housing staff in collaboration with HIV case managers to achieve housing stability and coordination of services.



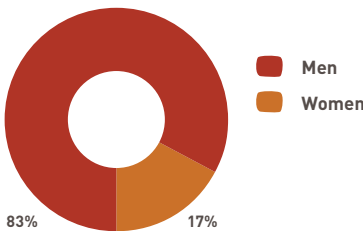
ETHNICITY
DEMOGRAPHICS



POPULATION
BACKGROUND

- 64% Formerly Homeless
- 50% Mental Health Diagnosis
- 50% Chemical Dependency

MALE VS.
FEMALE RATIO



Consolidated Statement
of Financial Position



ASSETS

Cash and investments	\$326,976
Reserves and escrows	\$1,599,343
Receivables	\$502,934
Other assets	\$154,767
Prepaid expenses	\$97,994
Property and equipment net	\$14,524,532
TOTAL ASSETS	\$17,206,546

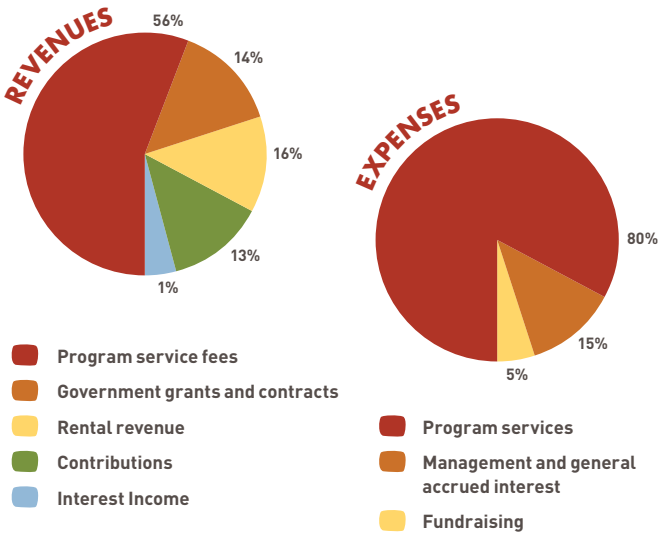
LIABILITIES AND NET ASSETS

Accounts payable	\$73,561
Accrued expenses	\$211,717
Accrued interest	\$50,955
Debt	\$5,223,336
Tenant security deposits	\$22,480
TOTAL LIABILITIES	\$5,582,049

UNRESTRICTED NET ASSETS

Unrestricted	\$8,489,584
Temporarily restricted	\$3,134,913
TOTAL NET ASSETS	\$11,624,497

TOTAL LIABILITIES AND NET ASSETS	\$17,206,546
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REVENUES AND SUPPORT

Program service fees	\$1,982,660
Contributions	\$447,061
Government grants and contracts	\$574,688
Rental revenue	\$490,305
Interest income and other	\$15,371
TOTAL REVENUES AND SUPPORT	\$3,510,085

EXPENSES

Program services	\$3,095,169
Management and general accrued interest	\$577,777
Fundraising	\$212,521
TOTAL EXPENSES	\$3,885,467

NET LOSS	(\$375,382)
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NET ASSETS, BEGINNING OF YEAR	\$11,999,879
NET ASSETS, END OF YEAR	\$11,624,497



Dear Supporters,

Nearly 30 years ago, the community came together to help those who were suddenly dying of a newly discovered disease - HIV/AIDS. Since 1987 donors, businesses, foundations and volunteers have supported Clare Housing's mission to provide housing, services, and care to low-income people living with HIV/AIDS each and every day.

Each year, over 400 donors and businesses make generous gifts to Clare Housing and we thank you. With your support, Clare Housing is the largest HIV-specific housing provider in Minnesota.

In 2013, 29% of charitable gifts received were from first-time donors. To those new friends, I extend my heartfelt thanks and warmest welcome. In addition, to the nearly 100 donors committed to our 5 year multi-year giving society, I offer my deepest appreciation for your on-going commitment and support. Lastly, I would like to thank from the bottom of my heart, the board of director's 100% financial commitment and their extraordinary leadership.

Regardless of the duration of your support, we are grateful you have chosen to be a champion for those living with HIV/AIDS who need a permanent and affordable home.

While it all may have started in 1987, it continues today – with you.

Yours in gratitude,

Elisabeth Loeffler

Development and Communications Director

PS: I welcome the opportunity to thank you in person or answer any questions you may have. Please do not hesitate to email me at Elisabeth.loeffler@clarehousing.org.



Thank you to our generous donors.

Clare Housing is very grateful for the generous gifts from individuals, foundations, and businesses who support our mission. We would like to acknowledge the 2013 donors by listing their names below.



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*** Thank you to our Friends of Clare Housing who pledged a gift of 5 years and provide sustainable funding for the agency.**

+ current board member

Our apologies for any omissions or errors in presenting our 2013 donor listing. Should you have any questions or concerns, please contact Elisabeth Loeffler at 612.236.9524.

a place
to call
HOME



Clare Housing's breakfast *a place to call home* results in wonderful community building

On October 2, over 300 guests attended Clare Housing's third annual fundraising breakfast *a place to call home* at the Nicollet Island Pavilion. Nearly \$160,000 was raised for Clare Housing's mission, a 13% increase over last year's breakfast.

Special thanks to The Barry Foundation and an anonymous individual for their generous match at the breakfast.

To date, 100 supporters have joined the Friends of Clare Housing, pledging a five year commitment to the agency.

Thank you to the table hosts, donors, volunteers and sponsors for making the morning a great success!

The 4th annual *a place to call home* breakfast will be held on October 8, 2014 at the Nicollet Island Pavilion. Table Hosts are a key element in making Clare Housing's fundraising breakfast a success. Table Hosts are asked to invite friends, family and colleagues to join them in filling a free table of 10. **This year, we are looking for 30 table hosts to be a part of this inspiring morning.**

If you are interested in learning more about how you can help, please contact Elisabeth Loeffler at Elisabeth.loeffler@clarehousing.org or 612.236.9524

A place to call home was 100% underwritten by businesses in the community:



*Save the date for
next year's breakfast*

October 8, 2014
Nicollet Island Pavilion
7:30 a.m.



An Inspiring Volunteer’s Story

Blaine first arrived on the scene in 1994 at Grace House I. What initially touched Blaine and kept him coming back all these years? Nancy Wilke's smile and her warm, welcoming presence in the house; and a simple plaque hanging outside the door of Grace House I ... Love Spoken Here.

Blaine was taking a humanities class in which he was required to do some volunteer work. He had heard about Grace House through the Metropolitan Community Church and the rest . . . well . . . let's just say it was a place where he saw hope.

Two residents passed away within Blaine's first month of volunteering. But like the sign hanging outside the door reads . . . there really was love spoken here. "Back then the residents were weak, sick, and behind their eyes there seemed to be emptiness, sadness," says Blaine. Today, almost 20 years later, Blaine goes to Grace House II and he sees smiles and life.

Blaine first started out cleaning, running errands and helping around the house. About three years later he started cooking and eventually volunteering at Grace House II. In addition, he recently became involved in the Buddy Program and volunteers as a buddy to Scott. He saw the Buddy Program as another opportunity to give.

Scott was diagnosed with HIV in 1989. Through the efforts of his case manager, Scott found his way to Grace House II. And today, for Scott, this is his family. He wouldn't have it any other way.

"I am very happy at Grace House II. This is really home. It has nothing to do with the house. It's the people. THIS is home," says Scott. "The more people who come through our door, the more love we have." He does have the support of his chosen family. And Blaine is part of that chosen family.

Is there an aha moment to Blaine's story as to why he has stuck around for over 20 years? Blaine put it quite simply . . . "it's the



Blaine (left) visiting with Scott and Oreo the cat at Grace House II.

"Grace House is a loving place and it just simply captivated my heart"

energy. It's a loving place and it just simply captivated my heart. You know, we have a tendency in life to get callused to what we see around us that maybe doesn't directly affect us. We get used to it. I don't ever want to get callused."

Who has been the greatest inspiration in Blaine's life? His grandma. Blaine's grandma will soon be 93 and lives independently. Every Saturday, Blaine visits his grandma and comes home with several loaves of home-made sweet breads to share with friends. Several of those loaves of bread have been shared over the years with the residents at Grace House II.

Thank you Blaine, for sharing a meal, being family and bringing friendship these past 20 years to Grace House II.



Join Team Clare!
Red Ribbon Ride
July 17-20, 2014



"We both have many friends who are HIV-positive. The Red Ribbon Ride helps to raise vital funds to promote awareness, fight stigma and provide services for those living with HIV /AIDS here in Minnesota. The ride is an amazing 4 day journey that will change your life. We hope you will consider being a part of Team Clare!"

— TEAM CLARE CO-CAPTAINS, NICHOLAS RUSTAD AND XANDER LILLY

Join Team Clare on the Red Ribbon Ride

Travel with hundreds of riders, crew and volunteers to help raise awareness and resources for eight incredible Minnesota AIDS service organizations, including Clare Housing. This four day, nearly 300 mile bike ride will start with an opening ceremony at Mall of America on Thursday, July 17th, and end with a closing ceremony at the beautiful State Capitol in St. Paul on July 20th.

New Route! This year the ride will travel to a new area of the state; going southwest with overnight stays in Belle Plaine, Mankato, and Waconia. The route, a mixture of hills and flatlands combined with Midwestern charm, is something not to be missed. Plus, the new route doesn't have as many hills as the original route!

Special Volunteer Opportunity

Team Clare has agreed to serve as the "refresh team" at the closing ceremonies. By the fourth day of the ride, riders and crew are exhausted. The "refresh team" will come in and help with set up and tear down at closing ceremonies, unload trucks, sort and pack supplies. If you are interested in being part of the team please give Xander a call. We are hoping to recruit 25 people for this very important opportunity.

If you are interested in riding, crewing or volunteering for Team Clare, please contact Xander Lilly at Xander.lilly@clarehousing.org or 612.236.9529.