



Minnesota State Fair Festivities

MSS St. Paul and Apple Valley went to the State Fair this year! They ate delicious food, visited the FOX 9 booth, met the State Fair mascot, pet the horses in the Equestrian Barn, and more.

In the spirit of the State Fair, MSS Shoreview decided to bring the messiness of the fair to them with a food fight on the back patio. Everyone dressed in hairnets and plastic suits in preparation for a fight consisting of throwing syrup, cereal and lots of other things that make a mess. Everyone had a blast!

Re: Form Exhibit

Mark your calendars: The Show Gallery Lowertown will host a soft opening to the public on September 9! The grand opening is to be determined. There will also be a closing reception for Re: Form on October 9 from 6-9 p.m.

Health Tips for Busy Lives

If you don't own a slow cooker already, now is the time.

The multi-tasking tool cooks anything from soups to meats to oatmeal and all you have to do is throw the ingredients in and let it do its magic while you are at work. It's basically a busy persons dream come true.





A Word from Lyth — August 2016

Hi Everyone,

I recently received a letter from an MSS Apple Valley parent that made my whole week, maybe even month! I know how hard MSS staff work to make sure the people we support receive the care they deserve, but it was refreshing to hear those praises from a family member and served as a reminder for me how great our staff really are.

In the letter the family member stated, "MSS is the **ONLY** place where I have witnessed this melding between family and staff.....everyone in our family sees and feels it!" This month's Mission Moment (on the first page) is also an excerpt from the letter.

While this letter was specifically pointing out the excellent work of Apple Valley staff I also want to thank everyone who furthers our mission every day. I am grateful for your hard work, passion and dedication.

Best regards,

Lyth Hartz

Questions or comments? Email Hannah Watkins at hwatkins@mwwsservices.org.

Like MSS on [Facebook](#)! Follow us on [Twitter](#)!