



Community Hub Grant

In addition to the grant we received from the Department of Human Services to be used for the development of our Community Hub, we received a \$75,000 grant from the F. R. Bigelow Foundation to also be used for the Community Hub.

The St. Paul center is transforming its former workshop space into a vital community center where the people we serve at MSS as well as local businesses, organizations and community members can gain experience in the arts and employment.

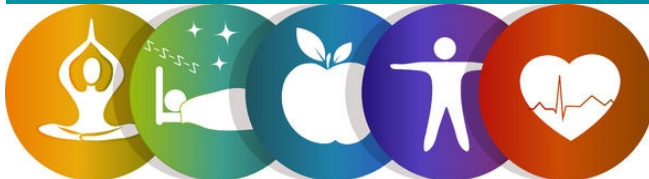
Partnerships,
Employment,
Community
Education,
Gardening, Arts,
Beekeeping,
Health, Engagement,
Volunteering, Involvement
Training,

St. Paul Hydroponics

Tim Page from Frogtown Farm, a community green space, is teaching folks at MSS St. Paul how to grow a variety of plants using hydroponics, a method of growing plants without soil, using mineral nutrient solutions in a water solvent.

Health Tips for Busy Lives

PreferredOne, MSS' health insurance provider, has several helpful resources available in the Health and Wellness section of their website including information on gym membership discounts, vaccinations and preventative screenings, a symptom tracker, and lifestyle management programs. Take advantage of these resources [here!](#)





A Word from Lyth — November 2016

Hi Everyone,

It is the time of year when we tend to reflect on all of the things that we are thankful for. Even if we are going through difficult times, it is good for us to consider the things for which we are thankful. Being thankful generates positive energy within ourselves and spreads to those around us; we all know the power of positive energy in the workplace.

Life can sometimes be a blessing and at other times, we wonder where those blessings went when difficulties come along. We see both sides of life which is why it is so very important to focus on the things in our lives that cause us to give thanks. So, I encourage you to give thanks early and often in this holiday season and of course, keep that going all year long.

May all of you have a wonderful holiday season and may you always be thankful for the good things in your lives.

All the best,

Lyth Hartz

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

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