



Girls Are Powerful™

August 2020



POWERFUL TOGETHER

NEWSLETTER

First thing's first, Happy Summer! This has been a summer unlike any other and we hope you're taking the time to rest, recuperate and practice loads of selfcare. You totally deserve it!

We're back! After a quick much needed hiatus, we are back to bring you more Girls Are Powerful. In this short time away a lot has happened and we are excited to share!

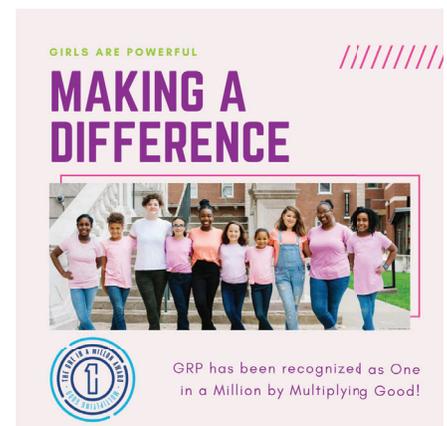
MINNESOTA DEPARTMENT OF HEALTH PARTNERSHIP CONTINUES

We are excited to announce that after completing the Minnesota Department of Health (MDH) COVID-19 Community Engagement contract, we were awarded the round two COVID-19 Community Engagement contract! We will be assisting MDH with increasing the understanding of and participation in COVID-19 testing, case interviews, and contact tracing in communities of color and American Indian communities in Minnesota.

AWARDS AND RECOGNITION

Girls Are Powerful Founder and CEO Shawntan Howell has been receiving some well-deserved recognition for her hard work! After reviewing 67 inspiring nominations, Shawntan was chosen as one of 20 finalists for Association of Fundraising Professionals National Philanthropy Day Award. The award celebrates stories of remarkable generosity and service from across Minnesota. Fingers crossed she makes it to the next round!

Girls Are Powerful are also recipients of the Multiplying Good One in a Million Award in recognition of our generous, kind, and heroic service to others! Cheers all around! Read our story [here](#).



SUMMER OF POWER (NEW YOUTH INITIATIVE)

We successfully launched our at-home Summer of Power program. This self-driven program runs for eight weeks, July 13 - August 25, for girls 7-17. Each participant receives three activity boxes with projects and challenges that focus on building confidence, self-esteem, and self-awareness. Not only are we tapping into the power the girls possess but we are also introducing them to female small business owners as a part of our Girl Connect program -- an initiative that introduces girls to a variety of careers. We've had 130 girls sign up and participate from across eight states and Canada!



WELLBEING: CREATING SPACE FOR US TO COME TOGETHER



YOUR WELLBEING MATTERS 2.0: POWER MOVE AND EMPOWER HOUR

Amidst the pandemic, it has become increasingly difficult to stay active and maintain a healthy lifestyle.

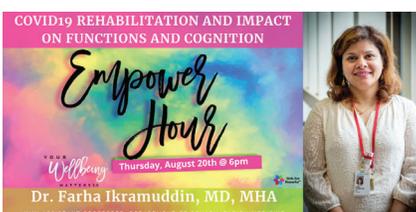
That's why this fall, we are bringing back Your Wellbeing Matters 2.0: **Power Move!** Twice a month, starting August 25, local fitness instructors will join us on Facebook Live to get our hearts pumping and our feet moving for an awesome 30 minute workout.

#stayactive



FIRST SESSION: Yoga with Lisa Tong - **Facebook Live**, August 25th from 6:00-6:30 PM CST

Once a month, we will also be hosting a NEW series called **Empower Hour**. Local health experts will join us to talk about the latest issues around COVID-19. Topics range from how to get tested, how to lower our risk of being infected, what recovery looks like and strategies to cope with the mental effects of this pandemic. #knowledgeispower



FIRST SESSION: THURSDAY, AUGUST 20TH AT 6:00 PM CST: COVID 19 Rehabilitation with Dr. Ikramuddin, MD, MHA
Our first session is **tonight on Facebook Live**. Join us to hear Dr. Ikramuddin as she talks about the effects of COVID-19 on the body. This will be a really interesting talk so plan to join us tonight!

COVID RESPONSE IN THE COMMUNITY

PROTECTING OUR HEALTH

We are beginning to see a slight downward trend in COVID-19 cases across the state, after hitting our highest caseload since May just a few weeks ago. MDH says the downward trend in COVID-19 cases, hospitalizations is due to the mask mandate. Which means, keep wearing your masks!

- Wear masks in public places, covering your mouth AND nose
- Keep 6ft of distance between people
- Wash hands with soap
- Stay home when sick



COVID-19 TESTING

There are many FREE COVID-19 testing sites, but the appointments fill up fast so don't forget to preregister. You can sign up now at <https://www.primarybio.com/r/pica> for appointments at:

Tuesday, August 25, 2020 | 11:00 AM – 7:00 PM

McKnight Early Childhood Family Development Center | 4225 3rd Ave S., Minneapolis, MN 55409

You can also find COVID-19 testing at the following locations:

- **New Salem Church** on Friday, August 28, 2020 12 p.m. to 7 p.m.
2507 Bryant Ave N Mpls, MN 55411
- **Shiloh Temple International Ministries** on Sept 9th and 11th from 12 p.m. to 6 p.m.
1201 West Broadway Ave Mpls MN 55411

ATTENTION RAMSEY COUNTY RESIDENTS

Government and County resources are available to help Ramsey County residents through this difficult time. Check out what is available in your area, [here](#). There will be FREE COVID-19 testing sites available every [Saturday and Sunday in Aug in Ramsey County!](#)

Free Home Meal Delivery. Ramsey County is partnering with five providers to deliver free meals to residents impacted by COVID-19 that are confined to their homes. If that's you, or someone you know, please check out the program information: ramseycounty.us/HomeMealDelivery.

A Mask For Everyone. To ensure that individuals and families have access to cloth face masks, Ramsey County will prioritize distributing homemade cloth masks to racially, ethnically and culturally diverse communities. Individuals and families in Ramsey County that are in need of masks can visit ramseycounty.us/AMaskforEveryone to request a mask.

EMERGENCY ASSISTANCE

Ramsey County residents who have lost income due to COVID-19 may be eligible for increased emergency assistance through CARES Act funds.

 Up to \$3,000 available for: Utility payments when there is threat of disconnection.	 Up to \$5,500 available for: Past due rent or mortgage payments. Damage deposits.	 Up to \$3,000 available for: Car repairs for vehicles used for work transportation.
--	---	---

CALL 651-266-4884
VISIT ramseycounty.us/EmergencyAssistance

FREE HOME MEAL DELIVERY

LEARN MORE:
ramseycounty.us/HomeMealDelivery

SELF CARE SERIES: SOCIAL MEDIA SNIPPETS

Girls Are Powerful is sharing simple and effective ways that we can nurture our health over the next seven weeks! No matter your age we hope to provide our readers with some inspiration. In case you've missed it, here's a glimpse of the first three weeks:

Week 1: Physical Health

The key to physical self-care is finding things you ENJOY so that it doesn't feel like a chore. Try sneaking in 30 min a few days a week to walk outside with your family, go for a bike ride, do yoga, stretch, or move your body in your favorite way.

Week 2: Emotional Health

Emotional self-care is about caring for your emotional needs by identifying them and moving forward in productive ways. Think of healthy and productive ways to process your feelings, like journaling, meditating, giving yourself grace, or changing negative self-talk.

Week 3: Spiritual Health

Spiritual self-care is about connecting with your inner spirit and recognizing the beliefs and values that are important to you. To enhance your spiritual health, try spending time in nature, praying or engaging in worship, doing yoga, or volunteering for a cause that's important to you.

GRP YOUTH ADVISORY BOARD COVID RESPONSE

I AM SAFE, I AM SECURE, I AM STEADY

PRESENTED BY THE GRP YOUTH ADVISORY BOARD

YOUTH ADVISORY BOARD & GETTING BACK TO SCHOOL

The Youth Advisory Board is launching Helping Hands, a new project to help students tackle the challenges that may arise from our new virtual academic world. Helping Hands will share tips, tricks and resources to help navigate going back to school. Stay tuned for video tutorials, links to studying websites, and helpful youtube videos to ease the transition back to the classroom. If you are interested in learning more or have issues you'd like to see us address, please contact: maddy@girlsarepowerful.org

GRP PROGRAMS MOVING FORWARD

As always, we are still reimagining how we typically engage and empower our community and program participants. With the Summer of Power ramping down, we are now looking at how to bring you the **Mother-Daughter Event**. We are also in active conversations about starting a **Multicultural Mentor Program**. More information about both programs coming soon.

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA!

As always, our amazing donors make our work possible! Because of you, we are able to serve our community and help our amazing girls and young women embrace their power. Thank you!

