



VILLAGE NEWS

Board Member Update

A warm welcome to the newest members of our team!

We are excited to welcome five members to the inaugural Ramsey Crisis Nursery Board.

Continue reading to learn more about each of them. We couldn't be happier, we know this talented group will help RNC flourish.



SADE

In 2011 Sade moved to New Orleans, where she participated in the Saint Joseph Worker program doing Social Justice work in the community. In New Orleans she served individuals and families fleeing from domestic violence.

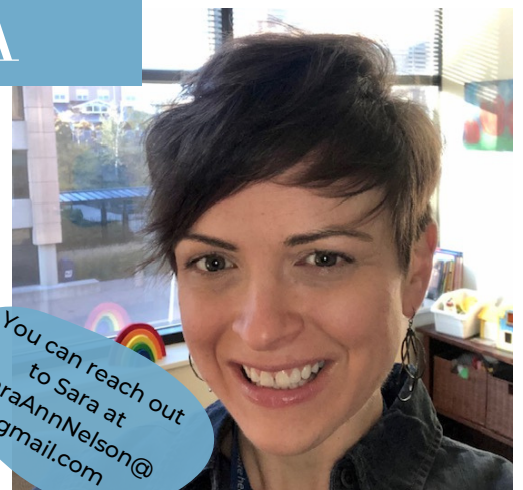
After a while, Sade relocated back to Minnesota and worked at West Side Community Health Services. She participated on a collaborative community health team to provide in-home assessments for high-risk families as well as conducting in-home visits for families and individuals whose homes are highly disorganized due to mental health and other issues. Currently Sade works at Hennepin County as a MNChoice assessor in the Minneapolis region. Sade is also part of the leadership team as a Resource person for the Suburban Ramsey Family Collaborative and sits on the Saint Joseph Advisory Board Council.

Overall, Sade has extensive experience when it comes to individuals and families experiencing at risk circumstances in the areas of health, learning, and safety. Sade is passionate about helping children and families and doing meaningful work.

Sade Kelly is a current resident and native of Saint Paul Minnesota. For over 11 years she has been working in the social work field as a licensed social worker. Sade obtained her bachelor's degree in social work from Saint Catherine University.

Sade is happy to be part of the Ramsey Crisis Nursery, a much-needed organization for the Ramsey County/ Saint Paul Community. You can reach out to her at sade.r.kelly@gmail.com

SARA



You can reach out to Sara at SaraAnnNelson@gmail.com

Sara Nelson is a clinical social worker (LCSW) who has worked in the mental health field for over 15 years. She has a bachelor's degree in Child Psychology from the University of Minnesota (2004), a master's degree in Social Work from St. Catherine University (2010), as well as a post-graduate certificate in Human Services Leadership through the University of Minnesota Humphrey School of Public Affairs (2021).

Sara works as a senior clinical supervisor at a community mental health agency, where her work is focused on the areas of trauma-informed care, program development and quality improvement, as well as clinical crisis stabilization and suicide prevention education and training.

Sara believes strongly in the transformational power of relationships – between individuals and between organizations. Through her work with the Ramsey Crisis Nursery, Sara hopes to help families build on their own strengths, give and receive community support, and achieve their goals.

Sara lives in St. Paul with her husband, their 10-year-old aspiring circus performer, and a trio of rescued pets (one dog and two cats). In her spare time, Sara enjoys early morning runs, reading, yoga, and eating dessert.

DESIREE



As a Ramsey Crisis Nursery Board Member, her goals are strategic and big picture focused. She brings an extensive background of human services experience that spans over two decades, working with individuals from various cultural backgrounds in settings that range from childcare facilities, outreach organizations, schools, and community-based mental health clinics, and she brings all of these experiences to her new role as a member of the Ramsey Crisis Nursery Board.

Desiree Phillips is an experienced mental health practitioner, clinical trainee, diagnostician, group facilitator and child development professional. Driven by a desire to help individuals dream big and think about how life would look differently if you could be your true self and not care so much about what other people think and/or expect from you and begin to prioritize your values and what is most important for you.

Desiree takes pride in providing the best therapeutic care to her clients especially those with complex mental health issues, and she understands how multiple social systems intersect to produce and sustain complex inequalities, that impact family systems. She is currently a Master's level Mental Health Practitioner on the LPCC track, with educational backgrounds in Psychology, Early Childhood Education, Counseling and Psychological Services, and she is also a group facilitator for the Circle of Security International Early Intervention Program for Parents/Caregivers & Children. Her specialties include Self-Esteem, Parenting, Family Conflict, Relationship Issues, Coping Skills, Life transitions, Peer Relationships, Behavioral Issues, and Self-Empowerment.

TAYLOR

Taylor is so excited to be a part of Ramsey Crisis Nursery and to be able to help shape the lives of human beings who she can relate to on a deep level. Her heart is filled with so much joy and love to be able to be a part of this!



Taylor Heitkamp was born and raised in Rosemount Minnesota by a single mom with her 4 sisters. In high school Taylor worked in a home daycare where she helped care for children of different ages and backgrounds. One could say she found her passion with caretaking during this time.

She attended massage school after graduating from high school. It was in massage school that Taylor experienced life in a way she never had the privilege of living. She decided to branch out into the world and left Minnesota to experience big city living and calling home to San Diego, New York, Los Angeles, and Portland. After being able to connect with so many different people she was inspired to return to Minnesota with a strong urge to help her community and use her voice.

June of 2020 Taylor was inspired by the community of people coming together to help fight racial injustice. She put together "Women of oppression". A group formed to allow a safe space for women of all demographics and ages to come together and support each other and tackle social issues going on in the world.

Taylor lives in Minneapolis with her beautiful plants. She continues to practice as a professional massage therapist and enjoys being able to create peaceful experiences to connect people back to themselves.

WELCOME

SUE



Sue is thrilled and honored to be on the ground floor of helping to build and bring to life to the Ramsey Crisis Nursery and serve families in need.

Sue can be reached at
suschultz1@yahoo.com

Susan Schultz (Sue) is a Certified Public Accountant (CPA) and is a Tax Managing Director at Deloitte Tax LLP. where she has worked for 19 years. Her work experience includes developing and executing on key components of Deloitte Tax strategy. These components include process, technology, "go to market", talent, and training to name a few; specifically related to standing up service offerings in Deloitte's Tax offices in India.

Sue leads and manages large teams that are located across the U.S. and in India and has traveled to India over 80 times. Sue's travels to India and other countries such as Nigeria provided her with amazing opportunities to learn about/experience other cultures, religions, customs and traditions including attending two weddings in India!

Sue is passionate about volunteering her time and resources and was thrilled when she learned about the Greater Minneapolis Crisis Nursery where she has been a Child Care Volunteer since 2014. Sue loves her time at The Nursery and uses any opportunity she can to share it with her friends and family through their other programs such as Creative Snack and/or Holiday Helper. While in India, Sue also volunteers and spends her Sundays with HIV positive children at a children's home in Hyderabad.

Sue lives in South Minneapolis with her husband Simeon and their two dogs Dudley and Skala. She enjoys anything and everything about Minnesota sports teams, especially the Vikings. Sue and Simeon can be found kayaking on the MN lakes in the summer but likely won't see much of them in the winter as they tend to hibernate (Simeon is from Nigeria and the MN winters pretty much do him in).

We are so excited that these wonderful people are joining the team!

How can I help?

Contribute time

Are you looking to join a team of like minded people?
Email us at volunteeratRCN@gmail.com
or
visit our website for option positions by going to www.ramseycrisisnursery.org/contribute-time

Contribute Funds

Please consider donating to RCN. Every donation helps us get that much closer to opening our overnight care services!
Donations can be sent via check to
PO Box 4541,
Saint Paul MN 55101
or
pay via PayPal on our website.

Contribute Items

RCN is still looking for support with the following items:
- A safe home in Saint Paul
- A secure storage unit to start to gather other physical donations
Are you able to support with either of these large-donations? E-mail us at ramseycrisisnursery@gmail.com

Selected Summer Activities for Families



Wading Pools and Splash Pads

There is no better activity for kids on a hot summer day than to play in water. The Minneapolis Parks and Recreation Board maintains free wading pools all over the city to make it safe and convenient for kids to cool off and have fun. In Saint Paul, splash pads are available free of charge at Conway Park, Lewis Park, Parque de Castillo, and Phalen Beach. See

https://www.minneapolisparcs.org/activities_events/water_activities/wading_pools/ and <https://www.stpaul.gov/departments/parks-and-recreation/aquatics/splash-pads/>.



Kids Bowl Free

Bowling is a really fun family activity for kids age 3 and up. "Kids Bowl Free" is a national program to get kids into bowling. It provides two free games per day for all registered kids during the summer season. Elsie's and Memory Lanes in Minneapolis and Sun Ray Lanes in St. Paul are listed as participating bowling centers. There are 35 participating centers in Minnesota. <http://kidsbowlfree.com>.

Minneapolis Parks Nature Exploration Sites

Kids of all ages love to be outdoors and learn about nature, and the Minneapolis Parks maintain a number of "Nature Exploration Sites" that are great places for families to go. These include the Eloise Butler Wildflower Garden and Bird Sanctuary, the JD Rivers' Children's Garden, Minnehaha Creek Park, Mississippi Gorge Regional Park, Nokomis Naturescape Garden, North Mississippi Regional Park & Carl W. Kroening Interpretive Center, Quaking Bog, and Roberts Bird Sanctuary.

https://www.minneapolisparcs.org/activities_events/nature-activities/.



Fort Snelling State Park

The most popular State Park is right in the Cities! It has Beaches, playgrounds, and picnic areas, a Visitor Center, Interpretive Exhibit, Naturalist Programs, and an Historic Site updated to acknowledge 10,000 years of Native history. Fishing (free fishing poles available to use in park), Geocaching (free geocaching units available to use in park), and Birding (free birding kits at Visitor Center) are encouraged. There is a \$7-per-car daily permit fee, but if you bike into the park, or park on nearby city streets and walk in, it's free! <https://www.exploreminnesota.com/profile/fort-snelling-state-park/2317>.



Como Park Zoo and Conservatory

Animals and flowers! Free parking & free admission! Open every day, registration in advance is required. Check out "Sensory Friendly Mornings" for kids who benefit from a less overwhelming experience. One of the best resources for Minnesota families, for generations. <https://comozooconservatory.org>.

THANKS FOR BEING A PART OF OUR VILLAGE!