



SIMPLE ACT

A quarterly report from Matter

A letter from the President



Matter was founded upon the value of resourcefulness; it was the act of looking at what was in one's own two hands that inspired Hope for the City. Over the last fifteen years, a lot has changed, but the heart of what we do at Matter remains the same.

Too often I look at the complex problems in the world and question if I can make a difference; or if it's worth the effort. And yet, the evidence is overwhelming that simple acts truly can change the world. In fact, it's the simple acts that you perform on a regular basis that inspire the Matter team to persist.

In each Simple Acts Newsletter, we will begin with an inspiring story about how these simple acts are so powerful. I will be inviting others to tell their stories and hope that our community of supporters will be able to look down and see the value of what it is they have in their own two hands.

For example, Carmelita, a nurse at Hennepin County Medical Center (HCMC), has done numerous mission trips to the Philippines using Matter supplies. After hearing about the launch of the MatterBox food program she saw the opportunity of using this for the Diabetes Education Program at HCMC. Through this simple act of making a connection, she was able to expand access to healthy food to hundreds of her food insecure patients.

There are so many simple things we can all do to change the world. I encourage each of you to try your own simple acts, and would love if you shared those stories with us. By recognizing simple acts, Matter hopes to start a movement, one working towards creating a world where we all matter more.

With joy and deep thanks,

Quenton Marty
President



We're on a mission to expand access to health and food, next door and around the world.



FOOD



MatterBox: Health - HCMC Diabetes Clinic

At Hennepin County Medical Center, where 80% of the patients are living below the poverty line, the number one diagnosis is diabetes. One reason for this dramatic problem is that healthy food is increasingly difficult to access, as a family's dollar stretches, and urban areas host fewer and fewer supermarkets.

Today, the Diabetes Clinic at HCMC is using the shelf-stable, healthy MatterBox in their diabetes management classes as an educational tool for nutrition and healthy eating. By being able to provide consistent, healthy food, the Diabetes Clinic has found that patients are better able to take medications and learn to regulate their disease. Additionally, patients had reported needing to choose between eating a meal and buying a bus ticket to the diabetes class, and now they no longer need to make that difficult decision. This nontraditional partnership expands healthy food access and directly impacts lives every day.



HEALTH



#teamMATTER: Africa Insight Trip

Members of the Matter Team recently returned from a three week trip across Africa, visiting partner sites in Zambia, Tanzania, Senegal and Kenya. In Tanzania, Matter staff collaborated with the Deputy Minister of Health Dr. Stephen Kebwe and his cabinet to develop strategies for Matter's continued work in this underserved region. They were able to see the first of many Matter medical supply containers as it arrived at the Serengeti District Hospital, where the equipment was immediately put to work in the massively under-supplied hospital.

Matter's collaborations with hospitals and clinics around the world are expanding access to health for thousands, and by 2018, Matter plans to raise that number to 1.5 million. This partnership with Tanzania is an important step towards our ambitious goal.



SERVICE



Kids Feeding Kids

Last year over 100 million meals were missed in Minnesota, 40% of these by youth. Summer proves to be a particularly trying time for families whose children had been receiving lunch at school. In an effort to ease this burden, Matter is partnering with the Summer Loaves program in Apple Valley, Lord of Life Church, and BMO Harris Bank to provide 26,000 meals to kids throughout the summer with the MatterBox program.

Thanks to a generous contribution from BMO Harris Bank, the one in four children in District 196 receiving free and reduced lunches during the school year won't go hungry this summer. To package all of the healthy meals, Matter has connected with Lord of Life Church in Maple Grove. Lord of Life sent 30-50 middle schoolers to Matter each week this summer to package the boxes, keeping their peers from going hungry.

Coming Soon:

15th Annual
Matter Gala

10.30.15

A Night to
MATTER

r.s.v.p.

To reserve your tickets and for more information:

Call: 952.500.8652

Online: Matter.ngo

