



# Centro Tyrone Guzman

## ANNUAL REPORT 2017

Our Values: Inclusion | Respect | Social Change | Collaboration | Integrity



**Mission:** Centro Tyrone Guzman is committed to the wellbeing of Latino families through providing a holistic approach to education, health, and wellness.

**Vision:** Centro Tyrone Guzman envisions a vibrant, diverse and inclusive Latino community that belongs and contributes to the social and economic vitality of Minnesota.

Dear Friends,

In light of the troubling immigration situation, we at Centro Tyrone Guzman reaffirm our values of inclusion, respect, and collaboration - as we lift up the ways that members of our community are caring for each other. In 2017, it became even more urgent to nurture the strength and resiliency of families through our high quality early childhood education; thoughtful youth-led programs; holistic health and wellness programming for families, and intergenerational supportive activities for elders and their caregivers.

Children and youth in our programs are engaged in actively caring for our community and our environment. They grow and harvest vegetables, learn from local food producers, and practice compassion and respect for each other. These young leaders ask of their parents: “Don’t give us everything you may have wanted as a youth; teach us what you wish you would have known.”

Parents in our programs are participating in workshops to learn how to communicate better and support their family’s health and well-being. Through our prenatal programming, parents are embracing the caregiving role even before their children are born. In many families, caregiving responsibilities extend to family members who are affected by Alzheimer’s and other dementias. Our programs engage and support “cuidadores” – those who take care of others – through educational workshops and a network of support.

The strength demonstrated by all of these caregivers inspires us to continue working in solidarity with those who share our spirit and our determination in the face of adversity.



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The Law Office of Iris Ramos  
Sin Fronteras Farm and Food*



Our Education Department offers a continuum of programs that support the academic and socio-emotional development of Latine children, youth and adults. During the 2016-2017 school year, 377 individuals participated in our education programs.

Our Health & Wellness Department provides Latino families information and tools to shift behaviors and access resources that will increase their health and wellness. We do this through a coordinated, intergenerational system of culturally responsive services, education, and support. In 2017, 3,346 individuals participated in our health and wellness programs.

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## Siembra Montessori

Siembra is a unique bilingual Montessori program for low-income Latine children ages 3 to 6. Children learn key academic and social skills in both English and Spanish in a culturally affirming environment. Siembra partners with families to prepare children for success in K-12 and beyond. Siembra Montessori is currently the only “Bright Spot” recognized by the White House Initiative on Educational Excellence for Hispanics in the state of Minnesota.

In the 2016-17 school year, 43 children and 74 parents/caregivers participated in the program. More than 95% of students received scholarships and/or tuition assistance.

100%

of 3-year-olds made age-appropriate progress during the academic year and 4-year-old children tested ready for Kindergarten by the end of the academic year.

100%

of 4-year-old and 5-year-old children tested ‘proficient’ in 90% or more of Work Sampling System indicators.

98%

of parents participated in 3 or more monthly parent education activities, workshops, and/or parent-teacher conferences.

93%

of parents increased their knowledge of school readiness for their children.



Diego started attending Siembra Montessori when he was 3-years-old. He communicated with basic sounds and only one word, “No.” This made it hard for him to socialize with other children and make friends. He got frustrated easily, and had difficulty concentrating and finishing activities. Siembra teachers worked with Diego’s mother to help Diego access speech-language therapy services once a week. Diego’s mother checked out books from Siembra’s lending library each weekend to read and tell stories to Diego at home. In addition, Diego spent 5 days a week in Siembra’s language-rich classroom environment, receiving one-on-one Montessori instruction.

Diego is now 4, and in his second year at Siembra Montessori. He is making great progress at expressing himself - he can count and use full sentences in English and Spanish! He is more confident, gets along better with other children, and tries to resolve problems with words. Diego loves helping Siembra teachers and his classmates. His concentration has improved and he enjoys learning. We are all very happy with the progress he has made.

## Be@school

Children who are falling behind in school receive individualized support to improve their attendance through partnerships with the Hennepin County Attorney’s Office and Minneapolis Public Schools. Families are supported with knowledge, skills and resources to help their child succeed.

In the school year 2016-17, 94 children participated in our culturally responsive program.

69%

of children improved attendance.

56%

of children had no unexcused absences while participating in the program.

# Raíces Youth Development

Raíces works with Latine youth in grades 7–12 through a broad range of holistic in-school and out-of-school programs emphasizing academic support, personal and cultural identity, health and wellness, and leadership development. The program’s goal is to promote healthy behaviors, strengthen families and support youth to achieve a successful future.

In the 2016-17 school year, 132 youth participated in the program. They reported the following outcomes:

100%

have adults who are good role models and feel valued and appreciated by others.

100%

feel proud of their identity.

89%

are eager to do well in school.

78%

feel they are helping to make their community a better place.



Luis, Antonia and Mayra are all 8th graders who participate in Raices. Last fall, Youthprise Spark Summit organizers invited them to present on their work with the Raices podcast project that included conceptualizing, recording, and editing. They were very nervous about presenting and unsure of themselves. At the beginning, Antonia couldn’t understand why anyone would be interested in what they had to say. After five weeks of preparation guided by Raíces staff, they were ready. In front of an audience of approximately 40 people, they began their presentation. They invited audience volunteers- all adults and older teens- to the stage and taught them how to record using a microphone. They answered questions from the audience confidently and knowledgeably. The audience was very impressed with their expertise. We are so proud of them!

# Adult Literacy

In 2017, 34 adult students worked towards completing their primary and/or high school education in Spanish, supported by staff and volunteer tutors. Nine students graduated this year, with four adults receiving primary diplomas and five receiving high school diplomas. This program, one of two “Plazas Comunitarias” in Minnesota, is possible thanks to our partnership with CONEVyT and the Mexican Consulate in St. Paul.



## Maternal Health

This program provides on-going support to pregnant Latinas so they have a healthy pregnancy, are cared for to deliver a healthy baby, and enjoy a healthy postpartum period. We focus on supporting the physical and emotional needs of the mother, baby, and family. Our wide-range of support services include prenatal OB/GYN care provided through Centering Pregnancy in partnership with Hennepin County; self-esteem classes; car seat education/give-away; workshops on critical health issues for pregnant Latina women (such as HIV/AIDS and gestational diabetes); and post-natal information sessions.

In 2017, 190 women and 774 family members participated in the program. Areas of impact measured include:

100%

of women and their families were connected to resources or activities that promote physical, emotional and medical well-being.

100%

of infants delivered were healthy.

99%

of women began reducing their stress levels.



*“Participating in Centering Pregnancy classes, learning new techniques to relax and everything about pregnancy has been the best thing I could have done for my baby and me.”*

-Program Participant

## Nosotras Women’s Programs

Through Nosotras, Latinas and their families access services that support their optimal health. We offer a coordinated, intergenerational system of culturally-sensitive education and support. In partnership with local health care providers, the programs address the complicated barriers that prevent low-income Latinas from receiving the health care services they need. Staff help with health insurance enrollment and facilitate workshops with a strong focus on preventive self-care.

In 2017, 2051 individuals participated in the programs and reported the following:

100%

received care coordination services.

99%

received help navigating the health care system and reported being more engaged in their own care.



Maria, a Nosotras Women’s Program participant, told us: “When my mom comes to Minneapolis, the first place she will visit is Centro Tyrone Guzman.” Maria had felt alone and scared for many years, doing her best for her kids while fighting a deep sadness. Maria joined Centro’s Family Summer Program to provide engaging educational activities for her children and to have them supported and cared for. Maria and her kids joined other families in fieldtrips, made friends and were connected to a community that supported her. Coordinators reminded Maria every day that she is a great human being and that she deserves to be happy!

Last fall, Maria joined *Entre Amigas* and *Vive tu Momento*. She practiced yoga and meditation and learned to take care of herself so she could also care better for her family. She made changes that made her feel better. Maria’s mom told us: “After 18 years I am so happy to see Maria smiling again. She has found in Centro Tyrone Guzman’s community a second family.”

## Family Nutrition

Our workshops are designed to expand access to healthy foods for Latine children and youth, while providing information and tools that help Latino families adopt healthier eating habits at home. The program integrates research-based strategies into a hands-on nutrition education program specifically designed for Latino families in partnership with University of Minnesota Extension. Parents/caregivers get a better understanding of the importance of early childhood nutrition and learn new skills and healthy recipes.

In 2017, 290 individuals participated in the program. Some areas of impact measured are:

100%

of children who participated in nutrition education programming reported increased knowledge of basic nutrition concepts.

100%

of children in the program received healthy meals and snacks.

92%

of adult participants planned to make a change as a result of what they learned.



Maricela was having trouble communicating with her parents. As a teenager, it was difficult to do things with mom and dad without having an argument. Who would have guessed cooking would make a difference! The Gonzalez family enrolled in the nutrition program at Centro Tyrone Guzman. Maricela enjoyed learning how to read labels, stay healthy and do exercises that helped her burn calories. Her relationship with her parents improved as they spent time together cooking delicious recipes, and they now feel healthier. Most of all she liked that her parents were learning to listen to her. We are so happy Maricela’s parents took these classes. The workshops have made a world of difference.

# ■ Centro's Wise Elders

Centro's Wise Elders program provides culturally and linguistically responsive services to support the holistic health and independent living of Latine seniors. The program provides individualized case management, health, social, educational, and recreational activities, including innovative programs, such as Traditional Medicine and Intergenerational Dance activities. Elders exercise, participate in intergenerational gardening, and enjoy Family Health Days. Staff facilitate the evidence based programs *Tomando Control de su Salud* (Chronic Disease Self Management Program) and Tai Ji Quan - Moving for a Better Balance.

In 2017, 109 elders participated in our program. Elders reported the following:

92%

feel less isolated and lonely.

92%

participate regularly in physical activities and improved their health and physical fitness.

92%

have regular engagement with people in the community.



When Carmen moved to Minnesota she did not have anyone. She was alone and came to Centro Tyrone Guzman looking for support. Staff provided immediate assistance. They helped her to get health insurance, find an apartment and connect to a food shelf. Carmen also joined the Wise Elder's Program.

Carmen was so happy! Not only did she learn how to manage her chronic disease, practice Tai Chi, and help with gardening, but she also met the man she would marry. Everything was great until a few months ago, when her husband started to have serious memory problems. Carmen and her husband's family joined the educational classes for caregivers with Alzheimer's and the caregiver support group. Understanding the disease has helped immensely.

Carmen has transformed her grief into positive action. As a community advocate, she is helping others learn about the disease and the 10 warning signs. She participated in the Walk to End Alzheimer's and performed in a play created in partnership with Teatro del Pueblo to promote awareness and education about Alzheimer's disease. Recently, she completed her training to work as a Personal Care Assistant. We admire Carmen's strength and we are very grateful for her positive energy which she shares with the elders in our program.

# ■ Wise Elders' Families

The program actively engages community members in creating and sustaining an informed, safe, and respectful environment that supports the health and well-being of individuals with Alzheimer's disease and other types of dementia. All caregivers accessed new resources and strengthened peer support networks.

In 2017, 370 individuals participated in the program. Participants reported the following:

100%

increased knowledge about Alzheimer's disease and dementia.

99%

increased understanding of the 10 warning signs of Alzheimer's disease.

## ■ Cultural Events

### Day of the Dead – *Día de los Muertos*:

As practiced by the indigenous communities of Mexico, *Día de los Muertos* commemorates the transitory return to Earth of deceased relatives and loved ones. The festivities take place each year at the end of October to the beginning of November. In partnership with Mia, and guided by artist Monica Vega-Marquez, children, youth and elders created *ofrendas* for the Community Altar to remember family and friends. Through the exhibits at Mia and Centro Tyrone Guzman, they shared their culture and traditions with the broader Minneapolis community.

Over 500 guests visited the exhibit at Mia, decorated sugar skulls, enjoyed Mariachis and learned Mexican Folkloric dance.



**Christmas Party:** Every December families come together to celebrate the spirit of the holidays with Centro Tyrone Guzman. Young and old gather to make crafts, listen to live music, dance and enjoy treats at our Christmas Party. The event is possible thanks to our partnership with Notre Dame Alumni Club, and the support of MN Twins Baseball Club, The Marines and Toys for Tots. Over 1,200 people celebrated with us in 2017.

# Centro Tyrone Guzman's Staff

Diana Alvarez Forero  
Stephanie Becerra  
Solanye Cabrera  
Renee Cameron  
Yolima Chambers  
Jennifer Davis  
Natty Demoya Morales  
Alejandro Dominguez  
Marlon Ferrey

Cherolyn Fischer  
Maria Gavina  
Karen Gavilan  
Andrea Grimaldi  
Carlos Guereca  
Andrea Heras  
Maria Fernanda Heras  
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Omar Leal  
Dorothy Lerma  
Roxana Linares  
Claire Monesterio  
Wendy Moreno  
Janet Murillo Martinez  
Juventina Navarro  
Maria Padilla  
Rosa Quintuna

Sandra Reyes  
Susana Rodriguez  
Melissa Schebloom  
Yolanda Serrano  
Paula Tejero  
Cynthia J. Zapata

## Financial Report

### Statement of Financial Position

For the year ending on December 31, 2017

Assets	
Current Assets	\$ 452,259
Noncurrent Assets	\$ 555,098
Total assets	\$ 1,007,357
Liabilities	
Current Liabilities	\$ 58,819
Net assets	
Unrestricted	\$ 765,325
Temporarily Restricted	\$ 183,213
Total net assets	\$ 948,538
Total liabilities and net assets	\$ 1,007,357

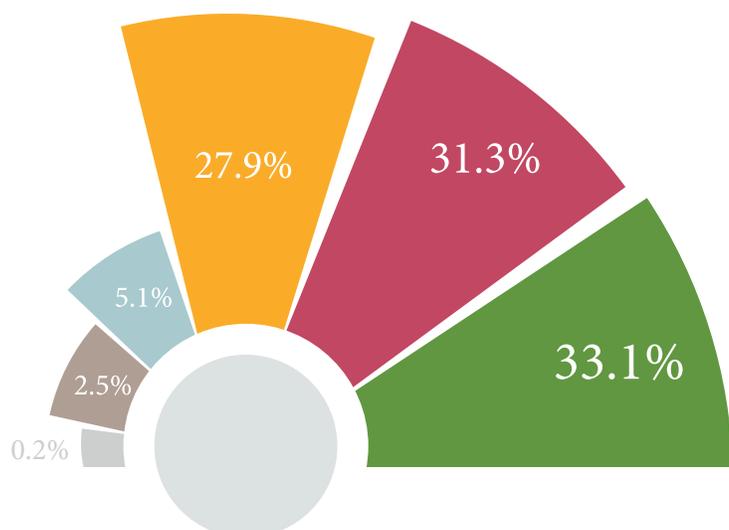
### Expenses

Health & Wellness Department	
Maternal Health & Nosotras	\$ 292,931
Family nutrition	\$ 65,000
Wise Elders & Wise Elders families	\$ 183,351
Education Department	
Siembra Montessori	\$ 397,319
Youth Development Programs	\$ 397,405
Administration	\$ 121,616
Fundraising	\$ 36,276
Total Expense	\$ 1,493,898

### 2017 Income and Expense Statement

Income: \$ 1,591,665  
Expense: \$ 1,493,898

- In-kind Donations
- Contributions
- Earned Income
- United Way
- Government
- Foundations and Corporations



# Support

# THANK YOU FOR GIVING

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## *Individual Donors*

Diana Alvarez  
Garthune Azeta  
Andrea Barcenas  
Alison Bloodgood  
Minerva Cazares  
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## *Volunteers*

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Claire Monesterio  
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Sienna Schaeffer  
Elise Schoch  
Dan Solano  
Frida Solano Vega  
Martin Solano Vega  
Xavier Tavera  
Elena Tran  
Emily Wallace-Jackson  
Samuel Wehling  
Benjamin Werner  
Kenta Yamamoto  
Mark Zoia

## *Special thanks to:*

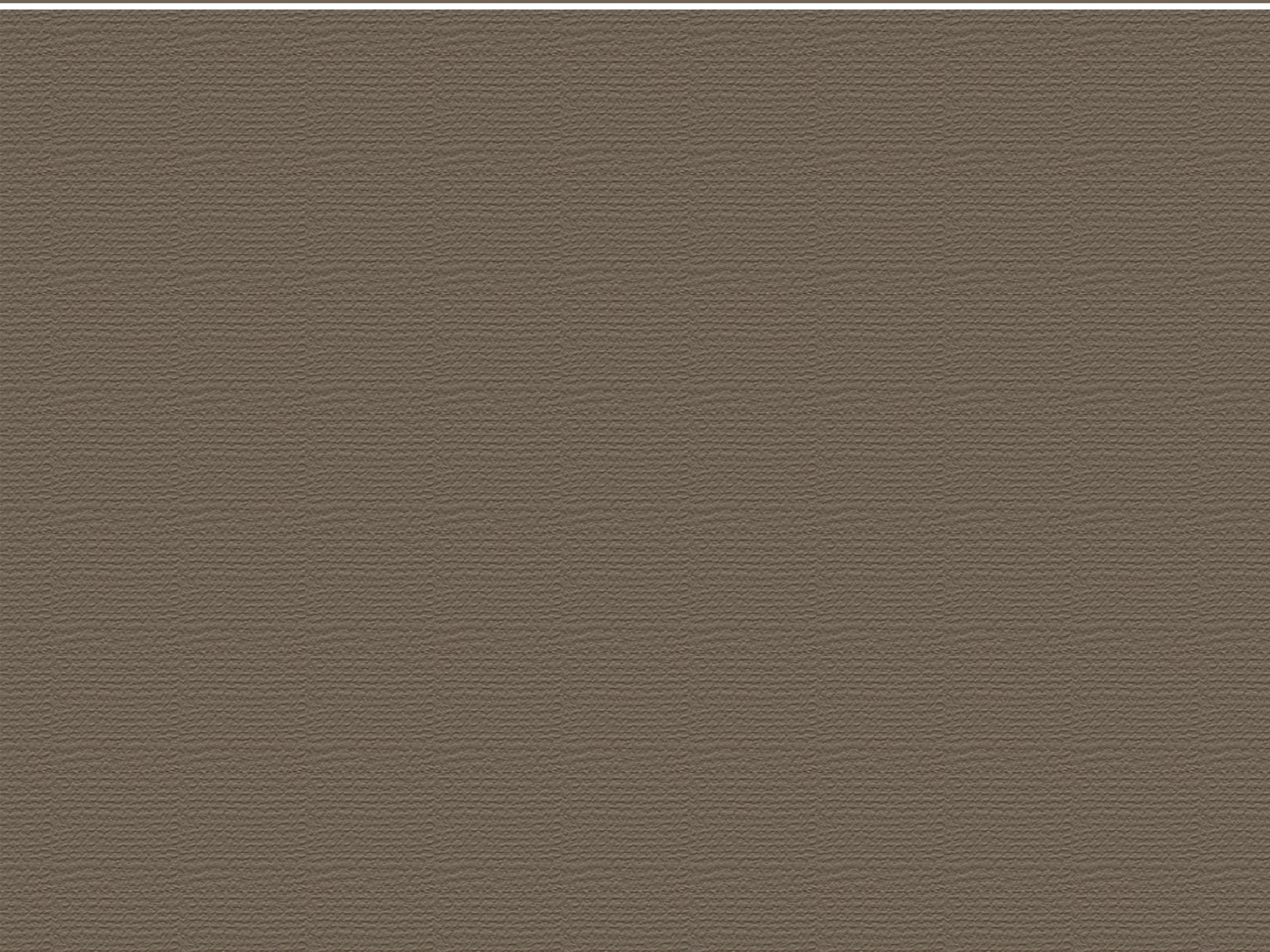
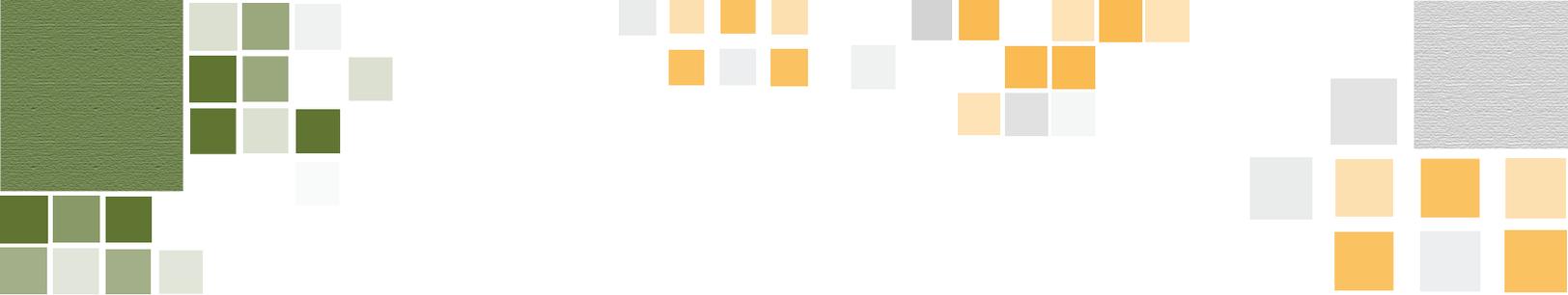
Mia  
Notre Dame Alumni Club

## *Foundations and Corporations*

Albright Foundation  
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Amazon Smile Foundation  
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Mia  
Mortenson Family Foundation  
Notre Dame Alumni Club  
Otto Bremer Trust  
Shakopee Mdewakanton Sioux Community  
Stevens Square Foundation  
Sundance Family Foundation  
The Amherst H. Wilder Foundation  
The Minnesota Twins Baseball Club  
The Sheltering Arms Foundation  
Think Small  
Toro Foundation  
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Walser Foundation  
Warren Foundation  
Whole Kids Foundation  
Women's Foundation of Minnesota: girlsBEST  
Women's Foundation of Minnesota: Ripley Memorial Foundation  
Youth Philanthropy Fund of The Minneapolis Foundation  
Youthprise

## *Government*

City of Minneapolis: Department of Health and Family Support  
City of Minneapolis: Health Department  
Federal Emergency Management Agency  
Hennepin County Attorney's Office: Be at School  
Metropolitan Area Agency on Aging: ACT on Alzheimer's  
Minnesota Board on Aging  
Minnesota Department of Education  
Minnesota Department of Health:  
Eliminating Health Disparities Initiative  
Minnesota Department of Human Services: Live Well at Home  
Minnesota Department of Public Safety:  
Office of Justice – Youth Intervention Programs  
Minnesota State Arts Board  
MNSure  
USDA - Child and Adult Care Food Program



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