

**CAPI: A RESOURCE FOR IMMIGRANT  
& REFUGEE COMMUNITIES**

CAPI has provided support for the immediate needs of immigrant and refugee communities in the Twin Cities for over 40 years. Starting as a culturally-specific food shelf for those settling in Minnesota after the Vietnam War, CAPI's services have expanded to providing services to immigrants and refugees from all over the world.

- CAPI's Economic Empowerment team helps those seeking public benefits assistance, credentialed employment training, financial coaching, and pathways to homeownership.
- CAPI's Community Advocacy department runs the culturally-specific food shelf and hosts COVID/Flu vaccination and other health-related clinics and food distributions. The department is also home to the community gardening program, the Hmong Elder & Caregiver program, and the Hmong Folk Choir. Not only that, but the team also advocates for legislation that benefits immigrant and refugee communities at the Capitol along with being deeply ingrained in the public policy work that elevates the voices of our community members.
- CAPI's Refugee Services team primarily supports recently resettled Afghan and Ukrainian refugees. Individuals are assisted in finding stable housing and employment, along with receiving critical case management support.

Community is at the heart of everything CAPI does. With compassion, care, and understanding—CAPI will continue to support communities for years to come. Learn more at [www.capiusa.org](http://www.capiusa.org)

**AMERICAN HEART MONTH**

February is American Heart Month, a time to raise awareness about cardiovascular health. During this month, the American Heart Association and other organizations reinforce the importance of heart health and the need for more research and efforts to ensure that millions of people live longer and healthier lives. A healthy diet is a key component in the prevention and treatment of heart disease. Open Arms is proud to offer a Heart Healthy Menu that is low in salt and saturated fats, supporting a wide range of health needs. It's our most popular menu, benefiting 70% of our clients.



If you have any questions about how Open Arms meals can support your heart health, reach out to our Registered Dietitians at 612-767-7333 or [nutrition@openarmsmn.org](mailto:nutrition@openarmsmn.org). They are happy to answer your questions and give you tips to improve your heart health!

## BLACK HISTORY MONTH

In observance of Black History Month, Open Arms stands in solidarity to amplify, honor, and commemorate the profound experiences, invaluable contributions, and enduring legacies of Black individuals in America. We invite you to delve into a curated collection of resources provided by the Center for Racial Justice in Education, allowing for deeper understanding and appreciation of the significance behind Black History Month. Let us unite in listening, learning, and uplifting the voices and narratives that shape our shared history.



Learn more at:

<https://centerracialjustice.org/>


## WE WANT YOUR FEEDBACK ON DELIVERIES!

Open Arms staff and volunteer drivers have started using a secure, HIPAA-compliant application called OnFleet to complete their deliveries! This app allows us to create more efficient delivery routes and provide you with text updates about your delivery.

You received a flyer about a survey you could take to provide feedback. If you haven't already completed the survey and you would like to, go to [www.surveymonkey.com/r/OAMdelivery](https://www.surveymonkey.com/r/OAMdelivery) before Friday, February 14th. If you have any questions in the meantime, you can always reach Client Services at 612-767-7333 or [meals@openarmsmn.org](mailto:meals@openarmsmn.org).



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 Open Arms meals for clients aged 60 and older are significantly supported by **Trellis** and the **Older Americans Act**. If you'd like to make a donation to help support the meals you receive, please visit [openarmsmn.org/donate](https://openarmsmn.org/donate), send a check to Open Arms (attn: Mary Beth Iverson), or call 612-677-2568 for assistance.



**Delivery questions?** Contact Client Services at 612-767-7333 or [meals@openarmsmn.org](mailto:meals@openarmsmn.org).

**Nutrition questions?** Contact Nutrition Services at 612-540-7759 or [nutrition@openarmsmn.org](mailto:nutrition@openarmsmn.org).