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The Sheltering Arms Foundation Names New Trustees and Board President

***New trustees join from Minneapolis, Minnetonka, Rochester, St. Paul;
Judith Parr of St. Paul elected president***

MINNEAPOLIS, September, 2019 — The Sheltering Arms Foundation is pleased to announce that four women leaders have joined its board of trustees. The 2019-2020 class of trustees includes **Laura Capaldini** of Minnetonka, **Heidi Joos** of Minneapolis, **Elise Lewis** of Rochester, and **Tracy Sanders** of St. Paul. The foundation's newly elected board president for fiscal year 2019-2020 is **Judith Parr** of St. Paul, a member of St. Clement's Episcopal Church who sings with the St. Clement's choir and is a clinical social worker on call with Wilder Foundation and supervising social workers on their path towards certification.

The new additions bring the Sheltering Arms' board roster to 17 trustees. Trustees, who serve up to two three-year terms, are women members of the Episcopal Church in Minnesota who volunteer their time and expertise to guide the foundation. Board members are selected for their diverse skills, backgrounds and experiences, and represent congregations throughout Minnesota. They are responsible for being the fiduciary and strategic leaders of the organization.

"I am very excited about this coming year at Sheltering Arms, as we are continuing to educate the board on the effects of trauma on people's brains, especially children, so we can have an even more sophisticated understanding of how what our grantees are doing helps the kids. This lights my fire," said new board president Judith Parr, who has a B.A. in social psychology and Spanish from St. Olaf College and an M.S.W. in clinical social work from the University of Minnesota. She has served on Sheltering Arms' board since 2013. "We are looking at the science and research to understand what is curative, what are the things that ameliorate harm, what shifts you in the direction of resiliency, what are best practices. This will give us an additional facet to how we evaluate programs that we're funding."

Laura Capaldini, resident of Minnetonka and member of Trinity Episcopal Church in Excelsior, is treasurer and finance committee chair and occasional bell ringer for her church. She volunteers for the ICA Food Shelf for Hopkins/ Minnetonka and for Family Friends for Minnetonka High School supporting low-income youth. Previously, she started a nonprofit organization in Washington, DC, supporting an orphanage in Colombia, and after moving to Minnesota she joined the board of a sister organization, Friends of FANA MN. She is also a past board member of the Sheltering Arms Foundation. She earned a B.A. in economics and French from Duke University, an M.B.A. from the Kellogg School at Northwestern University, and a certificate in fundraising from St. Thomas University. She previously worked in marketing and product development for the telecommunications industry.

Heidi Joos, resident of Minneapolis, is a member of St. John the Baptist Episcopal Church. She earned a B.S. from the University of Maryland, an M.D. at the University of Michigan Medical School, and an

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M.Div. from Yale Divinity School. Recently retired, she worked for 35 years in psychiatric practice, first in Pennsylvania in the department of psychiatry of the Penn State University Medical School and in private practice, and then in Minnesota at Mercy Hospital and Methodist Hospital. She also was pastor of two United Methodist churches in Pennsylvania and after moving to Minnesota was priest associate of St John's Episcopal. Her volunteer work in her communities has leveraged her professional skills, including volunteering as founding medical director for hospice of East Lansing, Mich., during her psychiatry residency, and starting a counselling program for pastors and their families in the Central PA Conference.

Elise Lewis, resident of Rochester and member of Calvary Episcopal Church, is chair of her church's communications team and serves on the outreach/mission committee, adult faith formation team, and sacred circle committee. She is currently a board member of the Minnesota Coalition for Adoption Reform and the Minnesota Marine Art Museum in Winona. She has volunteered extensively wherever she has lived, advocating for the rights of adopted persons nationwide, serving as a Girl Scout troop leader for 12 years in Virginia, teaching in afterschool programs, serving in the Junior Leagues of New York, Dallas, Washington, DC, and Richmond, Virg., and more. She earned a B.S. in human ecology from Louisiana State University, an M.S. in education from Bank Street College of Education, and a genealogical research certificate from Boston University. She currently works as a genealogist.

Tracy Sanders, resident of St. Paul and member of St. Clement's Episcopal Church, has volunteered for more than 12 years for the National Kidney Foundation and has also volunteered on various political campaigns. She earned a B.S. in secondary education and an M.Ed. in educational/instructional technology, both from the University of Illinois. She currently is senior product director for Optum Behavioral Health with UnitedHealth Group. There she works with health plans, national and local agencies, and advocacy organizations to develop services that support individuals with intellectual disabilities, developmental disabilities, or behavioral health needs and their families and/or caretakers. Prior to joining UnitedHealth Group, she worked for Baxter Healthcare in Illinois, and she was a lecturer within Rush University's College of Health Sciences' master's program in health systems management.

The new trustees and board president assume their positions as 37 nonprofit organizations supported by Sheltering Arms' 2019-2020 grants work to meet the needs of at-risk children. The foundation is investing \$423,000 this year in programs that serve Minnesota's most vulnerable children – focusing on direct service programs in early childhood and out-of-school-time youth development, as well as statewide advocacy campaigns designed to improve Minnesota's policies that impact children and their families. Areas served by the 37 Sheltering Arms grantees include Duluth, McGregor, Minneapolis, Minnetonka, Northfield, Plymouth, Richfield, Red Wing, St. Paul, and Winona.

The Sheltering Arms Inclusion Statement

The Sheltering Arms Foundation celebrates the diversity of race, ethnicity, gender, sexual orientation, age, physical ability, class, religion and geographic location of the children and families it serves across Minnesota. We seek to create equal access to resources in order to build a just society in which all children may reach their full potential.

About the Sheltering Arms Foundation

The mission of the Sheltering Arms Foundation is to invest in the lives of children and help them reach their full potential. Based in Minneapolis, the foundation funds nonprofit organizations and supports policies that benefit Minnesota children and their families who have the least access to resources. Since its inception as a grantmaking foundation in 1983, the foundation has provided more than 1,200 grants totaling over \$16 million. The next deadline for grant applications is in January 2020, with grant applications from Episcopal congregations due on April 1, 2020. For information about submitting a grant request, volunteering, or donating to the foundation, visit <http://sheltering-arms.org> or call 612-871-9210 (toll-free: 866-871-9210).