Minneapolis
Visit Report
23\textsuperscript{rd} June - 7\textsuperscript{th} July 2016.
International Leadership Institute

- Minneapolis Sister City Visit

23rd June to 7th July 2016.
Preamble

The Sister City partnership was established to promote peace through people-to-people relationships that encourage exchange programs on culture to shared research and development projects between our cities. The partnership strives to promote understanding and stimulate economic development and people to people exchange programs that will stimulate environments through which communities will creatively learn, work, and solve problems together through reciprocal cultural, educational, social, County business, professional and technical exchanges and projects. It is for this reason that IIL Youth Council was formed in 2011 to nature youth exchanges between the two the Sister Cities and as a result two Youth managed to travel to Minneapolis for a Youth Exchange programme.

The Chief Officer Youth nominated me to accompany the Youth to Minneapolis as their Chaperon.

23rd June, 2016 - Arrival Minneapolis received by Veronica, Joan Judge Lajune and my host family Mr and Mrs Cheruiyot.

24th June, 2016: Met with Judge and Tom at Sabathani Community Centre to understand the activities of the we were received by Cindy Booker the Chief Executive Director of the Centre.

Programmes and Activities

Sabathani Community Center was founded in 1966 by concerned residents and members of Sabathani Baptist Church in South Minneapolis. These were caring folks who wanted to provide recreation for kids in the neighborhood. A concept of creating a focal point for community identity, empowerment and social change. Organizers of this grassroots effort envisioned a place where residents could gather in a welcoming environment, fellowship, build community, conduct business and receive programs and services that would move people forward. The centre has a host of programmes for the community ranging from Youth activities, Seniors (aged people) people living with disabilities and any member of the community that has a challenge in one or another such as people who have no food or accommodation come to the centre to be assisted. In brief some of the programmes include:
**Family Resource Services** - Provides basic needs services to stabilize families including: food, clothing, income tax assistance, limited cash assistance, back-to-school supplies, seasonal garden plots,

**Horizons Youth Program** - An after-school and summer academic enrichment and youth development program for children ages five to 14 years old. Program activities include reading, writing, math, computer skills, arts and crafts, social/emotional development, enrichment activities,

**James G. Cook First Access Health Resource Center** - The health resource center is set up to assemble venues and create connections for people to access healthy behaviors and medical services on their own schedules. Service include: free pediatric medical clinic, pediatric dental clinic, mental health services/referrals, fitness program, health education, and health fairs and screenings.

**Senior Center** - This program helps senior adults maintain independence by providing transportation, weekly blood pressure and glucose clinics, podiatrist clinic, AARP chapter, U--Meet-Us social club, weekly ceramic classes, monthly education programs, weekly exercise classes, special legal services such that every Friday they are assisted to write their wills and also case management. This is a unique programme which keeps the seniors happy and also to appreciate life.

**Eliminating Health Disparities Initiative (EHDI)** - The initiative works in collaboration with community partners to reduce health disparities in the African American and Latino communities served by Sabathani Community Center in the areas of diabetes, teen pregnancy, unintentional injury and violence. Housed in the same Centre is an NGO known as Voices of East African Women (VEAW)

Voice of East African Women (VEAW) that strives to empower women to share their and experiences and promote safety based on the belief that women are their own experts and architects of their own lives. Women are empowered through best practices in education intervention and prevention to women who face domestic abuse, sexual, physical, mental abuse and sex trafficking.

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Distressed mothers with challenges that need legal attention are referred Abuse Centre where they will be assisted in terms of Legal service, shelter and food. We also had the privilege to interact with a Council member Madam Alondra Cano, who explained to us her journey to the house as representative elected by the people, she comes to Sabathani to listen and discuss issues with the community members. She emphasized that she has a passion for community services and she gave it all her energy.

25th June, 2016 - Meet Minneapolis

We were cordially received by Chief Executive Officer Bill Deff and Jake Juliott Program Manager. This is an Organization that works along with the business community in Minneapolis to promote Tourism in the City. Their intention is to ensure that people coming to Minneapolis either on business ventures, tourism or just a visit are safe and happy in Minneapolis. Meet Minneapolis organizes connections for visitors to tourist sites and hotels. They organize conventions and work together with hospitality industries, Airlines and various organizations to promote tourism and business in Minneapolis. Airlines and Organizations are subscribed members and during a certain time of the year they hold annual meetings where they give awards to the best hospitality industry or hero of the year in tourism as a gesture to promote tourism.

Quarterly meetings are organized to interact and educate the public on how to make Minneapolis a domestic tourist center and the best tourist attraction; they have interpreters for various languages. They also have open days where they organize events to entertain the public, one of the streets is closed for people to display their businesses and services to the public.

They also work with journalists and encourage them to write positively about Minneapolis. Regular surveys are carried out to find out what people think about Minneapolis and why Minneapolis. Research is also carried out to know how many people come to Minneapolis and how long they spent their days. Meet Minneapolis prides to invest on quality signage, advertising and marketing to attract guests to the city.
City Hall
In the afternoon of this day we went to City Hall with intent of paying a Courtesy call to the Mayor and also meet the Chief Fire Officer. We were warmly received by Jenny the Administrative Assistant. The Mayor had a meeting with members and we were received by mayors Policy Aide Mr Abdirahman Muse. We then went to Chief Fire Officers Department and warmly welcomed by The Chief Fire Officer – Mr John Fruetel who had been expecting us. We had a productive meeting with him and he told us that he was still passionate about having 2-3 Firemen come to Minneapolis for a 4 months Training preferably July-Sept.2017. My humble request through Judge Lajune was to have the training this year. He was also willing to come over and train the whole fire team. He can train through video conferencing if it can be arranged and be informed early enough to prepare. He emphasized on greater fire partnerships with Uasin Gishu County where everyone would benefit. Besides the training, he had fire equipment for the County and an extra Fire Truck. He is also ready to give expert advice on maintenance challenges of fire trucks.

After meeting with CFO, we proceeded to Hennepin County to the Domestic Abuse Centre were we were met by an Officer who gave us a brief on how cases were handled for domestic abuse victims. Legal services where provided for them free of charge and also if need be shelter and food.

26th June, 2016- We attended church service at Greater Friendship Church, later had lunch with ILI team. It was an easy Sunday.

27th June, 2016- Met at Sabathani Centre where we toured the Facility and meet with the Executive Director Cindy who gave a brief history of the centre, we discussed community programmes and how it benefits the community. We also had a chance to visit Minneapolis Police Station were we met with Police Inspector

28th June, 2016-Colon Cancer Conference at University of Minnesota
This program was spearheaded by Dr. Charles Rogers who is an expert researcher on Health Disparities basically on Colon Cancer.
The conference was centered on Colon Cancer Screening to encourage people go for colon Cancer Screening and other cancer related ailments. Early detection would reduce cancer disparities across the US. Colon Cancer, Breast Cancer and other Cancer survivors gave their testimonies which all boils down to early detection.

The US has gone a long way in the management of Cancer related cases and this is because of getting screened early, immediate treatment and management. Dr Charles is passionate about spreading Colon Cancer awareness through research and capacity building. We also worked on a document with Dr. Charles on Gender Disparities.

29th June, 2016 - Dr. Masgutova- Masgutova Neurosensorimotor Reflex Integration (MNRI)
A centre which deals with children and Adults who suffer from cerebral palsy, Down syndrome and autism and other similar disorders, Dr, Masgutova uses touch and movement to activate reflexes that are damaged or dormant, her therapy restores this reflexes and enables patients to connect with their world again. Dr Masgutovas work focuses on movement development and reflex integration. We had a meeting with her staff and partners. In the afternoon we had an experience of how these therapies are conducted and managed. An amazing way of bringing healing and life to the most challenged in society. These people have gifted hands, the whole process is to do with touch but awakens reflexes and the patient is able to be active again. We had a discussion with them on how they can bring this therapy to Uasin Gishu and Dr. Masgutova and her partners are willing to come to Uasin Gishu to see how these cases are handled here and also give her expert advice. They expressed interest that they wished Uasin Gishu to be their pilot centre for MNRI in Kenya.

30th June, 2016 - University of Minnesota
We worked with Dr Charles Rogers to discuss research on Gender based violence and we worked on the John Hopkins document to develop a presentation on Gender disparities. We had a chance to meet with Euginia Canaan who is a Program Manager at WellShare International an NGO - that deals with empowering communities in terms of health and education.
She expressed the interest to work with us through ILI on community empowerment and investment opportunities. 

1\textsuperscript{st} July-4\textsuperscript{th} was a weekend preceding Independence day of America hence it was a long holiday.

5\textsuperscript{th} July,2016 - Allina Health Emergency Service- Ambulance

Allina Health Emergency Medical Services is one of the region's largest ambulance and medical transport services. They serve more than 100 Minnesota communities, where about one million people live. Services provided by Allina include priority medical dispatch, 911 pre-arrival instructions, emergency and non-emergency ambulance response, the Greater Minnesota Ride program and wheelchair transport. We visited the facility in the stewardship of Mr Jackman an ILI member who was here in Eldoret to train our Firemen on Fire handling, Disaster and Emergency Service Management. We also viewed the Ambulance which is ready and packed with medical equipment and ready for shipping to Uasin Gishu County. Jeff (Director Allina Emergency Health Services) Minneapolis expressed the intention to donate another two Ambulances next year. Mr Jeff who is the Director Allina Emergency Health Services also expressed his willingness to train our firemen through Video Conferencing and said that this could be done anytime during this year.

6\textsuperscript{th} July,2016 - Free

7\textsuperscript{th} July,2016 - Southside Outreach Programmes

A meeting was scheduled at Southside Clinic with Clarence Jones after which Judge Lanjune and us were to receive MCAs from Uasin Gishu County on a visit to US. We were not able to meet them because of a delay of their flight. Judge Lajune saw me off to the Airport and I checked in while she was waiting for the MCAs.

Minneapolis has three descriptions, there could be more because it’s not easy to describe Minneapolis in few words however the common ones include; Minneapolis City by Nature, Minneapolis City of Lakes and Minneapolis Nice. A part from the people who are warm and friendly the Police are very friendly and work hand in hand with the community in handling complaints and crime, The Police and the Community come together during open days to work and share experiences in order curb crimes. We had a chance to visit Minneapolis Police Department and we were taken round by the Police Inspector a very friendly environment. There are a lot of good things in Minneapolis and its Twin City St. Paul here is 10 highlights why Minneapolis thrives in America just to mention a few.
**Best Cost-Friendly Cities to Visit**

Minneapolis is routinely recognized as

- One of the healthiest, fittest, greenest, cleanest, most educated, family-friendly, livable cities in the country.
- The City boasts of a healthy economy for industry and businesses of all kinds.
- Minneapolis is home to world-class museums, galleries and performing arts venues, with architecture that gracefully combines old and new.
- Minneapolis is America’s most bike-friendly city,
- Minneapolis is a leader in medical research and healthcare delivery.
- Minneapolis tops the lists of “smartest people” and “America’s most literate cities.
- Minneapolis enjoys the lowest unemployment rate of any large metropolitan area in the country.
- Minneapolis is a place where entrepreneurs can thrive.
- Minneapolis is a city that thrives on creative ideas.

**Conclusion**

We wish to highly appreciate our hosts for the hospitality received from the International Leadership Institute under the Leadership of Judge Lajune Lange (Rtrd) and in a special way our Hosts Dr. Linus Cheruiyot and Veronica Rotich for their support as ILI members. The great benefits that Uasin Gishu County will receive such as the Ambulance from Allina Emergency Services, Capacity building for the firemen, medical equipment and the fire trucks has had your hands and good will. The relationship is not just on material but based on human relationship, care and empowerment for the community with a view to improve public safety, health care, build on cultural exchanges, Youth empowerment and education in order to make difference to people's lives. The two youth each had their own programmes such as Joan Cheptoo specialized on Community Health Programmes and Viola Cherotich specialized on Children and Cancer. Each of them will write her report on their program.

Reported and Compiled by Grace C. Chepsigor (PRO)
August, 2016
Partial View of Minneapolis City

With Dr Charles University of Minnesota

Sabathani Community Centre with Council Rep. - Alondra Cano

Meeting with Chief Fire Officer Minneapolis City

Director Allina Emergency Services inside an Ambulance donated to UGC
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With Seniors at Sabathani Community Centre

Jenny Administrative Assistant Staff & Chief Fire Officer - Fruetel

Jackman with Jeff Director Allina Emergency Health Services - Ambulance to UGC.

Sharon Sayles Belton, Mayor who signed Sister City MOU (2001) Minneapolis - Eldoret

Meeting with Dr Masquatoas Foundation Team - Masquova Neurosensorymotor Reflex Integration (MNRI)

Bicycles for hire in Minneapolis (Innovation)

With Cindy Executive Director Sabathani Community Centre

Judge Lajune, Cano Council Member, Dr Cheruiyot ILI Member, Joan
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With Judge at Minneapolis Int. Airport - Coming Home

AMBULANCE FOR UASIN GISHU COUNTY

Electronic Car Park pay Station

Respected Parking for PLWDS

Some of the Beautiful Parks in Minneapolis City