

REAL STORIES, REAL IMPACT

[Plymouth Church Neighborhood Foundation](#)

A Big “Loser” Becomes a Big Winner: Sam’s Story

Before moving into [Lydia Apartments](#) three and half years ago, Sam had been homeless and staying in shelters for nearly a decade. When he came to Lydia, he was in such poor health from a back injury and related obesity that he could barely get out of bed. After his Lydia case manager helped him get treatment for his injury he began to feel better and started moving again. He decided to learn as much as he could about healthy eating so he started reading articles on nutrition and watching the cooking channels on TV.



Since February, he has lost 110 lbs. In his words, “I stopped eating chips and ice cream and began eating more chicken and turkey. I still eat some of those foods on weekends when I watch TV but stick to a healthy diet the rest of the week.” Other Lydia tenants noticed Sam’s weight loss and asked him how he did it. He likes to invite his neighbors up to his apartment for one-on-one conversations where he shares his knowledge and shopping tips.

Sam loves walking around the neighborhood for exercise and especially enjoys helping with landscaping and yard work at Lydia now. He is proud of how he has turned his apartment into his home by stripping and waxing the floors and painting and decorating the walls with artwork. In addition to all he does to help his neighbors at Lydia, Sam has become a powerful advocate for the rights of low-income people to have access to medical care.

Total TC LISC support: **\$1,240,045** in grants and loans to PCNF since 2003

Our COACTION Fund grantees share real life stories about the impact of their community development work on local residents. [COACTION Fund](#) is a \$3.3 million capacity-building effort to support 15 high-impact, local community development initiatives. The Fund focuses on new and existing partnerships between Twin Cities organizations working to connect physical improvements in neighborhoods to economic opportunity for residents.