

Spring 2013

# seeds *of hope*



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Fighting  
Hunger  
This  
Spring!

KANSAS  
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**Brian Walker**  
PRESIDENT AND CEO

# KANSANS OF ALL AGES HAVE RELIEF, THANKS TO YOU

Dear Friend,

First, I want to thank you for the incredible generosity you showed to the hungry in our community this past holiday season. Because of you, thousands of hungry Kansans had enough food to eat.

But we can't forget that hunger persists beyond the season of giving. There is a great need for food here in Kansas, and we're working hard to reach the hungry in Kansas.

Sadly, senior citizens living on fixed incomes are perhaps the most isolated at this time of year. Many of these folks have worked hard all their lives, but are now struggling to keep up with the rising cost of living – including groceries. All too often, seniors are forced to make tough decisions – sometimes it's between having enough food to eat and filling their prescriptions.

The Kansas Food Bank is committed to working hard to ensure that deserving seniors don't have to worry about whether or not they have enough food to eat. In this issue of *Seeds of Hope* we've spotlighted just a couple of seniors who have already found the relief they need at a [Kansas Food Bank](#) hunger-relief partner, thanks to your generosity. I hope you enjoy reading their stories of hope as they have told them to us.

As we look forward to spring, I want you to know that your generosity to the Kansas Food Bank has helped many of our neighbors, and will continue to do so throughout the year. Thank you for your compassion.

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# YOU HELP SENIORS THRIVE

When Lilli's husband passed away many years ago, she had to learn how to live on her own again. It wasn't easy, but Lilli is a strong woman – she spent her lifetime working on a farm. The grit and determination she learned there combined to help her recover from her loss.

Now, Lilli is living in a senior housing community in Wichita. She really likes her new life here, but she sometimes finds herself struggling to provide for herself on her small fixed income. On top of everything else, she has chronic back pain that requires expensive medicine to relieve. Occasionally, she needs help filling the gap

**“It's very nice, what you're able to do for seniors like me.”**

between what she can afford and what she needs.

If it weren't for your generosity, this sweet, caring woman might have to worry about going hungry since a trip to the grocery store isn't always in her budget. But because you give, she can visit the Old Time Gospel Neighborhood Center to pick up a box full of nutritious food to keep her going strong.

Lilli loves the food she receives from the food pantry, a hunger-relief partner of the [Kansas Food Bank](#). She makes sure nothing goes to waste.

And Lilli is so thankful for your generosity, which makes this much-



Lilli

needed food available to her. She knows that if it weren't for you, she'd have to make some serious cuts.

“It's very nice, what you're able to do for seniors like me,” she says with sincerity. “I'm grateful for your generosity.”

# THANK YOU FOR FEEDING YOUR HUNGRY NEIGHBORS!



You provide meals for growing children.



Struggling Kansans are grateful for your help.



Families have enough to eat, thanks to you!



You provide hope to those in need.



You give young people the fuel to learn.

## Bob Box Update



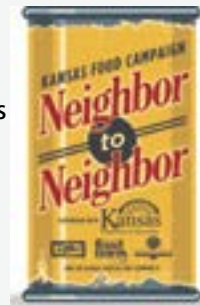
Bob Box is in full swing! The program, geared toward seniors experiencing food insecurity, has distributed 1,200 boxes in its first four

months. And people of all ages are getting involved – students from Fort Hays State University recently helped pack boxes at a special packing event in Hays! We're confident the Bob Box program is reaching those seniors who need it the most.

**“One client, who had been portioning one meal into thirds to last all day, came in requesting, through a whisper, a Bob Box.”**  
– Bob Box Distribution Partner in Northwest Kansas, December 2012

## Neighbor-to-Neighbor Food Drive

Dillon's and the Kansas Department of Agriculture are sponsoring a statewide food drive to benefit the [Kansas Food Bank](#) and Harvesters this coming March. Throughout the month, all Dillon's shoppers can



donate \$1 or \$5 as they check out, or they can drop off non-perishable items in the bins at the store. Activities will also be held at the state capitol to raise awareness of the reality of hunger in Kansas.

## Walmart Awards

Each year, Kansas Walmart employees designate three organizations to receive the Associate Choice Award. This year, the [Kansas Food Bank](#) was selected as

the first place winner with a \$50,000 gift to help fund our backpack program and rural delivery!

We were also selected as the recipient of Walmart's Golden



Sparks campaign. 50 communities were selected to either start or

expand a backpack program to provide vital meals to food insecure schoolchildren on the weekends, when they don't have access to school meals. We're currently serving 6,500 children across our 85 county service area, and we look forward to increasing that number!

# VOLUNTEERING BENEFITS EVERYONE!



Lisa

“A lot of people that I meet are doing the best they can to survive,” says Lisa Anderson, a dedicated volunteer of the Kansas Food Bank, as she explains why she has committed so much of her free time to volunteering here.

If you'd like to volunteer at the Kansas Food Bank, contact Larry Gunkel at [lgunkel@kansasfoodbank.org](mailto:lgunkel@kansasfoodbank.org).

Lisa began her journey with the [Food Bank](#) three years ago, at one of our hunger-relief partners. She's been volunteering in many different capacities ever since.

Lisa especially loves working the mobile pantries. She feels it's here that she truly gets to see how many lives are impacted by the volunteers' work and donors' generosity.

She recalls an especially memorable visit to Chanute last winter. On that frigid day, over 400 families took home a box full of nutritious food. Many had waited in line in the freezing temperatures for two hours.

“I continue to be amazed by the number of people that need and

appreciate our efforts,” Lisa says.

She encourages everyone to get involved, and is convinced that the Food Bank makes every dollar stretch as far as it can to feed as many people as possible. She is

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**“I continue to be amazed.”**

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so appreciative of the other people who donate their time and funds to making sure no Kansan goes hungry.

“Everyone [involved with] the Food Bank is committed to ending hunger, and you are a big part of it,” she says sincerely.

# SENIORS HAVE HELP BECAUSE OF YOU

Laura knows it's not easy to survive on a fixed income. She's been living on the same meager amount for the past eight years, and while the cost of living has risen dramatically, her income hasn't.

"Once you pay rent and utilities, there's not much left over for food," Laura says.

Laura and her husband, Jerry, worked hard all their lives – she worked at a nursing care facility, and he was a maintenance man in Augusta. With a glimmer of pride, Laura says she was a workaholic, sometimes working up to 16 hours a day.

Once they entered into retirement, Jerry's health began to decline. He has undergone triple bypass surgery, and also has dementia. Now, the couple survives on one small monthly check that doesn't come

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**“This is the way we survive.”**

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close to covering the cost of their basic needs.

"We wouldn't be able to eat [without The Giving Center]," Laura says of the [Kansas Food Bank](#) partner, where they pick up food to keep them from going hungry each month.

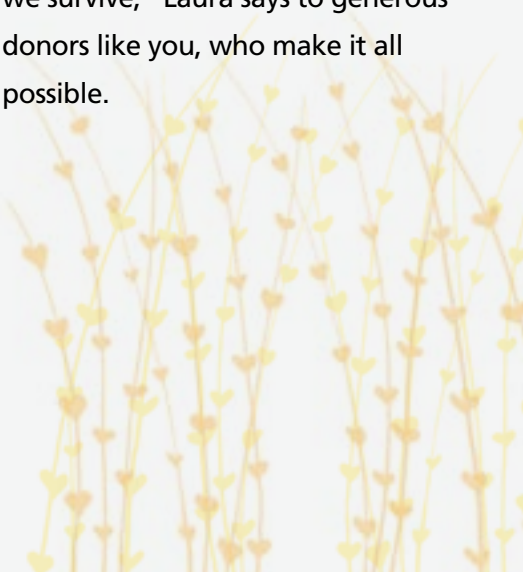
Laura and Jerry are so grateful to have the life-sustaining food from The Giving Center – it fuels their



Laura

energy to make sure they can keep up with their eight grandchildren.

"I appreciate it. This is the way we survive," Laura says to generous donors like you, who make it all possible.



# A GRANDMOTHER FINDS RELIEF, THANKS TO YOU



Alicia

"I work, but I just can't buy food," Alicia says, shaking her head. The proud grandmother of five has worked hard and been a faithful employee her entire life – she's been at her current job for seven years.

Unfortunately, Alicia's hours at work – and as a result, her paycheck – just suffered a significant cut.

Right now, she's struggling to keep her small studio apartment on her reduced income.

Alicia is literally living paycheck to paycheck. Sometimes, she doesn't have any money at all in the days before payday. And because she doesn't receive any other type of aid, this sometimes means that she has no money to buy the most basic necessity – food. But there's at least one very bright light in Alicia's life. She

**“I'm so thankful that there are places like this.”**

loves spending time with her five grandchildren who live nearby. But without enough healthy food to eat all the time, she'd struggle to keep up with their seemingly boundless energy.

Thankfully, this loving grandmother doesn't have to worry about not being there for her grandchildren. Because you give to the [Kansas Food Bank](#), Alicia can pick out healthy groceries at the Westside Good Neighbor Center to keep her going strong enough to keep up with the five youngsters.

"I'm so thankful that there are places like this," Alicia says, looking with relief at her box full of food.



1919 E. Douglas  
Wichita, KS 67211

316.265.4421

[www.kansasfoodbank.org](http://www.kansasfoodbank.org)



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