

Spring 2014

# seeds *of hope*



You're  
Bringing  
Hope to  
Kansans  
of All  
Ages!

KANSAS  
**food  
bank**  
HELPING THE HUNGRY • SINCE 1984  
A Member of **FEEDING AMERICA**



**Brian Walker**  
PRESIDENT AND CEO

## KANSAS SENIORS HAVE HOPE, THANKS TO YOU

Dear Friend,

As we finally settle into the New Year, I want to thank you for your support throughout the holiday season. Because of generous friends like you who stepped up during Cargill's \$80,000 *Food 4 Kids* match, we met the goal for a \$160,000 total impact for hungry children in Kansas!

The [Kansas Food Bank](#) is committed to providing food to everyone who needs it – and that means reaching out to some of the most rural parts of our state. With your support, we're making sure everyone in Kansas has food – no matter how remote their location.

In this issue of *Seeds of Hope*, you'll find stories from a segment of our population that's sometimes forgotten when people talk about hunger – senior citizens. Older adults living on fixed incomes are perhaps most at-risk of hunger this time of year, as they struggle to make their fixed incomes stretch to cover out-of-pocket prescriptions, rising utility bills and still buy healthy groceries. And for this generation of Kansans, asking for help with food can be difficult...and humbling.

As you'll see in the stories that follow, your gifts make a big difference for Kansas seniors. For older adults who have the fear of hunger erased through the work of the Kansas Food Bank, your generosity makes all the difference.

The focus is on seniors in this issue, but please remember that your support makes a difference for all Kansans. Thank you for your partnership as we work to end hunger in Kansas together.

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# YOU'RE PROVIDING A LIFELINE FOR RETIRED SISTERS



Sisters, Jo and Margaret

For years, sisters Jo and Margaret shared almost everything. They came from a big family – nine brothers and sisters in all – so they were used to it. Back before they retired, Jo owned a dry cleaning business, and Margaret worked full-time to make ends meet for her family. They always shared their daily triumphs and struggles

over the phone, no matter how far apart they were.

Today the sisters are both back in Kansas, retired and living on fixed incomes. And now they're sharing something else – hunger. Their health has declined with age, and Margaret's husband just underwent expensive cancer treatment, little of which was covered by insurance.

"Needless to say, money is tight," Margaret explains.

The sisters are having real trouble keeping their kitchen full right now – especially since the local grocery store is 20 miles away

from where they live. They admit they can't always afford the gas it takes to get to the store – so many times they just don't go at all.

Jo and Margaret would have to fear going hungry if not for your generosity. Because you give, they can depend on the Lebo Community Food Pantry near their home to supply them with the healthy foods they need as they age. Being able to come here frees up money to cover other bills and essential prescriptions.

"We would have to go without if it weren't for the food pantry," Jo explains. "This food is very much appreciated."

The sisters are so grateful for your generosity to the [Kansas Food Bank](#), which makes this resource available to them in their time of need.

"You're too kind to think about us," Jo says, before Margaret adds, "We're so very lucky to have this resource. Thank you!"

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**“We’re so very lucky – thank you!”**

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# THANK YOU FOR MAKING A DIFFERENCE!



Your gifts are a lifeline for many.



Seniors are thankful for your generosity.



Mothers can feed their children, thanks to you.



You're providing filling meals for children.



Struggling Kansans are grateful for your help.

## The Big 3-0!

We're turning 30 this year! What started out as an operation serving 16 agencies in one county has turned into the largest hunger-relief organization in our state, serving 200 partner pantries, soup kitchens and shelters along with 400 schools participating in the *Food 4 Kids* program, 49 *Bob Box* distributors, 16 *Filling the Gap* summer meal locations and 39 mobile pantry host

sites across 85 counties. Through these partnerships, the [Kansas Food Bank](#) will provide over 10 million meals this year alone.

We couldn't do what we do without supporters like you. It's because of your commitment, dedication and partnership that we're able to provide the relief that is so desperately needed by Kansans struggling with hunger.

## Construction Has Begun

Saws, ladders, boards and nails have taken over our branch facility in Independence as construction gets underway for the local food pantry to move in. Together, we'll offer a client choice model pantry, which allows guests to choose groceries they need – a method that is especially important for people with special diets. The move will also mean a better variety of food options,

including fresh produce and other perishable items. We're very excited to have the Access Center join us in this venture, and we think the pantry guests will be excited, too!

## On the Road Again

This March, our mobile pantries will hit the road again to serve 13 counties, and we expect to provide food for over 1,000 households on this trip! The Kansans we serve are

always so appreciative to receive food and supplies.

## Traveling To and Fro

None of the important travel we do across our 85 county service area would be possible without reliable transportation. Each year the Wichita Eagle prints a wish list for non-profits and our wish was for a new van that staff can use while traveling around the state

doing their work. And, thanks to a compassionate friend of the Food Bank, our wish was granted! We are so thankful to receive this gift. Thank you to our donor for believing in us and helping us complete our mission to ensure every Kansan has access to the food they need.

# JANE FREDERICK HELPS FEED THE HUNGRY



Jane Frederick

When she was searching for a way to fill her Tuesday afternoons, lifelong Kansan Jane Frederick looked to the [Kansas Food Bank](#). It wasn't long before the twin, wife, mother and grandmother added one more title to her list – "volunteer."

Jane began donating her time

to the Food Bank as an afternoon phone receptionist. Besides answering phone calls, she helps open mail, accepts and weighs food donations and keeps track of volunteer hours. Aside from this important behind-the-scenes work, she and her niece Kim also help with our new mobile hygiene pantry, handing out personal items on

the third Saturday of each month. Jane also helps with Operation Holiday, one of our hunger care partners, each holiday season.

"I started out as the receptionist because I felt like it would be a great place to learn what the Food Bank did and who their clients were," explains Jane. "Volunteering helped me understand the great need of the people in Wichita and in Kansas."

Jane has committed more than her time to the Food Bank. She

and her husband, Eddy, are also important financial supporters of our special programs to feed children and seniors in Kansas. And recently, Jane and Eddy made it possible for us to purchase a van we needed to expand our outreach to the hungry in rural Kansas.

"We really believe in paying it forward," she says. "We know the Food Bank helps many needy

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**“ Being a volunteer will enrich and change your life.”**

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families, and we wanted to be able to provide for them as well."

Because she's found such meaning in her service to the Kansas Food Bank, Jane encourages anyone who's interested in volunteering to call 265-3663 or arrange for a short tour of the Food Bank to see what it's about. As she puts it, "Being a volunteer will enrich and change your life."

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



# YOU HELP GRANDMOTHERS PROVIDE

As Dorothy stands in the rain outside the Westside Good Neighbor Center, she thinks of her family back at home. With two grandchildren to care for, the dedicated grandmother says she'll brave anything to ensure they have good, healthy food.

Unfortunately, providing enough to eat for two growing children on her own is a struggle for Dorothy right now. She's lived on a limited income since retiring several years ago, but when her daughter lost her job and couldn't find more work, Dorothy offered to take her and her two children in until she finds a new job. Dorothy is grateful to be able to help, but having three more people at home has put a real strain on her budget.

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**“ We appreciate  
this food so  
much. ”**

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That's why she's braving the bad weather outside the Westside Good Neighbor Center. She knows



Dorothy

that once she's inside, she'll find quality, staple groceries to fill her pantry through the month. The food pantry is client choice, which means that Dorothy can select exactly what she and her family will eat, ensuring that nothing goes to waste.

Dorothy is so relieved that she can rely on the food pantry to help her stretch her budget while her daughter gets back on her feet. The food she finds here allows her to be

the grandmother she wants to be – warm, loving and the provider of healthy, good-tasting meals.

“Every little bit helps us,” Dorothy says, expressing her gratitude for your generosity. “We appreciate this food so much.”

# 92-YEAR-OLD MAGGIE APPRECIATES YOUR GENEROSITY



Maggie

When Maggie, an energetic senior citizen, first moved to Wichita after her husband passed away more than a decade ago, she found comfort in a new pursuit – volunteering. She donated her time to several places throughout her new city, but she says her favorite was the [Kansas Food Bank](#).

Now, Maggie is still connected to the Food Bank – but several years after volunteering here, she's the

one who needs help with food.

"If it wasn't for the Food Bank, I'd have to cut corners," Maggie says. The 92-year-old explains that even though she's in good health for her age, she still feels like she's always in a financial bind due to mounting bills. She lives off of Social Security benefits, but it seems like this limited income covers less of

the necessities each month.

"I can only spend about a dollar on food per meal," she says, explaining how closely she must monitor her budget to last the whole month.

Thankfully, your support of the Kansas Food Bank provides a big supplement to Maggie's grocery budget. Because you give, she can visit the

food pantry at Catholic Charities, a Food Bank partner in Wichita. This client choice pantry lets Maggie feel like she's shopping for her

food – something that she really enjoys. And because she only takes what she needs, nothing goes to waste.

Not only has Maggie found food assistance to help her stay healthy – she also appreciates the community she's found at Catholic Charities. She says it's a highlight of her week to get to visit with the staff and volunteers.

Maggie knows you're to thank for helping fill the shelves of the food pantry she relies on, and she doesn't waste any breath in making her appreciation known.

"Thank you for all you do for us seniors," she says. "This is wonderful."

**“Thank you for  
all you do for  
us seniors.”**



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