

SEEDS OF HOPE



**YOU'RE FEEDING
HUNGRY SENIORS!**

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

DEAR FRIEND,

Springtime is just around the corner, and with it comes renewed energy for the work we're doing. I want to thank you for your continued generosity toward the [Kansas Food Bank](#) that ensures the shelves at our hunger-relief agencies are well stocked to meet the needs of hungry Kansans throughout our service area.

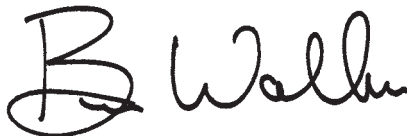
But despite the gains we've made in helping families and individuals across our state, there's still much work to be done. This is especially true as we provide healthy food to more seniors who are barely scraping by on fixed incomes.

As the Kansas Food Bank continues reaching out to these older adults through the *Bob Box* program and other senior-focused initiatives, we remain committed to providing quality service to everyone within our service area — this includes those residing in the most rural parts of our state. And thanks to your generosity, more seniors now have comfort in the form of food this winter, regardless of their location.

In this issue of *Seeds of Hope*, you'll read the stories of individuals whose lives have been changed through your gifts. These seniors are among the most vulnerable and overlooked in our community, but with your help, they now have access to nutritious food all year long.

I hope I can continue to count on your support throughout 2015 as we work to provide more meals for our hungry neighbors. Your partnership truly makes all the difference.

Best Wishes,



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YOU'RE HELPING OLDER KANSANS

Nancy is a retiree from Wichita. While she knows that she's very fortunate to have a home to go to each day, she admits that she's unable to live there most of the time. With a leaky roof and no heat, she often has to stay with family — especially during the winter.

She would love to be able to repair her house, but Nancy's small, monthly Social Security checks only cover the basics — and lately, not even that. Her years of working in a labor-intensive job have caused her to develop health problems that require regular doctor visits. The bills she receives leave little money for food and other essentials.

Unable to pay for all of her

expenses each month, it wasn't long before hunger became a real possibility for Nancy. That's when she decided to visit Westside Good Neighbor Center, a [Food Bank](#) hunger-relief agency in Wichita. Now, when money is tight, she no longer has to worry about missing a meal.

Nancy loves that the Center encourages clients to choose items themselves. This allows her to select fresh ingredients that will help her stay healthy.

“Thank God for you!”

Thanks to you, seniors like Nancy don't have to choose between paying their medical bills and buying groceries. Instead, she and countless others can receive food from their local pantry, which provides nutritious meals for those who can't afford them.

Nancy speaks passionately when asked about how your support of the Food Bank has impacted her life. She never thought she'd need this kind of help, but she's grateful that it's available to her in her time of need.

“Thank God for you,” she says, with tears of gratitude streaming down her face.



Nancy

THANK YOU FOR HELPING HUNGRY KANSANS!



Neighbor 2 Neighbor Food Drive

Dillon's and the Kansas Department of Agriculture are sponsoring their third annual food drive to benefit the Kansas Food Bank, Harvesters and Second Harvest Community Food Bank in March. All month long, Dillon's shoppers can donate at the checkout counter or

drop off food items in the collection bins at the store.

Stamp Out Hunger



Kansas Food Bank.

We're gearing up for the annual Letter Carriers Food Drive on May 9. This event is the largest one-day food drive supporting the

Filling The Gap

Spring Break is just around the corner! That means children who rely on the free and reduced-price meal programs won't have access to this food for an entire week. To fill in the gap, the [Kansas Food Bank](#) and Partners for Wichita are teaming up to provide meals at dozens of locations where hungry children can receive a healthy lunch. Volunteers are needed to deliver meals and snacks to these sites. If

you would like to help, please contact LaVeta Noble at 316.265.3663.

Project Feed More

Midas recently launched a program called Project Feed More. Every time you visit your local Midas for an oil change, a portion of your fee will be donated to your local food bank. Midas is truly helping to put the brakes on hunger in



the communities they serve.

Grain for Groceries & Invest an Acre

The Kansas Food Bank and Sedgwick County Farm Bureau are teaming up for the Grain for Groceries program, which helps provide meals to hungry families. Grain for Groceries is designed so that farmers can donate a portion of their grain crops directly to the Kansas Food Bank. After donating, the value of their gift will be doubled by Monsanto through the Invest an Acre program. For

more information contact the Kansas Food Bank 316.265.3663.

The Great American Milk Drive

The Midwest Dairy Association is working with the Kansas Food Bank to deliver milk to families in need. Visit <http://milklife.com/give> to learn more about how you can give a gallon of milk today.



VOLUNTEER PROFILE: A RETIREE IS GIVING BACK TO HIS COMMUNITY

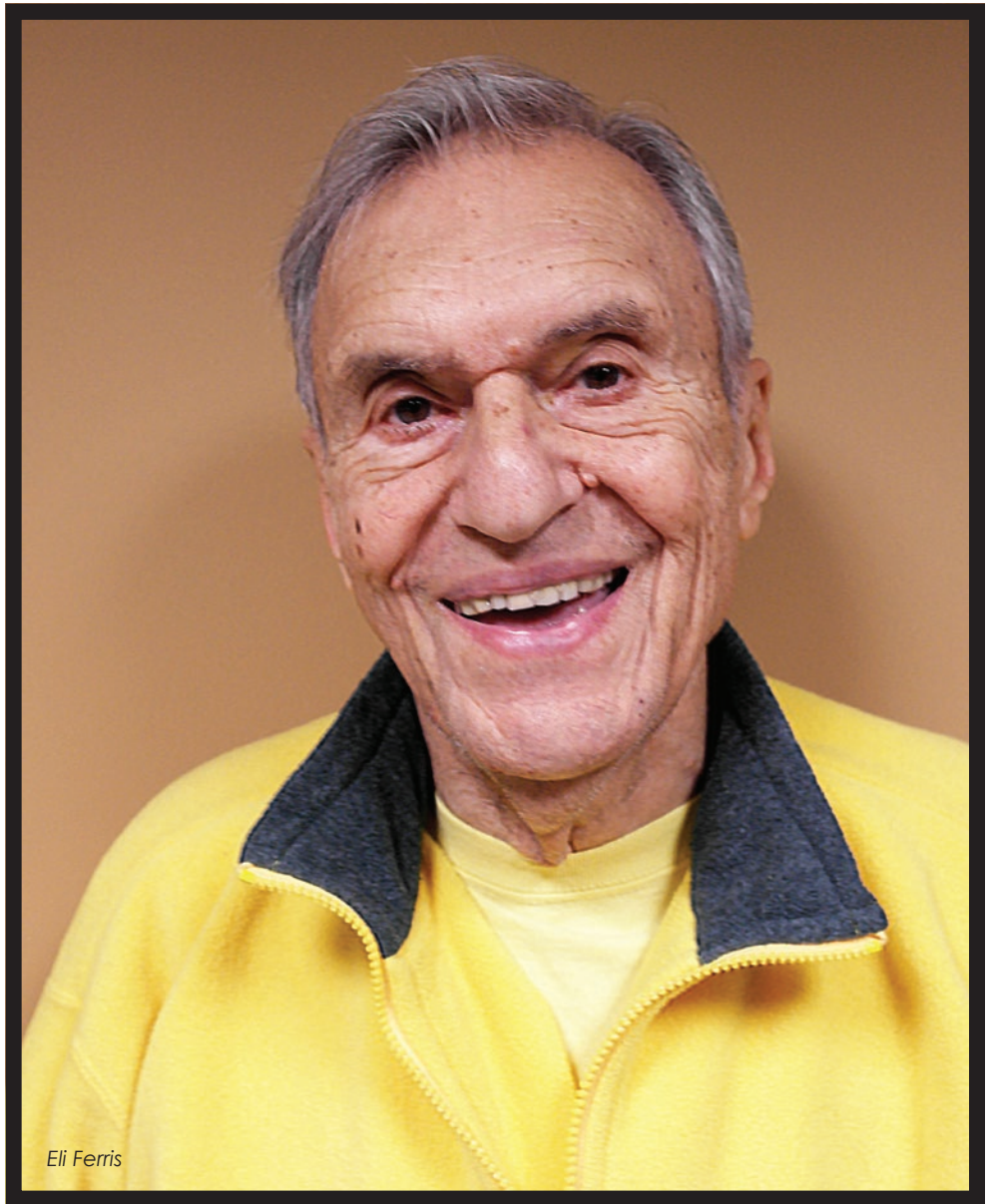
Before he retired, Eli Ferris, 90, worked for 33 years as a realtor. He began his volunteer journey with the [Kansas Food Bank](#) about a year ago.

Around that time, Eli lost the love of his life, his wife Terrie. Before she passed away, she urged him to stay physically active and to continue volunteering in their community. In keeping with his wife's wishes, Eli now visits the gym regularly and donates part of his time to the Kansas Food Bank.

Twice a week, Eli comes to the Food Bank to help prepare backpacks full of nutritious food for the Food 4 Kids program. He says that he's had a great experience serving hungry children while also getting to know his fellow volunteers.

When Eli's not at the Food Bank, he can be found serving at one of the six other nonprofit organizations he supports. His commitment to community service is so well known that he's been featured in the Wichita Eagle — the article is posted in the Food Bank's lobby.

Eli continues to give his time to the Food Bank because he knows that he's helping accomplish great



Eli Ferris

“You really don’t know what you’re missing...”

work and that the people here value his time. After seeing the difference he's been able to make, he now encourages other seniors like himself to get involved.

“You really don’t know what you’re missing,” he says, reflecting on his positive experience with the Food Bank. “This is a great thing that we’re doing.”

If you'd like to volunteer at the Kansas Food Bank, contact Larry Gunkel at lgunkel@kansasfoodbank.org.

YOU'RE FEEDING HUNGRY SENIORS

Buddy, 78, is a retired household furniture mover from Lebo. He's been coming to the Lebo Community Food Pantry, a [Kansas Food Bank](#) hunger-relief agency, every month after being referred by a neighbor.

Years ago, Buddy was diagnosed with a severe case of rheumatoid arthritis. His condition makes even the simplest household tasks a challenge. While he's able to manage the pain with medication, the high cost of his prescriptions puts a strain on his meager retirement income.

But with the help of the pantry, Buddy can supplement his monthly

checks with fresh fruits and vegetables provided by the Food Bank. He says that after most visits, he has enough meals to last at least a week.

**"I thank you from
the bottom of my
heart."**

"You don't know how much this means to me," he says.

Because of you, seniors like Buddy have the food they need, even while living on a limited budget. Your gifts

truly make a difference to individuals in our community who might otherwise go without.

In addition to the food, Buddy enjoys the chance to socialize with the people he meets at the pantry. He lives alone, so a little conversation always lifts his spirits.

Buddy is so thankful for your generosity, which makes it possible for Food Bank partners to provide nutritious food for those in need.

"I thank you from the bottom of my heart," he says with emotion. "May God continue to bless you!"



THANKS TO YOU, SENIORS HAVE HOPE

Lately, health problems have plagued Savilla's family. About four years ago, her son Leslie had to quit his job as a mechanic after contracting

health insurance was cancelled. Now he's living with Savilla and Clyde, which has deeply impacted their finances. With no other family or friends to help, the three of

[Food Bank](#) hunger-relief agency provides Savilla's family with fresh produce and other essentials — items they would buy themselves if they weren't overwhelmed by medical bills.

Leslie and Savilla



an infection in his lungs. More recently, Savilla was hospitalized after suffering an aneurysm.

Before she retired, Savilla worked at a boutique for 28 years while her husband, Clyde, worked as a mechanic. She and her husband have been shocked by how quickly life has changed for their family.

To make matters worse, Leslie's

they have relied on one another for comfort.

"We must stick together during these difficult times in our lives," says Savilla.

To help stretch their monthly income further, Savilla has begun visiting Loaves and Fishes, a ministry of the First Metropolitan Community Church in Wichita. This

"We appreciate this very much."

Because you give, Savilla and her family have access to nutritious meals while they recover. No one knows when health problems will arise, but when they do, your gifts ensure that the most vulnerable among us — senior citizens — can avoid going hungry.

Savilla is one of many older adults who thank you for your generosity.

"We appreciate this very much," she says, expressing genuine gratitude for your compassion.



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