



Thanksgiving 2016

Vincentian Charity News

District Council of Madison, Inc., Society of St. Vincent de Paul

New Pantry Program Offers Good Food for Better Health

Imagine: You have a new lifestyle - it's called living with diabetes. From now on, to save your vision, your nerve endings, your toes, your kidneys and your heart, you'll have to measure and monitor and medicate. Every day. For the rest of your life. And every 23 seconds, someone will join you.

To meet the growing health needs of clients with diabetes, St. Vincent de Paul in Dane County partners with Second Harvest Foodbank's Diabetes Wellness Program. To date, 130 pantry shoppers with diabetes have joined the free program that offers educational workshops from dietitians and certified diabetes educators, nutrition information, healthy recipes and monthly boxes and bags of diabetes-healthy food.

Dennis Becker, a retired chef from famed Madison restaurants like Cafe Palms, Chez Vous and Willy Street Coop, is one of 479,500 people in Wisconsin who have diabetes. He works every day to protect his quality of life, even though the disease has compromised his health and his ability to work.

"As a chef, I appreciate everything about good food - the flavor, the comfort, the preparation. I especially love the simple, traditional foods I grew up with. In my family of 12, we grew, butchered, canned and froze all our own food as a family. It was a struggle after my father died, but our family worked together to stay together. Food was part of that closeness," remembers Becker.

St. Vincent de Paul's food pantry supports healthy choices

Today, the struggles have returned for him with fragile health and scarce financial resources. Managing diabetes is difficult even with ample resources and support, but for those with limited funds and choices who shop at pantries regularly, eating healthfully can be bewildering and expensive. For Becker and many others, St. Vincent de Paul's food pantry is a welcome resource for high quality groceries after the rent, car loan and utilities are paid.



Dennis Becker shows the bounty of the Diabetes Wellness Program box. "It's normal food that's easy to prepare from the recipes in the box."

"I've always loved the fresh fruit and vegetables in the pantry, and plenty of selection to eat well. Even though I know a lot about cooking and eating with diabetes, labels can be hard to read so I was eating whatever I wanted. That wasn't helping my health," he admits.

"I was surprised when I opened my first box - it was not 'diabetic' food - it was normal food! It was food that was easy to prepare and lowered blood sugar levels. And there were recipes in the box that went with the food!" grins Becker. "People need help learning how to choose and prepare everyday food that works with their diabetes."

He proudly reports that between the specially selected foods and the recipes that help with portion control and preparation techniques, he has lost - and kept off - 6 pounds so far. "And I haven't even tried that hard!" he smiles. "I'm using the food they give me with new knowledge of how to prepare and serve it."

Program participants can also make a "regular" monthly shopping trip to the pantry, so there's an opportunity to practice what they learn and receive additional food.

Armed with new food choices from St. Vincent de Paul's pantry and knowledge for better health with diabetes, Becker can focus on his new role - "Grandpa" to all the little children in the neighborhood.

Our Shoppers Are Thankful for All You Bring to the Table



Shoppers appreciate donations of holiday cooking staples: flour, oil, sugar & spices. These keep well and can be used in many different dishes.

This time of year, we celebrate to give thanks for blessings large and small, gathered at a table laden with our family's favorite foods. But that might not be the holiday for everyone in our community. *That's why your support of St. Vincent de Paul's Food Pantry matters so much.* With your donations, we can assure that shoppers have variety and abundance in harvest-time selections to celebrate the holidays, too. Just like you.

We're expecting 750 families to shop for Thanksgiving Dinner at our pantry

For many families in Dane County, Thanksgiving is just another day when they struggle to put food on the table - with higher expectations. After rent, utilities and other expenses, buying food can be unaffordable. *Especially when a Thanksgiving dinner for 10 is estimated to cost more than \$50!*

We want to ensure that as many families as possible are able to enjoy a Thanksgiving dinner. Thanks to the Lacy Pantry Garden volunteers, there's plenty of locally grown, colorful fall vegetables. The MadCity Gobblers and a generous anonymous donor have regularly given turkeys over the years. And, local schools, businesses and churches always donate a variety of holiday foods from their food drives.

French's green bean casserole

Ingredients:

- 1 can of cream of mushroom soup
- 3/4 cup milk
- 4 cups cooked cut green beans or 2 cans green beans, drained
- 1 1/3 cup French's Crispy Fried Onions
- 1/8 tsp. black pepper

Instructions:

1. Mix soup, milk, and pepper in 1 1/2 qt baking dish. Stir in beans and 2/3 cup of fried onions.
2. Bake at 350 degrees for 30 minutes.
3. Top with remaining fried onions. Bake for 5 minutes or until fried onions are golden.

Share the classic casserole for everyone

One of our staff and volunteer favorites is this holiday green bean casserole. We love this easy-to-make dish for pantry shoppers because the recipe is printed on the fried onions container and the simple ingredients are available in the pantry. We'd love a complete donation of this dish!

How you can help provide a Happy Thanksgiving:

Drop off food donations:

St. Vincent de Paul
2033 Fish Hatchery Rd.
Madison
Mon. - Fri. 9 a.m. - 3:30 p.m.
Thursdays 'til 6:30 p.m.

Mail a check to:

St. Vincent de Paul
PO Box 259686
Madison WI 53725-9686



National Guardian Life: Friend and Community Supporter



Elizabeth Kirchstein, National Guardian Life's Corporate Giving Administrator, says "St. Vincent de Paul gives NGL a touchpoint to see how we, too, can make a significant, life-altering difference for someone.

No one is left hopeless and hurting when we help through St. Vincent de Paul."

When National Guardian Life (NGL) made its first gift to St. Vincent de Paul in 2007 to help build the Center for Vincentian Charity on Fish Hatchery Road, "No one knew that we were building a building *and* a long-term relationship," remembers Ralph Middlecamp, District Council of Madison Society of St. Vincent de Paul executive director and CEO.

Eleven years later, NGL and St. Vincent de Paul are still working together to help neighbors in need. "It was the charitable pharmacy - the first and only of its kind in Dane County - that kicked off a closer relationship with St. Vincent de Paul," explains Elizabeth Kirchstein, Corporate Giving Administrator at National Guardian Life. "With our philanthropic focus on health and basic services, it was a perfect fit. We appreciate how the pharmacy complements the other basic services St. Vincent de Paul provides, like the food pantry, the organized way it provides free clothing and furniture, and how volunteers and staff help people in a personal way."

In her role, Kirchstein appreciates that she interacts with "so many wonderful people and organizations in the Madison area. St. Vincent de Paul is a vital part the good work done in our community," she notes. "They meet people facing crisis situations and help them through those hard times. The 'point-in-time' assistance can make or break someone's ability to recover and move forward."

"We rely on the generosity and commitment of the local community to serve neighbors in need in Dane County. Corporate friends like NGL who support us with dollars, goods, advice, services and employees who volunteer are critical to our ability to provide help when and where it's needed," says Middlecamp. "It's energizing to have the commitment of a local partner like NGL, who understands the impact of St. Vincent de Paul and helps us meet the community need year after year." From the building to the pantry to the pharmacy to the annual Care Café event - NGL is always there to help with generous support.

The Thrill of the (Indoor) Hunt

Every day, you can find Bob at St. Vinny's, rummage sales or re-sale shops hunting for his next treasure to decorate his mid-century modern home with the real thing.

With dedicated time and a trained eye for art, he has enriched his home with stunning art, furniture and architectural pieces that were previously owned - many more than half a century ago.

This summer, Bob found a blue Higgins glass bowl. Higgins Glass specialized in handcrafted fused glass, with pieces worth thousands of dollars.

Another thrill for shoppers is knowing that purchases support about half the overall cost of the services St. Vincent de Paul provides in Dane County, including the food pantry, free pharmacy, housing programs and vouchers for free clothing, furniture and household basics for people living with low incomes.

If you love the search for a good "find," St. Vinny's is the perfect hunting ground. Each of the seven stores has an ever-changing merchandise selection at bargain prices.



Bob picked up this Higgins original from St. Vinny's Verona for less than its collector market value!

Hunting Tips

1. Decide what you like. Is it an era? A style? An artist or manufacturer?
2. Educate yourself so you know if it's trash or treasure. And know the value.
3. Get out and get looking. St. Vinny's, garage sales or the Internet can be fertile shopping ground.
4. Be willing to add and delete from your collection to build one of true value.
5. Remember, it's just stuff! Sometimes, it's really the thrill of the hunt.

Whether it's filling your entire home, or finding one special piece that completes the look in your living room, shop St. Vinny's first to start your hunt.

Address Service Requested



Helping Our Neighbors In Need

A large red Christmas ornament with a gold cap is the background. In the foreground, a hand holds a blue gift card that says 'Gives Twice, That's Nice!' with the Society of St. Vincent de Paul logo. Another gift card is visible below it.

One Size Fits All
Pick up a stack of St. Vinny's store gift cards for little thank yous, stocking stuffers or treats for the eclectic on your list.

Get yours at one of seven Dane County St. Vinny's stores in Madison, Stoughton, Sun Prairie, Verona and Waunakee.

Thanks {for} giving



*Another Way to Help Your Neighbors in Need:
the IRA Qualified Charitable Distribution*

If you've reached the age of 70½, you have a special opportunity to support the services of your local St. Vincent de Paul with a gift from your IRA or individual retirement annuity and claim a charitable income tax deduction with a gift called a *qualified charitable distribution*.

1. To make a contribution, work directly with your IRA trustee or custodian to determine that you have the right type of retirement account to make this gift. Direct them to write the check to District Council of Madison, Inc., Society of St. Vincent de Paul (EIN 39-0824876).
2. Make a transfer from the IRA directly to charity. Many trustees and custodians have forms and procedures in place for this transfer. It won't qualify if the trustee or custodian mistakenly puts the IRA money in a non-IRA account of yours as an intermediate step or if the check is made out to you. And, the law doesn't provide a way to correct mistakes!
3. Make sure the check is written and sent to:
District Council of Madison, Inc., Society of St. Vincent de Paul
PO Box 259686
Madison, WI 53725-9686

Please contact Nancy Hansis, St. Vincent de Paul development director at 608-442-7200 x405 or nhansis@svdpmadison.org to learn more about this giving opportunity and the services you can support through St. Vincent de Paul.

