



Lent 2018

Vincentian Charity News

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

Food Pantry's Diabetes Wellness Program 2.0 Starts in Spring

In April 2016, St. Vincent de Paul partnered with Second Harvest Foodbank of Southern Wisconsin through a grant from SSM Health to implement a unique, evidence-based food program geared to help food pantry shoppers with diabetes eat better with a pre-packed box of diabetes healthy foods to pick up during pantry visits.

The boxes include fresh produce, whole grains, proteins, canned goods and spices. They help people try new foods and learn to make healthier choices. The pre-packed food is selected by a diabetes educator or registered dietician. "And, the foods are the ingredients for the recipes in that month's box," explains Kane.

6.3% of Dane County residents have diabetes. **That's more than 33,000 people.**

When the nine-month program ended in fall 2017, 176 Dane County residents had participated.

The team at St. Vincent de Paul's food pantry saw the powerful impact

of the program for clients. Chris Kane, director of client services at St. Vincent de Paul and manager of the Diabetes Wellness Program, reports, "People loved it. We heard so many thank yous and stories of how this simple box of specially selected food was helping people take better care of themselves. We knew we had found an effective way to meet a need for our clients. We decided to continue the program with Second Harvest, even though the SSM grant has ended in Dane County."

Helping People Make Healthy Food Choices

The St. Vincent de Paul food pantry offers a wide range of foods all the time: fresh fruits and vegetables, dairy, meat, and canned and dry goods. Even snacks and desserts! "It's great we have so much choice, but when you're trying to eat to manage diabetes, and you're not exactly sure what's 'good for diabetes,' the choices are overwhelming," says Kane.

What Do Shoppers Say?

Tom B., a pantry shopper who has had diabetes for 20 years and participated in the first food box program, knows that to control his diabetes he has to eat right and use his medication as directed. "It's clear a lot of time goes into this program," he notes. "All the food was very good and other information, like recipes, was very helpful."

"I did really well under the program. I changed my eating habits and my A1c went down."

*Tom B., participant
Diabetes Wellness Program*

Tom is excited to be part of the next program, which starts in March. "I like to cook and plan on taking cooking classes, and join other classes that will be part of the new program. Doctors can only do so much. Everything is really up to the individual."

Dan Stein, CEO of Second Harvest and program partner, explains: "The Diabetes Wellness Program is an amazing example of the power of partnership

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Sustaining Samaritans: The Giving is Easy, the Impact is Incredible. Every Month!

Once you've made the decision to give, the hard part is over! You did your homework to learn about an organization, how well it performs the services it promises, how it reflects your values and works to fix the issues you care about.

But wait! There's a second decision: *how to give*. Send a check when asked, or support your organization with a regular monthly gift?

The Society of St. Vincent de Paul in Dane County has a monthly automated giving program using a credit card or electronic funds transfer for donors who are called "Sustaining Samaritans."

Sustaining Samaritans Greg and Sue give a donation automatically every month and love that they can give back to the community without writing a check every time.

"I know there are ongoing needs every month. It's good to know my donation is being used for food or whatever someone who is less fortunate than us needs. I want St. Vincent de Paul to be ready to respond quickly."

Greg, Sustaining Samaritan & food pantry volunteer

Greg laughs when he says, "Even when you send me an envelope, I still have to find the checkbook and a stamp! With an automatic donation, I know it's going to be there once a month to help."

Sue adds: "We get a feeling of goodness with every gift. There's joy in giving to a good organization that is helping the heart of the people."

Become a Sustaining Samaritan by using the enclosed envelope or contact SVdP Development Director Nancy Hansis at nhansis@svdpmadison.org or 608-442-7200 x405 to learn more.



Smart Ways to Give to the Society of St. Vincent de Paul in 2018



- 1** **Donate appreciated stock.** Even with market ups and downs, you may have appreciated stock you no longer want. You can give it to the **District Council of Madison, Inc., Society of St. Vincent de Paul** and eliminate capital gains tax.
- 2** **Name us as a beneficiary of a retirement plan asset.** These assets remain taxable when distributed to a loved one but are tax-free when given to a nonprofit.
- 3** **Give from your IRA if you are 70½ or older.** Regardless of whether you itemize your taxes, this gift helps you fulfill your required minimum distribution and is not considered taxable income.
- 4** **Donate the car you no longer want.** Make all the arrangements online at www.svdpmadison.org/give-your-vehicle. No ads, no haggling. We even pick it up for you!
- 5** **Bundle up your gently used goods and drop them off at your favorite St. Vinny's store.** (Seven in Dane County!) Or, call 608-278-2920 for a free home pickup. Celebrate your clean house and the help you give to neighbors in need! (Much easier than a garage sale or posting online 10 times!)
- 6** **Remember to use our full name and tax ID number in your gifts!** District Council of Madison, Inc., Society of St. Vincent de Paul
Tax ID number 39-0824876

Thank you!



New Food Program Goes Beyond Hunger to Health from p. 1

between those who are on the front line of hunger relief. It will result in a healthier community.”

“The program provides an opportunity to go beyond just providing emergency food services; it brings about long-term change in participants’ lives. It’s an excellent example of the concept of food as medicine.”

Dan Stein, Second Harvest Foodbank President/CEO

The 2018 program will be a full year long and include periodic educational sessions. Kane explains, “In our focus groups, we learned that people want to build a supportive community to manage diabetes with health education, nutrition and cooking classes, and a place to share successes and roadblocks. It’s more than food at our pantry, it’s about giving people tools to reach their goals.”



Only a few weeks 'til Spring are your clean-out plans in place?

The groundhog has spoken: spring is coming, even though it feels oh, so far away!

And spring means packing away all the bulky winter clothes to get out the lightweight and bright-colored summer stuff.

It means finding room for all the winter sports gear to get out the baseballs, bikes and boat toys.

Things changed since last year?

The winter coat doesn't fit right anymore. Your daughter is trading figure skating for hockey next year. Those plaid bermuda shorts didn't get any hipper over the winter.

And you've finally agreed on a re-do for the living room.

Call St. Vinny's to help with the clean-out.

According to Diane Smith-Melloy, Senior Director of Retail Operations for St. Vincent de Paul Madison, “Donating gently used goods to St. Vinny's clears the clutter without the frustration of trying to sell online, or guilt about throwing perfectly useful things in the trash.”

Donations to St. Vincent de Paul in Dane County are sold or given away to people through the seven stores around the county.

The proceeds support about half the cost of the food pantry, two housing programs, free pharmacy, and voucher program that provides free clothing, beds and bedding, furniture and other household basics to people living with very low incomes, often following homelessness or personal disaster.

Review items that can be donated to improve someone else's life at svdpmadison.org/donate/goods.

Stuff the duffel.



For just \$1, you can get a re-usable “collect & donate it” bag from any Dane County St. Vinny's store (except Dig & Save.)

Hang it in the hall, the closet,

the laundry room—wherever stuff collects. When it's full, drop it off at your nearest St. Vinny's on the way to the rest of your day.

Refill and repeat for a painless spring clean!

Call 608-278-2920 for a free home pick-up.

Lots to give? St. Vinny's trucks hit the road 6 days a week to visit 22 communities in and near Dane County to pick up donations too large for you to drop off.



CALL 608-278-2920 FOR A FREE HOME PICKUP.

District Council of Madison, Inc.
Society of St. Vincent de Paul
PO BOX 259686
MADISON WI 53725-9686

Address Service Requested



Helping Our Neighbors In Need



*It's Lent.
OFFER A HAND UP.
Give to St. Vincent de Paul.*

Please join us as a
Care Cafe 2018
Table Captain or Sponsor



Tuesday, April 10,
in Madison.
Keynote Speaker:
Tony Granato, hockey coach

contact Nancy Hansis,
608-442-7200 x405

Be remembered through your lasting gift to
*District Council of Madison, Inc.,
Society of St. Vincent de Paul*



Your legacy of care,
through a gift in your
estate plan, will give
hope to neighbors in
need *for years to come.*



Please call for more information:
Nancy Hansis, Development Director
608-442-7200 x405

*Our legal name: District Council of Madison, Inc.,
Society of St. Vincent de Paul
Federal Tax ID# 39-0824876*

The District Council of Madison, Inc., Society of St. Vincent de Paul is a Catholic lay organization in which members join together in friendship to grow spiritually by providing person-to-person services to people who are in need, suffering or forgotten. Sales of donated goods at seven Madison-area thrift stores help fund the Society's charitable work in Dane County. At the Middlecamp Center for Vincentian Charity in Madison, the Society operates a large customer-choice food pantry and a charitable pharmacy; distributes vouchers for bedding, furniture and clothing; and supplies other forms of emergency aid to neighbors in need. The Society offers housing programs for men, women and children in Madison. All services provided by the Society are offered without regard to religious affiliation or beliefs of those assisted. The Society of St. Vincent de Paul is a nonprofit, tax-exempt charitable organization.