



Thanksgiving 2018

# Vincentian Charity News

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

## SVdP Pharmacy & Pantry Client Hits the High Notes Again

Isaac Hill is the creative type—a musician, a chef, a nurturing caregiver, an attentive son and a proud father. But he became a numbers guy when he landed in the hospital with a blood sugar reading of 1200. (Standard range is 74 to 106.) “For weeks, I had no energy, my body felt weighted down, I couldn’t think or work,” recalls Hill.

The doctors were stunned that he was not in a coma or worse. “But there I was, ready to do whatever I had to do to get better,” says Isaac.

Was it the positive outlook and hard working, multi-tasking personality that kept Isaac from acknowledging that he was ill? It’s certainly those personality traits that returned him to health today!

### *Step 2 - SVdP’s Charitable Pharmacy*

A few days out of the hospital, prescriptions in hand, but without insurance, Isaac discovered St. Vincent de Paul’s Charitable Pharmacy in Madison.

Yolanda Tolson-Eveans, St. Vincent de Paul’s managing pharmacist, notes that Isaac’s path to the charitable pharmacy is common. “For people without health insurance, health care is often delayed. It’s expensive, work and family come first.” The emergency department becomes the primary care provider and St. Vincent de Paul becomes the home pharmacy.

de Paul prompted him to pause at the prescriptions. “At this pharmacy, we’re health educators. We have deeper conversations, especially with new patients,” explains Zitnak. “When Isaac shared what he was doing to manage his diabetes, including food changes and closely monitoring blood sugar levels, he was already making great progress.”

Zitnak and Tolson-Eveans were concerned that the insulin prescriptions weren’t correct for Isaac’s newly lowered blood sugar levels. Working with the health care providers, Isaac agreed to wait for a new prescription to better matched his current health. His waiting and hard work paid off: he only needs oral medication now—no injections!

### *Prescription Addition: Healthy Food*

Isaac then enrolled in St. Vincent de Paul’s Food Pantry Diabetes Wellness Program, which includes a monthly box of diabetes-friendly food, along with fresh produce and meat. Each box features recipes that incorporate that month’s food. With a culinary degree, Isaac riffs on the menus with ideas of his own.

Today, when Isaac visits St. Vincent de Paul, he’s a smaller man with the same giant smile because he cares for himself with as much devotion as he cares for others. “I work as a personal care aide, watch after my mother and even call bingo for seniors. I know what a difference paying attention to my health means to a happy life,” he says. “I gave up sugary drinks and Chinese food - oh, do I miss the Chinese food...,” he reveals, “and I’ve lost weight with more exercise and better eating.”

Not only has Isaac been a star patient, winning his health back, he’s sharing his own star vocal power on stage again. “I just love to sing with a band, at karaoke nights all over Madison, I even sing with my clients,” he smiles.

In 20xx, he was a (NOT SURE OF THE RIGHT WORD) on the national television talent show “American Idol.” While he didn’t come home with the prize that time, he’s certainly a winner now in the talent show of life.

The pharmacy’s mission is to provide free medications and health education for acute illnesses and chronic conditions to adult Dane County residents who are uninsured and have household incomes at or below 200% of the federal poverty level, about \$24,000 a year for one person.

St. Vincent de Paul managing pharmacist Yolanda Tolson-Eveans, RPh, and Isaac Hill share a smile every month celebrating his good health and great future.



Volunteer retired pharmacist Dennis Zitnak, RPh, met Isaac a few days after he’d been home from the hospital. Zitnak’s years of experience as an independent pharmacist and volunteer at St. Vincent

# What's for Dinner at the Holiday Table?

Starting in early November, families will start planning for their Thanksgiving celebration—and that means pulling out the tried and true family favorite recipes, with hopes that they can find common and unique ingredients at St. Vincent de Paul's food pantry.

*Excitement grows as volunteer pantry hosts greet and guide more families every day—80, 90 up to 100 families a day—until the busiest week of the year when 60 volunteer hosts, stockers and receptionists welcome 140 families the day before Thanksgiving.*

According to Chris Kane, Director of Client Services at St. Vincent de Paul, "We're planning ahead right along with the cooks in each household. Thanks to financial donors and some grants, we buy staples and popular items from Second Harvest and other vendors who give us a great price. It's also a generous time of year for food drives run by schools and corporations, and we have regular donations from local grocery stores to fill the shelves." He adds the pantry often benefits from some very special "this time of year" donors who direct their donation to...turkeys!

Kane notes that the holiday celebration needs something sweet and baking ingredients are in high demand. "Ingredients for pies, nut breads, dessert salads and candies are expensive and rarely donated."

We invite you to be part of the holiday giving tradition with a gift to St. Vincent de Paul by helping a family share their own holiday traditions with a financial donation or a food donation. "If you're contributing financially, we'll purchase some of the hard-to-find but popular seasonal items, and if you're packing a box or bag of food to donate, we really appreciate the addition of flour, granulated, powdered and brown sugar, oil, butter, baking soda or powder, nuts, chocolate, and spices like cinammon, nutmeg," recommends Kane.

## Drop off donations:

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

## Mail a check to:

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



Donna makes her famous cranberry fluff for the whole family. Cranberries, pineapple, nuts and Cool Whip make a sweet-tart tradition.



Izell brings the 20-year favorite pudding - by the 11" x 17" panful of bananas with sweetened condensed milk over a layer of Nilla wafers the whole table of guests.



Sheila and DeAndyre celebrate with the famous graham cracker log: chocolate pudding, graham crackers and chocolate frosting rolled into a sweet treat and home-made mac n' cheese: three cheeses and Pet milk for a creamy side dish.

# What Makes You Grateful?

## Dear Donors:

A Madison mother leaves our St. Vincent de Paul Food Pantry with several days' worth of food to feed her family. More often than not, if you were among the many volunteers who make our pantry hum, you'd hear that mom say, "Thank you."

An uninsured man walks out of our charitable pharmacy with a month's worth of medicine for diabetes, asthma and high blood pressure that would otherwise go untreated. As he goes, he offers our pharmacy staff and volunteers a wave, a smile, and a "Thank you very much!"

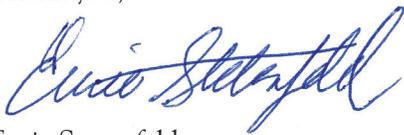
A woman and her toddler close the door on their St. Elizabeth Ann Seton House apartment for the last time. After 18 months of working on personal goals and toward permanent housing, she tells our Seton House director, "Bye! Thanks for all your help."

Not everyone we help thanks us. And we don't expect they will. Accepting charity can extract a price not everyone can be expected to pay. Many people among the tens of thousands of Dane County neighbors in need we help each year, however, do tell us "thank you." They do so from a wellspring of gratitude for help freely given – help provided in ways, we hope, that respect the dignity of all involved.

Without the support of generous people like you, we couldn't offer Dane County neighbors in need the crucial basic-needs assistance we provide, including food, medicine, energy assistance, housing, clothing, bedding and furniture. Maybe you see this in your own life: those who help are often acting out of a deep sense of gratitude for what others – and Providence – have offered them. I know my own commitment to the Society of St. Vincent de Paul flows both from an appreciation for what the Society does to help many of Dane County's most vulnerable families and from a sense of gratitude for what I have been given – and have not earned.

At this time of year, when Thanksgiving helps to focus our attention on gratitude, I hope you'll find time to reflect on the gifts for which you're grateful. Perhaps such gratitude inspires you to charity. If so, the envelope this newsletter came with can accommodate that charitable impulse. Please fill it out to make your gift. Your generosity will help our neighbors in need with food, medicine, housing and more. The local volunteers and staff who offer dignified person-to-person service to households in need through the Society of St. Vincent de Paul depend upon and deeply appreciate the support you and a caring Dane County community entrust to us.

Thank you,



Ernie Stetenfeld  
CEO & Executive Director

*P.S. Please consider extending the warmth of the holiday season by becoming a Sustaining Samaritan with a monthly automated gift to support the good works of St. Vincent de Paul.*

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## *Helping Our Neighbors In Need*

### **Options Aplenty When Giving to St. Vincent de Paul**

Changing leaves and chilly weather signals the holiday season is here! And with that, the spirit of giving and the opportunity to help others through your thoughtful contributions to the Society of St. Vincent de Paul. Your gifts assure that people who live in poverty have access to food, medicine, housing and more for a happier holiday.

#### ***Sustaining Samaritan***

One of the easiest ways to give is setting up automatic monthly gifts from credit card or electronic funds transfer. As a Sustaining Samaritan, your regular gift means we can say “yes” whenever people come to us for help. Any amount helps, but consider giving your age to start.

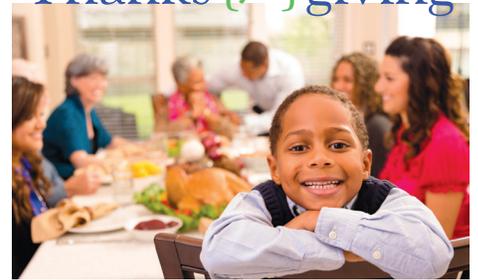
#### ***IRA Qualified Charitable Contribution***

Jay Everard, US Bank Senior Vice President and Private Wealth Advisor Managing Director, suggests a tax-free way to donate through an IRA Qualified Charitable Distribution. “It’s an attractive option for individuals who are at least 70 1/2 years old. You don’t need to itemize your gift. It’s become a common form of gifting.” This gift must be transferred directly from the IRA to the charity. Be sure to consult with your financial planner or legal counsel.

#### ***Stocks and Bonds***

Avoid capital gains tax by gifting stocks or bonds. Your financial advisor or attorney can transfer stock to St. Vincent de Paul by contacting our financial team at UBS: Michelle Dahlk, UBS, 831-8677, michele.dahlk@ubs.com, Account #HZ-06305-34, DTN#-0221.

Thanks {for} giving



#### ***Donor Advised Fund***

The Donor Advised Fund is like a charitable savings account. The money is held in a fund to be managed and invested by a charitable organization, like the Madison Community Foundation, Fidelity, Schwab, or Vanguard. You recommend what gift to send to St. Vincent de Paul.

#### ***Bunching***

Gifts to St. Vincent de Paul remain tax deductible, but the new 2018 tax law’s higher standard deduction may have changed your ability to itemize and deduct charitable gifts.

“Bunching,” or making a large contribution every two years instead of once a year, every year, may reach the threshold to itemize and maximize the tax benefits. Please consult with your tax advisor on the best decision for you.

#### ***Bequest***

Another way to decide how you want to be remembered, convey your values and make a difference by helping people living in poverty is a gift from your estate to the District Council of Madison, Inc., St. Vincent de Paul.

No matter how you choose to give or how much you choose to give, we appreciate each and every gift! Whether it be for our food pantry, housing programs or pharmacy, every contribution makes a difference and makes an impact on those individuals and families right here in Dane County.