

Summer

16

# harvest gatherings

## Shared Harvest

FOODBANK

*Hunger is not a choice.  
Giving is.*

www.sharedharvest.org  
800-352-3663

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### Our Mission:

To find, rescue and distribute food to people living in poverty through an efficient network, uniting the public and private sectors;  
To raise awareness of the impact of poverty.

## Are we ready for the senior surge?

The National Foundation to End Senior Hunger reports one in twelve older Americans face food insecurity.

Many worked in low-income jobs for most of their careers and were unable to save for retirement. Others have less money than they expected due to the Great Recession, while health care issues also have taken a toll.

If that sounds like a bleak picture, consider the fact that the Social Security Administration estimates an average of 10,000 Baby Boomers will reach retirement each day for the next 15 years, which means foodbanks like Shared Harvest will face major issues keeping up with the need for services.

The federal Commodity Supplemental Food Program (CSFP) is one way Shared Harvest and its partners currently help low-income seniors get through the month.

"A lot of the people receiving CSFP have monthly incomes around \$800 for rent, utilities, medicine, food and everything," said Shared Harvest's CSFP Administrator Holli Curry. "Some people can qualify for SNAP benefits, but they only receive a small amount each month."

Curry said the federal program limits Shared Harvest's caseload to an average of 1,670 seniors per month in the five counties it serves, but as many as 1,850 receive services at some point during the year. "There's a lot of fluctuation with people leaving the program based on health issues,

changes in their income, moving to nursing homes or in with family members and transportation issues," Curry added.

Franklin Area Community Services Director, Terry Coyle, stresses CSFP is one of the lowest income-based programs she has seen. "It's really helping seniors who are living on the edge with super low fixed incomes," she explained. "For them, medical expenses take a big chunk of their

income along with housing and utilities."

Coyle said the vast majority of seniors in CSFP in Warren County are single, particularly senior women. She fears there are a lot more seniors who could qualify but haven't heard about the program or lack transportation to get to her agency.

"There are many barriers to seniors getting the help they

need," Coyle said. "They're a very grateful group of people and they use the food wisely."

Holli Curry said one thing that sticks out in her mind about the seniors she meets is how many are still working part-time in their 70s, especially men. She's also impressed with the way they network with each other to get help. "The program serves more than one purpose because it takes the loneliness out of the isolation some seniors face," she said.

Curry said seniors make the CSFP box stretch a long way by being creative with their recipes, and she tries to make suggestions to help with that.



Greenville resident Sharon Smith fills out an application for CSFP.



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ASSOCIATION OF  
FOODBANKS

Written and edited  
by Bob Long

## Notes from our director

Grandparents ought to be able to enjoy, play with and spoil their grandkids, send them home to mom and dad, then recuperate from their visit. Perhaps do a little babysitting detail to give mom and dad a special weekend getaway. That's what grandparents should be able to do; they've raised their children, worked hard to be able to enjoy their retirement, made plans... and then all hell breaks loose.

First was the great recession, which caused that nest egg to dwindle, but if they were careful, they could still enjoy the "golden years." Second to hit them was their adult children losing jobs or hours cut, home foreclosures, needing help with basics or moving in with their family – all of a sudden a modest retirement income is supporting many more people than it was intended for. Third and perhaps the most insidious, is the current drug epidemic, affecting their adult children rendering them incapable of being parents, so now more and more Grandparents are raising their grandkids.

We hear this story more times than I can count. Grandparents now faced with supporting this second generation, trying to make ends meet, taking scavenger wage jobs... Jobs that pay little, causing them to scavenge for basics, like food, which lands them in the lines at our partner food pantries. This year, through our network of food pantries, we are serving 170% more people aged 60 years or older than we did prior to the

recession.

This is now their stark reality, some watching their children struggle with substance abuse or visiting their graves, trying to provide some normalcy for their grandchildren, while trying to stretch a budget intended for two, to four or more. Their choices are as limited as their budget, living from one crisis to another, not as mobile or healthy as they once were, but getting up every day determined to do what it takes to make it through.

That seems to be the new mantra for this group – "I will do whatever it takes." Because they love their children and grandchildren. Because they can't stand by and watch, they must stand up and act. They swallow their pride and apply for any benefits they can, like SNAP, visit food pantries and thrift stores, never imagining they would be in this position at this stage in their lives. But here they are, taking up this challenge with a loving heart and a determined mind, navigating this bumpy road leading to an unknown future.

And here you are, taking up this challenge with a generous heart, giving what you can, helping where you can. Together, we will do whatever it takes to ensure no one goes hungry in this land of plenty. And this is why we feed people... because it is the right thing to do.



**Tina Osso,**  
Executive Director

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## UPCOMING EVENTS

**Hunger Action Month**  
*September*

**Annual Agency Conference**  
*September 16*

**Bob Evans Restaurants**  
**"Dine to Make a Difference"**  
**Variety of dates and locations**  
**Visit [www.sharedharvest.org](http://www.sharedharvest.org)**  
**for more information**



## Hunger is not a choice... Giving is.

**Leave a Legacy:** You can have a significant impact on the fight against hunger by including a charitable gift to Shared Harvest Foodbank as part of your estate or financial planning. To learn more, contact Mitchell Willis, Director of Development, at 800-352-3663 or [mitchell@sharedharvest.org](mailto:mitchell@sharedharvest.org)

### Become a continuing donor:

You can request a dozen donation envelopes; we will gladly drop them in the mail to you. Or, if you prefer, go to [www.sharedharvest.org](http://www.sharedharvest.org), click on the 'donate now' button and set up a monthly gift through Network for Good to auto deduct from your credit card. You can change this at any time.

**Give a Party:** Consider doing a Birthday Party Bag drive instead of gifts for your celebration. Ask guests to fill a paper bag from the dollar store with everything to give a child a birthday party: Cake mix, icing, party hats and favors,

decorations and small toys. Make girl and boy bags, or mix it up a bit. All will be a welcome surprise for parents visiting our partner food pantries.

**Brown Bag It:** Ask your co-workers to bring their lunch one day each month, and donate what they would have spent buying lunch. Easy peasy.

### Lend a Hand:

We can always use volunteer help to sort donations, box food for our senior program or assemble food bags for our Backpack program. To learn more, contact Crystal Corbin, Community Engagement Manager, at 800-352-3663 or [crystal@sharedharvest.org](mailto:crystal@sharedharvest.org).

**Raise Your Voice:** Join our list-serve to learn about hunger related issues and the policies that affect those issues both positively and negatively, then help us advocate for change. To learn more, contact Sarah Ombrek, Lead Advocate, at 800-352-3663 or [sarah@sharedharvest.org](mailto:sarah@sharedharvest.org).



## Stories from the front lines

Shared Harvest's SNAP Outreach Program helps people learn if they qualify and can apply for SNAP or other supports. This month, SNAP Outreach worker Gloria Bateman tells us how the heroin epidemic has impacted one family.

Every city in America has had a problem with drugs, but the worst is heroin. I met a wonderful grandmother who is now raising her ten-year old grandson because heroin took the life of his mother.

Angela told me her daughter was clean for 18 months until her old boyfriend was released from prison last year on July 1st. By July 17th she was dead from heroin. The sad part was her young son is the one who found her dead in the bathroom.

Angela and her husband received full custody of their grandson and are trying to raise him. Her husband had a stroke and can no longer work. While he receives Social Security Disability, it only covers

rent and utilities. They have very little money left for medicine and food for the household, especially now that they have a child to feed as well.

I helped Angela sign up for SNAP, medical and cash assistance to help her family. I also told her about Kinship Navigator. It is an agency which helps grandparents with the everyday problems of raising their grandchildren. I suggested that Angela call 2-1-1 to see if there is a support group for families who have lost a loved one to heroin.

I do hope Angela's family gets the help they need as they raise their grandson.



## CSFP - providing food to many of our...

**"Forty-six dollars a month doesn't go very far in giving one person something to eat... This box of food helps stretch your money, and that's the big thing."**

**Doris Jean Butner, CSFP recipient**

Imagine having a fixed income of about \$800 a month to pay for housing, utilities, medicine, food and other necessities. Now add in the fact you're a senior citizen facing a host of medical issues.

It's easy to see why Shared Harvest Foodbank's participation in the federal Commodity Supplemental Food Program (CSFP) plays a vital role in providing a monthly supply of nutritious food to nearly 1,700 seniors in the five counties we serve. We asked some of our CSFP participants to explain the importance of the program as they applied for another year of assistance.

### **Doris Jean Butner**

Doris Jean is 80 years old and has been receiving a monthly CSFP box for over a decade. The Hamilton resident gets \$46 per month in SNAP (food stamps) benefits to also help her food budget.

"Forty-six dollars a month doesn't go very far in giving one person something to eat," she

noted. "There's always cereal, vegetables and some kind of pasta in the box. This box of food helps stretch your money, and that's the big thing."

Doris Jean finds the two-pound block of cheese she gets from CSFP each month can be stretched for many meals. "I usually have a piece of cheese before I go to bed, because I'm diabetic and it's a snack I can enjoy," she added.

### **Terry Brown**

Terry believes CSFP is vital in making ends meet when you're on a fixed income. "My wife is disabled and on a fixed income too, so it's nice to have this extra food, especially some stuff we couldn't normally afford," he said.

The Browns find money is tight due to paying a mortgage and dealing with medical needs. "We've had our house for 16 years, and we're still hanging on," he said.

Terry finds items like beans, pasta and dried milk from the CSFP box help make meals that can last a few days.

### **James O'Neil**

James is 74-years old and has been in the CSFP program several years. The Hamilton resident loves all of the canned fruits and vegetables he gets each month. "The cheese is also very important because I make many meals with it like noodle goulash, macaroni, and dishes with hamburger or tomato sauce," he said.

### **John Hill**

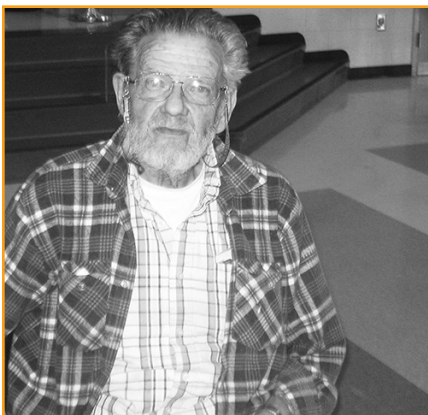
John finds he's usually running out of food by the end of the month, so CSFP has been very important to him. Living in the small town of Union City in Darke County, he has to travel 15 miles to receive his monthly box of food.

"I only have Social Security for income, and there are many wonderful items in the box like juices, rice and canned fruit," he said.

John is in his first year in CSFP and is glad he discovered it. "A friend of mine put up a sign in the laundromat of our apartment complex, and that's how I found out about it," he said.

*Bottom left: James O'Neil was among many seniors applying to continue receiving the Commodity Supplemental Food Program in Hamilton.*

*Bottom center: Terry Brown talks to a volunteer about CSFP Below right: Doris Jean Butner has been in CSFP for about 10 years.*



## ... most vulnerable senior citizens

### **Sharon Smith**

Sharon and her husband have been enrolled in CSFP for the past six years, and she said it has been a huge help. Being able to factor CSFP into their monthly grocery shopping is important.

"I know it makes a huge difference the week we get the food," she explained. "It really saves us at the grocery store and it's like having extra money for food. I do homemade macaroni with the cheese we receive, as well as potato soup with cheese, tacos with shredded cheese, grilled cheese and a lot more, so I stretch it a long way."

Sharon said the supply of things like vegetables, canned chicken or beef, cereal and applesauce is a welcome addition too.

### **Stella Fields**

Middletown resident Stella Fields receives her CSFP box the second week of the month and finds it helps to supplement what she can afford to buy at the store.

"The vegetables, peanut butter and dry milk are a big help," Stella said. "If you're on a fixed income, you only have so much you can spend for food after you pay your monthly bills. Sometimes there's not much money left for food."

Like many other CSFP recipients, Stella also gets food each month from her local food pantry at Family Service of Middletown to help add on to her food budget.

### **Pantry directors love CSFP too**

The monthly CSFP box provides more than just food, according to local pantry directors. It also offers an opportunity for many seniors living alone to make friends with people in similar circumstances.

"For them, getting their commodity box is a social activity as well," said New Path Choice Pantry Director Bill Lutz of Miami County. "They often come an hour early, so they really get to know other people. They're talking about what's happening in their lives."

Lutz said many of the CSFP recipients also rely on the pantry for additional food. "The stories we hear are ones about choosing whether to eat or have medicine," he added.

Franklin Area Community Services Director Terry Coyle agrees with Lutz that many of her CSFP clients rely on the pantry too. "If they're new to our pantry, our volunteers are trained to ask them if they're interested in the commodity box program," Coyle explained. "About 80% of the seniors who come the first Monday of the month to get their CSFP box also get their food pantry box at the same time."

Coyle said between 150-160 seniors are in CSFP but it's a very fluid list because of people entering or leaving the program due to changes in their life circumstances. "They really are the most vulnerable group in our society because of illnesses that occur at that age as well as lack of transportation," Coyle said. "They really depend on CSFP to round out their grocery budget."

### **Advocacy Project**

**Visit [www.sharedharvest.org](http://www.sharedharvest.org) and click on the "Raise Your Voice" icon to learn how you can become an advocate in the fight against hunger.**

**Use the "Sign Up Now" button to join our listserv and receive alerts about public policy debates on hunger.**

**Contact Shared Harvest' Sarah Ormbrek:  
800-352-3663 or [sarah@sharedharvest.org](mailto:sarah@sharedharvest.org)  
to learn about other ways YOU can help.**



*The staff and volunteers at Darke County Community Action help load CSFP boxes for seniors each month.*

## Stamp Out Hunger is “in the bag”

A new promotion may have helped the National Association of Letter Carriers (NALC) increase donations of food to the annual Stamp Out Hunger food drive Saturday, May 14.

Butler County NALC Coordinator, Eric Yost, said the United Food and Commercial Workers Union Local 75 donated 9,000 grocery bags for carriers to distribute in pilot neighborhoods in the Hamilton-Fairfield area in the week leading up to the drive.

NALC Branches 426 and 43, along with rural carriers, collected 45,124 pounds of food to help Shared Harvest feed families in need during the summer months. That total was 11,000 pounds higher than the 2015 total.

Letter Carrier Barb Sheyer has helped with the NALC campaign since it began locally in 1995. She thinks putting grocery bags in people's mailboxes

really helped. “It put the drive in people's minds a lot better, and they really filled up their bags,” she said.

The Fairfield Post Office received 16,790 pounds of food from people living in the 45011 and 45014 zip codes, while the Hamilton Post Office collected 14,065 pounds primarily from the 45013 zip code.

The Middletown Post Office collected 9,464 pounds. Other totals included 1,525 in Trenton, 1,245 in Oxford, 1,185 in Monroe and 850 in West Chester.

“It gives me an adrenaline rush to go to the foodbank when it's over and just look at all of the food people donated, knowing how many people will be helped,” Sheyer added.

Shared Harvest will rely on volunteers this summer to help inspect and sort the donations so they can be distributed to Butler County food pantries over the next few months.

*NALC member Barb Sheyer (below left) helped collect food for Stamp Out Hunger along with Wendy Hess (center). The United Food and Commercial Workers Union also donated grocery bags to help people who contributed to the annual effort.*



## We're sad to see the end of Panerathon

A popular fund-raising event to benefit Shared Harvest Foodbank has come to an end.

Panera Bread Regional Marketing Director Melanie Murray said due to unforeseen circumstances, the Panerathon will no longer be held in greater Cincinnati. Panera had attracted more than a thousand running enthusiasts to the annual September event over the past four years, with Shared Harvest and the Mason Food Pantry sharing the proceeds.



“All that can be said from the staff at Panera Bread, as well as hungry families in Butler and Warren County who benefitted from your athletic effort is a heartfelt thank you,” Murray said in a statement thanking the participants and the sponsors who helped put on the 5K and 10K runs at Deerfield Towne Center in Mason.

Panerathon raised more than \$105,000 for Shared Harvest and the Mason Food Pantry from 2012 to 2015.



## Memorials and Honorariums

## Food Donors & Drives

### In Memory:

Of: Abilene Angel  
By: *Gricelda Angel*

Of: Helen Pater  
By: *Anonymous, Dottie Archer, Janet Battles, Joyce Hill, Roberta Lathram, Louise Radcliff, Donald & Mary Wesley*

Of: Helen Pater  
By: *Gail Schimpf, a classmate*

Of: Helen Pater & Delina Mistler  
By: *Phyllis Tuley*

Of: Ed Bolger  
By: *Alice Bolger*

Of: William, Lillian & David Rucken  
By: *Sharon Campbell*

Of: Art & Bonnie Carson  
By: *Gregory & Margaret Carson*

Of: Rose Anderson  
By: *Ronald & Virginia Dutze*

Of: Charles Day  
By: *Louis & Cheryl Geiger*

Of: William "Bill" Johnson  
By: *Carolyn Hunter*

Of: Dottie Lorenz  
By: *Mary Kinch*

Of: Martha Harvey  
By: *Elizabeth McCabe*

Of: Loved ones  
By: *Darlene Onyett*

Of: James E. Paulus  
By: *Sue Paulus*

Of: Margaret  
By: *Scott Richards*

Of: Paul & Betty Thompson  
By: *Pam Sackenheim*

Of: Iris B. Setaro  
By: *Joe Setaro*

Of: Norma Skidmore  
By: *John Skidmore*

Of: Tom Stallman  
By: *Judy Stallman*

Of: Pam Kusneske  
By: *Richard Yenser*

### In Honor:

Of: My precious mother, Ann Evans  
By: *Linda Bailey*

Of: Jack Gold's birthday  
By: *Dick & Mary Griss*

Of: Mary Knollman  
By: *Leonard Knollman*

Of: Mildred Ippolito on Mother's Day  
By: *Isao & Barbara Noda*

Of: Coen B. Dunaway's 6th birthday  
By: *Venis Torge*



### Food Donors:

Anonymous  
DHL  
Advance Foods  
Bradly Clark  
Chickpea Chicks Hummus  
CLEAResult  
Colorado Premium Foods  
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CRS Trucking  
Ellenbee Leggett  
Essendant  
Estes  
Freestore Foodbank  
Frisch's Restaurants  
Frito-Lay Company  
J.M. Smucker Company  
JAG Trucking Inc.  
Kellogg's  
Kraft Biscuit  
Love's Transportation  
Meals of Hope  
Meijer Distribution Center  
Mondelez  
Needy Baskets of Southern Miami County  
Ohio Association of Foodbanks  
Ohio Department of Job & Family Services  
Prairie Star Farms  
Sanderson Farms  
Schwanns Food Service  
Smuckers  
Vendor Supply of Ohio  
Victory Wholesale Grocers  
White Castle

### Food Drives:

AK Steel (Souper Bowl)  
Barclay

Bridgeport Elementary  
Brookdale Senior Living  
Butler Co Job & Family Services  
Butler Co. Bar Association  
Buzzard Bay  
Cort Business Services  
Delta Kappa Gamma Chi Chapter  
Dollar Tree  
Fairwood Elementary  
First Financial Bank  
Hamilton Freshman School  
Heritage of Miami Bluffs  
Linden  
Macy's  
NALC Stamp Out Hunger  
Ridgeway Elementary  
Riverview Elementary  
Ryan's Tavern  
Sojourner  
Talawanda FFA Chapter  
The Dry Cleaning Shop  
Towne Properties  
Triplefin

### Individuals

Robin Blankumsce  
Holly Foster  
Diane Goodman  
Matthew Oswald  
Kathy Simpson  
Sharon Teeple

### Retail Pick-up:

Aldi's  
Kroger Company  
Marsh's Supermarkets  
Meijer Stores  
Target  
Walmart

## A fond farewell to Kate after 25 years!

Kate Dart has done a little bit of everything since joining the staff at Shared Harvest Foodbank in October 1991.

"I've driven trucks to pick up or deliver food, packed boxes for the Backpack and CSFP programs, loaded and unloaded trucks, used forklifts... you name it and I've done it!" Kate says.

Kate retired in June after 18 years working in the warehouse and seven years serving as a SNAP Outreach worker, helping people to apply for assistance.

"As a single mom who raised three girls, I had to get assistance myself, so I know what it feels like to need help," she said. "These food

pantries weren't around when I went through that, so we've come a long way."

Kate describes herself as a people person, and she has heard many stories from people who are looking for SNAP benefits.

"Sometimes I hear stories that make me want to take a person home with me to help them, like a young woman with a baby who was living on the street," she recalled. "You do whatever you can to help them."

Our thanks to Kate for her great years of service!



## Foodbank Staff

Gloria Bateman	SNAP Outreach
Dylan Bostwick	Driver/Warehouse Associate
Ann Copple	Administrative Assistant
Crystal Corbin	Community Engagement Manager
Holli Curry	CSFP Administrator
Kathy Dart	SNAP Outreach
Nick Davidson	Direct Services Associate
Rick Devine	Operations Manager
Nate Hoskins	Warehouse Manager
Debbie Houston	Food Production
Bob Long	Communication Specialist
Sarah Ormbrek	Agency Relations Director
Tina Osso	Executive Director
Terry Perdue	Chief Fiscal Officer
Darrell Sandlin	Chief Operating Officer
Mike Stamper	Retail Pickup
Mike Williams	Driver
Mitchell Willis	Director of Development

## More ways to help Shared Harvest

You can help Shared Harvest Foodbank when you shop online at Amazon, or by enrolling in Kroger Community Rewards®.

AmazonSmile allows you to choose a charity of your choice when making purchases. If you select Shared Harvest, Amazon will donate five percent of the purchase price of your items to the foodbank. All you have to do is sign up for the program at [smile.amazon.com](http://smile.amazon.com) on your computer or telephone. The company says millions of products on AmazonSmile are eligible for the donation program.

In addition, Kroger allows you to support Shared Harvest

when you shop at any local store.

If you have a Kroger Plus Card, you can go to Kroger Community Rewards® and select Shared Harvest as the non-profit you wish to support.

Every time you use your Plus Card, you'll be making a donation to the foodbank, but remember you have to re-enroll in Kroger Community Rewards® every year.



Summer 2016

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**Shared Harvest**



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