

FACTS

Food Assistance Coming Together for Seniors

Volume 2, Issue 2-3

Spring-Summer, 2008

Reverse Aging...

Getting High on Giving Back

"Kindness is always fashionable." Those are the words of 19th Century novelist Amelia Barr, author of the classic, *Remember the Alamo*. Volunteering and giving feels terrific. In fact, studies have shown that one's health can improve when actively and personally engaged in helping others, producing a sense of euphoria called the "helper's high."⁴

Research reveals that, while volunteering benefits everyone, older individuals are more likely to get the most health benefits.¹ According to one study, when older adults volunteered, they experienced lower rates of depression, even years later.² Researchers have also found that when patients with chronic or serious illness volunteer, they receive benefits beyond what can be achieved through medical care.³

Medical and scientific documentation supports that "volunteering results in a heightened sense of well being, improves insomnia, strengthens the immune system, and hastens surgery recovery time."⁴

Here are some tips for giving that will help you age backwards: **Get involved with your local YWCA.**

As a volunteer, Continued page 2...

Dear Friends...

Food Assistance has moved into a new warehouse location! It's official. Our warehouse location is 3720-A Alliance Drive, Greensboro, NC 27407-2391. Our mailing address remains the same 102 Kirk Road, Gso, NC 27455-1715.

Special thanks to the **Bissell Company** for their donation of warehouse space rent-free for three months and a reduced rent starting in September. The new space is user-friendly and many groups and volunteers have already expressed their delight and appreciation for our new location.

Special thanks goes to the **Junior League of Greensboro** for their 2008 grant to cover our warehouse and utilities expenses. Applause, applause for their volunteer team each year! Many choose to continue to serve past their year of service.

People/Groups Gave Time

People give time to make a difference!
Special thanks go to these groups who served:

Intervarsity Christian Fellowship, Greensboro College – Leading Edge, OCS of Southeast Guilford HS, Alpha Phi Omega – UNCG, Young Entrepreneurs Sharing Success, Guilford Park Presbyterian Church, Calvary Baptist Church, Girls Reaching Out, House of Refuge and Deliverance, 1st Lutheran Church, Leading Edge Methodist Leadership Youth Camp, Westminster Presbyterian Church, Osceola Baptist Church, Rankin Baptist Church. **Total Hours served = 471; Value = \$8,318; Impact - priceless! Seniors touched 400+ a month! Thanks a million!**

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Food Assistance Board of Directors

Jane Y. Carlson, Executive Director, Interim Chairman

Dan Jones, Vice Chair

Lauren Haldeman, PhD., Nutrition Director

Thaddeus McEwen, Secretary/Treasurer

Barbara Demarest, Strategic Planning

Resource Board: John Carlson, Jr., Website and Lisa Koury Johnson, Corporate

Reverse Aging...



you can lead an exercise class, read to a preschool class, coach a basketball team, cook for a bake sale, design a program brochure, serve as a role model for young people, and so much more. Every hour spent volunteering at a local YMCA (nonprofit) translates into caring attention a child or teen needs to grow up healthy and resilient. (Food Assistance has grandparents raising grandchildren.) column 2

Testimonial from a Participant

When Food Assistance - Groceries on Wheels first came to interview me for assistance, my husband had just passed away after being sick for some time. I do not drive and I was raising two mentally challenged grandchildren. I really needed the extra assistance with food, but more I needed someone to listen and help me work through the grief.

My volunteers came when I really needed them. Gwen and Scott really care and listen. Gwen knows how to listen (woman to woman) and helps me explore my options. The food is wonderful but my volunteers are more valuable than the food. She always calls me during the month and asks how I am doing and what she can bring to help me.

The recipes and health information have also helped me learn to cook and look at my overall health needs. My husband always did all the cooking before but now I am learning. The recipes really help me feel that I can. I received a lamb roast and had never cooked one. So Gwen told me how to cook it and I shared it with one of my disabled neighbors. I have received so much help, that I felt like I needed to help someone else. I have hope that my volunteers will continue... they are very appreciated.

Ms. Bonnie Branch, High Point, NC
See Picture Column 2

June 2008

Want to Help?

Talk with your friends, your church, synagogue, or civic group about being a route delivery volunteer

Collect food, plastic bags, and paper grocery bags

Ask your group to volunteer for a team service day at the warehouse.

Food Assistance is now taking applications for new Board of Director members call 336-988-8899.

Sign up to sell shopping passes for the non-profit Macy's Shop for a Cause Day on September 20

Reverse Aging...

Support your favorite charity. But first, do your homework to find out if the charity you're ready to support is legitimate. Charity Navigator was founded in 2001 to help donors evaluate charities they are interested in supporting. Charity Navigator's team of professional analysts has examined tens of thousands of non-profit financial documents, allowing them to develop an unbiased, objective, numbers-based rating system to assess the financial health of over 5,000 of America's best-known charities. [Food Assistance is a local charity and not large enough to qualify under Charity Navigator requirements. Charity Navigator only lists the largest American charities based on financial income.]

Discover "VolunTourism." Many people are electing to combine their vacation time with giving back. VolunTourism combines volunteer opportunities in your chosen destination along with Continued page 3



Reverse Aging ...Giving Back

the traditional elements of travel and tourism -- arts, culture, geography, history, and recreation -- while in the destination Check out VolunTourism.org.

Be a mentor. Merriam-Webster defines the word mentor as a "trusted counselor or guide." This guidance is done, not for personal gain, but for the benefit of the person being mentored and the trickle-down effect. Mentoring can be done in a structured situation through an organization, such as Big Brothers Big Sisters, or in a way that is personal to you. Whether you choose to mentor someone at work, in your family, or through an organization, you will reap the benefits of giving. [Food Assistance offers Adopt-a-Senior - you can be their mentor/friend.]

Tailor your giving to your interests. Are you an animal lover? Consider volunteering at your local animal shelter. Perhaps knitting is your expertise. There are many newborn babies who would benefit from a warm, hand-knit cap donated to your local hospital. Maybe the environment is a concern of yours. Why not devote an hour on the weekend to picking up litter? You don't need to be part of an organization to volunteer. The satisfaction comes from within -- knowing what you've done even when nobody else knows. Find your own "helper's high" by volunteering and reap the health benefits that lead to Aging Backwards.

By Jackie Silver

References: Corporation for National and Community Service report: The Health Benefits of Volunteering: A Review of Recent Research - Li and Ferraro, 2006; Van Willigen, 2000.

http://www.civicventures.org/publications/articles/the_volunteer_factor.cfm. Arnstein et al., 2002; *Pain Management Nursing*, Volume 3(3), 94-103. Luks A and Payne P, *The Healing Power of Doing Good*, 2001, iUniverse.com. [Ed. note: **Jackie Silver** is *aging backwards*. She shares her secrets, tips, and shortcuts on her web site, AgingBackwards.com, in her forthcoming book, on the syndicated TV show, Daytime, on Clear Channel radio's Mix 100.7, and as a sought-after speaker.]



Meet Volunteer - T.K. and Henry DiStefano

All experiences delivering groceries have been special but I have to say the most rewarding is watching James Bynum overcome all odds to garner his GED at the age of 57.

James goes to dialysis 3 days a week for 5 hours and then attends classes in the evenings 3 days a week to get his GED. His goal is to get a job as a computer technician. He's often sick yet perseveres through in order to accomplish his goal.

We invited James to spend Christmas day at our house with our extended family, which now also includes James. He's like family to us and we are extremely proud of him.

Way to go James!

Look back at 2007

Food Assistance ~ Groceries on Wheels handled and gave food valued at **\$155,000**. The averaging value was \$445 a person or \$40 a month. In-kind donations were valued at **\$237,767**.

The cost of our fuel more than doubled. Please consider making a donation to Food Assistance, Inc.

Mission- Groceries on Wheels offers food, friendship, and hope to improve health and wellness to low income seniors and disabled in Guilford County.

Eat Right, Move More!

Donations

All donations are tax deductible under our 501(C) 3 non-profit status. Donations may be mailed to Food Assistance, Inc., 102 Kirk Road, Greensboro, NC 27455, or made online at www.foodassistancenc.com. through PayPal

“Let me always remember what matters most... to love, to laugh, to care, and to make a difference in the lives of others.”

Anonymous

Warehouse: 3720-A Alliance Drive, Gso, NC 27407
Mailing: 102 Kirk Road, Gso, NC 27455-1715
Phone: 336-988-8899 Fax: 336-545-4453
www.foodassistancenc.com

Distribution Schedule 2008

January 18, 19

February 15, 16

March 14, 15

April 18, 19

May 16, 17

June 20, 21

July 18, 19

August 22, 23

September 19, 20

October 17, 18

November 21, 22

December 19, 20

“Groceries on Wheels”

