

serving the hungry

Spring 2023 _____

CatholicCharities
Providing Help. Creating Hope. Serving All.

TERRE HAUTE

50 YEARS



MEMBER OF
FEEDING AMERICA



Foodbank Address

430 N 14th 1/2 St.
Terre Haute, IN 47807

Mailing Address

PO Box 3318
Terre Haute, IN 47803

Web

THCCFoodbank.org

Phone

(812) 232-1447 Option 2

Social



CatholicCharitiesTerreHaute

Mission

To feed hungry individuals in Clay, Greene, Knox, Parke, Sullivan, Vermillion, and Vigo counties through a network of emergency food distribution member agencies and engage our community in the fight to end hunger.

Five Unexpected Benefits of Volunteering as a Family

Are you looking for a way to bring your family together? Hoping to find a hobby that can be shared by both the little ones and adults? April is Volunteer Appreciation Month and volunteering as a family may be just what your household is looking for! You may know the "feel-good" emotions that come with helping others, but there are even more unexpected ways volunteering will positively affect the whole family:

1. You'll Feel Like You Have More Time

People often feel they are too busy to volunteer. Yet, the Harvard Business Review found that giving your time to community causes makes you feel like you have more of it. Volunteering makes us feel capable and efficient, inspiring us to make the most of each day.

2. Volunteering Has a Life-Long Effect on Kids and Teenagers

Volunteering during adolescence has been linked to some major positive effects, such as improved grades, reduced drug usage, and increased self-esteem. These effects aren't just short-term but have been proven to affect a teen's well-being in the years to come.

3. You Can Live Longer if You Volunteer Regularly

For adults, volunteering can provide significant physical health benefits. Washington University found that adults 55 and older who volunteered had better stamina, memory, and maintained overall health longer than others their age.

4. More Time Spent with Family

Families who volunteer together have the unique experience of working toward a shared goal. You may even learn that your child has a talent or interest you didn't know about before. Everyone brings something unique to the table and can connect with each other and the community in a new way.

5. You'll Be Happier

The University of Texas found that becoming involved in helping your community lowers rates of depression and anxiety. By volunteering, the entire family can benefit from bettering their mental wellness and alleviating stress.

If you enjoyed reading about how volunteering can benefit your family, now is the time. Visit ccthin.org or call Rachel at 812-232-1447 Option 3.





A Word from the Agency Director

Dear Friends,

This time of year can bring a refreshing sense of new beginnings. Our surroundings are greener, the birds are more active, and we can spend more time outside enjoying nature and all it has to offer. Spring is often the time when we find ourselves reflecting on the path we've travelled. In this issue, we share stories of the path travelled in 2022 — the path of our staff and volunteers, but also the path that led many to our Foodbank.

As we enter the spring season, there may be some January resolutions that have now become habits while others have fallen by the wayside. Consider this time as a chance to hit the proverbial restart button. Spending more quality time with family or friends, starting or perfecting a hobby, or maybe finding something simple that's meaningful and fills you with a sense of purpose — whatever path you choose, there is something waiting.

April is Volunteer Appreciation Month and Terre Haute Catholic Charities Foodbank survives on volunteers, as do many of our partner agencies. People who have decided that they want to give of their time. These humble servants are just that — humble. Rarely acknowledging the great impact that they are making. We see that they fill a need, they serve a purpose — one that was carved out specifically for them. Each of them — and You — possess special talents that will be gifts to our community. All it takes is getting involved.

A year ago, I lost a former classmate. He had a condition that had confined him to a wheelchair for several years prior to his passing. He had always been very active

and involved with family and friends. A new life in a wheelchair meant he would now be dependent on others, and it placed him at a crossroads. Instead of retreating or surrendering to his circumstances, he redirected his energy. He became involved in the school system and dedicated his life to helping others with disabilities. His experience and perspective were unique to their situation, and he provided compassion and empathy. He served as an example of how placing a smile on your face, picking yourself up, and forging ahead is possible. As I reflect on his story, I remember how he was a testament of how, with God, all things are possible.

Your story is unique and has given you a special perspective and set of skills — are you using your gifts to their full extent?

“Right now, there is someone who needs the gifts that only you can provide — no matter how big or small — you can make a difference.”

They are waiting for the good in you. They are waiting for your help. What are you waiting for?

Stay safe and healthy!

God bless,

John C. Etling
Agency Director



**FIGHT
HUNGER**
SPARK CHANGE

2023 Fight Hunger. Spark Change. campaign is planned to run in all Walmart and Sam's Club stores in our service area from April 10 — May 8, 2023. As a part of this program, donations will be collected from shoppers during checkout — both in-store and online — and directed to our Foodbank. Thank you for your support!

Partner Highlight — Times of Refreshing

It was another busy afternoon at Times of Refreshing International Ministries (Times of Refreshing). Police directed the four lines of cars full of people ready to receive their groceries, a familiar sight for Jeri Russell and her crew of volunteers. For Russell and her team, the first and third Wednesday of every month is a time to distribute food to those who need it most. Located in the heart of Terre Haute, Times of Refreshing sees a lot of clients by foot as well, “They will bring a wagon or cart, any means they have to carry their food with them.” Says Russell.

The pantry was started in 2015 by Russell’s late husband, Bishop Don Smith. “We are carrying on his vision,” Russell stated, “and under the leadership of our new pastor, we are continuing to feed the hungry.”

The staff is made completely of volunteers who come in at least two days before the pick-up event to bag up dry goods. This week, each household receives non-perishable items, a bag of fresh fruits and vegetables, protein, one dozen eggs, one gallon of milk, one five-pound bag of potatoes, one case of water, and their choice of one large, sweet treat. In addition, each person in the household receives a brown bag lunch, and seniors get information about government assistance. Volunteers are on-site to help them walk through their benefit options. “We call them the ‘Benefit Guys,’” Russell chuckled.

“From start to finish, it is always busy. Jerri and her team have their operation down to a science!” shared Lynn Egan, Lead Food Sourcer with Terre Haute Catholic Charities Foodbank.

New to her job, Egan shares the important role that Times of Refreshing plays in our community. “The number of people who desperately need food is overwhelming,” Egan added, “I never realized I was that out of touch with this reality until I started working with these pantries.”

Once the last car pulled away, Russell and the volunteers counted 300 households served that day. “We never ran out of food,” she confirmed. “We are blessed to work with [Terre Haute] Catholic Charities Foodbank. They always make sure we have enough for the families we serve.”

After distributing food for two hours, Egan and the other volunteers joined Russell for their own meal and fellowship. Russell always prepares food for her volunteers, who share their experiences from the day over the dinner table. “You have to have the heart to do this kind of work, Russell concluded. “We feed the people and we leave all the judging up to the good Lord.”

If you want to learn more about volunteering with the Foodbank or want to donate to our mission, please visit ccthin.org



Jeri Russell and her late husband, Bishop Don Smith, started the pantry at Times of Refreshing in 2015, and their work continues today.



One Family Brings Hope to Many

For more than 15 years, Bill and Sally Stewart have been volunteering with Catholic Charities, and one of the biggest legacies they have created is their sponsorship of the Holiday Ham Distribution — supplying as many as 300 hams each year. No matter the December weather, their family gathers to distribute items to make a special holiday meal for local families. Sally, donning her Santa hat, has a contagious energy that is always appreciated on those cold mornings!

Sally Stewart will tell you, “It is intentional that we are here today, distributing food and trying to ease the burden of families who are struggling. **It makes a difference when you see it for yourself, and it moves you to want to do something that helps people now.** We have been blessed, and it is an honor to help our neighbors.”

“We see people here today that are so grateful for what we take for granted. **It does a person good to help others.** I’m grateful for being able to help like this, and having our family here with us means a lot,” says Bill Stewart.



Holiday Distributions See Increase

We know that the holidays can be times of tradition, special celebrations, and making memories — but for many families in our community, they are a time of worry and concern. Imagine for a moment not being able to enjoy buying presents for your children because you know you're taking funds away from paying bills. Imagine not building memories of a family meal around the table at Christmas because you couldn't afford to go to the grocery store. Or maybe you have been in that situation and don't have to imagine.

Our monthly Bread & Produce Market serves the community by providing fresh produce, nutritious proteins, and shelf-stable pantry items to anyone who may need them. This year, as in years past, the Markets in November and December were replaced with special holiday food distributions.

Volunteers joined staff on the chilly, windy morning of November 19th for a distribution that included whole turkeys and many extras to create a special Thanksgiving meal. 547 households, totaling 2070 individuals, were served in a little over 2 hours. This number is up from 400 households in 2021. Our December Holiday Ham distribution served 300 hams, and when those were gone, families received turkey breasts. In total, 498 households (2030 individuals) were served.

These holiday distributions are extra special to our staff and volunteers, and we know they mean a lot to our neighbors as well.

“I just want to let you know how you have helped my family — so much. We weren't going to have anything to make Thanksgiving special or different, and you've done that. Just like you have in the past. You guys are really great, and I am so thankful for you all.”

— Lori F.

Upcoming Events



SCAN TO REGISTER

Saturday, June 17th

For updates, follow us on Facebook @QuickQuackTrailRun.



Opening Day Monday, May 22nd

You could win \$10,000!!

For updates, follow us Facebook @WabashValleyRubberDuckRegatta or visit wabashvalleyrubberduckregatta.com.

THE FOODBANK NEEDS YOU!

Share your time and talent with us as a Foodbank volunteer!
Call (812) 232-1447 Opt. 2.



Need Help Finding Food?

If you need help finding food or know someone who does, visit our website at THCCFoodbank.org or call the National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479).

The Hunger Hotline is available Monday – Friday from 9am – 6pm.
All calls are free and confidential.

Help someone you know receive the nutrition they need to remain healthy and productive.