

**FEDERAL WAY
COMMUNITY
CAREGIVING
NETWORK**

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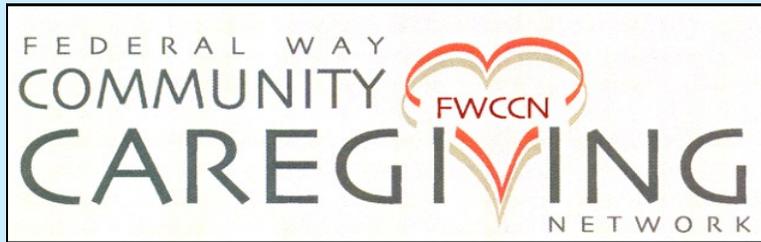
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GIVING HOPE — IMPROVING LIVES

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The Caregiving Network Cares About Families



~ By Jackie Blair & Gloria Miller

In 2011, a family consisting of a mom, teenage daughter and 4-year-old son, came regularly to the Saturday community meal at Episcopal Church of The Good Shepherd. Mom became pregnant and discovered she was having twins. She worked until her doctor advised her to be off her feet during the latter portion of her pregnancy. When they came to the community meals, there was never a man with them. In time, we learned that she was raising the children on her own.

In May of that year, mom gave birth to two very healthy baby boys. Now there were four children she was raising by herself. Every week they attended the community meals. The children were always clean and very well cared for. Mom found clothes for them from our stock of used infant and children's clothing items, and once in a while there was something the teenage daughter could wear. We bought disposable diapers for the babies and managed to come up with two layette sets donated by a group at St. Vincent de Paul Church.

The baby boys have grown rapidly. When they visit us, mom carries one of the babies and the teenage daughter carries the other. The daughter has been a huge help to her mom. She speaks English quite well and translates for mom when needed.

Currently, dad is back in the picture and comes with them to the community meals. They don't come every Saturday but, when they do, the family always helps us clean up after meals. Mom is doing the best she can in her situation. She has a job which helps support her family a little.

F. W. Community Gardens' Harvest Blesses Dinner Guests



Once again this summer, the Federal Way Community Gardens are sharing their harvests of fresh organic vegetables with the three dinners that are provided for our community members. Each week, just hours before the guests arrive for dinner, the chefs pick up the vegetables that have been freshly picked from one of the community gardens.

Early in the season the dinner salads may contain unusually nutritious vegetable varieties, such as *Black Seed Simpson*, and *Outrageous* lettuces. You'll also find *Cherry Bell* and *English Breakfast* radishes, *Bloomdale Savory* spinach, *Bright Lights* Swiss chard, and *Super Sugar Snap* peas. As the summer progresses, the harvests will include *Black Beauty* zucchini, *Sun Gold* tomatoes, *Chioggia* beets and a full complement of other vegetables. The harvests begin in early June and continue through October. The donation of this produce not only helps us to provide nutritious meals for our guests, but it helps reduce the cost of providing these meals.

Mike and Carol Stanley (FWCCN board members) created the Federal Way Community Gardens program in our city four years ago. There are now seven gardens in operation in the non-profit Federal Way Community Gardens Foundation.

Website: <http://fwccn.org>



Steel Lake Presbyterian Church Monday Supper Turns 21!

Mark Your Calendars!

This Year's 'SOUPER SUPPER' will be held on Thursday, October 25th at Steel Lake Presbyterian Church in Federal Way 5:30pm to 8:00pm



If you don't have any charity in your heart, you have the worst kind of heart trouble.

~ Bob Hope



Serving the area since 1988, The Federal Way Community Caregiving Network is a non-profit voluntary alliance of churches, businesses, government agencies and individuals working in partnership with community resources.

Celebrating Hospitality and Neighborliness for Over 20 Years

Friends and neighbors gathered at Steel Lake Presbyterian Church on Monday, June 18, to celebrate the 21st year of service for the Monday Supper. This was a milestone tribute to the faithful, loving, and caring service provided by the volunteer men and women who arrive every Monday afternoon to prepare and serve a warm and nutritious meal at Steel Lake Presbyterian Church in Federal Way.

This service was begun in 1991 by Eileen Rouse, Eleanor Nordlund, Zane Draughn, Louie Lou and many other volunteers. Others who were there at the beginning and were also present (and still serving) were Jerry DeLaFontaine and Martha "Marty" Stuewig.



Thanks for Gerald DeLaFontaine for 20 Years of Service



Doug Johnson Thanks Marty Stuewig for 20 Years of Service

Since 2006, the Angel's Network, (volunteers from All Saints Lutheran Church) has partnered with the Federal Way Community Caregiving Network (FWCCN) to provide the meal on the 4th Monday of each month.

Meals are prepared for 50 guests. This number has been steadily going up as the problems of poverty and homelessness persist in our community. In 2010, FWCCN Suppers served over 12,000 meals to more than 9,000 guests.



Kitchen "Masters" John Cooper, Kay Glass & Donna Murray

Over 400 volunteers help make all of our services possible.

Much gratitude is owed to Hope Elder, the coordinator of the Monday Supper, and her 'crew' for the hospitality, neighborliness, and caring they offer each week — one plate or one cup of coffee at a time.

1 Corinthians 10:16

The cup of blessing which we bless ~ is it not the communion of the blood of Christ?

The bread we break ~ is it not the communion of the blood of Christ?

1769 King James Version



"Super Supper Server", Heather McCullough

Community Meals & FWCCN Services

COMMUNITY MEALS

MONDAYS at Steel Lake Presbyterian Church 4:30 to 5:30pm

THURSDAYS at Calvary Lutheran Church 5:00 to 6:00pm

SATURDAYS at Episcopal Church of The Good Shepherd with St. Vincent de Paul Catholic Church 1:30 to 2:30pm

SUPPER OUTREACH SERVICES

SOS are offered to guests in need and/or are homeless. Such things as clothing, blankets

and hygiene products are made available at each of the weekly meals and also at the Emergency Services location.

EMERGENCY SERVICES

Clients come to our "walk-in" facility at Episcopal Church of The Good Shepherd **Tuesdays and Fridays 10:00 to 11:00am**. Emergency Services provides funds for rental help, limited motel stays, gasoline vouchers, bus tickets and a bag of food.

Over 11,500 meals were served in 2011 to over 7,800 guests.

The 'B' Caring Card From Bartell Helps the FWCCN!



**SHOPPING AT BARTELL DRUGS
EQUALS DONATIONS TO THE
FEDERAL WAY COMMUNITY
CAREGIVING NETWORK!**

Pick up a **B** Caring Card today! Just ask for and fill out a form at check-out indicating the **Federal Way Community Caregiving Network** as the designated organization you would like to contribute to.

You will receive your card — and then, each time you shop at Bartell Drugs, please remember to present your card at check-out. **Up to 4% of your purchase will be donated to our organization!**



Thank You!

Why 'Brain Support' Should Be on Your 'To Do' List

Condensed Article
from *Huffpost Healty Living*
by Kelly Dorfman

Today, there are many people with a child in college and a parent with dementia. In 10 years when the baby-boomers hit their 70s, there will be an epidemic of people sliding the downward spiral into cognitive decline. Up to 50 percent of octogenarians have notable brain impairment.

If you are having word-finding issues, consider being tested by a neurologist. They can diagnose early indicators of

vascular dementia. A brain scan will show scar tissue and vascular changes, both predictors of serious problems.

Scientific evidence is mounting that nutrition and vitamin supplements play a big part in helping prevent early cognitive decline in seniors. A January 2012 study published in the journal, *Neurology* compared cognitive performance and brain volume with levels of more than 30 nutrients in older adults. Those with high blood levels of omega-3 fatty acids and vitamins B, C, D and E did better on

cognitive tests and had less brain atrophy than participants with lower levels of these nutrients. The foundation for a "brain boost" program is always a good diet with tons of vegetables and fruits, exercise and the maintenance of an ideal weight. Between medical problems, medications, stress, pollution and all the rest of what happens to the average person who has been on earth more than 50 or more years, living a healthy lifestyle is not enough. The time for all you baby-boomers to put cognitive support programs in place is now!

Honoring Special Volunteers!

Thank You!



~ By Jan Olson, Admin. Cordinator, Thursday Community Supper, Calvary Lutheran Church

The loyalty and commitment of our volunteers continues to astound me. I am always so thankful for them. For example, ten or so years ago, a group of teachers (all friends) began to volunteer as servers for the 1st and 4th week teams. One by one, they began to retire and bring in other retiring teacher friends. One has moved from server to lead cook both Thursdays!

These retired friends enjoy spending time together. Usually, after the Thursday Supper, they go out to dinner together. They also like to travel — sometimes with spouses and sometimes just together. Remarkably, whenever possible, they schedule their trips around their first and fourth week commitments!

There is something special about providing these meals that keeps these volunteers coming back year after year. They establish bonds with guests and with one another, train new servers and enjoy what they're doing. I'm sure that their joint efforts to feed the hungry have brought them even closer as friends. It is a "win-win" situation for everyone. We are always ready to welcome new people who would like to join our teams and share the joy. Might one of them be you?



**P.O. Box 4717
Auburn, WA 98063**

“What the mind of a man can conceive and believe, he can achieve.”
~ Albert Kwansa-Adjei

Volunteering & Making a Donation

There is a need for volunteers in the areas of **Emergency Services, Community Suppers, SOS (Supper Outreach Services), grant writing and organizing**. If you are interested in becoming a volunteer or would like more information about the Federal Way Community Caregiving Network, call Doug Johnson at 253-670-5944.

The Federal Way Community Caregiving Network is an all volunteer, non-profit organization with a 501(c)(3) status. All donations are tax deductible, and when you donate, you are doing a great service to those in need in our community.

PLEASE SEND YOUR DONATION TO:
Federal Way Community Caregiving Network
P.O. Box 4717
Federal Way, WA 98063
*Our Tax ID number is 94-3105476



Help us go GREEN! Receive our newsletter by email. Send your email address to:
jsdovey@windermere.com.