FEDERAL WAY COMMUNITY CAREGIVING NETWORK

FWCCN

GIVING HOPE — IMPROVING LIVES

VOLUME III, ISSUE II JUNE 2013

FEDERAL WAY COMMUNITY CAREGIVING NETWORK

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SOUPER SUPPER — OUR ANNUAL OCTOBER EVENT!

Honoring a Special Volunteer!

It is with a mixture of sadness and joy that we lift our glasses in celebration of long time supporter, advocate, helper, kitchen manager and friend,

Joe Martinez.

We are sad to say that 2013 marks the last year that Joe will bring his special brand of humor and fun to our annual Souper Supper celebration. Joe is 'retiring' as our *Souper Supper Kitchen Manager*. It seems like Joe has ALWAYS been there to make sure the kitchen ran like clockwork . And, of course, there was always that very special "Martinez Chili" that was in hot demand. Most of all, we will miss his huge smile and good cheer that was his greeting to everyone. We thank you and bless you, Joe, for being part of our service. May the road rise up to meet you and the sun shine warm upon your face. We will miss you.

Thank You, Joe!

COMMUNITY MEALS

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

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

SATURDAYS
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.

Community Meals — a Helping Hand

— By Jackie Blair, Operations Dept.

A few months ago, I made it a point to talk to some of our community meal guests at The Church of the Good Shepherd. I wanted to know what our meals meant to them — other than a tasty meal served on Saturdays. The following are some of the comments that came my way.

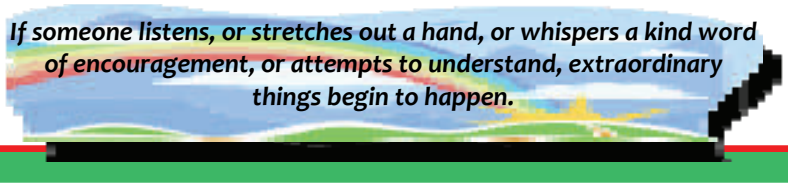
"I've been coming for about four years. The friendship and kindness are greatly appreciated." * "The meals are good and nutritious and help to stretch the budget." * "Very helpful in trying times." * "We feel comfortable here and appreciate the good food." * "This is a godsend for people who can't afford food and entertainment — for those who can't afford to go out for a good meal."

Meet Rick whose photo appears on this page. I have had a chance to talk with Rick a bit longer since he visits with us weekly and even helps us to set up the dining hall with tables, tablecloths, salt and pepper shakers and decorations. And then, at the end of the meals, he helps us take the tables down and clean up the area. Since the facility has old plumbing that quite often needs work, Rick even helps to fix a clogged toilet! He is a reliable asset to our volunteer crews and yet he is our guest. On the rare occasion when he is late or misses a Saturday, we worry!

Rick shared a bit of his story with me. At one time he lived with his mother and was her caregiver until she passed away. Soon after that, he learned that he could not stay in the home which was located a mile or two from our meal location. Since then, he has been living in the woods near the home he once occupied with his mother. The covenants of the area do not allow setting up tents, so he uses tarps and plastic sheets to avoid the rain and snow. The neighbors know him and help by allowing him to wash his clothes in their washing machines when needed. (They probably sneak him a meal now and then, too.)

Rick has been coming to our meals for about two years — the length of time he's been living in the woods. He visits us and appreciates the warm food, used clothing and toiletries we offer, and the companionship found during our meals. He comes ready to help set up and clean up afterwards. And then, being the caretaker that he is, Rick always has information for others who need help. He knows where to go for needed tents, sleeping bags, rides, counseling and medical help. If someone has a problem, they can always ask Rick where to turn.

We have resource information for our guests, and he will quite often take copies for those who don't come to the meals, telling them of where meals are offered, where showers are available, medical van locations, job search help, where and when gas vouchers are offered, bus tickets, rental and emergency housing help. We provide the "stuff" but he is indeed the "go-to-guy" for those in need in our area. Rick knows the schedule and where the help can be found and often shares his knowledge. He is a treasure in our community.



Church of the Good Shepherd — a Special Part of FWCCN

Caring for Those in Need — *by Linda Potter*

On Tuesday and Friday mornings snacks are provided for those who are waiting to have an appointment with Community Caregivers to receive assistance. Many of the people come not having had breakfast, or some have not eaten for a day or so. Who provides and serves this food? It is members of The Church of the Good Shepherd. They provide wonderful food and hospitality to those in need. The food is sometimes purchased by members of The Church of the Good Shepherd. One parishioner mentioned that she used the money she would have spent during the week purchasing lattes or other coffees. Church members volunteer their time to set up, prepare the food and have it available for any who wish to eat. Other members introduce themselves and talk to the guests who are awaiting their appointment with Community Caregivers. Guests are invited to attend church services.

The Clothing Closet is always open on those days and those who are in need of clothing are invited to use the Clothing Closet. One young mother brought her baby along for her interview with Community Caregivers. She visited the Clothing Closet and went home with several outfits for her baby.

Peggy Rhodes who volunteers wrote: *"I just recently became one of the servers for the Friday Morning breakfasts at The Church of the Good Shepherd. It is a very low key ministry. The food is served buffet style which leaves time to visit with guests."* Like so many ministries at Good Shepherd, it was started by someone who saw a need and found a way to meet that need. The success of a worthy endeavor has a way of inviting others to become involved. I find that by helping in this ministry I receive so much more than I give. This is what makes volunteering so rewarding and why I want to keep coming back."

Good Shepherd Community Meal — *by Sherri Jarvey*

About 8 years ago, Good Shepherd began a ministry with St. Vincent de Paul Catholic Church providing meals to the community. I was on the Vestry at Good Shepherd when the presentation was made by a member of St. Vincent de Paul. For several reasons St. Vincent's could not use their facility to host the meals, so they came to Good Shepherd looking for a partner. It was agreed that Good Shepherd would provide the space on Saturdays from 11 – 3. The first meal was served on Valentine's Day.

The Good Shepherd/St. Vincent partnership added to two other churches in the area that provided meals supported by the Federal Way Caregiving Network. Steel Lake Presbyterian serves a dinner on Monday evenings and Calvary Lutheran Church serves on Thursday evenings. Saturday was chosen as the day at Good Shepherd in order to spread out the times available to the guests throughout the week. It was important to the early supporters of our meal program that it be a hot meal rather than networking for volunteers and locations. The food and supplies are stored at St. Vincent's and brought to Good Shepherd each week.

In 2011, these three Federal Way churches averaged 236 meals per week and the Good Shepherd/St. Vincent partnership alone served nearly 3,000 meals. Guests include the homeless as well as others seeking a nourishing meal and, in some cases, a sense of community and friendly conversation. The doors open at 11 so the cooks have time to prepare the meal and guests can come in for coffee and rest. For many of the guests, shelter from the weather is welcome — be it rain, snow or heat.

I began volunteering as a greeter and eventually became coordinator for week 3. Each week consists of teams which include a coordinator, cooks, cook's helper, dishwasher, servers, set-up and clean up crews, delivery person and greeter. All members serve important roles but the cooks probably work harder than the rest. They survey the available supplies, create a menu, purchase additional needed items and prepare meals to serve approximately 60 people.

Last year we began receiving fresh vegetables provided by the Federal Way Community Gardens at the Federal Way Senior Center and Truman High School. Local food provided by a local program that is used in local meal programs is a truly amazing example of groups within a community working together. Our guests are receiving wonderfully fresh meals. You may be surprised that we know most of our guests by name, having known many of them for years. They appreciate the concern we have for them and even express care and concern for us if they have not seen us for a while. Over the years we provide a constant, a sort of structure, for many people whose daily lives may lack. Knowing that Good Shepherd's doors are open to them is something they look forward to and do appreciate.

Everyone is invited to stop in on Saturdays from 11 – 3 to witness this program in action, sit and visit with guests or volunteer.

FEDERAL WAY COMMUNITY CAREGIVING NETWORK FWCCN

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There is no greater joy, nor greater reward than to make a fundamental difference in someone's life.
Mary Rose McGeady

Volunteering & Making a Donation

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.

93% of revenue is spent on direct services.

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 FWCCN, call Doug Johnson at 253-670-5944.

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.