



Fairbanks Community Food Bank

# HARVEST

Winter 2018



*Neighbors Helping Neighbors*

## H.E.L.P. for our Neighbors in Need (Health Education Learning Project)

We have a new partnership which we are really, really excited about, it is called **H.E.L.P.** which stands for **Health Education Learning Project**.

**H.E.L.P.** is a pilot partnership started with Alaska Health Fair, Literacy Council of Alaska and the Fairbanks Community Food Bank. The purpose is to improve the health of Tanana Valley neighbors through health education and the availability of healthy fresh foods for those who are medically referred into the program.

The partnership includes three well organized and mature agencies who already impact their areas of expertise. The **Fairbanks Community Food Bank** which serves more than 350,000 meals each year, to more than 10,000 local families. The **Alaska Health Fair** who has amazing resource material and access to medically trained volunteers. And the **Literacy Council of Alaska** which has ESL (English as a Second Language) and Adult Basic Skills students, and other students, who are below poverty level because of their lack of education. This **team** of agencies manages the **H.E.L.P.** program with a focus on the patient, not on the program itself.

We received a \$10,000 matching grant from Dennis Wise specifically to start this project, and it is being matched by

Fairbanks North Star Borough.

There are many stories to tell of those in our community that could benefit by **H.E.L.P.** One case worker called this group of local people "the forgotten class." The forgotten class suffer with both poverty and health care. Many of these "forgotten folks" (patients/clients) need special foods for their medical conditions.



*Sharon and Ron Philips and Anne Weaver in the H.E.L.P. project.*

A few years ago, caseworker Sam (Chaplain) had a patient who was dying in a housing facility. The patient had an advanced cancer and had been a resident of the Rescue Mission before some other housing was provided as his health declined. As the patient explained his life to this point, he had never had health insurance, was far in time and space from friends and family, did not have time or money for a doctor visit, and didn't know what he would be able to do if he got a bad diagnosis. So he did nothing.

**H.E.L.P. continued on pages 2 & 3**



Our name is Fairbanks **COMMUNITY** Food Bank. That means we work with our friends and neighbors to make the Tanana Valley a better place to live.

In the sustainability model we use in this Food Bank (provided by Foraker Group years ago), **COMMUNITY PARTNERS** are one of the key spokes of the wheel. We also need unrestricted money, great board members and great staff.

**We are blessed to have all four spokes of the sustainability wheel.**



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## **H.E.L.P.** for our Neighbors in Need (Health Education Learning Project)

Tom (another local case worker) told the stories of several of the seniors he serves. One has COPD, one has trouble with eye-sight. Many have hearing issues. Most have dental issues.

### ***Why don't they go to a public health center?***

Although there are services available to them in the Tanana Valley, they don't take advantage of the information which can make them healthier. Even with a sliding scale, it takes time to wait on an appointment, and many cannot read or write well enough that they feel comfortable getting through the process.

Mike from **Literacy Council of Alaska** says that his ESL students have so much to learn in order to function daily and also become naturalized citizens, and our health care in the United States is so confusing even for those who read and write in English. Health "lingo" is not something his teachers spend much time on. Mike points out that some of his students simply cannot read, or have issues with dyslexia.

Mike has the literacy educators who already teach ESL and GED and other adult basic skill students in the Literacy Council classes. There are other caseworkers and teachers who understand the need and now include this health "orientation/education" into their curricula.

The "forgotten class" suffer with both poverty and health care. Many of these "forgotten folks" (patients/clients) need special foods for their medical conditions.

The **H.E.L.P Project** at the Food Bank (2nd floor, next to the Alaska Health Fair Office) is open from 10 am to 2 pm, 3-5 days each week (except holidays), and have special volunteer staff from the Alaska Health available to answer questions and refer people to other local resources. If a patient wants to use the "reading room" for their own research time, there are non-medical volunteers to staff the room. The **H.E.L.P** room is volunteer operated, and accessible 3-5 days of each week.

**Alaska Health Fair** already provides over 1,800 basic blood tests each year, and 4,000 blood pressure readings and 4,000 other screenings which include vision, hearing, bone density, laser vein, skin cancer, colon cancer and others. Concern about health is very real in these "forgotten people." The goal is to reach that many more each year by being open and available

*Literacy Council of Alaska is a partner with Alaska Health Fair and the Fairbanks Community Food Bank in the **H.E.L.P.** program. Below are some staff and volunteer teachers of Literacy Council of Alaska.*



**Continued from page 2**

more days/hours in the right geographical space, and allow them to make more informed choices about whether and how they need to seek more serious medical help.

**Alaska Health Fair** has a huge inventory of health related models, videos, brochures, handouts and specially trained volunteers. In particular, there are retired nurses and others who are medically trained who do special projects with the **Alaska Health Fair**.

The **Fairbanks Community Food Bank** cannot build special food boxes for the hundreds of people served, but for those who are referred into the program with "special dietary needs," we can make "customer choice" fresh food available inside the **H.E.L.P.** site. For those diagnosed with heart disease, cancer, kidney dialysis, for example, may need to make immediate and significant changes in their daily diet. These patients will be a target group for this limited special food requirement. The food will be customer choice, and it will not be a full food box. It will be limited to fresh food only (as it is available that day) not cans and other non-perishables. It is a healthy supplement to the patients recommended special fresh food diets.

We are honored to have one very special volunteer who has so much experience in emergency management and health education, Ron Phillips, who will be the daily manager of the program. Ron will keep the team on tasks to meet the needs of the people who choose to utilize this very special area in the Food Bank building.

The fiscal manager of this project is the **Fairbanks Community Food Bank**. Two of the agencies co-locate in the Food Bank building so communication is already a continuing asset. All three agencies are United Way member agencies and are accustomed to coordinating efforts with our clients. In other words, we are already a proven team who work together.

We know of no other "one stop shop" which serves these patients with special health needs by providing nutritional fresh food as part of each visit.



*Health "orientation/education" is part of students' curricula now for ESL, GED, and other adult basic skill students in the Literacy Council classes.*

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[www.unitedwaytv.com](http://www.unitedwaytv.com)



[www.fairbanksfoodbank.org](http://www.fairbanksfoodbank.org)

**THANK YOU United Way for our partnership since 1985 (33 years).** You have been the backbone funding for this organization all these years. The Fairbanks Community Food Bank is still able to receive free food and give it away free because of your work on our behalf. It is a JOY to be able to also partner with two other United Way agencies in this pilot **H.E.L.P. PROJECT**.

Pick.  
Click.  
Give.



## A way to help feed hungry children, seniors and families in Interior Alaska.

These are tough economic times — we're all feeling the pinch. But these are also times that give us — as generous Alaskans — the chance to help organizations that are important to us and our community. The PFD Charitable Contributions Program is a safe, secure and easy way to make a donation. You can choose a contribution level anywhere from \$25 to the full amount of your dividend.

The project — **Pick. Click. Give.** — allows those who file online for their Permanent Fund Dividend check to reach out and help Alaskans.

Apply for your PFD online and you can share part of your dividend with **the Fairbanks Community Food Bank**. It's a chance for all of us to come together and give a little extra to help feed the hungry in our community.

### Just Pick. Click. Give.

In addition to the website — [www.PickClickGive.org](http://www.PickClickGive.org) — information is available by calling 1-888-785-GIFT (4438) or by emailing [pfinfo@forakergroup.org](mailto:pfinfo@forakergroup.org).



## Our Mission Statement

The mission of this Food Bank is to collect surplus food in the community and share it with local people who need it.

### BOARD MEMBERS 2018-2019

**President:** Steve Heckman  
**Vice President:** Uriah Nalikak  
**Secretary:** Patty Walter  
**Treasurer:** Hollis Hall  
**Past President:** Karen Kiss  
Anna Atchison  
Tom Bartels  
Genevieve Bell  
Trevor Hanson  
Tammy Tragis McCook  
Gene Therriault  
Mike Walsh

### STAFF LEADERSHIP TEAM

Anne Weaver, CEO  
Samantha Kirstein, Community Development Director  
Gail Ballou, Attorney

### CONTACT INFORMATION

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Fairbanks, Alaska 99701  
Phone: 45-SHARE (457-4273)

## Mission Moments

All of these stories and other daily stories come from our **FACEBOOK** page, for those of you who love Facebook. Please go to [www.fairbanksfoodbank.org](http://www.fairbanksfoodbank.org) and click on the **FACEBOOK** icon to see what we do every day.

In October, we were paid a visit by a high school counselor concerned about one of her students who has been caring for her 2 younger siblings. Our high school student had frequently been coming into the counselor's office, asking for granola bars and peanut butter to take as they didn't have things to eat for dinner. Our counselor became concerned and came into the Food Bank inquiring how to get the students food for their home. It's because of donors like yourself we were able to provide for this family and so many others.

Also in October, you helped a senior in the community who has been finding it harder and harder to afford her medication and other essential needs after the passing of her husband and living on her fixed income. She had been a nurse for over 20 years and in retirement her health slowly declined as the years of standing on her feet caught up with her.

We were able to get our senior signed up for the CSFP Program as well as provide her with an emergency food box. Thank you Tanana Valley for helping out this senior and thousands of other neighbors as well.

We love to tell you about the partners who join us in our mission, and this month we will talk about **Kinross Fort Knox's amazing offer to MATCH your cash donations up to \$10,000 during the month of December.** Thank you all for making this possible. You are very good neighbors who believe that we can solve hunger problems in the Tanana Valley if we all work together. This Food Bank receives free food and gives it away free, so it takes all of us to keep the doors of this Food Bank open.

**KINROSS** Fort Knox

If you're interested in volunteering, give us a call today at 907-457-4273 or visit [www.fairbanksfoodbank.org](http://www.fairbanksfoodbank.org) to sign up!

For those who love to **DONATE ONLINE**, we hope we are giving you plenty of opportunity with easily accessible forms which are easy for you to use. If not, please help us improve them with your good suggestions.