

# PANTRY PICKIN'S



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### Upcoming Events

#### **Pastor's Pot Runneth Over Challenge**

**May 7, 2016**

**11:30 a.m.—1:30 p.m.**

### Financial Assistance:

First, Third and Fourth Friday of each month. The first 10 people through the door are seen

## MAY 7, 2016 6TH ANNUAL PASTOR'S POT

Happy Spring! The flowers are blooming, the days are longer and the most fantastic event is drawing near! Pastor's Pot! This year, the event will take place on Saturday, May 7 2016 from 11:30 a.m.—1:30 p.m. at the Jasper United Methodist Church. Tickets are on sale at the participating churches. The churches that are participating this year include Cornerstone Church, Jasper First Baptist Church, The Episcopal Church of the Holy Family, Jasper United Methodist Church, King of Kings Lutheran Church, Mountain View Alliance Church, Fellowship Presbyterian Church, Our Lady of the Mountains Catholic Church, Tate United Methodist Church, Trinity Church, Trinity Tabernacle, and the Ruth House. This year we are excited to have Cool Springs Baptist and Rock Creek Manor on board. The wonderful dishes that are to be served up include Chili, Cowboy Caviar, BBQ and White Bean Chili. There will also be yummy appetizers such as Hot Wings and amazing deserts which include Banana Pudding and Cheese Cake. Beverages are being graciously provided once again by BoJangles.

This year is bringing with it a few changes. First we have added additional awards. There will be a Sweet award and a Savory award. These churches are competing for the coveted "Pastor's Pot" that will be proudly displayed by the winner for the next year. This is an actual pot that will be hung for all to see. While these are the ultimate award, we will also be awarding prizes in other areas, such as the Spirit award. But we are not stopping there! Why don't you come out and see for yourself what these awards are. Secondly we will have extra tickets for sale that will allow you to taste all the scrumptious food available. No need to discriminate. Try them all!

Votes are made with money. Each dollar counts as one vote for your church. The voting jars should already be available at your church so **"Vote Early and Vote Often"**. All proceeds will go to CARES to help those in our community that are in need. What better way to help your neighbors that need our services?



## CARES VOLUNTEER HIGHLIGHTS

If you are looking for a wonderful lady that truly cares about people, then look no further. Janice Wolford is an amazing example of that a volunteer should be!

Ms. Janice was born in Almo, GA. Janice has 2 children, a daughter and a son, and has been blessed with 6 grandchildren and 3 great-grandchildren! She spent almost 40 years in the medical billing field. One of the jobs she held adopted a school in the poorer section of the county. They supplied food, school supplies and educational funds for several years. She came to CARES 6 years ago after she retired and realized that she wanted to do something she had always enjoyed..Helping people! After seeing an add in the newspaper, the rest is history! Janice says “God’s will is what drew her to CARES. Even in our autumn years, God has a purpose for us. No matter what our age, we can do something to help those who need it.” And that’s what Care is all about. Her favorite part is getting to know the clients. Sharing the god and bad times. Praying for them in bad or sad times. “Letting them know I have been in their shoes many times in my life.”

In her spare time Janice enjoys reading, traveling and scrapbooking. We are so blessed to have Janice!



Janice Wolford

*“God’s will is what drew her to Care. Even in our autumn years, God has a purpose for us. No matter what our age, we can do something to help those who need it.”*

*May God richly bless each of you volunteers.*

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## FROM YOUR DIRECTOR

2016 has started out to be a good year for CARES. Each of you are a big part of the success of CARES. God allows us to help many people. Financially we are in a good position.

May God richly bless each of you volunteers.

“Remember, it is more blessing to give than receive!”



*Larry*



Pantry Pickin's

FROM THE FRONT LINES

Many of the foods and beverages that Americans purchase and consume do not meet dietary guideline recommendations for maintaining a healthy weight or proper nutrition. Healthier foods (such as fruits and vegetables, low and non-fat dairy, lean meats and whole grains) are often more expensive, while foods of lower nutritional value (such as products high in refined grains, added sugars and fats) are often cheaper, more easily mass produced, and more widely available. Many lower nutrition foods are high in calories and are more likely to be over consumed.

That being said, we are super excited to announce that this year we will be working toward providing fresh vegetables to our clients!

With a huge thank you to the Master Gardener's club, for providing the tractor and a kind soul to plow the plot. Without them, we would not have been able have the land behind the

Community Outreach Building converted to a useable garden space.

Another big thank you goes to Brad Stephens at Southscape for his generosity in providing the delivery of the compost needed to prepare the soil!

So if you find you have a particularly green thumb we would love to have your help!



*“Healthier foods (such as fruits and vegetables, low and non-fat dairy, lean meats and whole grains) are often more expensive,”*

Assistant Director

Good day to everyone! First of all, I would like say what a pleasure it is to be working for CARES. I am thrilled to have been offered the job as Assistant Director and I look forward to working with CARES and keep serving the needy and less fortunate of Pickens County.

I little about me. I am married to my lovely wife Melissa and we have been married for 16 years. We have two grown daughter, Katie, 30. She is married to Amilcar and they have our grandson Oscar. They live in Mid Town Atlanta. We have another daughter Lisa, 26, and she is married to Konrad and they have our three granddaughters, Madison, 4,

and twins, Emma and Ella, almost 2. They live in Altoona, IA.

I was in the landscape and irrigation industry for 30 years before I went back to school and got my Master of Divinity from New Orleans Baptist Theological Seminary. I graduated in December, 2015. I have a passion for serving the needy and helping the homeless. I have done this type of work in the churches where we have been members. I severed on the board of a homeless organization in the Chicago area back in 2000-2002. I ran a food pantry at a church in Cumming as well.

I look forward to keeping the programs we have and expanding into new and differ-

ent areas that will also serve the people of Pickens. There is always going to be the need, but the ultimate goal is to do away with hunger and poverty. I am available to talk with anyone that has any questions or comments on how we can help the residents of Pickens County to have a better life.

God Bless,  
David



*“I look forward to keeping the programs we have and expanding into new and different areas that will also serve the people of Pickens. “*

89 Cares Drive  
 P. O. Box 1342  
 Jasper, GA 30143

706-253-4777  
 Food Ministry/Director

706-253-4778  
 Financial Assistance

**Hours of Operation**

**Monday**  
 12:30 p.m. - 3:00 p.m.  
 (food only)

**Wednesday**  
 10 a.m. - Noon  
 (emergency food only &  
 new clients)

**Friday**  
 8:30 a.m-Noon  
 (food)  
 Financial Assistance is  
 provided the First and  
 Third & Fourth Friday of  
 each month. The first 10  
 financial clients are  
 assisted

**VOLUNTEERS  
 NEEDED**

If you know someone who  
 would like to volunteer,  
 please have them call  
 Larry Starr at  
 706-253-4777.



# Happy Birthday!!

## April

- 8 Cindy Dunning
- 11 Barbara Nuccel
- 12 Kristal Beaver
- 16 Rieko Candee
- 17 Tommy Bostick
- 27 Priscilla Apodaca
- 27 Bob Nuccel
- 27 Don Wilson
- 28 James Wilson

## May

- 6 Tim Jordan
- 7 Edie Przemieniecki
- 20 Ralph Dobbins
- 21 Angie Jones
- 27 Jenny Hobson
- 31 Larry Starr

## June

- 3 Allen Wilson
- 13 Diane Hales
- 26 Jim Derr
- 28 Jill Cohn



## Pediatricians Urged to Join War on Poverty

The American academy of Pediatrics encourages doctors to ask parents during checkups whether families are able to make ends meet – a move that is part of a larger effort to improve public health and mental health outcomes in children.



The nation's leading pediatrics group is urging doctors to ask parents during checkups whether families are able to make ends meet – a move that is part of a larger effort to improve public health and mental health outcomes in children.

The new policy, which comes from the American Academy of Pediatrics, indicates the group is recognizing that poverty can create stress, which impacts how well a child learns and how they behave as well as their relationships.

"We're starting to see a shift in the conversation about how we view health, and we are starting to be more holistic on what factors we can intervene on and what we can change," says Monica Wang, assistant professor at Boston University School of Public Health, who was not involved in writing the guidelines.

The emotional and economic burdens of poverty often result in toxic stress, which can alter brain function, contributing to chronic heart, immune and psychiatric disorders. To manage chronic stress, children and adolescents can turn to risky health behaviors like smoking, excessive drinking, overeating, unsafe sex and substance abuse. Poverty can affect health outcomes for asthma, obesity and injuries.

To screen children for poverty, the American Academy of Pediatrics recommends that at checkups doctors ask parents, "Do you have difficulty making ends meet at the end of the month?" They then recommend asking more specific questions about basic needs, such as whether their food, housing and heat are adequate.

"We have to start with small steps with a lot of pediatricians because they are very busy people," says Dr. James Duffee, one of the authors of the policy statement and a primary care pediatrician in Springfield, Ohio.

Pediatricians are also encouraged to help families identify how they can address problems at home and care for their children, including through the use of support networks that reinforce their relationships through the use of things like humor, common interests, and their spiritual and cultural beliefs.

According to 2014 U.S. census data, 1 in 5 children, or 15.5 million, under age 18 live in poverty. The guidance comes after another policy position from the group in October, which recommended that doctors screen households for "food insecurity," or hunger, and that doctors subsequently connect families with community resources like food banks or churches that offer free food.

In the U.S., families are considered to be living in poverty when making less than \$16,020 for a two-person family, and \$24,300 for a family of four. Most families need at least double these amounts to meet their basic needs, and those that fall short are referred to as "low-income." Families making only half those amounts are considered to be in "deep poverty" – a category into which 9.3 percent of U.S. children younger than 18 fall. Differences are also apparent when broken down by race. At the end of the Great Recession, in 2009, the median household wealth for white families was 18 times that of Latino families and 20 times that of black families.

The direct impact is unclear. According to the research group Child Trends, children who do not have insurance – a factor tied to poverty – are less likely to receive their annual checkups. In 2013, the group found, 68 percent of uninsured children under the age of 6 received their wellness visit, compared with 92 percent of children who were insured.

"There is a risk of missing those who are perhaps some of the most vulnerable," Wang says. "I think this means that we can't view physicians as bearers of the sole responsibility for intervening."

**Reminder: Register your Kroger Plus Card at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and choose CARES as your organization to support. When you shop, money is given to CARES. It's an easy way to feed those in need as you are feeding yourself. You have to re-register every year.**





**Angie Nix Jones**  
**Chairperson 2016**

### **CARES SERVICE**

Chairperson, Fundraising committee, Board Development committee

### **SERVICE TO COMMUNITY**

- Board Chair, Pickens County Chamber of Commerce, 2014
- Member, Executive Committee, Pickens County Chamber of Commerce, 2013-present
- Co-Chair, Youth Leadership Pickens, Pickens County Chamber of Commerce
- Member, Government Affairs committee, Pickens County Chamber of Commerce
- Member, Strategic Planning committee, Pickens County Chamber of Commerce
- Member, Boys and Girls Club of North Georgia
- Member, Mardi Gras in the Mountains fundraising committee, Georgia Mountain Hospice, 2014
- Treasurer, National Racking Horse Association

### **EDUCATION**

- Associate of Science Banking and Finance, Reinhardt College
- Commercial Lending Diploma, American Bankers Association
- Consumer Lending Diploma, American Bankers Association

