



## “I’VE LIVED A GOOD LIFE”

Rodney is 72 and retired. If you ask him, this Tennessee native will tell you with an easy smile that he’s had a good life. He was born in Cleveland, Tennessee, in 1946. At the age of 3 he contracted rheumatic fever and cerebral palsy, which left him with a heart condition and partially paralyzed on the left side of his body. But he wasn’t about to let that slow him down.

“My family and friends in Tennessee didn’t think I could work. Who would hire someone with one hand? But I wasn’t going to wake up one morning when I’m 50 and say why didn’t I try?”

He moved to California and found a job right away at a boat factory delivering parts.

Phyllis, his wife of 25 years, died in October of last year after a painful battle with cancer. He loved her very much and misses her every day. But he’s not alone. He has a son, three daughters-in-law, nine grandchildren and three great grandchildren. He is a member at First Baptist Church in Eugene and still attends church there every Sunday. And he loves his cats — Squeaker and Sweet Thing. Squeaker is his best friend.

“I’ve taught her to sit and to stay,” he says with a smile.

Rodney receives a meal twice a week through FFLC’s Meals on Wheels program, and once a month he receives cat food for Squeaker and Sweet Thing through FFLC’s Kibbles on Wheels program. Rodney appreciates the help he receives for himself and his cats.

“I just can’t cook anymore. I can’t stand on my legs very long. That’s the nice thing about having my food delivered. All I have to do is open it up and put it out.”

More than half of the people we serve are retired, disabled or working. Your gift strengthens a countywide network of 150 programs that partner with FFLC to provide food. Learn more at [foodforlanecounty.org](http://foodforlanecounty.org) or call (541) 343.2822.



FFLC partners with Trillium

## FFLC PARTNERS WITH TRILLIUM TO HELP PEOPLE GET HEALTHY

Food insecurity can lead to serious health concerns — including Type 2 diabetes and high blood pressure. For that reason, FFLC is thrilled to be partnering with Trillium Community Health Plan to combat hunger and chronic health conditions through programs that create access to fresh, nutrient-dense produce.

“The food we use to fuel our bodies is so important to good health,” said FFLC Executive Director Beverlee Potter. “That’s why we are so excited about our new partnership with Trillium. We serve many of the same people. This partnership gives us the ability to distribute more produce and help people get healthier.”

“As Trillium’s Chief Medical Officer, I am acutely aware of the health disparities our members face every day,” says Dr. Thomas K. Wuest, MD, MMM. “FOOD for Lane County is helping to reduce such inequities by providing access to fresh, nutritious and ‘homegrown’ food via such programs. Through these and other collaborative efforts we can significantly improve the health of the community.”

The expanded Trillium Produce Plus Program brings fresh fruits and vegetables to low-income families at locations convenient to them, including medical clinics in Lane County. Current sites include Community Health Centers of Lane County, Springfield Family Physicians, Cascade Middle School, Department of Human Services (DHS) offices and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). New sites include Eugene Urgent Care in Junction City and McKenzie River Clinic in Blue River.

Karen Gaffney is a Trillium Board member and Director of Lane County Health and Human Services. “Unfortunately, cost is often a barrier for people trying to eat healthy. By providing fresh produce at no cost, we are making it easier for Trillium members to make healthy nutritional choices.”

The Trillium Veggie Rx program will expand to help address Type 2 diabetes. This new pilot project will integrate free access to fresh food with Type 2 diabetes prevention education through the Trillium Diabetes Prevention Program. Trillium members taking the class will be given vouchers for fruits and vegetables that can be used at FFLC’s Youth Farm Stands.

## UPCOMING EVENTS

**October 12-14**  
Lane County Home Improvement Show and Food Drive

**November 9-10**  
Stuff the Bus @ Eugene/Springfield Walmart stores

**November 13**  
KVAL Take a Bite Out of Hunger

**November 17**  
Letter Carriers Food Drive

**November 22**  
Turkey Trot

**January 18-20**  
Good Earth Home, Garden & Living Show

**February 1-28**  
Governor’s State Employees Food Drive

**February 1-15**  
Grilled Cheese Experience at participating restaurants

**February 14**  
Dutch Luv at Lane County Dutch Bros locations

**February and March**  
Love Your Neighbor School Food Drive

More info online at [foodforlanecounty.org/events](http://foodforlanecounty.org/events).

## FOLLOW US



Editor: Denise Wendt  
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Louise Smith

“I think it brought out the best in people because they knew where the money was going and they wanted to help,” said Louise. “And even though they didn’t have a lot they gave what they could.”

“There’s so much bad news. The good things need to be said too. There are so many people out there who try to do the best they can to help. I just hope this can motivate and help other people to see we can all do something.”

## YARD SALE RAISES \$2,000 FOR KIDS

FFLC’s Summer Food Program provides free meals to children and teens ages 2 through 18 at sites throughout the county during the summer months. The program fills a critical meal gap for low-income children during the summer when school meals are not available.

Louise Smith of Springfield wanted to help. With her neighbors she organized a two-day yard sale with proceeds benefitting FFLC. What they didn’t sell, they donated to Goodwill to benefit WomenSpace. The sale raised over \$2000. They’re already planning next year’s sale.

“Everybody deserves the right to eat,” said Louise. “People are suffering all over the place. You can’t just sit back. You’ve got to make a stand and do what you think is right and help other people.”

Thank you to Louise, her 11-year-old grandson Aiden who made all the signs and her neighbors — Anne Ayres, the Dan and Johnna Charbonneau family, Fiddler’s Green, Gilbert Fierro, Jennifer Flannery, Paul Jagger, Dennis Marshall, Tom and Anita Patch, Dustin Smith, John and Lorraine Thomas, Mike Thomas, Jerry and Kris Whalen and Gary Williams.

“All these people in one way or another did something to make this happen. They need to be acknowledged too because it wasn’t just me. It took all of us.”

## LETTER CARRIERS DRIVE IS SATURDAY, NOVEMBER 17

Mark your calendars now! The Letter Carriers Food Drive is Saturday, November 17. Please put a plastic bag with nonperishable food by your mailbox early that morning. Your letter carrier or an FFLC volunteer or staff person will pick it up.

## DRIVING HUNGER OUT OF LANE COUNTY

Thank you to these recent drives for raising 500 or more pounds of food or \$500 or more to ease hunger in Lane County. For information on organizing your own drive, please contact Stefani Roybal at [sroybal@foodforlanecounty.org](mailto:sroybal@foodforlanecounty.org) or (541) 343.2822 x124.

- Macy’s Bag Hunger Employee Donations/Company Match
- Macy’s Round Up at the Register
- Oregon Community Credit Union Shred Fest
- Oregon Community Credit Union Voter Raffle
- Seasons Bar & Grill vs. Brew and Cue
- University of Oregon Spring Scrimmage
- Bi-Mart REALTORS® Drive
- Grace Community Fellowship Kids Summer Camp
- Eugene Symphony at the Cuthbert
- Lane County Fair
- REALTORS® Charity Golf Tournament
- Baskin Robbins River Road
- Churchill High School
- George Winston/Dancing Cat Productions
- Natural Grocers



## OAKLEA FIFTH GRADERS ARE HUNGER HEROES

Thank you to fifth graders at Oaklea Middle School in Junction City who raised an incredible \$8,000 for hunger relief. The students were studying food insecurity and its rippling effects throughout our community, but they wanted to do more than learn about hunger. They wanted to help. A couple in the community inspired by the kids matched what they raised for a total of \$15,933 — enough to provide nearly 48,000 meals! Thank you!



VOLUNTEERING IS A FAMILY AFFAIR

Ben Delgado was about to retire and looking for something that would get him out of the house and help people at the same time.

“There was an ad in the paper wanting Meals on Wheels volunteers,” said Ben. “I’d seen it before, so I thought I’d take a shot at it and see what it was like. I saw how the whole thing went and how appreciative people were.”

Twelve years later, he’s still delivering meals to seniors on that same route.

Now his grandchildren ride along with him. Gavin is 9 and a fourth grader at Howard Elementary in Eugene, Riley is 11 and a sixth grader at Hamlin Middle School in Springfield, and Jordan is 4.

Ben likes meeting people, especially other veterans. He served 16 years in the Army and nine years in the Army National Guard. He thinks it’s important for his grandkids to see what it’s like for people who don’t always have the things they need.

“The kids like going. They asked me if they could go,” said Ben. “And the people we deliver to really get a kick out of the kids being there.”



Ben Delgado and grandchildren

“I like that we’re doing something nice for people and that I make people happy,” said Riley.

For Gavin, he likes spending time with his grandpa.

“And I spend more time off of video games.”

CORNUCOPIA JOINS THE FIGHT

Eat, drink, escape, give. Cornucopia restaurants in Eugene have joined the fight against hunger. Just circle \$1, \$3 or \$5 on the bottom of your receipt. All proceeds benefit FFLC’s hunger relief programs in Lane County. Thank you to Cornucopia! Two locations in Eugene — 295 W 17th and 207 E. 5th.



NUTRITION EDUCATION FOR KIDS: EAT THE RAINBOW

Did you know that rainbows are good for you? When it comes to fruits and vegetables, we need to eat from every color of the rainbow.

Thanks to donors like you, that’s what 135 Springfield kids at 10 FFLC Summer Food sites learned this summer. For the second year in a row, FFLC partnered with Willamalane’s Summer Playground Program to teach nutrition to kids.

“We talk about why it’s important to eat fruits and vegetables of every color,” said FFLC Nutrition Education Program Coordinator Dana Baxter. “Phytonutrients in fruits and vegetables that give plants color also help keep the plant healthy. When we eat those fruits and vegetables, they help keep us healthy, too.”

“We talk about the colors in fruits and vegetables versus the colors in their Fruit Loops and that there’s a difference. The colors in Fruit Loops don’t come from nature. The colors from nature have special powers.”

“We made a fruit smoothie with pineapple, banana, strawberries, blueberries, peaches and spinach. Most of the kids turned their noses up at the spinach, but I told them it would be like little green confetti. You wouldn’t taste the spinach but it would be in there. They loved it.”

“It was a lot of fun. A lot of kids said they wanted to go home and make smoothies.”



Summer Playground Program

WAYS TO DONATE

**DONATE ONLINE**  
foodforlanecounty.org/donate

**MAIL GIFTS**  
770 Bailey Hill Road  
Eugene, Oregon 97402

**CALL**  
(541) 343-2822

A IS FOR APPLE

Patients and staff at the Oregon State Hospital in Junction City and FFLC staff spent a sunny day in August picking ripe apples off 200 trees on the hospital’s Junction City campus. FFLC will share the 3,584 pounds apples with its network of food pantries around the county.

“It’s a project that’s taken years to grow,” said FFLC Food Resource Developer Brad Bassi. FFLC staff and volunteers planted the trees on the property in 2015. This is the first harvest.

Kerry Kelly, the deputy superintendent of the hospital, said volunteering gives patients a sense of purpose and allows them to connect to the community.

“When people come into the hospital they can lose that connection pretty quickly,” Kelly said. “We all enjoy being able to give back to people who are not as fortunate as we are, and this gives our clients an opportunity to do this.”

Some patients also volunteer at FFLC as part of their service work. The skills they learn at FFLC can help them find jobs once they heal.



Oregon State Hospital apples

LETTER TO READERS



I often talk with people about the invisibility of hunger in Lane County. The hunger we do not see.

Families who are working, sometimes multiple jobs, but whose wages are so low that they still can’t afford to put food on the table. Seniors who worked their whole lives, but whose Social

Security benefits are not enough to live on without help. People with jobs but so rent burdened that there’s not enough money left for food. Staggering student debt. Endless medical bills. The list goes on.

The economy has improved, and unemployment is down. But that is not the reality for the people we serve. Nearly 70,000 people turned to an emergency food pantry in Lane County at least once last year. Most of the food we provide is distributed in food boxes through emergency food pantries. But pantries make up only 34 of the more than 150 programs we partner with to

distribute food to families with children, seniors, people with disabilities. People you see every day. People who are hungry.

Thirty-seven percent of Lane County households do not make enough to meet their basic needs. More than half of the people we serve are working, retired or disabled, and 30% are children. More than one in five children in Lane County do not have enough to eat.

People I talk to are shocked by those numbers, because those numbers are shocking. “I had no idea the problem was that big,” they say. The bulk of what we do is completely underground. Most of the suffering goes unseen. But not by us — and not by you.

Nationally, charitable giving is down, but here at FFLC we are grateful that donors like you continue to give generously. We know that for many of you a tax deduction is not why you give.

Thank you.  
*Beverlee Potter, Executive Director*

HAPPY BIRTHDAY!

People generously “donate” their birthdays to FFLC in various ways. Some ask birthday party guests to bring canned food instead of gifts. Others set up Facebook fundraisers, asking friends and family to donate in honor of their birthday.

We’re inspired by this generosity and want to acknowledge these donors by setting up a Birthday Club. If you recently celebrated a birthday by donating to FFLC or have plans to do so, please contact us for information on how you can dedicate your next birthday. We will put your name and picture on a giant birthday card, support your efforts to raise food and funds and present you with a special birthday gift!



FRED MEYER GIVES BACK

You can help FFLC earn donations just by shopping with your Fred Meyer Rewards Card. Every time you shop and use your Rewards Card, you are helping FFLC earn a donation.

“Fred Meyer donates over \$2 million annually to schools, community organizations and nonprofits in Oregon, Idaho, Alaska and Washington, based on where our customers tell us they want to give. We’re committed to bringing hope and help to the local neighborhoods we call home. Thank you for being such an important organization in our community.”

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to FFLC at fredmeyer.com/communityrewards. You can search for FFLC by our name or by our nonprofit number WW389. For more information, visit fredmeyer.com/communityrewards.



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OUR PARTNERS



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REALTORS RAISE MONEY FOR KIDS

Nutrition for every child! That was the rallying cry from realtors this summer who came together in July to raise money for FFLC programs that feed kids.



The Eugene Association of REALTORS® and Springfield Board of REALTORS® hosted the 7th Annual Charity Golf Tournament in Memory of Gary Rasmussen. The event raised \$24,579 for FFLC nutrition programs for children including the Summer Food Program, Cereal for Youth and Children’s Weekend Snack Pack.

Thank you to title sponsor US Bank and to these generous sponsors.

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