



## November Updates for the Wellston Center Supporters



### Thanksgiving in Wellston

We were fortunate this year to celebrate Thanksgiving in-person with our Senior Support Group. We all enjoyed taking a day to slow down our holiday season to enjoy some good food and laughs amongst friends. The seniors prepared an incredible feast of turkey, ham, and all the rest of the fixings to enjoy a meaningful and memorable meal here at the Wellston Center.



### NOVEMBER FOOD PANTRY NUMBERS

TOTAL # OF FAMILIES HELPED  
226

TOTAL # OF CLIENTS HELPED  
540

TOTAL # OF PEOPLE HELPED  
NOT IN OUR SERVICE AREA\*  
53

TOTAL # OF NEW CLIENTS  
22

\*We will continue to help those not in our service area as long as we still have food.







## NOVEMBER FEATURES

### American Heritage Girls with Immacolata Catholic Church

Immacolata Catholic Church has always been a strong partner parish of the Wellston Center, so we were very excited to begin an annual Thanksgiving food drive through their youth community, American Heritage Girls. American Heritage Girls is a **Christ-centered** character and leadership development program for young girls that promotes community service. This year, we wanted to provide the community with more than a turkey. We truly wanted to eliminate the need for our clients to visit the grocery store all-together this holiday to help them cut down costs, so the AHG held a Thanksgiving-themed food drive in support of our cause. We feel so fortunate to have these young girls so passionate about supporting the Wellston community!

- Our Lady of Lourdes School held a **Thanksgiving-themed food drive** so families had all they needed to make a feast!
- Incarnate Word Foundation gave a grant of **\$7,000** to help us with COVID-related costs.
- Father Bob Gettinger celebrated his **83rd birthday** on November 2nd!
- Immacolata Catholic Church held their annual Turkey Trot and donated close to **40 turkeys** for our community!
- The Homeschool Ministry at St. Martin de Porres held a **food drive** for our food pantry
- Catholic Supply donated over **300 food boxes** that we anticipate filling during Christmas, helping us cut down costs.





## Thanksgiving in Low-Income Areas

*By Haley Calabro, Director*

With the average cost of a Thanksgiving meal hitting an all time high of **\$53.31** this year, many families in poverty were facing a significant sacrifice or opting out all-together. Specifically, over 38 million people live in food-insecure households, with **over 100,000 people struggling right here in St. Louis**. Low-income communities like Wellston suffer disproportionately during holidays, with many families relying on the combined aid of food stamps and food pantries for their basic food necessities. Fortunately, many nonprofits provide

additional assistance during Thanksgiving, and there are ample opportunities where your donations would be greatly appreciated.

However, it is here where sensitivity is needed when thinking of how to ensure vulnerable families can enjoy a Thanksgiving feast. Standard turkeys may be too large for families to store, so donating frozen turkey breasts might be a better alternative. Hams are very easy for people to prepare and often have glaze that comes on the side. Canned goods are always valued, but pop tops are food pantry gems. When thinking of other sides, like gravy or stuffing, try selecting ones that need minimal added ingredients. Thus, when we remember



people with less, we can be encouraged to do more conscientious giving around the holidays.

With the help of many of our thoughtful donors and partner parishes, the Wellston Center provided **over 50 families** this year with turkeys, hams, and all of the sides so that they wouldn't have to go without.



## Current Community Needs

We always welcome **non-expired perishables and personal care items**, but we are especially in need of the following items in order for us to continue to serve the community to the best of our ability :

- Dish Soap
- Toilet Paper
- Baby Wipes
- Diapers (Any Size)
- Adult Depends (L & XL)
- Feminine Napkins
- Bars of Soap
- Deodorant