

SOLUTION FEED

Seniors Living in Poverty

The Challenge Before Us and What We Do to Support the Aging

Did you know that 10% of African-American senior households in St. Louis live in economic insecurity? St. Louis University and Washington University recently performed a collaborative needs assessment and found a resounding theme of need for financial support among the 65+ community. Barriers such as high cost of healthcare, needed prescription drugs, and inflation of basic necessities all prevent a senior from living in a safe, accessible, and healthy environment. Because we understand poverty to be a multifaceted issue, the Wellston Center undertakes several initiatives to holistically and seamlessly support struggling seniors.

First, through the St. Louis Area Foodbank, we provide monthly food boxes to qualifying local seniors. The Commodity Supplemental Food Program (CSFP) food boxes contain nutrient-rich food provided by the USDA. These foods provide **vitamins A and C, calcium, and iron**, which are essential nutrients that are often lacking in the diets of low-income seniors. This program prevents 60 of our aging clients from having to choose

between paying for food or other necessities, such as medicine or utilities.

Second, we help the community through our utility assistance program made possible through our partnerships with Ameren and Spire. This program is meant to **help our clients get back on track and stay up to date with their payments**. By helping with economic security, we are providing the ability for seniors to consistently meet their needs without the barrier of unmanageable bills.

Third, we host a Senior Support Group that meets once a month to discuss various topics such as chronic health conditions, grief, and lifestyle changes. Besides providing the **benefits of socializing and staving off senior isolation**, support groups help seniors cope with the ever-changing world. While support groups are not a substitute for medical care, the old proverb "a trouble shared is a trouble halved" holds true. The benefits of sharing difficulties as well as practical advice can make everyday life a little less daunting and isolating.

Finally, we offer on-site health screenings to clients. Registered nurses and medical residents offer **blood pressure and blood sugar screening, health habit education, and medication instruction**. Additionally, they provide assistance with locating health providers close by.

Overall, by providing **more than just food to our seniors**, we are able to have a deeper and more sustainable impact on their health and financial stability.





A NOTE FROM HALEY

For as long as the Wellston Center has been open, people have continued to refer to us as "more than a food pantry." This past quarter was no exception.

This quarterly report highlights ways we forged new paths and deepened existing ones to nourish our neighbors in mind, body, and spirit.

Whether it was time, money, food, services, or other resources, each donation made the past three months made an impact on the wellbeing of our community and our organization.

Some of our major milestones recently included launching a new food pantry software to increase our knowledge of the community, expanded variety by offering an abundance of fresh produce, and sought feedback from our clients.

Food is what we do best, However, we will always do what we can to fill not only fridges and bellies, but also heart and souls.

Thank you for helping us redefine what it means to be a food pantry. We are very proud to be one. With your continued support, we will keep moving toward our vision of a fully nourished community.

With gratitude,



H. Calabro

Haley Calabro, MSW
Executive Director

What It Takes to Feed 2,657 People



**36,330 pounds
of food**



**43 volunteers
2,556 volunteer hours**



56 donors



**8 civic and
community groups**



**7 local grocery store
partnerships**



8 board members

Quarterly Report Highlights

Looking Back & Forging Ahead

\$15,500

in total
utility
assistance
granted to
clients in
need

40

new clients
added to our
food pantry

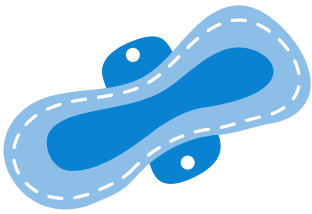


Over 3 months,

2,657

individuals were given
nutritious groceries

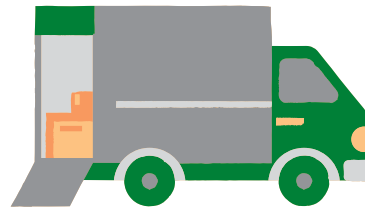
YOU PROVIDED OPPORTUNITIES TO NEW CONNECTIONS TO REACH EVEN MORE PEOPLE:



The St. Louis Area
Diaper Bank became
our partner in
providing period
supplies



Hillsdale Police
Department donated
canned goods to
help replenish our
food pantry



St. Joachim & Ann
Care Service donated
canned goods,
nonperishables, and
incontinence products



Garden of Feeden
began supplying
fresh greens for our
clients for the entire
spring and summer

Volunteer Spotlight

Veronica "Ronni" Jones

Ronni joined the Wellston Center **over 17 years ago** volunteering two to three days a week. You typically can find her behind one of the thrift store counters with a smile and a good bargain if you need one. When asked why she loves the Wellston Center's thrift store, Ronni says that **"because when you walk in here, you can find anything that you need!"** During her time at the Wellston Center, Ronni has found both fulfillment and lifelong friendships, looking forward to her time here every week. Our thrift store volunteers are essential to helping us fund our food pantry efforts and we are forever grateful to all that choose to spend their extra time with us. Thank you, Ronni!





Serving the wellston community since 1993
Wellston Center
St. Augustine



St. Augustine
Wellston Center

Serving the wellston community since 1993

1705 Kienlen Avenue
St. Louis, MO 63133
(314) 382-7158
info@wellstoncenter.org

