

My Experience at the Center of Hope - By Amy Mundhenke

I am a student nurse, and recently I had the opportunity through the Center of Hope to ride along with two individuals down to the Feeding South Dakota Food Pantry. This ride along was a completely new experience for me, as I have never visited a food pantry before, so I had no clue what they had to offer. To start with, I have lived a pretty blessed life where I've never had to wonder when my next meal will be or how I will pay for it, so needless to say this was a humbling experience. When we got to the food pantry it was extremely busy. I followed one of the individuals that rode along with us. When we entered the pantry area, I was stunned by the bareness of the shelves. The gentleman I followed repeatedly told me the aisles were bare and how he was going to start coming during the middle of the month when they had more food. While walking through the aisles, we made small talk, discussing food, how to prepare it, and what would be a healthier option. I got the gentleman to try a couple of new items that are a little healthier and with less sugar. We loaded up

the groceries and dropped them off at his house. This was another new experience for me. His apartment was bare, a couch and a bed with some clothes were about the only belongings there, not the typical things I am "used" to in a home.



As a nurse we are supposed to help people, but how can we truly help if we don't know what resources exist? Being able to do the physical tasks is one thing- it treats the patient for that

moment but knowing what's out in the community and getting individuals access means so much more. If I hadn't gone to the food pantry, how likely would I have been to suggest that to future patients? Probably not likely because I didn't realize how much food they have and how healthy most of it is. This clinical experience got me thinking about what I can do to help. That night after clinical, I saw a post on Facebook from the food pantry saying the shelves were bare and how desperately they need dry and canned goods. I showed this to my boys who are Boy Scouts. When I put my kindergartener to bed that night he told me "Mom, I have an idea. You know how you were talking about there not being enough food? What if we bought food so the kids and mommies and daddies have food?" I told Riley that was a great idea, so we went shopping. I sent a text to all my family members in Sioux Falls telling them Hy-vee had cereal for \$0.99. The picture to the right is the response. It's amazing how one experience can trickle down and affect others.

Important Ways You Can Help the Center of Hope

Volunteers Needed — We are in need of volunteers to serve at our front desk. It is Center of Hope's desire for everyone who comes in to feel welcome and accepted. Volunteers who are up front would be the initial people to make this happen. The front desk is where ministry begins as they listen and answer questions about the ministry, to help with clothing items, bike purchases, basic computer questions, and answer the phone. If you are interested or would like more information call Randi at 334-9789 or submit an application from our website www.centerofhopesf.org/contribute/volunteer.



Winter Clothing Needed— With the coming of our first snow, winter clothing has been in demand. Even before our first snow the stockpile of gloves and mittens was pretty well depleted. If you have any unused winter clothing items that you could donate, our guests could use them! Items such as winter coats, gloves and mittens, snow pants or coveralls, and winter boots for all ages would be greatly appreciated.

If you don't have any unused in your closet, and are out shopping for something you need to keep warm in the winter, consider buying two and giving one. Instead of Buy one Get one, Buy one GIVE one!



You or your church or business could also consider doing a winter coat drive. For help in organizing a coat drive you can visit our website at

www.centerofhopesf.org/ministries-and-services/winter-clothing.

How does the Center of Hope help? We...

- 1) Share the love, grace, and Good News of Jesus with people.
- 2) Distribute winter clothing & bikes-for-work at minimal prices.
- 3) Provide computers to use for job search and resume preparation.
- 4) Minister to people as our pastors and Faith Community Nurses talk and pray with guests.
- 5) Walk alongside people as we read and study God's word and have one-on-one conversations at Bible Studies, and Sports Night.
- 6) Partner to provide Journey Camp for children.
- 7) Reach out to people through "Sharing Christmas" & Mutual Work Support Program for guests.

Thank you to all who attended the Fall Benefit. It was a fun night of food, fellowship, and fundraising. That night you raised \$21,500 for us to help those in need in Sioux Falls. Thank you for your wonderful support of the Center of Hope.

If you have not already made a year end gift to the Center of Hope, you can use the enclosed card or donate online at our website, www.centerofhopesf.org.

Financial Update

Fiscal year runs from April to March

Donations

<i>Actual to Date</i>	<i>\$213,658</i>
<i>Annual Budget</i>	<i>\$398,950</i>

MEMORIAL GIFTS

*Center of Hope appreciates the following gifts:
In Memory of—Pearl Korthals and In Honor of—Jack
& Laure Pinkert*

Please let us know if we need to update your mailing address. To help us save on postage send us your email address, and we will send you the newsletter electronically.



CENTER OF HOPE

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