

WARM

ways

www.warmwesterville.org

3rd quarter 2016

Restoring dignity and hope by
offering a Hand Up, not a Hand out.



Amy's Journey

Amy Whalen Hall, owner of and baker extraordinaire at Fat Girl Bakery in Westerville, shared the testimony of her past experience as a client of WARM at The 14th Annual Westerville Community Prayer Breakfast in May.

She recounted that she had suffered a sudden debilitating health event which left her hospitalized for a month, during which she became late on her rent and food was scarce. Amy had always supported WARM with her baking talents by contributing to countless bake sale fundraisers at her children's school, but it had never occurred to her to seek help as a client. When she did reach out to WARM, everything in her life changed. She explained her situation to her coach, Judy, who assured her she could help assist her with rent and food. Amy unequivocally states that Judy saved her life. Each time she came in and met with her, she felt her burden lifted and that she was digging a little bit more out of the hole she felt she was in. She always felt encouraged and supported and shares that prayer was an integral part of her transformation. Amy had always prayed, but never with someone, and that made all the difference in her life. Prayer, coupled with the fact that her coach was speaking things into her life that no one else was at the time, was revolutionary to her. In the process of meeting and praying with Judy, and shopping for food with WARM volunteers in the pantry, she was able to learn to let go and trust in God.

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Pam's Story—Volunteer Intern

As a teacher, I saw the needs of children who didn't have much at home. They came to school without supplies, and many times without breakfast. In middle school, students don't want to be different than others, so many would forgo the 'free and reduced' breakfast so they could stay outside and chat with friends. During my years of teaching was when I saw how many students in our community are truly in need, and began to fully appreciate how truly blessed my family, husband Jeff and children Anna, Michael and Josh, are.

I have always contributed to WARM through grocery donations via my church, Church of the Master United Methodist. So I felt like I was 'doing my part'. But then, after my Mom's passing, I took a leave of absence from my teaching position to grieve and settle her affairs. It was during this period that I finally had my own TIME to donate! Sure, it's absolutely important to donate dollars and food when we are able—but I wanted something more tangible, more real, something that I could be a part of in a real, physical way. So I filled out an application for WARM. During my interview and tour with Taylor Owens, I learned that WARM is so much more than a food pantry. I learned how WARM helps so many in our community—young and old – in many different ways. Taylor's excitement was contagious. When I left the interview, I texted my husband, "God has brought me to WARM! This is where I belong!" I assist Taylor in Volunteer Services, answering e-mails and

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WARM ways

A quarterly publication.
Westerville Area Resource
Ministry, Westerville, Ohio.



NEW TO WARM?

Call for a tour and experience
how we strive to provide a
Hand Up!

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Westerville Area
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WARM ways

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Today, she is a successful entrepreneur, business owner, and lover of baking all things sweet. Her business has become so successful and has grown so much that she is now in the process of seeking commercial retail space. She counsels others to come to WARM if they are ever in a position like she found herself, **"BE GLAD THERE IS A PLACE LIKE WARM FOR YOU TO COME TO!"**

she states.

Her signature send off to customers is "Have a sweet day, blessings!" and we are happy to say that for Amy life is sweet!

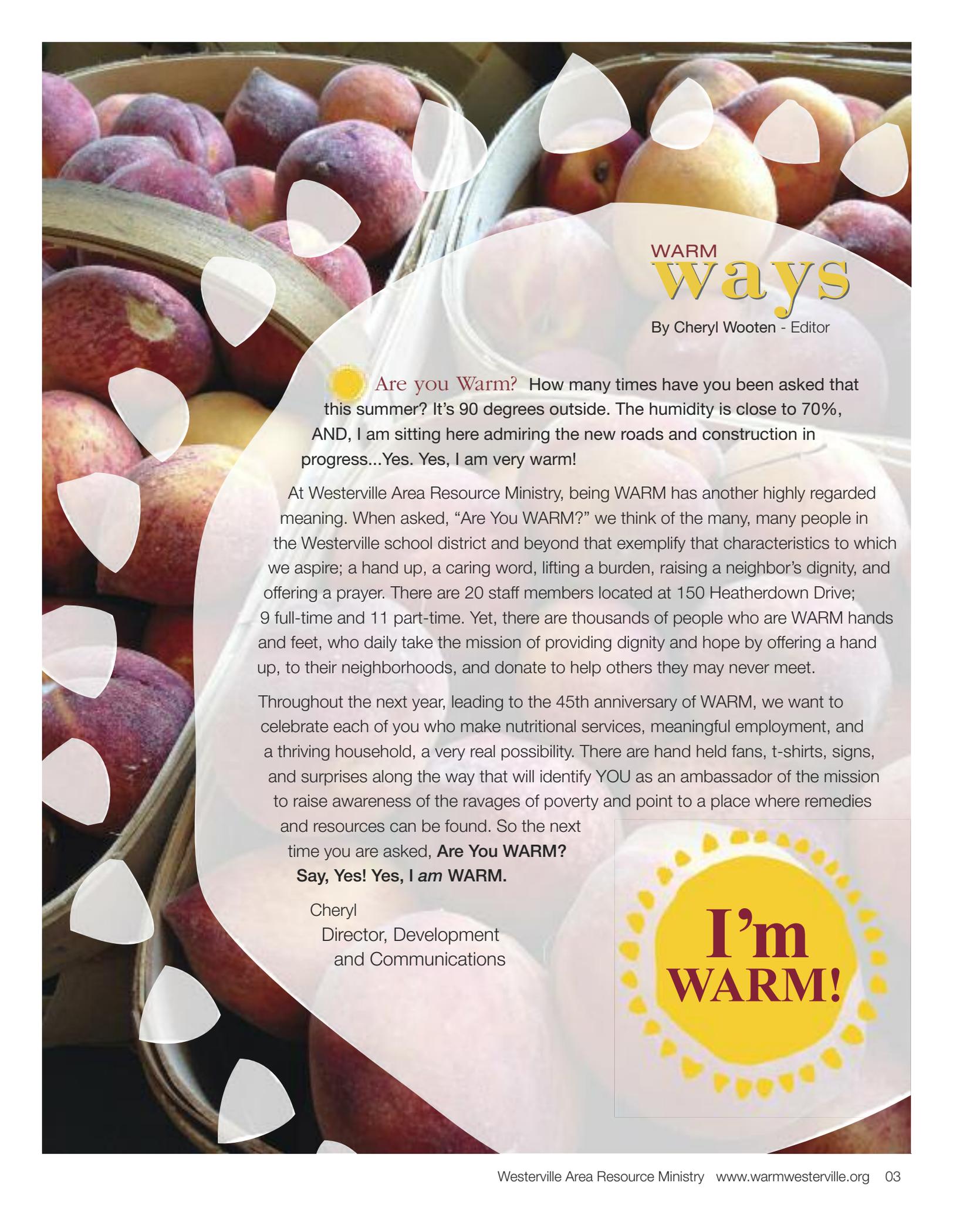
To watch Amy's full video testimony, visit our website at www.warmwesterville.org



'learning the ropes' so that I can help her even more in the future.

I ENJOY BEING 'BEHIND THE SCENES' BECAUSE I GET THE CHANCE TO MEET MANY OF OUR VOLUNTEERS AND LEARN ABOUT ALL THAT WARM DOES FOR OUR COMMUNITY. My biggest joy, though,

is helping Volunteer Services with the various activities going on. From volunteer applications, to scheduling interviews, to helping recruit for KLC, to service projects for groups, to special events—Volunteer Services is involved with ALL of it! Every volunteer hour is important and appreciated, and I am so humbled and blessed to volunteer with this great organization. God has indeed brought me to WARM so that I can help my community by giving a Hand Up!



WARM ways

By Cheryl Wooten - Editor

 **Are you Warm?** How many times have you been asked that this summer? It's 90 degrees outside. The humidity is close to 70%, AND, I am sitting here admiring the new roads and construction in progress...Yes. Yes, I am very warm!

At Westerville Area Resource Ministry, being WARM has another highly regarded meaning. When asked, "Are You WARM?" we think of the many, many people in the Westerville school district and beyond that exemplify that characteristics to which we aspire; a hand up, a caring word, lifting a burden, raising a neighbor's dignity, and offering a prayer. There are 20 staff members located at 150 Heatherdown Drive; 9 full-time and 11 part-time. Yet, there are thousands of people who are WARM hands and feet, who daily take the mission of providing dignity and hope by offering a hand up, to their neighborhoods, and donate to help others they may never meet.

Throughout the next year, leading to the 45th anniversary of WARM, we want to celebrate each of you who make nutritional services, meaningful employment, and a thriving household, a very real possibility. There are hand held fans, t-shirts, signs, and surprises along the way that will identify YOU as an ambassador of the mission to raise awareness of the ravages of poverty and point to a place where remedies and resources can be found. So the next time you are asked, **Are You WARM?**

Say, Yes! Yes, I am WARM.

Cheryl
Director, Development
and Communications



**I'm
WARM!**

GIFTS THAT LIFT

Give a man a fish, he eats for a day. Teach him to fish, he eats for a lifetime. Teach him to garden and the whole neighborhood gets tomatoes, and squash and cucumbers, and...“tater”!



to take him with her to New York! So she asked if he could find a home here at WARM. Then she went right home and brought him back. Tater is doing well after a brief scare (there was a frost one night early on that almost wiped him out) and is flourishing in our little garden!! Hopefully he will provide some good eating for a few of our folks here. At Sandy’s last appointment we went out and found Tater basking in the sun. I think he even waved a leaf at her! She was happy to know he was flourishing.

BLOOM WHERE YOU ARE PLANTED

told by Claudia, WARM life coach

Sandy had a sweet potato and was just curious if she could grow more potatoes from it. So she placed it in water and after it had a few good roots, she moved it to a pot. It grew huge, and she wasn’t sure what to do with it, as she had nowhere to plant it outdoors. Sandy came in to see me, and while we were praying, I asked God to bless our garden out front here, and Sandy asked me about the garden afterwards. I took her out and showed her (it was in the early stages of planting) and she was excited and told me about “Tater”. She was concerned as she was going to New York to visit her mom and take a test for a transit authority job, and had no one to take care of Tater-she actually was going

WARM Walks 4th of July Parade

WARM is excited to share the community donated over \$530.00 and 460 lbs of food during the 4th of July Parade! This generous contribution from Westerville neighbors will provide over 2,580 meals to people in need. **Thank you, Westerville!**



Thank you to all our WARM volunteers and the great community of Westerville.

Roush Honda offers a hand up!

Roush Honda employees loved offering a hand up in our distribution center. They have been champions for years, and for that we are grateful.



We're throwing a Pantry WARMing to welcome Tina Lapolla



Meet Tina Lapolla, Coordinator of Pantry Services.

Tina knows food. She's a certified registered dietetic technician. And Tina knows a thing or two about people and their food choices. Tina worked for 16 years in the full service restaurant business before joining Mt. Carmel/St. Ann's hospital where she eventually became the operations manager of food services. Through her career and professional education at Columbus State Community College, Tina made it her mission to provide clients with diets rich in nutrients to better prepare them physically and mentally for life challenges. She applied this philosophy for over 26 years at St. Ann's while brokering food purchases and coaching her staff on the benefits of creative, healthy and appropriate seasonal food choices.

But that was then. This is Tina now: sourcing and stocking the WARM pantry – and subsequently client kitchens – with nutritionally sound and satisfying meal choices. Because Tina knows that ultimately she's feeding dreams and inspiring a healthier, happier lifestyle, one bag of groceries at a time.

"I'd like to encourage donations of products that are lower in sodium and sugar, and higher in fiber and healthy fats, so we can offer clients better choices for long-term health," says Tina. "Raising awareness of new nutrition labeling should help both donors and clients when making decisions about what to select."

Tina will be utilizing her knowledge of local vendors and suppliers to source bulk purchases of raw ingredients like sugar and flour along with fresh produce and natural cheese products. "I've reorganized the cooler in our pantry to highlight fresh items and make them more appealing to our consumer," she says. "I'm working on new educational program ideas such as recipes and test kitchens to maximize healthy food consumption through our pantry." "Our food pantry has always been a primary purpose of the WARM mission," according to Executive Director Scott Marier, "and we continue to evolve and modify its operations to meet shifting societal needs and medical and behavioral research. Adding Tina to our team presents a tremendous advantage and a wonderful blessing."

Want to help welcome Tina? Get involved in our Pantry WARMing! Drop by with some healthy canned goods like: tuna or chicken packed in water; fruits canned in their own juice; bottles of canola oil; peanut butter and/or all natural fruit juices or preserves. She'd love to meet you!



Most Needed Items:

- Small Toiletries
- Gluten Free Items
- Large #6 (35 pounds and over) diapers
- Baby Food
- Bar Soap
- Jello/Pudding
- Crushed Tomatoes
- Spinach
- Sweet Potatoes

Fresh produce is also welcome, call for details.



TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW

WARM has recently completed construction and installation of raised garden beds near the front of the WARM building. Six raised beds and surrounding planting areas now provide many opportunities to raise vegetables, herbs and fruits. After construction, the raised beds were filled with organic compost from Price Farms Organics and we are already seeing great results under the direction of Deb Wallace, Manager, Client Services and Master Gardener. Volunteers weed, water and help with chores. When WARM clients visit the pantry, they can see the beds, learn simple growing techniques and receive samples of the produce to enjoy at home. These demonstration beds coordinate with WARM's efforts to educate clients on nutritious, fresh and economical eating.

Mike Heyeck has been a Westerville resident since 1980 and council member since 1993. He has also served as the Council Chairman from 2001-2003 and 2009-2013 as well as Mayor from 2003-2005. Prior to being elected to the City Council, Mike served Westerville since 1986 on the Traffic Commission, Visitors and Convention Bureau and Planning Commission. Mike has a B.S. and M.S. in Electrical Engineering from NJ Institute of Technology, M.B.A. from the University of Dayton, and participated in The Executive Program at Darden, UVA. He served as Senior Vice President, Transmission at American Electric Power until his retirement in 2013 and is currently an Independent Electric Utility Consultant. Mike and his wife, Fernanda have been faithful servants of the city and have a daughter, Laura, and two sons, Jim and Rick.

Lynne Themelaras serves as an Associate Pastor for Oasis City Church in Westerville, OH, and is an Adjunct Professor of Psychology at Columbus State Community College. Lynne directs the women and inner healing ministries which includes counseling, mentoring and training at Oasis City Church. Along with her role as a pastor and professor, Lynne enjoys speaking at conferences, workshops and seminars. She also writes devotions and blogs for the Green Room which is a website for a national women's organization.

In 2011, **David Koo** became the Director of Nationwide Children's Hospital at Westerville and continues to serve in that role. In this capacity, he serves as the hospital's liaison to the greater Westerville community while overseeing much of the campus' operations, facilities, and finances. David has established local partnerships and taken part in initiatives to benefit schools, businesses, and the arts in Westerville. David sits on several committees and boards, including the Westerville Chamber of Commerce and Westerville Education Foundation Boards. He also serves as chair of the Westerville Symphony Advisory Council. David has also enjoyed the opportunity to speak in front of various groups or events, including the WARM Community Prayer Breakfast in 2014, Leadership Westerville and Leadership Today graduations in 2015, and multiple school events.

A new feature in WARM Ways is Getting to Know Our Board. In highlighting a few members each edition, we hope to provide a better sense of who it is that champions the mission of WARM as a governing body. As WARM pursues new relationships with champions, we are cognizant of the following criteria when selecting a Board candidate:

- They are an active supporter of the mission of WARM
- They actively pursue their faith through involvement in a church community
- They are of high character and possess proven integrity
- The chemistry is good with the existing Board members and there is a representation from several spheres of influence
- They possess professional, personal and spiritual giftings and skills



Mike Heyeck (MH)



Lynne Themelaras (LT)



David Koo (DK)

1. Why did you choose to serve on WARM's Board?

MH: I have been involved with WARM for years, including the recent capital campaign, and have been a parishioner at St Paul's Catholic Church (WARM roots) since 1980. The Board contacted me and I was delighted to serve.

LT: I love the mission of WARM. I've been part of many organizations over the years and most of them only focus on one aspect of a person's needs. I want to serve people spirit, soul and body so partnering with WARM is an easy choice. I'm so honored to join the team.

DK: I admire WARM's mission and dedication to the community. It's an honor to serve on its Board. There are many wonderful people on the Board and I look forward to working with all of them.

2. Which one word best describes your relationship with God?

MH: Hope.

LT: Passionate.

DK: Everlasting.

3. Is there anything out of the ordinary you would like us to know about you?

MH: I have been serving on Westerville City Council since 1993, with service on Westerville Boards and Commissions dating back to 1986.

LT: I made it through 2 of 3 rounds of the 2000 USA Women's Softball Olympic tryouts.

DK: I'm really about as boring as I seem--nothing out of the ordinary to speak of.

AND Just for Fun...

4. Cake or Pie?

MH: Ice Cream :-).

LT: Pie (or french fries if that was a dessert).

DK: Cake, especially chocolate.

The SHRINKING middle class and WARM



Jung Kim who oversees economic development for Columbus 2020 is quoted in the article saying, “Our society puts a higher value on technical and engineering skills and the growth in the higher income reflects those who have education and experience and ability to adapt to a changing economy. We don’t have the traditional lower-skill manufacturing jobs.”

Lower earning potential, increasing housing costs and living expenses leave little discretionary income for food, education and unexpected life emergencies. At WARM, we see the effects on the shrinking middle class—many of whom have traditionally provided unskilled labor and services or belong to a growing senior population. In many cases these clients lack high tech work skills.

Our recently developed Mobility Mentoring Program was designed to help clients identify and gain the types of skills that will equip them to acquire meaningful employment that pays a living wage. WARM Executive Director Scott Marier explains, “There are a good number of middle skill jobs in Central Ohio that we are helping our clients obtain. This is an innovative way to move people from struggling to survive—to thriving.”

WARM remains committed to re-educating, re-training, and coaching clients to self-sufficiency. As this article shows, filling bellies is not enough. We must continue to fill minds, shape hearts and build hope if clients are to be truly self-sustaining in an economy that continues to present challenges.

How can you help? *If you are earnest in your desire to impact future generations, consider a financial donation to be targeted toward our WORK (Work Opportunities and Resource Keystones) jobs assistance initiative and Mobility Mentoring. Call Deb Wallace at 614-899-0196 to learn more.*

**Middle Class losing ground in central Ohio, report shows, by Mark Williams, The Columbus Dispatch, Wednesday, May 11, 2016.

In May, the Columbus Dispatch* cited a Pew Research report which stated that, “The middle class in the Columbus area is losing ground and is in danger of one day no longer being the economic majority.” Central Ohio is not alone, as the study shows a decline in the middle class in nearly all of the country’s metro areas since 2000.”

The paper also reported that, “the percentage of adults considered middle class in central Ohio has fallen by nearly 7 percentage points from 2000 to 2014, down to 51.6 percent from 58.3 percent...”

And also states “...the middle class is being hollowed out as the lower income and higher income tiers grow.”

In April, CityScene Magazine writer Gabrielle Benton took readers for a spin on the WARM food pantry bus. She called our Blue Bird Bus the “equivalent to an ice cream truck” and a “welcome visitor” to Westerville neighborhoods.

In her article, Benton goes on to say: The bus mainly serves to quickly provide produce to those in the community who need it. It also plays a central role in the Kids Lunch Club, a free program that provides children 18 and under with healthful meals and enrichment activities throughout the summer when school is not in session. The 2015 statistics show that 36 percent of Westerville students are on the school district’s free and reduced-price lunch program—5,111 of the total 14,900 students—demonstrating the need for the club when school lunch is not an option.

CITYSCENE
HOPS ABOARD
THE WARM BUS



In the summer, the bus is used 5 days a week; the rest of the year, it is scheduled on demand and used when able. The bus also makes appearances at the Independence Day parade and the Great Westerville Food Truck Fest.

The bus can be the starting point for some to become clients. ... It is primarily operated by students and adult volunteers overseen by the WARM staff.

Forty-five percent of the resources provided to clients are from community donations and 55 percent is bought and provided by WARM itself. The WARM food pantry provides assistance to 500 families a month. The bus is mostly used for fresh produce, given away on site.*

Thank you Gabrielle for the amount of time and space you and your magazine dedicated to informing readers about this rolling community asset. We hope your article serves to bring more clients, donors and volunteers on board!

*Excerpted from “WARM Takes to Streets on Bus to Benefit Westerville Community” by Gabrielle Benton; April 28, 2016. Reprinted with permission from Westerville Magazine.



WARM
Westerville Area Resource Ministry

150 Heatherdown Dr.
Westerville, OH 43081

Providing a Hand Up through our valued champions

UPCOMING EVENTS

TWO FOR ONE



THE GREAT WESTERVILLE FOOD TRUCK FEST
When: Sunday
September 11, 12-7 pm
Where: 455 Executive Campus Dr.

Details: Now in its fourth wildly successful year, the Food Truck Fest benefiting WARM pairs community and generosity with 30+ food trucks. Family-friendly music, entertainment and much more rounds out this popular annual event.

Join us for a full day of family time featuring live music, children’s activities, a variety of food truck vendors and join us for a community food packing service project that will benefit our hungry neighbors in need!



COPS & KIDS DAY
When: Sunday
September 11, 12-4 pm
Where: County Line Rd, between Vesper Way and Cleveland Ave.
(This event will take place in the roadway on County Line Rd, which will be closed 10:30 am-5 pm)

Details: Cops & Kids Day moves to a new location this year. The annual event brings cruisers, helicopters, motorcycles, tactical vehicles and K-9s to interact with and educate children about law enforcement. More than 40 agencies from central Ohio will participate. Arts and crafts, inflatable gyms and hands-on activities, including the always-popular “Dunk-a-Cop” tank, are featured. The first 1,000 children receive a goodie bag.

More: www.westerville.org/police



FOR WARM EVENT INFORMATION VISIT

www.warmwesterville.org