



# Seeds for Thought

(a semi-monthly update for our neighbors)

Thursday, January 12, 2012

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Community Assistance Council  
10901 Blue Ridge Boulevard  
Kansas City, Missouri  
816-763-3277  
[www.cackc.org](http://www.cackc.org)

## News ~

**Welcome** ~ Community Assistance Council is pleased to announce that Sheria Howard has joined our staff as the Emergency Assistance Caseworker. Sheria will assist clients with emergency utility/rent assistance, as well as medical and transportation needs. We are glad to have her on board! Welcome!

**Renaissance Church Helping CAC** ~ The members of Renaissance UMC are taking Martin Luther King Day and offering their time to CAC. They will be cleaning the building, re-organizing storage rooms and performing tasks that staff is unable to complete during a normal workday. Many thanks to all church members for your help! (Please note the office is closed to normal business on this day.)

**SOUP-ER BOWL!** ~ Many of our area churches are participating in the annual Soup-er Bowl on February 5. They are competing to reach individual goals for the number of canned goods and food items collected for our food pantry. This is a wonderful way to support our work, and we appreciate the effort! If you are hosting a Super Bowl party that day, ask your guests to bring non-perishable food and set your own goal. Any food is appreciated and the most needed items are listed below.

**Carol's Garden** ~ The warm weather we've been experiencing has turned our thoughts to planting. Although it is still too early to actually start, we are getting our ground ready and can use your help. Kathy Reynolds, lead garden volunteer has included an invitation letter at the end of this newsletter. *Carol's Garden* provided fresh produce to over 900 families in 2011.

## Volunteer Opportunities ~

**Food Pantry** ~ Food pantry volunteers fill food baskets for families and we have volunteer openings available during the week. Time commitment is 2-3 hours (morning or afternoon) one day a week. We have expanded our hours to include a Saturday pantry on the second Saturday of each month, and need volunteers to work these days. This is a great way to help area families for a small amount of time.

**Clothes Closet** ~ Clothes closet volunteers sort, count and hang donations that come in on a daily basis. We have openings available anytime during the week. Time commitment is flexible, according to your schedule.

*Training for all our volunteer opportunities is provided. For more information on any of these volunteer opportunities, please contact Pam Meek, Programs Coordinator, 816-763-3277, ext. 108.*

## Other Ways to Help ~

**Food Pantry** ~ Items we can use:

Peanut Butter	Macaroni and Cheese	Boxed Meals
Desserts (Jell-O, cake mixes)	Meats (hot dogs, ground beef, etc)	Canned Meals
Canned Fruit	Canned Meat	Cereal
Dish Soap	Shampoo	Laundry Detergent
Soap	Toothpaste	

*We also have refrigerator and freezer space available for meat, cheese, and other products you may want to donate.*

**Financial Donations** ~ Your financial contribution allows us to assist area families in many ways. From rent or utility assistance, needed transportation, home maintenance issues and help with unexpected needs, your donations help your community. For further information, contact Carol Bird Owsley, 816-763-3277, x103.

## Easy Ways to Donate ~

[www.cackc.org](http://www.cackc.org)

Use our "Donate" button to connect to Paypal

*CAC is a participating organization in:*

*The Federal Employees Combined Federal Campaign,  
#79163  
KC Charity Campaign,  
#1017*

**We're Online!** ~ Feel free to catch up on the latest news and events at [www.cackc.org](http://www.cackc.org). We are also on Facebook—look for our page and "like" us to keep up on current status updates.

If you know of anyone that might like to receive this information, please contact Pam Meek, at [pamm@cackc.org](mailto:pamm@cackc.org). You can also forward this e-newsletter to them!

*Community Assistance Council empowers individuals and families to achieve self-sufficiency through the delivery of direct emergency assistance, education and advocacy.*

Hello to Friends of the Garden!

I have found myself on both sides of life (have and have not) and at this time in my life I have been blessed by my faith in the Father to serve. I know the true meaning of the expression, "It is better to give than to receive". It is so much more rewarding.

I'm Kathy and this is the third year I've been involved in *Carol's Garden* at Community Assistance Council. I have researched much about gardens in Kansas City and found that they are abundant in all corners of our city. Not only are these gardens providing fresh vegetables, but they are drawing people together to share time and interest and friendships.

I'd like you to invite you to come and help in the garden. We can share our gardening experiences and knowledge, and work together to provide fresh produce to those utilizing CAC's food pantry. Although it is work, it's not a task but a joy when many get involved.

Wednesdays are the dedicated volunteer day to work in the garden between 8am and 3pm. Other weekdays are also available, if that better suits your schedule.

I look forward to meeting you and your family, friends and neighbors this spring, summer and fall.

Regards from your gardening friend,

Kathy