Thank You for Helping Our Elderly Neighbors!

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Seniors have a full pantry thanks to your generosity
Dear Friend,

Your generosity this past holiday season was so inspiring. With the help of friends like you, we were able to begin the new year with plenty of nutritious food to distribute across the 46 counties we serve.

Hunger is a critical issue in Middle Tennessee, but it’s not always talked about. Food insecurity and malnutrition are especially prevalent — yet largely hidden — among seniors. Many of our elderly neighbors are forced to choose between feeding themselves and purchasing medicine that’s vital to their health.

Many of these older adults are homebound or too proud to seek help, so others do not realize the dire circumstances their elderly neighbors are in. Living on a fixed income can cause financial strain when challenges arise, such as an increased utility bill, medical co-pay or unexpected home repair.

It’s important that we continue to fight hunger and are respectful to those who’ve laid the groundwork for our community. Nutritious food is so crucial to ensuring our elderly friends stay healthy, and when you support Second Harvest Food Bank of Middle Tennessee, you change the lives of seniors facing hunger.

I hope you’ll take a look at the positive changes you’ve made possible in the lives of older folks in this spring issue of Table Topics. Louise, who you’ll meet on the following page, is able to stay healthy and active thanks to the partnership of friends like you. As we recognize National Nutrition Month® in March, remember the many neighbors like her who are leading healthier, more fulfilling lives because of you.

Please know how greatly appreciated your gifts are to those we serve. Your compassion makes a difference every day. Thank you for fighting hunger with us — I’m so excited to see what we’ll be able to accomplish together this year!

All my best,

Jaynee K. Day
President & CEO
Louise is Giving Thanks for You!

It’s great that you’re doing this.

Louise, 82, just radiates positive energy. Although she’s endured some health issues and heartache over the years, you won’t likely hear her complain — she’d rather tell you about the moments that bring her joy, like baking her signature lemon pie.

“When I get down and out, I make a pie,” Louise says with a smile.

She spent most of her life working on her family farm with her husband and baking pies and cakes at a local restaurant. Louise retired some years ago after having back and open-heart surgeries, which hindered her ability to work. She’s still spry and active, though, with the help of a cane.

But financially, Louise sometimes struggles to afford all the healthy food she needs. Her husband passed away several years ago, and she can’t always make her small, fixed income stretch to cover all her expenses.

Friends like you bring relief to neighbors like Louise. During particularly tight months, she’s able to visit a local Second Harvest Partner Agency — United Ministries — near her home in Springfield. Although she can usually get by on her own, being able to visit the food pantry at United Ministries gives her peace of mind.

Louise knows how important nutrient-rich, fresh produce is to her health, and she’s so glad she can pick up nutritious groceries from the pantry. She has a passion for cooking healthy, delicious meals — in addition to tasty baked goods — and she’s grateful to be able to stock her kitchen with your help.

“You’re nice people!” Louise says to Second Harvest donors like you. “It’s great that you’re doing this. A lot of people depend on [the pantry].”

Thank you for ensuring older folks in our community are able to enjoy their golden years. You bring hope to neighbors across Middle Tennessee!
Thank You for Feeding Neighbors of All Ages!

**MARCH IS NUTRITION MONTH**

Good health starts with good food. But eating healthy balanced meals can be a challenge for all Americans and for the 1 in 7 Middle Tennesseans struggling with hunger. Without healthy food, the cycle of food insecurity is perpetuated. We are partnering with LifePoint Health to promote the importance of nutrition in addressing hunger issues. Join us as we work together to create healthier communities. Learn more at secondharvestmidtn.org.

**GENEROUS HELPINGS**

**MAY 11**

Enjoy tastings from Nashville’s best restaurants along with fine wines and beers at City Winery on Thursday, May 11. Check out secondharvestmidtn.org/generoushelpings for updates, ticket sales, participating restaurants and more!

**STAMP OUT HUNGER**

**MAY 13**

The 25th annual Letter Carriers’ Stamp Out Hunger Food Drive will take place on Saturday, May 13. Simply place a bag of nonperishable food items next to your mailbox and letter carriers will collect your donation as they deliver mail along their regular postal routes. Last year, you helped provide more than 600,000 pounds of food to our hungry neighbors in Middle Tennessee.

You’re Making a Difference

**#GIVINGFOODDAY**

Thank you for making our #GivingTuesday a wonderful #GivingFoodDay success! Thanks to your generosity, we exceeded our goal of raising $50,000. Together, your gifts provided more than 200,000 meals to hungry children, families and seniors this past holiday season.

JACKSON SUPPORTS SENIOR HUNGER

Second Harvest thanks Jackson National Life Insurance Company and its employees for continuing its legacy of providing critically-needed foods to 500 Middle Tennessee seniors struggling with food insecurity. In 2011, Jackson served as the founding partner of Second Harvest’s Senior Nutrition Program, which provides food resources that are easy-to-prepare and nutritious to help make ends meet for seniors living on fixed incomes.
LifePoint Health, a leading healthcare company dedicated to Making Communities Healthier®, recently began a three-year partnership with Second Harvest Food Bank of Middle Tennessee focused on creating healthier communities throughout the region. This innovative partnership will provide 1.1 million meals of fresh produce and help educate the public about the essential link between proper nutrition and good health.

LifePoint operates 10 hospitals across Tennessee and primarily serves non-urban areas. LifePoint’s hospitals not only provide high-quality healthcare services but also provide vital resources and support to educate the community on important health and wellness topics.

“Beyond the walls of our hospitals, we aim to serve patients across the continuum of care, including providing wellness and prevention programs and services for people of all ages,” said Dr. Rusty Holman, Chief Medical Officer of LifePoint Health. “This partnership will enable us to make communities healthier in a way that our hospitals currently cannot – by fighting food insecurity and making sure people have access to nutrient-rich foods, which are the foundation of good health.”

Lack of nutrition makes the body more susceptible to disease and infection over time, creating a number of potential health issues. Additionally, food insecurity can also delay patients’ recovery from illness. Access to nutritious food is imperative to ensuring that people are healthy and stay well – and out of the hospital.

“Good health starts with good food, and where there is good health, there is the ability to learn, work, provide and give back,” Dr. Holman said.

Dr. Holman and the entire LifePoint team are excited to support Second Harvest’s hunger-relief work and serve as advocates on behalf of our shared mission to create healthier communities.

Through volunteering with Second Harvest and our Partner Agencies, LifePoint employees will experience firsthand how lives are changed for the better through access to nutritious meals and groceries.

March is Nutrition Month, and it is the perfect time to highlight how this exciting new partnership will make an impact in Middle Tennessee. Throughout the month, we’ll work together to raise awareness about the important role nutrition plays in the lives of people struggling with food insecurity.

LifePoint Health is Committed to Improving the Well-Being of Our Community

REMEmBER US IN YOUR WILL

You can fight hunger for generations by including Second Harvest Food Bank of Middle Tennessee in your legacy plans. Just contact your financial advisor and specify the amount you wish to give to Second Harvest, or designate a percentage of your estate to be donated. The following is an example of the language you can use when making a bequest:

“[I, [name], of [city, state, ZIP], give, devise, and bequeath to Second Harvest Food Bank of Middle Tennessee [written amount or percentage of the estate or description of property] for its unrestricted use and purpose.”

Please be sure to notify Second Harvest of your bequest so that we can properly thank you for your support!

If you would like to discuss your wishes in greater detail, contact Marian Eidson at 615-627-1564, or marian.eidson@secondharvestmidtn.org, with any questions about including Second Harvest Food Bank of Middle Tennessee in your will or living trust. We’re more than happy to help without any obligation.
You’re Feeding Neighbors, Young and Old

Mama” Ann, 79, is well-known and well-loved at Faithworks, a Second Harvest Partner Agency in Mt. Pleasant. She visits every now and then when she and her husband, James, 84, need help with food.

A staple, warm presence in the local community, Ann actually used to babysit one of the volunteers at Faithworks. Her expansive family — which includes three sons, four grandchildren and four great grandkids, and counting — all live in the Mt. Pleasant area.

Ann says she feels blessed to have her family nearby. She loves spending time with them and sometimes depends on her sons for help caring for James, who has Alzheimer’s disease and limited mobility since undergoing double knee surgery.

James worked as a glazer in Nashville before retiring in 1997. It’s frustrating for him to not be able to work after so many years providing for his family. Ann had a job as a secretary while also babysitting, which she loved.

Now on a fixed income, the couple sometimes has a hard time affording their monthly expenses. Although Medicare helps with their healthcare bills, Ann says just one of the pills James has been prescribed costs $152, and it’s crucial to his well-being.

Because she’s lived in the area for so many years, Ann’s very aware of the need for food assistance in her community. She only visits Faithworks when she and James are really struggling — she wants to make sure there’s enough food for other families, especially those with young children. Ann has been gardening, too, so she has some produce on hand at home.

Ann is so grateful for your partnership on behalf of herself, James and all her neighbors who are facing food insecurity.

“Thank you,” she says. “There are people with several little ones here — they need it.”
Thank You for Ensuring Our Neighbors Eat Nutritiously!

Unfortunately, some of the healthiest foods — like fresh fruits and vegetables — are among the most expensive at the supermarket. For that reason, our neighbors with limited incomes often fill their baskets with cheap processed foods to make their grocery budgets stretch.

With only a small Social Security check to depend on each month, Michel often struggles to afford nutritious food. Life was easier when he was working, but now in his late 60s, he’s retired and having a tough time covering all his expenses.

“I need help with food,” he admits.

When he can’t stretch his monthly checks to buy all the groceries he needs, Michel stops by the food distribution and picks out only the items he knows he’ll be able to use. As someone who loves to cook nutritious meals, Michel’s thrilled to have access to the fresh fruits and vegetables at Una Church of Christ. He says visiting the site has been tremendously helpful for him.

When asked what message Michel would like to share with the people who help make sure the food distribution is stocked and funded, he cracked a wide smile.

“How can I not say thank you?!?” he exclaimed. “[The food] completes my life!”

A couple years ago, a friend told Michel about the perishable food distribution not far from his home at Una Church of Christ. This Second Harvest Food Bank of Middle Tennessee program on the southeast side of Nashville is a lifeline for older adults like Michel.

Originally from Egypt, Michel has been a part of the Middle Tennessee community for nearly 20 years. Seniors like him have contributed so much to our society in their lifetimes and deserve better than the worry of an empty pantry. Thank you for ensuring older adults are fed.

To learn more about getting involved, join our online community @ 2HarvestMidTN

Or visit us online at secondharvestmidtn.org
The following organizations and individuals for donations received through food drives:

1070 Main Apartments
1220 Exhibits Inc.
3S Inc
910 Digital
A Beautiful Mess Blog
Abel McCallister Designs
Accredo Health Group
Advance Financial
Advocate Capital, Inc.
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Beard's Christmas Breakfast
Beigle Arts Enterprises LLC
Bellevue Church of Christ
Belmont University
Bennie Dillon Social Committee
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Berkley Southeast Insurance
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Berry Plastics
Bethel Church of Christ
Bethel University
Bishop's Storehouse
Blackman Dentist
BMI
BMW
BNY Mellon
Bongo Java Roasting Company
Brandywine Apartments
Brauer
Bread of Heaven Church
Brentwood High School
BridgeAmricas Tire
Brookmeade Congregational Church
Burr & Forman LLP
Burton Hills
Cable
Cambridge High School
Carrington Hills Apartment Homes
Cedar Creek Marina
Centennial Heart at Southern Hills
Centennial Medical Center
Center for Spiritual Living
CGS Admin
Chelsea Place Apartments
Cigna
Clayborne Thebernacle M B Church
Cleaning Authority
Climb Nashville
Club West
CMT Turkey Bowl
Colonial Grand at Bellevue Apts
Commerce Center East
Community Health Systems
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Corizon Health
Cornerstone Financial
Creative Artists Agency
Creative Financial Staffing
Croft Middle Design Center Prep School
Crown Ford
CSX Locomotive Shop
Cumberland Heights
Cumberland Pharmaceuticals
Cummings Resources
Cummings Station
CVS Healthcare
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Dancing Lights of Christmas at Jellystone Park
Davidson Co Juvenile Detention
DaVita
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Herbalife
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Hull Jackson Montessori PTO
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Hunters for the Hungry
Hurd Real Estate
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Ingram Industries
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Isaac Litton Middle Beta Club
Jackson St Missionary Baptist Church
Jarrett Builders, Inc.
Jet Blue BNA
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Mebarry Medical College
Meredith Dixon
Metro Nashville Public Schools
Metro Parks
Metro Schools Transportation Dept
Miracle on Broadway
MLK Magnet High School
Montessori Academy
Move For Hunger
Mt. Zion Baptist Church
MV2 Entertainment
Nashville Academy Computer Science
Nashville Penn State Alumni
Nashville Predators
Nashville State Community College
Nashville Women In Tech User Group
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Nissan North America
One Nashville Place
One Swagg Ent
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Pearl Drum Corporation
Percy Priest Elementary
Predators Food Drive
Premise Health
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Primrose School of Nashville
Midtown
Procter & Gamble
Project Unity
Quavant
Republic High School
Republic Services
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Rock & Roots Bogalo
Roots of A Rebellion, LLC
Rush Truck Center
SAE Institute Nashville
Saint Bernard Academy
Saint Thomas Heart
Schwab Elementary School
Solid APA
Sound Physicians
South Central AV
South East Charter School
Specialty Care
St. Ansmel's Episcopal Church
St. Cecilia Academy Student Council
St. Edward School
St. Luke CME Church
St. Thomas
STEM Pre Academy
STRIVE Collegiate Academy
Student National Dental Association
Sun binder Women’s Club
Sunshine Boutique
Surgical Intensive Care Unit VMC
Sussex Downs Apartments
Taylor Real Estate & Auction
TentCare Business Services
Tennessee Wildlife Resources Agency
Tennessee Women Care PC
Terrazzo
The Big Bang
The Boys Incorporated
The Car People LLC
The People's Bank
The Plastic Surgery Center of Nashville
The Set Studio
Thinking Ahead
Thirty Tigers
T-Mobile
TN Dept of Financial Institutions
TN Dept of Economic & Community Development
TN Dept of Health
TN Gen Assembly
TN Management & Government Inst.
TN State Library & Archives
TN Technology
TN Valley Association of Realtors
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Valley View Baptist Church
Vanderbilt
Vanderbilt Children's Hospital
Victor Chanaton Productions
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VMG Health
Vulcan Materials
Welch College
West End Synagogue
Westmeade Elementary
Westminster Presbyterian Church
Wex Fleet One
Whitehardt
William Morris Endeavor
WMF
Woodmont Baptist Church
Wyndham Nashville

We are so grateful for the extensive community support that Second Harvest received this past quarter. Thanks to all of you for your volunteer hours, donated food, goods, services and financial contributions!
Special Thanks

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Xerox
Young Williams Child Support SVCS
Zander Insurance
Zannies Comedy Club
Zeta Interactive
ZyCron, Inc.

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Ameripel Corp.
Armour Ekrich
Aslum Produce
Associated Wholesale Grocers
Basford Farmer
Bells Bend Farm
Big Lots
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Pettys Produce
Pine Hill Trucking
Prairie Farms
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Proctor & Gamble Company
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Purity Dairies
River Run Farm
Ruler Foods
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Salvation Army Food Bank
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South Wind Farms
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Southwind Farms
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We are so grateful for the extensive community support that Second Harvest received this past quarter*. Thanks to all of you for your volunteer hours, donated food, goods, services and financial contributions!

*Corporate contributions include donations in the amount of $500 or more.
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