



St. Columba

Ecumenical Ministries, Inc.
Loaves & Fishes

Winter 2011

“do justice...love mercy...unto the least of these...” *Micah, Matthew*

Prescription drug program helps Norfolk’s homeless

Our Prescription Program was featured in Sentara’s Community Benefit Report in The Virginian Pilot in November. We’re sharing it again here in case you missed it.

Wanda Thomas was working as an office manager for a tax preparation service when she had a brain aneurysm 18 months ago that not only left her disabled, but also made her homeless.

With no insurance and without the ability to work, Thomas fought her way back to recovery after surgery and two-and-a-half months of therapy while living with her sister, a nurse. Thomas had been attending community college, but that had to be put on hold.

In May, Thomas was living in an emergency shelter when she was referred to St. Columba Ecumenical Ministries on Lafayette Boulevard in Norfolk, an organization that works with churches and other organizations to provide a variety of services for the homeless and low-income individuals in the community. Thomas was accepted into the women’s transitional housing program, where she learned about the prescription medication program, partially funded by a \$15,000 grant from Sentara Foundation to help homeless people in Norfolk.

Through the program, Thomas was able to get medication for her high blood pressure that had contributed to her aneurysm. “It’s scary to think about what would have happened if it weren’t for this program,” Thomas says. “I may not be sitting here. It has helped a lot.” She says her blood pressure was out of control for six years prior to the aneurysm, and she suffered daily headaches, even after her surgery.

Beth Carroll, Thomas’s case manager, says Thomas has made great progress. She is taking placement tests to go back to college and is searching for a job. Thomas’s long-term goal is to operate an assisted living facility and – some day – to own and operate her own senior support facility.

Director of Ministries Alicia Mathews says St. Columba sought Sentara funding last year because the charity ran out of funds midyear for the prescription program. In 2010, the program served 110 individuals before it ran out. This year through September, the program has served 297 people.

“Sentara’s donation will carry us through the end of the year, and we won’t have to tell people ‘no,’” she says. “We will be able to help all homeless people in Norfolk.”

~ Gail Kent, MFA, ABC
The Buzz Factoree, LLC

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DONATIONS FOR SEPTEMBER 2011 – NOVEMBER 2011

FINANCIAL

Bayside, Lafayette, Wycliffe, Squires, Second, Covenant Presbyterian; Church of the Epiphany; Larcmont United Methodist; Christ the King Catholic, Catholic Daughters, CFC, CCC, CVC, The Warden Family Foundation; N. Bonney, C. & P. Miskill, S. Notel, W. & M. Touray, V. Armstrong, F. & F. Phillips, B. & G. Blanchard, P. Martin, B. & R. Bertholf, G.

Magnuson, C. James, J. & B. Ashley, B. Dippold, D. Gammon, B. Prince, P. Lichtenstein, B. & G. Brenton, K. Coleman, J. Ramsey, J. & W. Ortiz, M. Gantley, E. & N. Pollock, J. & M. Gray, E. Baise, A. & H. Jensen, H. Plessinger, D. Hornick, M. Murray, J. Stokley, J. Lego, G. McCall.

IN-KIND

Bayside, Royster Memorial, Wycliffe, Lafayette, Coleman Place, Calvin, Knox, Squires Memorial, Covenant, Grace Covenant, First, Second, Norfolk, Presbyterian; St. Stephens Episcopal; Norview, Fairmount Park, First United, Community United Methodist; Christ the King, Church of the Ascension Catholic; Finding Refugee Ministry; Enoch, Second Calvary, Baptist, Laurel Ave. Church of Christ, University Presbyterian Ministry, Grace Bible Church, Solid Rock Ministries, Real Life Christian Church, Catholic Daughters; Unitarian Church; Secular Franciscan Order, Christ the King Catholic School, Kids of Grace Preschool, Ghent Montessori School, Princess Anne Elementary School, Christ the King Cub Scouts Pack 628, Fleet Reserve W. League, Norfolk Urban Outreach, Pizza Hut, Crossroad Lions Club, Plaza Bakery, Kentucky Fried Chicken, Hospitality for the Homeless, Hope House Thrift Store, Commandery of The Holy Isle; Norview Civic League; The Jaycees, Holloman and Brown Funeral Home, J. & W. Ortiz, P. Pennington, C. Inman, J. Lego, J. Bashara, V. Armstrong, A. Hart, J. Birkel, S. Mahler, M. Gantley, W. Schumacher, M. Ortiz, D. Stockburger, M. Blackwood, P. Russell, J. Stokley, C. Bayma, A. Taylor, M. Gray, D. Hornick, Jill Keifer, S. Baker, J. Conklin, R. Hidalgo, D. Kurtz, L. Wright, B. Bertholf, L. McElven, C. Miskill, R. Thomas, T. Lombardi, F. Lawhorne, G. Phillips, T. Green, L. Willey, P. Lichtenstein, J. Meyer, C. Sylvan, D. Snyder, J. Costis, K. Grandy, M. Walker, C. Johnson, S. Hicks, L. Corner, B. Wilson, T. Sandifer, J. Ramsey.



If we have inadvertently omitted you, please call Alicia at (757) 627-6748.

Food Lion Community Rewards

Our Spring 2011 Newsletter announced our enrollment in Food Lion's **Community Rewards** program, which allows everyday shoppers to support St. Columba simply by using their MVP Card. We need more support for this program to be beneficial to St. Columba! In order to sign up for this program, MVP customers need to register their card to our agency at **foodlion.com** and follow these simple steps:

- 1) Click on Community Outreach on the left side of the screen.
- 2) Click on the MVP Rewards tab.
- 3) Click Register Your Card.
- 4) Click the arrow that says Shoppers Register Here.
- 5) Enter your card number and additional information as requested.
- 6) Enter St. Columba's Organization Code: 252388 when prompted to support our agency.

If you would like us to register your card for you, please call Alicia at 627-6748 and we'd be happy to help! After your card is registered with Community Rewards, make sure you present it every time you shop to save money and support St. Columba. Purchases of certain brands (a list is available on their website) earn points that will lead to a cash contribution to support our Food Pantry. Shop on the 10th of each month to earn double points on all Food Lion brand items. When we have enough supporters we will receive a quarterly check to be use to purchase food. Supporting our Food Pantry has never been so easy!



THANKSGIVING FOOD BASKETS

Thank you to everyone who contributed food, energy, funds and other resources to this year's Thanksgiving basket distribution. With the help of the community we were able to provide food for Thanksgiving dinner to 148 households consisting of 573 individuals! We are especially grateful to the kind folks at Lafayette Presbyterian Church for letting us use their church as a distribution center again this year. Thank you also to the Norfolk Jaycees and Grace Bible Church for their hard working volunteers. Many churches and individuals supported our Thanksgiving



Ministry this year and we would like to extend a special thank you to you for your donations of food and funds: Grace Covenant, Royster Memorial Presbyterian, Knox Presbyterian, Grace Bible Church, Community United Methodist, First United Methodist, Christ the King Catholic, Catholic Daughters, Hollomon-Brown Funeral Home, and the Board of St. Columba Ecumenical Ministries. We couldn't do this without your support!

St. Columba's Annual Fundraiser Silent Auction and Benefit Dinner Request for Donations

Contribute Auction Items to our Silent Auction:

We are looking for donations of items to auction at our next fundraiser planned for the spring of 2012. Please consider donating themed baskets, gift cards/certificates, or passes to include in baskets. All ideas must be submitted by March 1 and all items must be received by March 31. Contributions are tax deductible and you will receive a letter documenting your donation. Some ideas for baskets that were popular or requested in the past include: wine, chocolate, car care, Italian food, coffee, gardening, Going Green, Cooking, Arts and Crafts, Movies, Grilling, Planter, Candles, Beach, Tools, Baskets of Passes to local attractions and selections of gift cards to local stores.

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* U. S. POSTAGE *
* PAID *
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* PERMIT NO. 416 *

Donate online at
www.stcolumbaministries.com

WINTER 2011

St. Columba Special Needs

Current Day Center Needs

- Brown paper grocery bags
- Spray deodorant
- Travel size soap
- Travel size lotion
- Paper towels
- Toilet paper
- Disinfectant spray
- Coffee - Coffee - Coffee

We need warm clothes for our Clothing Closet!

It feels like winter is finally here and we aren't going to get any more of the 70 degree days. Many of our clients are on the streets both day and night and need your help to stay warm! Please donate your gently used men's jeans, sweaters, sweatshirts, sweatpants, coats, gloves, hats and scarves to our clothing closet!

We can also use women's outerwear as 20% of our clients are women.

Please Donate Liquid Laundry Detergent for Client Laundry

Donations are accepted during normal business hours: Monday – Friday 8 AM to 3 PM.
We regret that we are unable to provide pickup services for donations.