Ray and Mary had always been able to provide for themselves. At least until 2012 when Ray became very ill and the doctors didn’t offer much hope. It was determined Ray suffers from a rare blood clotting disorder which attacks his organs. Soon after, Mary was diagnosed with early onset dementia and macular degeneration. Due to obvious health reasons, both are unable to work and are on disability.

After health issues took over their lives, Ray’s father put a down payment on a house for Ray and Mary in the hope of providing them some security. Unfortunately, no one anticipated that outside influences would lead to them being forced out of their home in 2018.

“Our story is not unique in this society, to my regret,” Mary said. “We are a whisper away from being homeless, as so many are today. Here we are, disabled, limited income, and no where to go. We were always the earners - the people who gave others help - and did not even know how to ask for help.”

Fortunately, she was able to reach out to FAKH to meet the most basic need first, food.

“Feeding America, Kentucky’s Heartland gave us a moment of peace of mind,” Mary said. “Hunger is a problem we don’t have to stress over while we regroup and move forward from our bump in the road.”

In addition to directing Ray and Mary to partner agencies to provide food assistance, in Mary’s words, they were given “that magic number” to assist in other areas of need. Dialing 2-1-1 directs callers to essential community services for food, clothing, housing, physical and mental health services, work support, suicide prevention, etc.

“We have felt the burden of worry lessen due to the help of the agencies and the kind people who man those phones,” Mary said.

“We are in a crack that is often stepped over: not old enough for this, not disabled enough for that, and not poor enough for the other.”

FOOD FOR THOUGHT
SPRING 2019

Ray & Mary D. - clients at Heartland Christian Center in Hardin County

“We are in a crack that is often stepped over: not old enough for this, not disabled enough for that, and not poor enough for the other. But Feeding America, Kentucky’s Heartland feeds the body so people can focus on other needs and not have to worry about their next meal. That, in turn, feeds the spirit.”

“FAKH helps give people the strength through food to make it over the tough times,” Mary said. Thanks to the generosity of donors like you, FAKH is able to provide food assistance to those in need like Ray and Mary. We couldn’t do it without you.
From the Desk of the Executive Director

It would be an understatement to say the past four months as the Executive Director of Feeding America, Kentucky’s Heartland, FAKH, has been rewarding. I have quickly come to realize just how blessed I am to be leading such a great organization. I’m sure many are like me, I’ve read the stories of those who face hunger, but the impact on their lives doesn’t become significant until you’ve really looked these individuals in the eye and heard their stories in their own words.

As we all know, food is a basic necessity of life. What is astounding is the prevalence of food insecurity in our communities. Usually the combination of limited household income along with limited access to fresh, healthy foods leads to this major societal issue. The national office of Feeding America, through their Map the Meal Gap study, has identified 161,450 people in our 42 county service area as food insecure. These individuals are made up of children, senior citizens, adults, and working families who have unexpected struggles and have been forced to make difficult decisions.

I am proud to be a part of FAKH and to join forces with our partner agencies to provide food assistance to these clients in need. While FAKH plays an important role in the receiving, storing, and distributing the large amounts of food to our service area, I have quickly learned just how important our over 220 partner agencies are in the process of getting food into the hands of those who need it the most. Our partner agencies are the real “boots on the ground” hunger heroes who serve the most vulnerable in their communities every day. These dedicated, passionate, and driven servants are the front lines in our battle to end hunger.

While together, FAKH and our partner agencies, are meeting approximately 74 percent of the food needs in our 42 county service area, we still have a lot of work to be done and certainly can’t do it alone. I am so appreciative for your contributions to our mission, whether it be through donations, volunteer work, or both. With all of these good works, I hope someday our mission to end hunger will finally be achieved.

Jamie N. Sizemore

Community Foundation Endowment Fund

As part of our long-term development plan, we are committed to growing our endowment fund at the Central Kentucky Community Foundation. Ask us how to have your gift make a forever difference for those served by Feeding America, Kentucky’s Heartland. Contact us at 270-735-1407 or email info@feedingamericaky.org for more information.

In December 2018, your support allowed FAKH to distribute over 1.2 million pounds of food which is the single largest food distribution month in the history of our food bank. The food distributed during December equated to 1,026,809 meals in our 42 county service area.

Thank you for your support as we distribute food to those who need it most!
Feeding America, Kentucky’s Heartland solicits donations of both money and food, purchases grocery items at reduced prices, and receives government commodities.

These items are collected and sorted at our warehouses in Elizabethtown.

Items are then distributed either through our Mobile Food Pantry program OR to more than 220 non-profit, charitable agencies throughout our 42 county service area. It is through these MFP distributions and our partner agencies that our neighbors in need receive assistance and how FAKH reaches into your county and community.
One person can make a difference and everyone should try.

- John F. Kennedy

**VOLUNTEER CENTER**

300 Peterson Dr. ♦ Elizabethtown, KY

Individuals and families (of 5 or less) are welcome to walk in without pre-arranging a visit!

Can’t make it to Elizabethtown? No problem! We have volunteer opportunities in counties all across our service area.

Contact Amber at 270-735-1407 or alyvers@feedingamericaky.org to schedule groups/families of 6 or more or for additional information about volunteer opportunities near you.

---

**More Ways to Make a Difference**

**Walmart Fight Hunger Spark Change:**
April 22 - May 20, 2019

- **Purchase** specially marked participating items to donate 1 meal.
- **Donate** at the register. All money donated in our service area will stay in our service area.

**Kentucky Gives Day:**
May 14, 2019

Kentucky Gives Day is a 24-hour online fundraising event bringing charities and Kentuckians together to raise money for causes they care about. Last year, our supporters donated over $16,000 for the BackPack Program. We hope to raise even more this year.

Check our Facebook page in early May for more details.

**Red Nose Day**
May 23, 2019

The Red Nose Day Fund supports Feeding America’s commitment to helping children grow, learn, and thrive. By providing grants to the 200 network food banks, the Red Nose Day Fund helps reach 12 million children across the U.S. annually through a variety of child hunger programs, including our BackPack Program. Last year we received $10,000 from the campaign.