



the ministry messenger

Summer 2017
A Publication of
Crisis Control Ministry

Neighbors Helping Neighbors

From Farm to Table

by Carol Wilson, Community Engagement Specialist



Last July when Crisis Control Ministry and our community partners—the Cooperative Extension Service of Forsyth County and Grace Presbyterian Church—kicked off the Healthy Eating Initiative (HEI) with the support of a United Way Place Matters grant, we knew that it was to be a resident-led initiative. We did not know how we would address the challenges experienced by community members or how we could best develop solutions for those challenges together. We have learned some important lessons and we are excited to report on our progress.

HEI is first and foremost a collaboration centered on building connections with community residents. Over the past year, we have fostered relationships within the LaDeara Crest community in northeast Winston-Salem. We conducted two series of nutrition education classes based upon the feedback of our participants. The fall series focused on cooking for a healthy heart, crock pot cooking, and eating to combat hypertension. In the spring, healthy eating for disease prevention and cooking to assist in weight management were the priorities. We recently celebrated what we have learned with a healthy lunch shared by many of the women who attended. This summer, LaDeara Crest residents are building raised garden beds

to plant and harvest produce. In the fall, we are planning a lunch featuring foods grown in the community garden.

Another component of HEI is our Urban Farm School, a 12-week program designed to help people develop the skills to grow and sell food. Winston-Salem's Urban Farm School held its second class and graduated seven farmers this spring. They built raised garden beds, planted healthy greens, herbs and flowers, harvested the plantings, and sold them at a local farmers market. Stop by and visit the farm located at Grace Presbyterian on Carver School Road to see the fruits of their labors. The plants are growing beautifully and providing fresh vegetables for neighborhood residents. As the yield grows, the urban farmers hope to expand their sales at local markets.

Together we can improve our community's health.



Nutrition class participants, June 2017

Crisis Control Ministry FOOD DAY
AT THE
Dixie Classic Fair

Wednesday, October 4

5 items

of non-perishable food equals

1 free

admission to the Fair!

The donated food items will be collected at each entry gate to the fair.



Volunteer Truck Drivers and Gate/Truck volunteers needed.

Help us feed hungry families and beat the record of

81,000 items

collected last year!

Winston-Salem Office:
200 E. Tenth Street
Winston-Salem, NC 27101
T: 336.724.7453

Kernersville Office:
431 W. Bodenhamer St.
Kernersville, NC 27284
T: 336.996.5401



North Carolina Association of Free & Charitable Clinics



Another Way to Support Crisis Control

by Robin Paxton, Director of Philanthropy

Giving a grocery bag of canned food, volunteering for an afternoon, or making a monetary donation...all are very special ways to help Crisis Control. Recent legislation has given another option to individuals age 70-1/2 and older.

With passage of the Protecting Americans from Tax Hikes (PATH) Act, Congress made the IRA charitable rollover permanent. The rollover provision allows gifts up to \$100,000 directly from

an IRA to a qualified charity like Crisis Control without realizing the distribution as taxable income. Even better, for those eligible, the gift qualifies toward required minimum distribution (RMD) and offers potential tax benefits.

One couple from Germanton who recently made an IRA gift to CCM explained it this way: "We came to Winston-Salem in the mid-1970s, and we prospered. We set about to prepare for a comfortable retirement and succeeded beyond our most hopeful dreams. We want now to share our prosperity with others who, through no fault of their own, have been less fortunate in life. Crisis Control provides us with a means to help people who need help without our having to seek them out individually."

For those who aren't yet old enough to reap the benefits of the IRA charitable rollover, gifting highly appreciated securities to CCM is another alternative for charitable giving that could potentially reduce current income tax liability. For more detailed information, please consult your tax advisor.



"Crisis Control provides us with a means to help people who need help without our having to seek them out individually."

Kathy Hoffner Wins Small Business Advocate Award

by Shannon Heck, Philanthropy Associate



The Kernersville Chamber of Commerce hosted its Small Business Awards Breakfast on May 18. Kathy Hoffner, Director of CCM's Kernersville Office, received the Small Business Advocate of the Year award. Kathy was eloquent and passionate as she spoke about her work at CCM and how important it is that just like CCM helps people get on their feet after a crisis, the community also helps small businesses do the same and that the ultimate goal is to make the community a better place for everyone. Kathy said, "I have learned that whether you are in the middle of a crisis and are seeking help to feed your family or whether you have opened your own business or are expanding an existing enterprise, we all need encouragement. I learned that I can be an encourager. In trying to encourage and help others, I am encouraged."

CCM is very thankful for everything Kathy does as our representative in Kernersville and we applaud her winning this award!

GIFT OF THE MONTH

July: Peanut Butter
August: Jelly
September: Grits and Oatmeal

The following items can't be purchased with food stamps. Please consider donating one or more of these items: dish detergent, shampoo, disposable diapers, feminine hygiene products, bath soap, laundry detergent, and deodorant. Visit crisiscontrol.org for a complete list.

DROP-OFF HOURS:

Winston-Salem Location

Monday-Friday:
9:00 a.m. - noon and
1:00 p.m. - 4:00 p.m.
Tuesday:
9:00 a.m. - noon and
1:00 p.m. - 7:00 p.m.

Kernersville Location

Monday-Friday:
9:00 a.m. - noon
Tuesday & Thursday:
1:00 p.m. - 4:00 p.m.

If you prefer to receive our newsletters via email, please email give@crisiscontrol.org.

Help us celebrate
FOUR DECADES
at our
KERNERSVILLE OFFICE!

40th
Anniversary
CELEBRATION
& YARD SALE

Saturday,
September 23
8 a.m. to 1 p.m.

431 West Bodenhamer St.

Serving Together Draws Sunday School Classmates Closer

by Shannon Heck, Philanthropy Associate



Tom Pogue and Ron Parks

Every Monday morning, Ron Parks, Tom Pogue and Marvin Chavis can be found sorting medications in CCM's Licensed Free Pharmacy. The three men also enjoy participating in the Koinonia Sunday School class at Mt. Tabor UMC.

Eleven years ago, Kathy Gibel, former CCM board chair and fellow Mt. Tabor member, invited Ron to become involved with the ministry. "I came down for a tour

and the pharmacy felt like a good fit," Ron explained. His daughter, Catherine, joined him as a CCM volunteer while she attended nursing school. When she began working full-time, he took her Friday morning shift. Ron continued, "I invited Tom and Marvin to join me because we needed the help and it is encouraging to share the work with people that you know." Tom added, "We volunteer because we like the fact that CCM helps people get back on their feet." Marvin said, "Serving together keeps me coming back."

Thank you, Ron, Tom and Marvin, for your years of faithful service.

"We volunteer because we like the fact that CCM helps people get back on their feet."

75-100

volunteers are needed each day to help meet the needs of our neighbors in crisis.



Morning and afternoon shifts require:

- 20 interviewers
- 6 food pantry assistants
- 6 administrative assistants
- 7 pharmacy assistants
- other on-call positions

Hope du Jour 2017 Raises Funds and Awareness for CCM



Thanks to a record-breaking 140 participating restaurants, wonderful sponsors and everyone who ate out for a good cause on May 2, our 27th annual Hope du Jour fundraiser was a great success.



JOIN US!

Don't allow neighbors to be turned away due to a lack of volunteers.

Executive Chef Level Sponsor



Pastry Chef Level Sponsors



Sous Chef Level Sponsors



Sauté Chef Level Sponsors



Media Sponsors



Call Vicki Jones at 336-201-5290 or email vjones@crisiscontrol.org.

ENDING HUNGER
ONE STEP
AT A TIME
CROP HUNGER WALK
WINSTON-SALEM
FORSYTH COUNTY



CROP HUNGER WALK

Sunday, October 15, 2017

Corpening Plaza in
Downtown Winston-Salem

1:30 p.m. – Check In & Registration

2:30 p.m. – Walk

Sign up to walk and raise money
for the fight against hunger!

www.cropwalkforsyth.org



Crisis Control
MINISTRY

200 E. Tenth Street
Winston-Salem, NC 27101
Client: 336.724.7453
Admin: 336.724.7875
www.crisiscontrol.org

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Permit No. 324
Winston-Salem, NC

13th Annual

SHMEDFEST

August 26, 2017



K&W
cafeteria

Dewey's

**WELLS
FARGO**

TO BENEFIT:



Crisis Control
MINISTRY

Saturday, August 26, 2017
4:00 p.m. – 10:00 p.m.

Triad Park, 9652 West Market St.
Kernersville, NC
Live Bands, Food, Games
Family Friendly!

To RSVP or donate, please go to www.crisiscontrol.org/shmedfest