



Winter/Spring 2015

A Diner's Story: Edesse

by Barbara Scott

Edesse was named after her grandmother, a name she says means "queen". Born in Portland, her family moved near Madras when she was around eight and she lived there for nearly 30 years. She is the mother of two daughters and has six grandchildren here in town.

Relationships were difficult for Edesse. She didn't stay with the fathers of her daughters and her first marriage was extremely short-lived. Her husband of two months left her to move to Florida. A second marriage at age 31 lasted for 21 years, but was not a healthy partnership as they fell into meth addiction together. They were addicted for 10 years and then they both decided to quit. When I asked if it was difficult she answered without hesitation, "No, I was done".

After that they settled in Bend. Edesse claims that eventually her husband kicked her out of their house. He didn't love her like she loved him. She moved in with her older daughter for five or six months. Eventually, her daughter drove her to the Bethlehem Inn and dropped her off. She said she sat outside and cried her eyes out and was so scared. However, she grew to love the Bethlehem Inn as it has allowed her to get on a healthier schedule, quit smoking and loose weight.

Now, Edesse stays with an elderly woman who needs her support to not fall and to take the correct medications. She pays Edesse \$150.00 a month towards food. This set up works fine for now but her dream is to have a place to call her own.

She has applied for HUD housing, which selects individuals for their homes through a random drawing selection. This can take years. She has also submitted her name at Crest Butte, an apartment complex by the hospital that allows individuals to pay on a sliding scale basis. It would be her preference to live at Crest Butte as she has friends there and feels they are nice.

Since Edesse had shared with me her diagnoses of epilepsy, social anxiety disorder and vertigo, I thought to ask her about her experience of coming to Family Kitchen for her first time. With social anxiety issues, coming into a new place can send her into a panic attack and keep her from functioning. She says she had to face her fears and is happy she did because Family Kitchen has been such a help to her in meeting monthly costs. She considers the diners to be "very nice" and the volunteers to be "fantastic!"

I was about to ask her about her dreams for her future when someone walked in the front door to the kitchen and she yelled out across the crowded room, "Debbie!" She tells me with great excitement, "She is the first person I met when I came to the Family Kitchen!"

Debbie rushes over, they embrace and start sharing how each other look so good, how are you, what have you been doing, have you seen..., how is...I was touched to be discreetly observing two dear old friends see each other after a long period, catch up a bit and offer each other such love and support. Debbie is working and doing well. She is proud of Edesse for quitting smoking and said it takes a strong person.

I fade into the background as it is apparent they have much to catch up on. I am always touched by the extraordinary humanity revealed through the quiet interactions of diners at Family Kitchen.



Newport Avenue Market December 2014 Matching Campaign nets a record!

Newport Market Does it Again!

We're betting you did a double take at that picture to the left, didn't you?! We did too!

During the month of December, 2014, shoppers at Newport Avenue Market donated \$21,278.57, which was then matched by the kind folks running the place. This money will be turned into ingredients for our meals at Newport Market's cost. By our estimation, this is not just Food for February - it will likely last through the end of the year. "Thank you" doesn't even come close.



Letty Lees and Juan Knutson joined the Board of Trustees in October 2014

New Board Members

Leticia “Letty” Lees and Juan Knutson joined the Board of Trustees for Family Kitchen in October. Lees brings years of operations experience and a passion for teamwork and Knutson brings sales experience and a passion for community engagement. Both are currently serving as volunteers for regular meals.

Juan Knutson has already made a name for himself locally – after just 2.5 years as a Central Oregonian – for having achieved 4th place statewide in Oregon’s Last Comedian Standing competition (2014). He can be seen performing locally with improv groups and as a stand-up comedian. He is the Chairman of the Old Bend Neighborhood Association and a District Leader in the Buddhist community. Professionally he is a medical device salesperson with St. Jude Medical. He and his wife, Alice, moved to Bend from Eugene with their four cats and a horse. Juan has been applying his skills to the Marketing and Development Team.

Letty Lees has led a varied and fulfilling career spanning retail, technology and business operations. Letty is a leader with effective teambuilding and motivational skills, utilizing a friendly and effective teamwork approach. Throughout her career, Letty has always made work a fun place, to be ensuring that those around her enjoy their time while getting things done and meeting the desired goals. She’s been applying her skills to optimizing the Kitchen Operations Team at Family Kitchen.

Did You Know?

We served 58,882 meals in 2014, an increase of 5% over 2013.

In 2014 our Board worked to partner with 11 new local businesses for donations.

Our diners agree (via survey) that our meals are tasty AND nutritious.

There is a Diner Board forming that includes diners, a board member and two staff.

The ICON City Shower Truck is on site for three meals a week.

Prep Squad peeled at least 5,500 eggs in 2014!

MARK YOUR CALENDARS!

10 Barrel Brewing is doing it again. They’ve chosen Family Kitchen as their focus for Charity Tuesday on **FEBRUARY 24th from 4:30-9pm**. Join us for a brew and some food. Buy any of their logo gear in the month of February and they’ll donate profits from those sales to Family Kitchen as well. **Thanks 10 Barrel!!**

Recent Gifts: businesses & organizations

The Jonas Family Foundation
The Beth Miller Estate
Maybelle Clark Macdonald Foundation
Mt. Bachelor Rotary
Bend Foundation
Hunger Prevention Coalition
Wells Fargo Foundation
Newport Avenue Market
Horizon Broadcasting Group
Whole Foods Bend
Bend Garbage and Recycling
Elliott-Scott Holdings, LLC
Deschutes Brewery
Hayden Enterprises - First Story
Dutch Bros. of Central Oregon
River Bend Consulting
Zydeco
Yellow Knife Wireless
Eriksen Wall Properties
Bend Research
OnPoint Community Credit Union
Ruby Ribbon - Vivien O'Connor
Athletic Club of Bend
Mode Farrens, LLP
Pahlisch Homes
Pease Family, LLC
Mid Oregon Credit Union
NorthWest Crossing Chiropractic
Pamela Armstrong Design Studio
Bella A Cappella
Savory Spice Shop
The Dough Nut
New York City Sub Shops
Safeway
Selco Community Credit Union
Thrivent for Lutherans
10 Barrel Brewing
Trinity Episcopal Church
Episcopal Diocese Eastern Oregon
First United Methodist Church
Eastmont Church
Foundry Church
Nativity Lutheran Church
Church of Jesus Christ Latter Day Sts.
Eastmont Church
First Presbyterian Church

Thank you so much!

Donate Today!

- Online at www.familykitchen.org
- Mail a check to:
Family Kitchen, 469 NW Wall Street, Bend, OR 97701
- Food Donations call: 541-610-6511 or 541-760-5677



Frequent diner, now regular volunteer, Wayne... having some fun with the dessert display

Oregon Community Foundation on Deferred Giving

The Oregon Community Foundation (OCF) is an option for you and/or your finance professional in preparing for charitable estate planning. Some information from their website:

Deferred Giving Options

Simple Bequests

Donors who leave a bequest to charity can take an estate tax deduction of 100 percent of the gift's value. Your bequest can be stated as a set amount of cash, securities, or other assets; or as the "residue" or a "percentage of the residue" of the estate. The bequest can also be contingent.

Charitable Remainder Trusts (CRT)

[Donors] may transfer assets to a charitable remainder trust that provides a specified distribution percentage to one or more (income) beneficiaries for life, or a term of years, with the remainder interest paid to charity. There are two kinds of CRTs:

Charitable Remainder Unitrust. A CRUT requires annual revaluation of the trust assets — which typically changes the value of the unitrust payment — and allows donors to make additional gifts to the trust.

Charitable Remainder Annuity Trust. The income beneficiary of a CRAT receives a fixed amount that is determined when the trust is established. A CRAT does not allow donors to make additional gifts to the trust.

Charitable Lead Trusts

A donor may transfer assets to a charitable lead trust. A charity is the income or "lead" beneficiary for a lifetime or term of years, after which the remaining assets are distributed to the donor or other beneficiaries.

Gift Annuities

In return for a donation of cash or other assets, the charity agrees to pay the donor — and/or someone designated by the donor — a fixed payment for life. The donor can claim an immediate charitable tax deduction for the amount of transfer above the value of the annuity purchase.

If a donor funds a gift annuity with long-term capital gain property — e.g., with appreciated stock — the donor will report only some of the gain, and may be able to report it in installments over many years. Donors may establish a deferred charitable gift annuity and defer receiving income from the gift annuity for a period of years.

OCF will consider issuing gift annuity contracts for annuities originating in Oregon that meet these guidelines:

- Minimum age of the annuitant is 60 (55 for deferred gift annuities).
- Annuity rate does not exceed the rate published by the American Council on Gift Annuities.
- Minimum gift amount is \$25,000.

Life Insurance/IRA Beneficiaries

IRA accounts listing The Oregon Community Foundation as the beneficiary are free of estate and income taxes. Not only can OCF be named as the beneficiary of a life insurance policy, but a donor can also transfer the policy irrevocably to the Foundation and claim an income tax deduction for the policy's cost basis or cash surrender value (whichever is less). Any subsequent premium payments will be deductible.

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President's Message

Dear Friends,

It is hard to believe another year has come and gone AND we're already into February 2015!

Family Kitchen is strong and growing. Cindy, Donna, and JR work diligently keeping Family Kitchen diners filled up and our dedicated volunteers supported and happy.

We added two new Board members in 2014, Juan Knutson and Letty Lees. Both jumped in, rolled up their sleeves, immediately began serving on teams, and became actively involved at the board level.

On behalf of the Board of Trustees, I want to thank each of you for your contributions to Family Kitchen. Being strong and having the ability to grow is a direct result of your support throughout the year, whether financial or giving of your time... our sincere thanks.

Best regards,

Pat Roden, President of the Board of Trustees



Contact Us

info@familykitchen.org

Visit us on the web at
www.familykitchen.org



Totes for our fabulous volunteers. Did you get yours yet?

We serve anyone who needs a nutritious meal in a safe and caring environment.

Family Kitchen
469 NW Wall Street
Bend, OR 97701

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