



Providing a Hand Up, not a Hand Out.

September/October 2011

WARM

Westerville Area Resource Ministry



ASPIRE

Achieving Self-sufficiency by Promoting Initiative Relationships and Empowerment better know

around WARM as A.S.P.I.R.E. "This is our mentoring program with a "twist". Most people think of mentoring as a one-to-one dynamic: one mentor to one client. In ASPIRE the Client is a

Captain and 3 -4 volunteers are Teammates together forming a Team", explained **Diane Koehler**, Client Services Coordinator for the ASPIRE program. The Client is in charge of his or her Team. The Teammates lend their expertise, experience and personal gifts to help the Client decide how s/he will rebuild parts of their life to achieve self-sufficiency and independence. Through small team relationships, client initiative and empowerment, clients identify next steps to achieve their goals and aspirations.

Through a series of bi-monthly meetings over a 6 – 9 month period, clients, along with their teams, will participate in workshops, training sessions and team meetings. Through this process, empowered clients with initiative and determination will be able to harness the power of new relationships, new resources, and new skill sets to help them move forward.

"Although this is A.S.P.I.R.E.'s third year, we are still in the pilot stages, making changes each year to improve the process", stated Koehler. Tutoring and childcare are provided for meetings as well as refreshments.

The program's foundation is based on **Ruby Payne's** book **Bridges Out of Poverty** which all Teammates read and discuss. The Captains work from **Phillip E. DeVol's** book, **Getting Ahead in a Just-Getting By' World**. Together these resources provide a solid platform to help clients help themselves. WARM recognized that this program is in keeping with the mission and values of helping others become God-reliant and self-sufficient.

For more information, contact diane@warmwesterville.org



A letter from a client

Dear W.A.R.M. Staff and Volunteers,

More than a food pantry, W.A.R.M. has blessed me in many ways. For several years, I have twice monthly appointments at Paul's Pantry. Meeting with the counselor prior to the actual "shopping" has been a breath of fresh air for me – someone who will listen to me, encourage me, someone with a shoulder to cry on when crying cannot be avoided, an advisor who puts me in touch with other helping agencies.

To very low-income elderly with disabilities (such as I am), out-of-work families, mothers on their own, benefits abound. For example: when you're old or unemployed, occasional free haircuts and beauty treatments are such a lift. I can remember the first time I watched a bedraggled mother of many sitting still for a facial complete with makeup. When finished, she glowed. Her eyes were shining.

W.A.R.M. points its clients to and works with several local helping agencies: Eye glasses for the vision impaired through the Lion's Club; three local high schools who furnish volunteers working at the Pantry and for individuals who cannot manage on their own. My yard – overwhelmed by weeds, wild shrubs, fallen branches, uncut grass – have been rescued by W.A.R.M. volunteer groups and students from Westerville South High School.

And the pantry itself, a food choice pantry, where I can select what I want – not just food, but sometimes laundry detergent, coffee, unusual specialty foods local citizens have kindly donated. I have been introduced to and grown to love certain foods I might not have purchased on my low income. The volunteers' compassion in assisting W.A.R.M.'s clients makes the "shopping trip" all the more enjoyable.

W.A.R.M. has blessed me and continues to bless.

Sincerely yours,

Diane

Help support WARM and have a great meal too!

See Heart of the Mission article, back page.

SPAGHETTI DINNER

TICKETS:
\$6 in advance
\$7 at the door
Dinner includes:
spaghetti, meatballs,
salad, bread sticks,
coffee and tea

DINE IN OR CARRY OUT!

Saturday, October 15, 2pm-7pm
St. Matthew's Episcopal Church
233 S. State St., Westerville
Benefits W.A.R.M. (Westerville Area Resource Ministry) and St. Matthew's Ministries



THE WARM spot



Great Harvest Bread Co.

If you've been in Westerville for any length of time, you know that one of the premiere destination spots in town is **Great Harvest Bread Co.** located at **45 Cherri Park Square**. The smell of fresh baked bread, specialty treats and coffee makes it a place in which you'll want to linger. What sets Great Harvest apart from others is the care and pride evidenced by its owners **Jim and Debbie Horstman**. Quickly into the conversation you know the things that are important to this local business are nutrition, family and community. Jim is adamant that the bread be not only fresh, but nutritionally sound. "We grind the wheat every day in our own mill, nothing artificial goes into our products. Everything is kneaded by hand, it's fresh every day", Jim states in earnest. He is quick to comment that the value of Great Harvest bread is incomparable to those you find on store shelves. "The nutritional value alone is worth coming to our store", Jim says. He and Debbie have been valued supporters of WARM throughout the years. They provide bread for the Westerville Community Prayer Breakfast, coupons at 4th of July parade and bread weekly for the clients who shop the WARM food pantry. As local residents, Jim and Debbie know that tough times calls

for the community to pull together. They assist in any way they can. Jim commented "We partner with WARM because we know there are positive results and consider what they do is in line with our values – to give generously". *To learn more about Great Harvest Bread Co., phone 614.899.6100 or visit the web site at www.wholewheatbreadstore.com.*



A Cornucopia of Blessings

Each year the Westerville community partners with WARM to offer 'Thanks'

for the year's many blessings with offerings of groceries to individuals and families in need. *If you would like to be a blessing to someone by participating in the annual Thanksgiving Food Drive, please contact pattik@warmwesterville.org. Further details are available on the website at www.warmwesterville.org or phone 614.899.0196* **Items needed include \$20 grocery gift card, frozen turkeys, and items in Bag #1 and Bag #2.**

Bag #1

- 1 - 48-64oz bottle of apple juice
- 1 - 5 lbs of sugar
- 1 - box of round crackers (i.e. Ritz)
- 4 - cans of green beans
- 2 - 10 oz cans of turkey or chicken gravy
- 1 - box of muffin mix (blueberry, etc.)
- 1 - 12 oz box of stuffing (or 2-6 oz)

Bag #2

- 1 - 32 oz bottle of oil
- 1 - 5 lbs of flour
- 4 - cans of corn
- 1 - 32 oz of chicken broth
- 2 - cans of cream of mushroom soup
- 1 - 13-16 oz box of mashed potatoes
- 1 - cake mix
- 1 - tub of frosting for cake
- 1 - small can of dried onion rings
- 1 - 12 oz of noodles
(put on top of bag)



**Feeding the Soul,
Feeding the Hungry**

St. Matthew's Episcopal Church is launching quarterly dinners to benefit the mission of the church as well as the work of WARM. **Rev. Jennifer West, Rector** comments, "As a vibrant and relevant church, we need to be connected with our neighbors. Having heard the increased need within the community we are delighted to partner with WARM to address this need." When answering why the church would choose this way to reach out to the community, **Kerry Wimsatt, Vestry Member** and

Stewardship Shepherd, notes that the church has a new kitchen and they are utilizing the resources they have. "Our big-picture goal is to reach out into the community and do good works for our neighbors, to be our brother's keeper, and at the same time increase visibility for St. Matthew's. We want to be a person's answer for a church home" stated Wimsatt. The spaghetti dinners are prepared by **Chris Soteriades, Chair of Taste of Italy** and affiliated with **Italian Festival, Greek Festival** and **Buckeye Sideliners**. Dinner tickets can be purchased ahead at a discount or at the door. WARM will receive \$1.00 of every dinner sold. For your convenience, you may dine in or take out. The dates for each quarterly dinner will be listed on the website. "We hope you will join us", invites Rev. West. **St. Matthew's Episcopal Church is located at 233 S. State Street. For further information phone 614.882.2706 or visit the website at www.stmatthewswesterville.org**