

## A Note from Jane

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

President John F. Kennedy spoke these words, and they are the perfect expression to me, of not only what Thanksgiving is about, but also how the mission of the Foundation is lived every day.

Not even three years ago, we took the steps to formalize the work of First Trust Cares (which we had begun in 2006) and created the FT Cares Foundation, a 501(c)(3). Our mission then, and now, is simple: we are "working to transform lives." Day in and day out, month by month, we are living by these words. This year alone, as of October, we have given charitable donations to ---- organizations. This translates to \$ ---- to the organizations we support.

This month, we will break every previous record for Thanksgiving generosity: we're giving away more turkeys, more Thanksgiving baskets, more gift cards, more food and cash donations than in any previous year! Of course it's not about setting records...it's about making a difference in the lives of others. Through you, we ARE living our mission!

I want to take this opportunity to thank each and every one of you who has lived this mission with us. Whether you donate through automatic payroll deductions; pay \$5 every Friday to wear jeans; have joined in one of our service projects.....or any of the many other ways you have chosen to be a part of our mission, I am very grateful to you.

Happy Thanksgiving to you and your loved ones.

## November 2014 Theme: Thanksgiving

This month we celebrate and give thanks for the many privileges we enjoy in this nation. As always, we seek to put our thankfulness into action by bringing hope and dignity to those in need.

### Milton Township Food Pantry

The Milton Township Board is involved in many community services including senior programs, a youth committee, and the largest Community Emergency Response Team in Illinois. It also runs a food pantry in Wheaton that serves over 400 people a month.



The Milton Township Food Pantry has a steady group of volunteers, and every dollar donated goes directly towards purchasing food from the Northern Illinois Food Bank at a fraction of the retail cost.

The Foundation is excited to partner again with Milton Township this November by providing turkeys as part of 50 complete thanksgiving meals that will be handed out to 50 deserving families. On a day when most of us are stuffed to the brim with home-cooked food, it is a joy to help local families participate in our national tradition of breaking bread together.

To read a letter from Milton Township's newest Trustee, Yadav Nathwani, visit: <http://patch.com/illinois/wheaton/help-the-milton-township-food-pantry#.VEVUOtzF98E>.

### Jubilee Village

Jubilee Village is a transitional home in Carol Stream (affiliated with Outreach



Community Ministries) that provides care to single, formerly

homeless mothers between the ages of 18 and 24 and their children. Many of these young women come from backgrounds of domestic violence and have very limited financial resources. This organization honors the beautiful mother-child bond and promotes holistic and practical care to empower these families to break cycles of disfunction.

FT Cares Foundation will provide Jubilee Village with Thanksgiving baskets, complete with everything needed for a proper feast. Last year FT Portfolio employees helped provide 17 baskets! If you would like to donate a basket this year (or partner with your department to do so) [see the next page](#) for the detailed item list.

Let's share the thanks this November, and be sure to visit: [www.outreachreachcommunityministries.org/jubilee-village/](http://www.outreachreachcommunityministries.org/jubilee-village/)

### And a Few More!

In addition to providing baskets to Jubilee Village, we will also be sending baskets to Midwest Shelter for Homeless Veterans and Tri-City Family Services. Last year we donated a total of 27 baskets to these three groups, and we're happy to continue our giving tradition.

[See next page for a detailed item list.](#)

## Lisa's Corner:

For each new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.  
~Ralph Waldo Emerson

The leaves are changing color, the weather has turned colder and turkeys are getting anxious. Thanksgiving is fast approaching! We all tend to get so busy that we often forget to show our gratitude for the blessings in our lives. Try some of the following ideas for helping your children learn to be grateful and you just might find yourself becoming a little more grateful too.

- Point out joy in the world on a regular basis. Help your children to notice and be thankful for all the things life has to offer. A beautiful sunset, the smell of burning leaves, a mug of hot chocolate and the wiggly tail of puppy are all things to celebrate and appreciate.
- Thank your children when they do something kind or good for others. Not only will it let them know that you recognize and appreciate their actions, but it will also bolster their self-esteem. Positive reinforcement works!
- Ask your children what makes them feel grateful. Whether you do it every night at dinner, twice a week or just once a month, ask your children to name two or three things for which they are grateful. These can be little things like getting an extra special treat after dinner or bigger things like passing their driver's test.
- Talk to your children about the people in their lives and why they appreciate them. This might be one of the harder things for kids to articulate but once they do, listen closely to the answers and you may be surprised by what they appreciate about you!
- Finally, remind your children that they have the power to turn gloom into happiness just by changing their attitude. Explain to them that they will be happier if they choose to be thankful and appreciate the blessings in their life rather than focusing on the things that go wrong or the struggles they may encounter. Alexander and the Terrible, Horrible, No Good, Very Bad Day is a great story to illustrate this.

## Thanksgiving Dinner Gift Baskets

### Board of Directors:

Andy Roggensack  
Mark Bradley  
Scott Jardine

### Officers:

Jane Doyle  
Christina Knierim  
Amy Lum  
Debbie Del Guidice  
Patricia Costello

### Director of Development:

Lisa Weier