

January 2015

A Note From Jane

**Learn from yesterday, live for today,
hope for tomorrow. – Albert Einstein**

A New Year always brings reflection on the year just passed AND resolutions for how we'll make this year the best ever. I saw another quote recently about the New Year: *“We all get the exact same 365 days. The only difference is what we do with them.”*

A reflection: Simply, 2014 was the biggest year the Foundation has had. Watch for our Annual Report, but I can tell you this: we donated to over 100 organizations and charity initiatives last year—to the tune of over \$200,000. Through your generosity, our mission, which is to transform lives, happened abundantly in 2014.

A resolution: The Foundation will continue to grow and to impact others. We want to be in the drive to end chronic homelessness (by 2016!); to make sure kids in Englewood and Cabrini Green stay safe and finish school so they have better futures; we want to see the day when diseases like breast cancer, Alzheimer's and multiple sclerosis are survivable; we want a mother in Rwanda or Guatemala or New Orleans to be able to work so she can support her family...and there are at least 100 other things we want to do to transform lives in 2015 (and beyond). We resolve that we will continue to be a good steward of your money as we work with organizations and find those that are truly transforming lives.

A hope: You can be a part of the work. \$5.00 every Friday helps us achieve our resolution. An automatic deduction from your payroll helps us grow the Foundation and do more work. Your support of a service initiative impacts many lives. My hope is that you'll find a way to get involved with us this year as we make a difference each day AND keep our resolution to transform even more lives!

Happy New Year!



JANUARY'S THEME: BASIC NEEDS

January is Basic Needs Month. Of course it's easy to understand what “basic needs” are: the fundamental requirements that serve as the foundation for survival...clean water, shelter, clothing, food, medical care. Everyone reading this newsletter probably takes most of these things for granted. Think about it: are you ever hungry for more than an hour? Do you go thirsty longer than it takes to get to the refrigerator or faucet? And if you're cold, you turn up the heat in your house or car or grab your new North Face jacket!

In America alone, the things you and I take for granted are not automatic for millions of others. A recent report detailed the “Basic Economy Security Tables” which were developed by Washington University. Would you be shocked to learn that 45% of the country, yes, nearly half of the U.S., is unable to afford many of the basic needs? Before the economic crisis began in 2007, 38% of America's families were economically insecure. Even though we have been in recovery for five years now, poverty (and access to basic needs) has continued to climb and is still “stubbornly high”...that

45% figure...(according to data from the U.S. Census Bureau).

Two more grim facts: 1 in 5 Americans reported in August 2013 that they did not have enough money to buy the food they or their family needed (Gallup.com). And since 2008, the share of U.S. children living in poverty has increased by 2 percentage points. Overall, 24.2 million children were living in poverty last year.

The Foundation has chosen January as Basic Needs Month so that we can help those who most need help...those in poverty, including the millions of children who don't know what a full belly feels like. And we're funding organizations that help with the other basic needs. Here's the list of the organizations the Foundation is working with:

- Feeding America
- Food for the Poor
- charity: water
- Front Steps
- Northern Illinois Food Bank
- Feed My Starving Children

We're making it easier to transform lives!

Check out the easy ways to donate to the Foundation:

- **Automatic Payroll Deduction.** Email the Foundation or HR for the sign-up form. Any amount helps!
- **Shop on Amazon.com through the AmazonSmile program:**
 1. Visit smile.amazon.com and log in using your regular Amazon.com username and password.
 2. Search for and select **Ft Cares Foundation** from the list of charities.
 3. Begin shopping! AmazonSmile performs exactly like regular Amazon.com except that now 0.5% of your eligible purchases go directly to the Foundation.
- **Donate through PayPal any time!** See the Foundation's home page for the PayPal option.

January 2015

LISA’S CORNER
HELPING KIDS UNDERSTAND – AND GET INVOLVED!

While January ushers in a new year of hope, excitement and joy for the Foundation, it also brings us an important focus this month: Basic Human Needs: food, water and shelter. And after a season of celebration filled with an abundance of food and presents, it also brings us the perfect time to talk to our kids about those who do without.

Because a lot of our kids have at one time or another participated in a food drive, volunteered at a food bank or organization like “Feed My Starving Children” or have seen commercials on TV for hungry children, explaining that some families do not have enough money to eat three full meals a day or that some live in places where there is no access to clean water, may seem relatively easy.

In comparison, homelessness is a little more difficult. Who are the homeless? Where do they live? Why don’t they have homes? Where are their families? Answering these questions and talking with your children about homelessness can help them identify stereotypes and dispel myths about people without homes. In addition, these conversations will help children to be more accepting of those in their school and community who might be without a home. To begin, make sure that your kids know that people who are homeless are not only those they see loitering on the street corners or sleeping in parks. Explain to your kids that there are all different types of people who become homeless for a variety of reasons including veterans, people with mental illness, victims of domestic abuse, people suffering from addiction disorders and families whose job or economic situation has changed. And let them know that there are many people in the community where they live (no matter where you live!) that are homeless and that you can’t tell just by looking at them.

Starting up a conversation about homelessness might seem difficult but a good book can always help. Below are some suggested books about homelessness to read with your kids. And as you tuck them into bed at night, remember to be thankful for the warm, safe home you share.

- **Fly Away Home** by Eve Bunting

A young boy talks about his and his father’s lives living in an airport and has hope for himself when he sees a trapped bird find freedom.

- **Uncle Willie and the Soup Kitchen** by Dyanne Disalvo Ryan

Elderly Uncle Willie invites his little nephew to spend time with him helping serve those in need at the neighborhood soup kitchen.

- **December** by Eve Bunting

Simon and his mom live in the tiny cardboard house they’ve built for themselves. On Christmas Eve they don’t have much, but it’s more than the woman who comes knocking on their door has. Does their generosity bring them a miracle?

- **The Lunch Thief** by Anne C. Bromley

Rafael notices the new kid stealing lunches (including his), and uses his mom’s advice to use his voice and not his fists to resolve the problem.

- **The Lady in the Box** by Ann McGovern

When two siblings discover a homeless woman living in their neighborhood, they discover how easy it can be to make a difference in someone’s life.

DECEMBER 2014 INITIATIVES

Outreach Community Center \$1,974	Auxiliary Board of Northwestern Memorial Hospital \$2,000	DuPage Pads \$2,000	Lone Survivor Foundation \$3,000	Avenues to Independence \$1,000
Leland House \$2,000	Potter’s House Association \$3,000	Operation Blue Santa \$1,500	Donors Choose \$1,050	By the Hand Club \$5,000
Family Shelter Services \$764	Alzheimer’s Association \$1,000	Milton Township \$1,625	Good Shepherd’s Fold \$3,000	Normal Moments \$3,000

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