



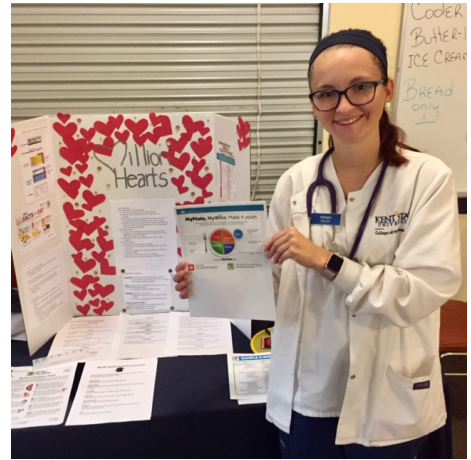
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Barb Armitage, Editor

KSU Health Screenings Continue at Pantry

As you may know, the pantry board strives to develop workable partnerships with a variety of businesses, schools, and organizations in our efforts to provide for our clients. For several years, we have collaborated with the nursing students of Kent State University to offer something special. In October, Kent State nursing students set up at the pantry and offered health screening services. Students did blood pressures, took a brief health history, and offered a variety of information and handouts focusing on better eating habits that limit fats, sugars and salt. In addition to better nutrition, the students also emphasized the importance of exercise. The screenings emphasized blood pressure control, cholesterol management, smoking cessation, and stress reduction. The need is evident based on the statistics. Professor Pamela Rafferty-Semon said the mortality rate for heart disease in Alliance is twice that of Stark County.



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Conducting the screenings were Marissa

Robejsek, McKenna Newingham, Tiffany Hildebrand and Andrew English. Accompanied by their teacher Pamela Rafferty-Semon, RN, the health screening was a partnership with The Ohio State University's Million Hearts program with a national goal to reach 1 million individuals.

The next group of nursing students visited the pantry for a tour in late October, and they also attended the morning orientation session. The students this semester are Dara Coleman, Grace DeSanto, Summer Mason, Leah Mazzola, Ben Meador, Jillian Schmidt, Alex Schmitt, and Stephen Wohlfarth. We always look forward to having the nursing students at the pantry. Each group presents wellness information their own way and thus shares with our clients ongoing health awareness.



PANTRY GETS FALL CLEANING

In October, the pantry got welcome deep scrubbing thanks to members of the University of Mount Union's Black Student Union. The six students cleaned the waiting and shopping rooms, the warehouse, and gave extra attention to the walk-in refrigerator.



Doing a great job were Destinee Thompson, Janice Bonney, Shayauna Newsom, Mani Elkins, Ande'Marie Green and Robert Walker.

It's great having young support in our community, and the pantry serves so many people in all kinds of weather so it gets dirty. We thank

the BSU for their enthusiastic scrubbing and we thank all the groups who support us from the University of Mount Union.

Alliance Community Pantry Board Members

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HAVE A SEAT!

Clients waiting in line to shop at the pantry found a welcome surprise when they saw the newly installed benches on the sidewalk along the front of the pantry. A gift of former municipal court judge Robert Lavery, the benches were installed by Eddie Williams, Mitchell Smith and Dano Ream of Williams Recreation and Construction.

Lavery, who often drives past the pantry, says he thought the benches would make it more comfortable and convenient for people waiting for the pantry to open. This welcome gift was similar to the awning that was installed last year from Dr. Carter. The benches are a very welcome addition to the pantry and will be appreciated by our clients for years to come. We continue to be grateful for the concerned citizens who support the pantry. Hats off to Judge Lavery!



TURKEY BOWL



Sometimes the pantry is the beneficiary of unusual fundraising on our behalf. One such event, now in its fourth year, is sponsored by the NaborHood Inn, but was started by a group of friends who meet there and call themselves the Maroon Club.

On November 9th at 6:30, teams will bowl using a frozen turkey for a bowling ball. Silly fun, prizes, and a great time are key features of this evening. The funds raised are donated to the pantry. We thank all participants and owner, Jeff Walker.