



matt talbot

kitchen & outreach

FEBRUARY 2018 • VOLUME 5 • ISSUE 2

BOLD HOPE

Grant Expands Matt Talbot Housing Efforts

The Nebraska Homeless Assistance Program has granted Matt Talbot funds to develop a city-wide Diversion Program and to hire a full-time Diversion Specialist. The Diversion Specialist will work with individuals and families who are facing homelessness and help them remain housed or divert them from temporary housing options to something more stable. **Please share this job description with potential applicants!**

JOB OPENING: Diversion Specialist

The **Diversion Specialist** will identify and implement strategies that will prevent individuals and families from having to actually enter shelter and help secure permanent housing (if the immediate alternative to shelter isn't permanent). MTKO uses an empowerment approach to get each individual to work towards their own conflict resolution. The Diversion Specialist will bolster each person's own ability to think for themselves, weigh and consider options and advocate for their own needs and ultimately act on their own behalf.

Qualifications: The Diversion Specialist shall have at least two-years of experience working with homeless or persons of low-income and possess a

broad awareness of community resources. A bachelors degree in Human Services or related field is preferred. Life experience may substitute. Skills in mediation and conflict resolution are a plus. In addition, the Diversion Specialist must possess the following qualities:

- A genuine interest in and concern for all homeless and near homeless individuals and the ability to advocate for this population with other professionals in the community.
- Commitment and ability to engage in an empathetic, non-judgmental way with people in stressful situations – to establish rapport in order to help them resolve their immediate housing crisis. Needs to be culturally competent across all populations.

- Ability to work effectively in emergency situations.
- Develop and maintain resource information on services available for homeless or near homeless individuals and families.
- Be versed in and have a commitment to use conflict resolution and mediation skills.

The position offers a full-time flexible schedule in a supportive team centered environment. Competitive wages and full benefits are offered. Please submit an application, cover letter and resume to Sara Sunderman, Outreach Coordinator, sara.sunderman@mtko.org or PO Box 80935, Lincoln, NE 68501.

Join for us a very special celebration ... of you!

As part of our continuing 25th birthday celebration, we are planning a very special volunteer appreciation luncheon. **Mark your calendars for Thursday, April 19th, at the Graduate Hotel.** We'll be honoring our 25-year hunger relief teams and enjoying our keynote speaker, Randy Hawthorne, Executive Director VolunteerLinc, Publisher and Executive Director for the Nonprofit Hub. Watch the newsletter for more details!



feeding the

soul

of the city

SAVE THE DATE!

**THURSDAY, MARCH 22, 2018
CORNHUSKER MARRIOTT**

News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager



MTKO Weekend Teams

Originally posted in the January 2014 "Volunteer Newsletter"

You are welcome to unlock the front doors early when the weather conditions are extreme. Just remember that each team will need to supervise the guests in the dining room if the off-duty officer is not yet present. The officers have also been notified that they are welcome to let our guests enjoy the comforts of the dining room. If you are not aware where the front door key is located, please contact Sydne at 402-817-0622 or email to sydne.wirrick-knox@mtko.org.



Help us find the next great Hunger Relief Team!

On-going volunteer opportunities to provide, prepare & serve in 2018:

2nd Thursday Lunch on 3/8, 4/12, 5/10, 6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13

4th Wednesday Lunch on 2/28, 5/23, 7/25, 9/26, 11/28

5th Tuesday Lunch on 5/29, 7/31, 10/30

Contact Sydne at sydne.wirrick-knox@mtkserves.org or call 402-817-0622 for details

NOTICE

Remember to return your 2017 "In-Kind" donation form!

Our deadline is February 15th. If you would prefer to complete your In-Kind form

online, you can find this information on the MTKO website, www.MTKO.org.

Go to "Relieving Hunger" and click on "Hunger Relief Volunteers", then go to "In-Kind Donation" bullet.

Thank You to Our January Hunger Relief Substitute Teams

Victoria O'Neil Family served evening meal (1/9), First Lutheran Church Youth provided, prepared & served evening meal (1/14), SCC Surgical Techs Class prepared & served evening meal (1/18), Louann Cao provided, prepared & served lunch (1/24), & Avalon Hospice provided, prepared & served lunch (1/30)

Thank You to Our January Group Volunteers

LuAnn Cao - Salad Bar (1/11), LuAnn Cao - Salad Bar (1/18), Modern Woodmen of American - Salad Bar & Desserts (1/20), Leadership Lincoln - Desserts (1/20), Ahlers Family - Salad Bar (1/21), 77th Street Friends - Salad Bar (1/21), Bryan Nurses - Desserts (1/23), Hatfield Family - Desserts (1/24), LuAnn Cao - Salad Bar (1/25), Jenni Bruning Brown - Desserts (1/25), Skold Cousins - Music (1/28)



Lent begins on Wednesday, February 14th.

**You will find a great meatless recipe to serve during
Lent on the USDA Inventory page of this newsletter. Give it a try!**

MTKO Weekend on Call Pager Number: 402-473-0447

Non-Discrimination Statement: "In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA."



Kids CAFÉ in the Winter

by Janet Buck, MS, RD, LMNT
Nutrition Coordinator

Our Kids CAFÉ (Children and Food Education) classes are still going strong this winter. These are classes to help teach children about healthy snack choices and fun physical activity. Each month we make a seasonally-themed snack with the kids, plus have them do a physical activity that usually also helps them learn about good nutrition. And, of course, they are doing physical activity that is also fun for them.

We have a couple of relatively new collaborators with the CAFÉ classes, one being Sacred Heart School here in Lincoln. The children come to the class, which we are holding at the Sacred Heart gym, directly after school is dismissed and stay for an hour, making their snacks and doing their activity, and learning about good nutrition and the importance of physical activity at the same time. These classes are held monthly during the school year. We have had a tremendous response and attendance at these classes. We are continuing to have daytime CAFÉ classes during the school breaks this academic year as well.

Early in January, while the children were still on winter break, we held a CAFÉ class at the Cooper YMCA in southwest Lincoln. I had two international students who volunteered to come help with those classes. The photo shows one of the participants with his fruit, nut, and pretzel stick snowman. Participants also had a relay where they had to race doing animal movements (think hopping like a frog). Based on the level of noise and participation, I would say the children had a wonderful time in the class.

Artists on the Edge: Healing and Recovery through the Arts

If you've walked through the MTKO dining room on a Wednesday afternoon lately you may have seen a table of artists working on their latest masterpieces. We are happy to announce a partnership with Artists on the Edge and Writer's Wordshop. This program began over twelve years ago and is sponsored by CenterPointe, Inc. and the City of Lincoln Parks and Recreation Department, through the F Street Community Center. Today Artists on the Edge and Writer's Wordshop provides resources and support to artists and writers of various backgrounds and disciplines. Artists on the Edge and Writer's Wordshop were created in response to data collected from two separate outcome studies. The studies indicated that approximately one-third of individuals completing mental health or substance use treatment programs specified that throughout the course of their treatment, no attention was offered regarding their music, dance, writing, and/or artistic abilities. The overwhelming response lead to the creation of the open studio times for both programs. Since the inception of the Artists on the Edge and Writer's WordShop, it has been noted that participants' use of emergency services such as hospital admissions has significantly decreased. Be on the lookout for some of these masterpieces on display in the dining room soon.

Landscaping Volunteers Needed

Do you have a green thumb? Like to work outdoors? Well we have the perfect volunteer opportunity for you! Spring is around the corner, and we are looking for ongoing volunteers to help us with our landscaping around the MTKO property. If interested please contact Victoria O'Neil Young at 402-817-0623 or victoria.young@mtko.org





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BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Happy
Valentine's
Day

Food For Thought

This month in our "Food for Thought" series we bring you a quote from Jim & Pat Wharry who have been Laundry/Shower volunteers and supporters of Matt Talbot for a little over a year. Jim and Pat are retired and moved to Lincoln from Virginia to be closer to their family.



"Matt Talbot is an oasis for the poor and homeless. It embodies Christian love and with a dedicated staff using their expertise with kindness and caring to improve lives. Donations and a small army of volunteers help to carry out the objective of Matt Talbot."

— Jim & Pat Wharry



Meet Carna Pfeil, our February Spotlight Volunteer. Carna started volunteering with Matt Talbot at our R Street location. She was on a



Hunger Relief Team with her son. After retiring from working in higher education and banking, she knew she wanted to volunteer more at MTKO. She has been a Laundry/Shower volunteer for three and half years. In addition to volunteering at MTKO, Carna was appointed by the Governor to the Nebraska Commission on Housing & Homelessness. Carna is married and has five grown children and nine grandchildren. When asked what she likes most about volunteering she replied, "I have a heart for serving people and those who come to Matt Talbot. These individuals truly need someone to help take care of them and show them that people do care. MTKO answered my need to serve others."



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February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Angel Helpers Mary Jo Bousek Supper Sub Team Lundaks Provide & AORN P/P/S	2 Lunch IANL Dr. Ram Bishu Supper Westminster Presbyterian Church Joan Roberts	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch Madonna Sue Carraher Supper Sub Team Piedmont Park Thunderbirds Ryan Lindbeck P/P/S	5 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Sub Team Bethlehem Lutheran Wahoo	8 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Schools Megan Ockaden Supper Blessed Sacrament #1 MaryAnn Burda	10 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Talmage Lutheran Serve Supper Sub Team Sacred Heart Fall City Provide salad/desserts MTKO P/P	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch Swanson Russell Associates Serve Only Supper St Pat's Leah Bethune	14 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	15 Lunch Christ United Methodist Lona Dearmont Supper St E's Mission Integration Committee Pat Hoidal	16 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Breakfast American Legion Mike & Cecelia Lunch St Catherine's Lunch Bunch Eileen Zuerlein Supper Holy Savior Lutheran II Sue Dawson
18 Lunch St Peter's Mary French Supper SAMS Joan Campbell Foote	19 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper St David's Episcopal Kathy Wilson	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	22 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	24 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlert Supper CALL Cheryl Ferree
25 Lunch Calix Chris Jacobsen Supper The Servants of St Joseph Mary Bill	26 Lunch St Peter's/St Teresa's Circle Provide Windstream Serve Only Supper Sysco Lincoln Elke Hesser	27 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	28 Lunch Need New Team Supper St Teresa's Coffee Group Donna & Karen			MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF January 17, 2018

Canned, Frozen or Instant Vegetables

1 case (12/1# boxes/case) Instant Potatoes

Canned & Frozen Fruit

9 1/2 cases (24/#300 cans/case) Sliced Pears

17 cases (24/#300 cans/case) Peaches

2 cases (24/#300 cans/case) Applesauce

Pasta

5 1/2 cases (20/1# boxes/case) Spaghetti

2 3/4 cases (20/1 # boxes/case) Macaroni

2 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

4 cases (24 14.75 oz. cans/case) Canned Salmon

7 3/4 cases (24/15 oz. cans/case) Canned Chicken

29 cases (24/12 oz. cans/case) Tuna

Soups

4 1/2 cases (12/22 oz. boxes/case) Cream of Chicken Soup-not condensed

Miscellaneous

2 cases (12/11.5 oz. bottle/case) Concentrated Cranberry Juice



STRIVE Recipe of the Month

Mac & Cheese Bake

Recipe serves 150

19 (16 ounce) packages uncooked pasta (shell, bowtie or macaroni)

19 (10.75 ounce) cans condensed cream of mushroom soup

19 (16 ounce) packages shredded Cheddar cheese

19 (2.5 ounce) jars chopped pimentos, drained OR 4 cups chopped red peppers sautéed in Canola oil

5 pounds saltine crackers, crushed

Directions:

1. Preheat oven to 350 °. Lightly grease large casserole pans.
2. Boil pasta as per directions on packaging.
3. Mix cream of mushroom soup, Cheddar cheese, and pimentos (or red peppers), and pepper with pasta. Pour into the prepared pans. Top with crushed crackers.
4. Cover dish, and bake 30 minutes in the preheated oven. Remove cover and continue baking 15 minutes, until cheese is bubbly and crackers are lights browned.

Calories: 386

Sodium: 427 mg