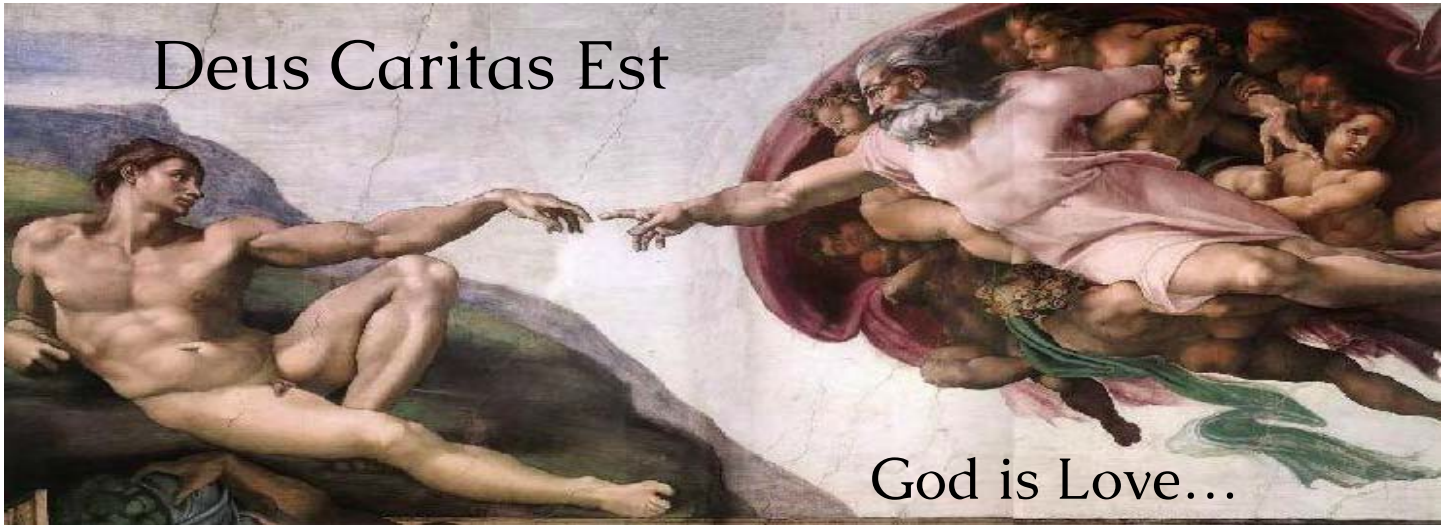


# Deus Caritas Est



God is Love...

**"If we all do a little, we can accomplish a great deal."**

## WHAT IS A SENIOR?

By: John Anding

A senior is someone who was once young. Across the years they cared for others. They did so sometimes perfectly, but mostly it was learning on the job. Some worked in the world, some in the home, and others in both. They had families of their own or just became the family of others. In some small way they shaped the lives of those around them, but never thought of it that way. As the years passed, they lost track of the time. Suddenly, they found themselves retired, old, and dealing with this ache and that pain. Then those small nuisances got bigger and began to get in the way. Now, getting up off the couch took effort, going to the store was a big deal, and making sure they could put food on the table and pay for prescriptions was the cause of lost sleep. The idea of living a long life seemed good when they were young, but they never thought it would be like this. There is no complaining or begging for help. They suffer with a silent dignity that reflects the way they lived their lives. You may recognize them as Mom, Dad, Grandpa or Grandma. But they are invisible to most everyone else. And to their families who can't afford to help, they are a source of sorrow. So, what is a senior? They are people who deserve to live out their lives with dignity. At Deus Caritas Est we bring God's love to the seniors in our community. We do this by feeding those who, for reasons of circumstance, age or illness, can no longer feed themselves. By giving them \$250 food cards each month they can walk into a SpartanNash store and with their head up buy the groceries they need. Since 2007, Deus Caritas Est has helped over 100 families in this way. But there are so many more. And with your help we can help them too. Just remember what a senior is—and make a contribution today!

## -Inflation and Seniors-

***"The burden on older Americans is the latest example of how inflation – at 40-year highs – is exacerbating inequalities"***

- Washington Post, 3/21/22

## **Our Mission...**

***Since our founding in 2007, our mission has been to find, befriend and feed the elderly. For the elderly, employment opportunities are limited, full time employment rare, and pay rates low. This makes them poor, vulnerable and generally invisible.***

## **Your Support...**

***Please support our mission!  
Your tax-deductible  
contribution may be mailed to:***

**Contribute online at  
[SeniorsInNeed.org](https://SeniorsInNeed.org)**

**or  
Deus Caritas Est  
P.O. Box 2871  
Grand Rapids, MI 49501**

***"First do what is necessary.  
Then do what is possible. And  
before you know it you are doing  
the impossible.."***

-St. Francis of Assisi

A 501(C)3 FOUNDATION

## "LOVE IS THE MAIN COMMANDMENT"

The words above are those of Patricia Singh, one of our grantees. And she, like others we serve, lives those words. Though they have little material means, so often our seniors are the ones helping others. Whether it's volunteering to assist fellow seniors, counseling others on how to live in poverty or lending a loving hand to support family. They provide us all with a perfect example of charity at work. And in the process remind us that at the heart of charity is hope. Or to put it as Clara Mae Shannon told us, another senior to whom we minister, "God always takes care of us." Our mission at Deus Caritas Est is to do His work in our community. To remind those we help that "Love is the main commandment." Please help in this work with your contributions to our mission.

## "In Honor Of"

Many contributions are made in honor of others. After all, charity is thinking about someone else. And so, we honor:

- Barbara Fickes by Bill Fickes
- Our Grandparents by  
Pedro & Morgan Anding Gomes
- F. David Barney by Bruce Tuttleman
- Steven Randall "Randy" Hall by  
Sydney Ross
- Mary McCall by Stacey & Paul Bybee
- Anonymous by John F. Gilmore

## Welcome to Jennifer Renegar

Welcome Jennifer Renegar, a new volunteer at Deus Caritas Est. Jennifer recently retired from the USDA Food and Nutrition Service after 22 years assisting State agencies in administering supplemental nutrition programs such as SNAP (formerly Food Stamps) and School Lunch. Drawn to seniors from a young age, she is excited about our work. Jennifer lives in Caledonia with her senior cat, Hubble.