



15 MINUTES TO CREATE A LEGACY

BY MIKE SCHNEIDER, DEVELOPMENT DIRECTOR

I'm a runner. I haven't always been one, but I turned to running as a means of rehabilitation following a serious injury. I got the bug.

Six marathons later, dozens of shorter races, and some sore joints (to say the least), I now consider myself "retired" and run for leisure. But, that didn't stop me from running a 5k earlier this fall in honor of a friend. My time, for an "old guy", wasn't all that bad. I finished 4th overall, which was beyond my wildest imagination.

That got me thinking, what is the world record for the 5k? Thanks to Google, I had my answer in 0.42 seconds; for men - 12:37:35, and women - 14:11:15. Okay, I was nowhere near those times....but in my defense the record holders are nowhere near my age!

Clearly, a lot can be done in under 15 minutes— and a legacy is potentially in the making (consider that the men's record holder has held the title for 12 years). This got me asking myself, "What can I do in under 15 minutes to create a lasting legacy?"

The answer came quickly enough— I could establish a planned gift for DMARC! A quick consultation with my wife,

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WILL YOUR CHILDREN BE HUNGRY?

BY DOUG VENTLING, PRESIDENT

Statistically speaking, the future will be stable for your children (and their children), but it's clearly not stable for ALL children in our community of Greater Des Moines. Food insecurity, or simply not having enough nutritious food, affects a fast-growing segment of our population, as demonstrated by the significant increase in traffic at our partner pantries across Greater Des Moines. The number of people in our community who are food insecure is estimated to be between 50,000 to 75,000+ individuals.

Statistically, those who are food insecure are a minority of our overall population, but it's staggering to consider that thousands of individuals wonder every day whether they'll have enough food to eat, let alone nutritious food. Even more alarming is how many of those affected are children—one in five right here in Polk County.

Whether a parent or not, everyone should be able to empathize with the impact of hunger on a child and the anxiety of not knowing where their next meal will come from. Not only is that misaligned with our values as parents, but also as a community, especially a wealthy community like Greater Des Moines.

Studies have shown that children who are food insecure don't perform as well in school, leading to fewer opportunities to be productive members of society, which increases long-term demand on social support programs, costing taxpayers more dollars. Not to mention that to let someone go hungry simply is not right.

DMARC is working to change this current trajectory of hunger in Greater Des Moines. We believe that no one should ever go hungry. And as we commemorate our 40th year of the Food Pantry Network, we look forward to the next 10 years. We believe we can end hunger in Greater Des Moines and start growing healthy children by 2026.

Helping others meet basic human needs isn't something only left to our government to handle. It's what we do in this community, for each other, as neighbors, as friends, as a community. So what do *you* believe?

If you believe that no one should go hungry, especially a child, then please help end hunger in our community through your financial support.

One of the most impactful ways to support DMARC is through a planned gift. Planned gifts help DMARC with predictable financial planning to launch new innovations in our fight against hunger, such as our new mobile food pantry, a new database system to better understand hunger and patterns of use in our network of food pantries, and other ideas pouring in from our strategic planning sessions.

What is Planned Giving? It's a future financial gift of any amount that a charity receives through some formal means, such as a trust, will, or otherwise. There is a wide array of planned giving approaches that DMARC has available, from something as simple as a bequest or adding DMARC as a beneficiary of a life insurance policy, to something as complex as a tax-advantaged Charitable Remainder Trust and other approaches that fit virtually any financial planning scenario.

Why make a planned gift? Simply put, your legacy is not defined as what you have, but rather what you give. Like us, you believe no one should ever go hungry. And statistically, your children and their children will be okay. So why not help other children who aren't as fortunate by making a planned gift to DMARC?

A handwritten signature in black ink that reads "Doug Ventling". The signature is fluid and cursive.

Doug Ventling, *President*

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an email to our life insurance company requesting a beneficiary change form, an adjustment to the allocation, and a return email and that was that. My wife and I now have a planned gift that has established a legacy of our very own. A small investment of my time created a significant investment for DMARC's future and, more importantly, for those we serve.

Establishing a planned gift doesn't have to be intimidating—and it isn't. Consider a simple beneficiary change to a life insurance policy or IRA, or simply include DMARC, or other closely supported charities, in your will through a simple bequest. So, the next time you've got 15 minutes to spare, consider what you might be able to do to create a planned gift for DMARC. You, too, could create a legacy gift that will benefit those we serve in the years to come.

bequest /bih-kwest/

noun

1. a disposition in a will
2. a legacy

If you're looking for a way to ensure support of DMARC for years to come, please consider leaving a gift in your will or living trust, commonly referred to as a charitable bequest. A simple bequest can be a couple sentences in your will that indicates your desire to leave a lasting gift of assets to DMARC.

Nine out of ten planned gifts will be charitable bequests, which are provisions in a will for passing money to a charitable organization upon death. Typical clauses in a will might specify the donation of an outright amount, a percentage of the asset, or the residual of an estate.

An easy alternative to a simple bequest is to designate DMARC as a beneficiary on your life insurance policy or retirement account. You're not locked in, and you can change your beneficiary designation anytime you so desire.

EXAMPLE BEQUEST

I give, devise, and bequeath to the Des Moines Area Religious Council, a non-profit corporation located in Des Moines, Iowa, 50309, tax identification number 42-0788211 the sum of \$_____ (or a description of the specific asset), for the benefit of Des Moines Area Religious Council and its general purposes.

Note: if you include DMARC in your plans, please use the following:

Legal Name: Des Moines Area Religious Council

Address: 1435 Mulberry Street, Des Moines, IA 50309

Federal Tax ID Number: 42-0788211

DMARC encourages donors to seek assistance from legal and financial advisors when considering establishing a planned gift.

To learn more about planned giving, including other gift options, please visit any of the following websites:

Leave a Legacy
leavealegacy.org

Community Foundation of Greater Des Moines
desmoinesfoundation.myplannedgift.org

Mid-Iowa Planned Giving Council
mipgc.org/resources



We believe...

dmarcunited.org/planned-giving/

Since its launch in July,



MAKING A DREAM A REALITY

BY AN ANONYMOUS DONOR

Nothing makes me happier than feeding family and friends around my table, making meals for someone sick, or cooking at the homeless shelter. So, there was no question of what to do when a windfall fell into my hands like money from a tree.

I met with DMARC's Development Director and asked, "If you were given, say, \$25,000 to seed a dream, what would that dream be?" She didn't miss a beat.

"We're dreaming of building a mobile food pantry."

It's hard work getting to a food pantry if you don't have a vehicle— find a ride, take a bus, or walk—all to stand in line to get a three-day supply of food for your family.

People don't just stop in for free food unless they seriously need it, and there were simply too many places in the Metro where people couldn't access the food they needed.

Solution: a mobile food pantry that could set up in one or two locations each day to get food into the bellies of good folks who are hungry, mostly children and elderly.

I cried for joy when I saw the completed Mobile Food Pantry ready for action, beautifully equipped and organized to do the job. Areas most in need had been identified and sites arranged where people could wait their turn inside on rainy or bitter cold days.

A schedule was set to start at four locations, with more locations identified to open at scheduled intervals. I'm talking about assessment, organization, and a roll-out plan from beginning to developing future.

I'm grateful to be even distantly associated with DMARC's boots-on-the-ground team. You've always heard, "You can't get blood out of a turnip," but trust me— DMARC Food Pantry Network Director Rebecca Whitlow can. She can get more food today for 51 cents than DMARC could purchase with \$1.00 three years ago.

THE DMARC MOBILE FOOD PANTRY

HAS SERVED

612 families

1,316 individuals

49%

OF PEOPLE WHO VISITED
THE MOBILE FOOD PANTRY
WERE NEW TO DMARC'S
FOOD PANTRY NETWORK

And make no mistake: DMARC's focus is on healthy food—not fat-filled, sugar-laced stuff. Right now, DMARC is participating in a University of Iowa study on success rates after 26 months of modifying food habits of diabetics. They realize it is not enough to just fill stomachs, we need habits to change if we want to have a lasting impact.

Joe Dolack is the Mobile Food Pantry Manager, in charge of loading the mobile unit, driving it to sites around town and setting it up, coordinating volunteers, and performing intake for pantry visitors. He's taken the time to meet the clients and figured out what each location needs most.

There's a whole world out there in the community contributing: bakers, grocery stores, food distributors, churches, schools, children's groups and new immigrants sharing fresh produce from their gardens. It feels darn good to be a part of this community effort.

I feel grateful for the part I could play and confident about DMARC's skills to get the job done. Please join the effort so that, together, we can make hunger a thing of the past here in Greater Des Moines.

The DMARC Mobile Food Pantry was also made possible by the Polk County Board of Supervisors, the Partnership for a Hunger-Free Polk County and one additional bequest.

LEAVING A LEGACY

As I was making my will and deciding what would be done with my assets, I reflected on how fortunate I have been.

My husband, who is now deceased, and I raised five children and never had to worry about having enough money to feed them.

As a mother, I can't imagine not having enough food to feed one's children. How painful that would be.

My children have enough resources to take care of themselves and their children. Considering that, I decided I want to help families who are in need of food.

I have been supporting DMARC for years. I always give money to the food pantry collection at Sacred Heart Church, so my gift is a continuation of that after I die.

I hope my gift will help DMARC for years to come, because there is such a need for this organization.

- BARBARA FISCHER

How do you keep your compassion growing?

Plant a gift in your Will.

Many DMARC supporters have done this, and you can, too.

dmarcunited.org/planned-giving/

Next time you review your estate plans, consider how you can be a FRIEND of DMARC forever by adding DMARC to your Will or retirement plan.

For information about adding DMARC to your Will or retirement plan, go to www.dmarcunited.org/planned-giving/, or contact Mike Schneider at mschneider@dmarcunited.org or 515-277-6969.

THANK YOU FOR YOUR GENEROUS SUPPORT!

EVENTS AND ANNOUNCEMENTS

DMARC'S MISSION:

Working Together to Meet
Basic Human Needs.

STAFF:

REV. SARAI SCHNUCKER RICE,
Executive Director

DANIEL BECK
DON CRAWFORD, JR.
JOE DOLACK
LUKE ELZINGA
PAM LARSON
PATRICK MINOR
DREW ROBERTSON
JOHN E. ROBINSON
MIKE SCHNEIDER
LINDA VANDER HART
REBECCA WHITLOW

BOARD OF DIRECTORS 2016-2017:

DOUG VENTLING,
President

JODY MEAD,
President-Elect

LINDA HARVEY,
Recording Secretary

ROBERT W. NYE,
Treasurer

TOM FISCHER,
Past President

DAVE ABRAM
TOM CROSS
KATIE DAWSON
RABBI DAVID KAUFMAN
DENNIS ROUPE
ROBERT D. SHAW, M.D.
LEANNE VALENTINE
JOHN WHALIN
PHYLLIS CHILDERS (Advisory)
FRANCES COLSTON (Advisory)

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 29, 2016

Keep an eye out for our special #GivingTuesday online campaign on November 29! #GivingTuesday is a global day of online giving that follows the Thanksgiving weekend every year. Last year, we raised over \$2,300 on #GivingTuesday.

HUNGRY TURKEY HALF MARATHON & 5K



dsmhungryturkeyrun.com

The Des Moines Hungry Turkey Half Marathon & 5k will be held on Saturday, November 26. The run begins at 8:45 a.m. at Polk County River Place.

DMARC is the charity beneficiary of the run, and you can support us by registering for the run using the coupon code 'DMARC,' or by volunteering! Sign up to volunteer at signup.com/go/VWmHZR/.

LIFE 107.1 HOSTS AMY GRANT AND MICHAEL W. SMITH CHRISTMAS CONCERT

Save the date for the most joyous concert of the Christmas season! Life 107.1 welcomes Amy Grant and Michael W. Smith to Wells Fargo Arena on **Sunday, December 4 at 7:00 p.m.** Amy and Michael will be joined by Jordan Smith, winner of NBC's The Voice, and will be accompanied by the Des Moines Symphony!



DMARC is partnering with Life 107.1 to fight for #NoHungerCentralIowa and will be collecting food donations for the Food Pantry Network! Be sure to bring along some non-perishable goods if you are planning on attending the concert, or contact us at info@dmarcunited.org if you are interested in helping volunteer at the event!

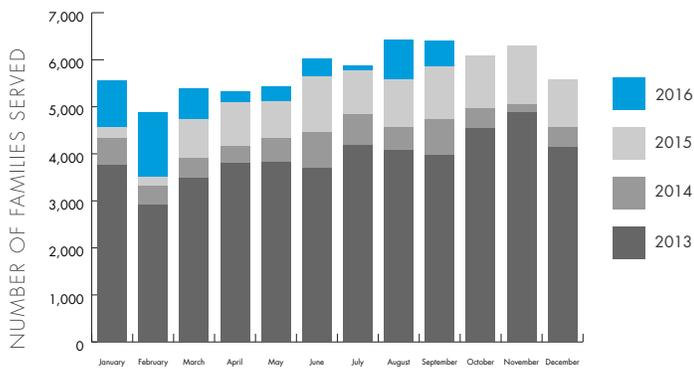


DES MOINES, IOWA / DECEMBER 13 & 14



This December, DMARC, Food Bank of Iowa and Meals from the Heartland are teaming up for a massive combo meal packing event on December 13 and 14!

The goal is to package 120,000 meals of combo Taco Rice and Chili Mac meal packages. More information on how to volunteer at #Unite2Feed will be forthcoming!



A MILESTONE IS...

a significant event or stage in the life, progress, development, or the like of a person, nation, etc.

For DMARC, in 2016, this milestone was achieved in August when we served more families than ever before in our 40 year history of food assistance work! This tells us we still have more work to do. Our year-end appeal should arrive in your mailbox later this month and we humbly ask you to consider a milestone gift of your own so we can continue our mission to help the growing number of central Iowans who are hungry.

THE DMARC FOOD PANTRY NETWORK RESOURCE KIT



The DMARC Food Pantry Network Resource Kit is a compilation of tools to help congregations and groups better understand the hunger issue in our area and how they can continue their support of DMARC. This kit was developed in response to congregational survey feedback from earlier this spring. Thank you to all who responded and helped guide us in this effort.

Find the Resource Kit online at dmarcunited.org/resources/.

WAYS TO GIVE

SHOULD I DONATE



FOOD
-OR-
FUNDS?



CONSIDER THIS

DMARC IS ABLE TO PURCHASE
TWENTY-THREE
JARS OF PEANUT BUTTER
WITH YOUR \$25.



COMPARE THAT TO THE
NINE OR TEN
JARS YOU COULD BUY AT THE STORE
WITH THE SAME \$25.

TWICE THE PEANUT BUTTER.

(GEORGE WASHINGTON CARVER WOULD BE PROUD.)

DO MORE. DONATE FUNDS.

dmarcunited.org/donate

As 2016 comes to a close and you find yourself reflecting back upon the year during this time of thanksgiving, please consider a gift to DMARC so we can continue to assist those in need, because no one should ever go hungry.

Des Moines Area Religious Council

1435 Mulberry Street
Des Moines, Iowa 50309

515.277.6969
dmarcunited.org

Warehouse: 515.282.2026
Fax: 515.274.8389
Email: info@dmarcunited.org

 **Des Moines Area Religious Council**
 **@dmreligious**

Thank you for your support!



INTERFAITH AND MULTICULTURAL FAIR

Living in Greater Des Moines, we are surrounded by a rich diversity of religious traditions we don't always realize and recognize. Join DMARC, The Comparison Project, and Drake Community Press as we host an Interfaith and Multicultural Fair on **Tuesday, November 15, 4:00 - 6:00 p.m.** in Parents Hall on the second floor of Drake University's Olmsted Center. This event is free and open to the public.

dmarcunited.org/event/interfaithfair2016

THE VOICE