



MATCHAN MENU

December, 2023

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www.matchannutritioncenter.org

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The Christmas Feelings



I hope that everyone can look forward to celebrating Christmas this year. Maybe this means family gatherings with festive meals and holiday decorations. It may mean

that your children who live far away come back home and reminisce about things that happened during their childhood, or play games at the kitchen table.

For some it could be Christmas High Mass with lots of music. We all can be thankful that we live in America and have the freedom to practice our faith. Christmas is a time to thank God for what he has given us, especially His Son, Jesus Christ.

At Matchan, we are thankful for the support given by our volunteers and donors, which lets us carry out our mission. It has been a little over a year at our new location and we are grateful for the strong relationship that we have developed with All Saints' Episcopal Church. We have overcome many challenges this past year. When one door closes, another one opens and we thank God for that.

May we all appreciate the gifts we have been given. Have a Merry Christmas and a blessed New Year.

St. Regis Raiders raise resources for MNC Neighbors



Just in time for the first cold snap in late October the **St. Regis Raider CYO Football team**, led by coach **Tom MacLean** and supported by the Pastor of St. Regis

Catholic Church, **Father John Dudek**, delivered a victory for our Pontiac neighbors in need.

St. Regis players and their parents got together to collect winter clothing, non-perishable food items



and cash contributions for the St. Vincent de Paul

Matchan Nutrition Center. Coach MacLean made

player involvement in the drive a priority and the boys made personal time contributions to make it happen, in keeping with the team's focus on and off the field. The St. Regis CYO team has **BFO (Built**



For Others) branded into everything it does, from teamwork on the field to service for others off the field.

The food and clothing were given away on October 17th and October 19th at Matchan, producing many happy faces for children and adults who were recipients of winter clothing and

food.

Thanks to the St. Regis Raiders and all involved for your generosity and love for those in need!

By Mike MacLean, Matchan Board Member

Thanksgiving at Matchan

The **Ladies of Charity (LOC)** Turkey Drive and an additional donor again provided frozen turkeys for our neighbors to take home this Thanksgiving. Everyone who wanted a turkey received one. **Our Lady Queen of Martyrs Parish (OLQM)** also participated in the Drive. The LOC have been directing the Turkey Drive for Matchan for over 30 years. They used to



cook the turkeys for our Matchan Thanksgiving dinner. This was a multiday procedure, and this logistically cannot be done in our new location.



Jerry Samona, a sales representative for **Humana** who provides cost appropriate health insurance for our neighbors (if they wish) has been providing a delightful turkey dinner for

our neighbors on the Tuesday before Thanksgiving at our new location. His wife worried that there would not be enough salad, but there was enough



food for everyone. There was turkey, ham, mashed potatoes and gravy, corn, rice, salad and a desert. On this day, our neighbors were stuffed instead of the turkeys!



Our thanks go out to the LOC, OLQM and Jerry and his family for their efforts and support.

Showers

During October and November, our neighbors were given the opportunity to enjoy a shower and a change of clean clothes. All Saints' Church has previously worked with the **WAVE Project Mission** and recently invited them back on Tuesdays when Matchan's neighbors meet. **WAVE**



Project shows their love by providing mobile showers to those in need.

WAVE Project provided 2,300 showers and hundreds of items of clothing and hygiene essentials last year. With site partners in Macomb, Oakland, and Wayne counties, **WAVE** Project is poised to serve the homeless community in a unique way and to impact generations to come.

They bring a 23 foot long, 3 - stall mobile shower trailer to wherever there is need. Each private stall is equipped with a toilet, sink, and stand-up shower and all the supplies needed to shower up. They have been providing this service since August 2019. In 2021 they added their Essentials Van, a mobile clothing

closet. It contains free underwear, socks, tee shirts, pants and hygiene essentials.

A shower to a person in the homeless community is both a physical and emotional experience. You know how you feel after a nice hot shower. Imagine how a



homeless person who may not have had a shower for weeks or months feels. The mobile trailer can serve three showers at a

time. Each person is allowed about 15 minutes, or longer if others aren't waiting for showers. The shower trailer is on the road six days a week. Volunteers **Kevin** and **Brenden** service the showers and **Laura** hands out fresh clothing from the Essentials Van.

Matchan cannot thank Wave Project enough for bringing this unique and needed service to our neighbors. The homeless not only appreciate the showers provided, but the love and respect that is shown them. Thank you, Wave Project. (For more information on this exceptional service see www.waveproject.org. They have an interesting story to tell.)

2023 Year End Report

Our mission at the Matchan Nutrition Center is to serve hot, well balanced meals to our neighbors in need, to provide them with well-rounded groceries to take home to feed their families, and to provide other life changing assistance that leads to self-sufficiency locally in Oakland County. Our ability to carry out this mission greatly depends on the support of our donors and volunteers. Matchan has been successful because people believe in what we do and the way it is done. This is why we feel it is important to report to you each year, through this Newsletter and on our website (www.matchannutritioncenter.org).

The Matchan Nutrition Center is a soup kitchen and pantry sponsored by the Society of St. Vincent de Paul. We are now located in All Saints' Episcopal Church in Pontiac right outside the Pontiac Loop. It has been 13 months since we relocated.

The Matchan pantry, sometimes called the Market Place, is located on the lower floor of the church in a gym. It has grown considerably since our move and is certainly making a difference in the lives of the people we serve. The room for give-away clothing

has also expanded. People shop with carts for dairy products, bakery products, meats (when we have them), fresh fruits and vegetables, canned goods, and clothing. This includes the fresh baked sweets that the **Ladies of Charity** bring every Tuesday morning. A hot, nourishing meal is served on the third floor in the auditorium of the church. A visitor once said to me, “It’s sort of like **Hudson’s** use to be. After you are done shopping, you go up a level and have lunch.”

Our Vision is to ensure that no one in the Pontiac area goes hungry and to create recovery and stability for those in poverty.

We do so by serving a hot nutritious meal for them on Tuesdays and Thursdays and by providing them with healthy foods from the five food groups (fruits and vegetables, starchy foods, proteins, dairy products and fats and sugars) to take home for their families’ daily meals.

We also try to help them solve their problems, both spiritually and physically, so they can live a more comfortable life. We bring them in contact with other free resources that can help them successfully achieve this.

Saint Paul Street Evangelization (SPSE) helps them spiritually by sharing the Gospel with them. Under the direction of Anne Harman, volunteers have been setting up their evangelization table with rosaries and brochures related to the faith for seven years. They talk and pray with those who visit their table.

The **Christian Legal Aid Program** has been helping our neighbors physically since 2007. Robert Bunker coordinates a group of six lawyers, including him, so people can meet with a licensed attorney to obtain cost free legal counsel.

At another table **Jerry Samona**, a sales representative from **Humana**, provides cost appropriate health insurance for our neighbors (if they wish).

Hygiene kits are made available for both men and women. Clothing is always set out for our neighbors to take, and sometimes showers are made available (see additional articles in this newsletter). In time, we hope to again bring in the government, health and social agencies that came to Matchan before we relocated.

The Kitchen: 8,676 meals were served this year. This is an average of only 87 meals per day. We started with fewer meals when first relocating, but

are now serving about 130 to 140 each day and rising. Most of the food for the meals is purchased. The donations of meat and vegetables that come in are too small, and there is not enough storage space to save small quantities until there is enough for a meal. However, much of the food that is purchased comes from **Gleaners** at 18¢ per pound. Total food cost for the year was \$5,240, which is only about \$50 per day.

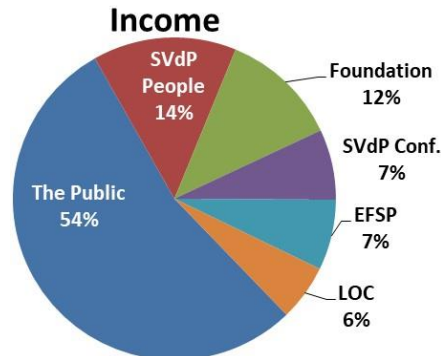
The Pantry: There is a notable increase in the need for food. This year, 268,580 pounds were recorded as donated. Unfortunately, many times food is dropped off and left unrecorded because volunteers are busy, so the value is probably higher. We purchase 60 dozen eggs for each market day and other fruits and vegetables if needed to provide well-rounded groceries when donations are low. \$17,267 was spent on food for the pantry this year.

Volunteers are the backbone of our operation. Matchan operates with about 39 volunteers, with 23 or more working each day. The total number of volunteer hours was 17,738 this year. Our “Working Board” put in 7,538 of these hours.

In-kind goods totaling about \$460,000 were donated from **Gleaners, Panera, Whole Foods, Ellen’s Café, Gordon Food Service, Trader Joes, Metro Food Rescue, Food Rescue US, Hospitality House, St. Thomas More Conference, Holy Name Parish, and various food drives.** Excess donations were distributed to other organizations.

In-kind services totaled \$75,000. This is primarily our volunteer legal counseling.

Where does the money come from to support the Matchan operation? We had about 343 donors last year. This Chart summarizes where the funds come from. 10 **SVdP**



Conferences donated. **SVdP People** are individuals who belong to or have a relationship with **SVdP Conferences.** The **Ladies of Charity (LOC)**

conduct a Thanksgiving Turkey Drive and an Easter Ham Drive for us each year. Government funds came from **EFSP** (Emergency Food and Shelter Program). All donated money is used to support our mission.

Matchan Nutrition Center
Society of St. Vincent de Paul
P.O.Box 430954
Pontiac, MI 48343

Return Service
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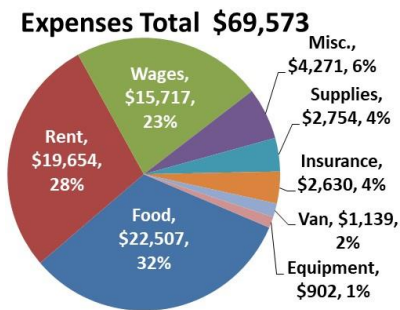


Today, a child is born



Where does the money go? Operational costs were \$69,573 this year. The chart below shows where the money goes. Most of the money is spent on food. \$17,267 is for pantry food and \$5,240 for hot meals.

Other Activities: Often we have a **clothing table** where clients can get gloves, hats, coats and various other clothing. Vincent de Paul Detroit provides us with \$4,000 in **vouchers for clothing** at the **SVdP Thrift Stores** that we make available for our guests. Some SVdP Conferences earn vouchers at the stores and donate them to Matchan.



Hygiene kits are still assembled and made available to our guests. **Sleeping bags** that are made by Helping Hands in Troy are given to those in needs. The Oakland County Sheriff's Department donates approximately **150 coats** each year. Matchan

purchases **emergency clothing** such as boots or work shoes that are not available at the SVdP stores.

We are proud of the work that we have done during these challenging times and the endurance of our volunteers. We sincerely thank you for your

The Matchan Nutrition Center

We are a 501(c)(3) non-profit charitable organization sponsored by Oakland County District of the Society of St Vincent de Paul. Take a look at the Matchan website at <http://www.matchannutritioncenter.org>. Find out how you can help with your time and talents.

If you are able and we have convinced you that what we do is worthy of your support, you can help financially by making a donation on line or mail it to: Matchan Nutrition Center, PO Box 430954, Pontiac, MI 48343.

Send comments to: matchan.svd@gmail.com

support.